

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 85, Issue 9

November 2015

Ord Fra Presidenten...

Greetings everyone, Here we are heading into the holiday season and I know you have lots of events coming up just like I do.

Don't forget the Fridtjof Nansen Lodge meetings we have some great meetings coming up for you and you will not want to miss them.

November 14th we are weaving with Judith Vieje Gabrial. She is coming all the way from the Edvard Greig Lodge in Glendale. Remember it is a Potluck lunch bring food to share. A to H - Salad, I to P – Main Dish, Q to Z – Dessert.

December 12th is our Julebol celebration; with singing, gifts, goodies and much more. A Nisse may even drop by.

We want to reach out this holiday season and help where we can.

Bring your:

Can goods for the Salvation Army.

Pennies for Camp Norge.

Your stamps for Tubfrim.

Your box top coupons for the Church school.

When we get together a little help can go a long way. Looking forward to seeing you all.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

November 14, 2015 at 12:30 pm at:

Christ Lutheran Church
6500 Stearns Avenue
Long Beach, CA 90815

Ample parking is available.

Our telephone number is (714) 928-5975.

Note: We do not meet in July or August.

We welcome everyone of all ages. You do not have to be Norwegian!

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our

Website running.



The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

**2015
Officers**

President:	Troann M. Loy	(714) 963-4830
Co-Vice President:	Johan Olsen & Sylvi Olsen	(714)537-9646
Treasurer	Phebe Frizioni	(562) 430-5092
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Membership Secretary:	Cleone Hatwan	(562) 633-6752
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Cultural Director	Sylvi Olsen	
Historian	Open	
Musician:	Open	
Counselor:	Herman Holt	(562) 429-7638
Greeters:	Sylvi Olsen Jeanne Paige	(714) 537-9646 (562)429-3093
Marshall:	Phillip Knudsen	(562) 308-8763
Marshall:	Johan Olsen	(714) 537-9646
Social Director:	Terry Lord	(714) 369-2420
Trustee:	Herman Holt	(562) 429-7638
Auditor:	Patricia Lampe	



Helping you find the path to a secure financial future

In a world of uncertainties, Sons of Norway is there to help you secure your financial future.

This year, Sons of Norway has launched a couple of great new products so call our **Financial Benefit Counselor Pat Kelly** for a complementary financial review.

Phone: (818) 986 -7199
Cell: (818)667-6627
Fax: (818) 905-5785

TUBFRIM



Save stamps for
TUBFRIM

Cut cancelled stamps off envelopes
leaving
1/4 to 1/2 inch
around the edges.

Deliver stamps
to any lodge meeting.



Bring your clipped stamps to our next Lodge meeting. Cleone is collecting them for us.

Camp Norge. . .

Sons of Norway Recreation Center
2560 Canyon Mine Road (P.O. Box 622)
Alta, CA 95701
Telephone: 530-389-2508
campnorge@yahoo.com

"A little bit of Norway in the Sierra Mountains at Alta, CA"

Camp Norge is a great place for family reunions, big or small church retreats, youth camp outings and snow trips. Camp Norge leaves plenty of space for individual and family use.

Remember! We are collecting our pennies for Camp Norge. Bring your pennies to the next lodge meeting. The Holts will be collecting your pennies every month.

Minutes from our Lodge Meeting

FRIDTJOF NANSEN LODGE #6-009

October 10, 2015

Our meeting began with a wonderful lunch provided by Terry and her crew. As always, we had a nice variety of main dishes and a plethora of desserts

Lunch was followed by a language lesson presented by John. This month's words were various descriptions of Trolls in keeping with our guest speaker's presentation. John commented on how our pronunciations is improving.

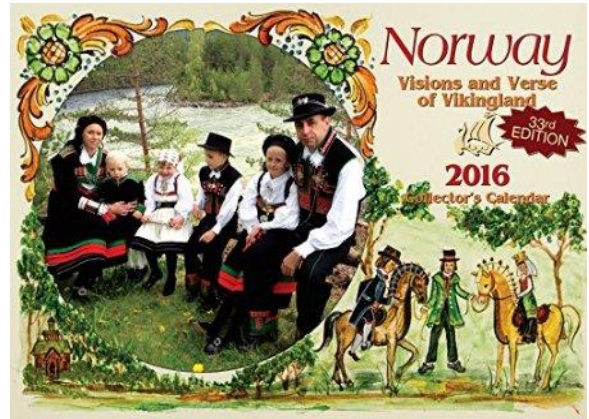
Professor E. Fred Tongsing from Cal Lutheran of Thousand Oaks presented the origin and fables about Trolls. The actual origin is undetermined but some think they evolved from the Hairy Mammoth. There are many superstitions and myths about the trolls and he cautioned us to be very wary of them. They are sneaky, problematic, troublesome and irritating. They strongly oppose Christianity. It's a good idea to just look at and collect the reproductions and avoid the 'real' thing.

We sang Happy Birthday to Perseus who is turning 2 on October 22nd.

Troann announced activities that are coming up at various lodges in our area. Everyone is encouraged to attend and support these events

Our next meeting will be on November 14, 2015 and will be a potluck. See the newsletter for what you need to bring. Judith Vieje Gabriel from Edvard Grieg Lodge will be our guest and will be teaching us weaving.

Respectfully submitted,
Barbara Shepard - Secretary



It is time to buy your 2016 calendars. Place your order with Barbara Shepard at the November Lodge Meeting. .

The cost is \$15.00 each

Norway's Best Pepper Cookies

Adapted from allrecipes.com

Makes 30 servings

- 1½ cups butter
- 1 cup white sugar
- ¼ cup heavy whipping cream
- 1 tsp baking soda
- 3¼ cups all-purpose flour
- 1 tsp ground cinnamon
- 1 tsp ground black pepper
- 1½ tsp ground cardamom
- 1 tsp baking powder

Mix together the sugar and butter until fluffy. Add cream to mixture and stir. Next, add baking soda and a little water (less than 2 tablespoons) to the butter mixture. Sprinkle the spices, baking powder and flour into the mixture and combine until dough forms. Roll into 2½ inch diameter segments. Wrap tightly and chill thoroughly in refrigerator.

Bring oven to 375°F. Unwrap chilled dough and slice into thin pieces. Place cookie slices on lightly greased cookie sheet and bake for 6 to 8 minutes. Cool cookies on wire rack.

A Bit of Humor. . .

Ole wore both of his winter jackets when he painted his house last July.

The directions on the can said "put on two coats".

Lars was staggering home after a night in the tavern. A Lutheran minister saw him and offered to help him get home safely. As they approached the house, Lars asked the minister to step inside for a moment. He explained, "I vant Lena to see who I have been out vith."

Ole says to the doctor at Mayo Clinic: "I got a problem. I have a big bowel movement at 6 in da morning every day."

Doctor: "That sounds perfectly normal. Why are you so worried about it?"

Ole: "Yah, but I don't vake up until 7."



Kalendaren – Calendar



November

11 – Veterans' Day

14 – Lodge Meeting – Weaving with Judith



26 – Thanksgiving Day

This Month's Birthdays. . . Gratulerer Med Dagen



November

11 – Craig Peterson

23 – Sigrid Berg

26 – Flora Morgan

Sleep more, remember better

When you sleep, your brain moves memories from short-term memory to long-term memory. A new Swedish study shows that your memory serves you well after just a half night's sleep. But not if you are also exposed to stress. "Although one night with little sleep may not affect memory, it can fail if sleep deprivation is combined with acute stress," says Christian Benedict of the Department of Neuroscience at Uppsala University. He joined forces with Jonathan Cedernaes to conduct the study, which is now being published in the journal, *Sleep*. The two researchers believe that more measures should be taken in order to ensure that more of us get enough sleep. "Measures to help people with sleep problems can certainly be appropriate, such as a later school start or more flexible hours," states Benedict. He believes that such measures will help people remember better in stressful situations. Thus, they might also do better at school or work.

Whole and half nights

The two scientists used simple games to research memory after sleeping. 15 subjects participated in two sessions. In the first session, they studied a computer screen with 15 pairs from a deck of cards. Then some of them slept for a full night, while the rest slept half a night. The morning after, the participants were to try to locate as many of the pairs on the computer screen. The researchers saw that those who had slept half the night did just as well as those who had slept a full night. But not if they were stressed. The test was repeated after the participants were exposed to stress for 30 minutes. They had to try to remember a bunch of words they had just learned, while they were subjected to disturbing background noise. When the test was repeated, it turned out that those who had only slept half of the night did 10 percent worse in the test. The memory of those who had slept a whole night, however, was not affected by stress.

Sleep secures memories

It is well known that sleep and memory are closely linked. Ståle Pallessen, professor of psychology at the University of Bergen, explains that the brain is disrupted far less when it sleeps, and that it therefore consolidates memories during sleep. "By consolidation, we mean that there are permanent structural changes in the brain that are the basis for memory.

There are permanent changes in connections between nerve cells," Pallessen explained. Thus, sleep disorders have negative consequences both for memory and learning. The Swedish project only examined the effects of one night of insufficient sleep. "An important next step will be to investigate how chronic sleep deprivation and chronic stress combined weaken the ability to recall facts," stated Benedict.

Sons of Norway

District Six Convention 2016

Save the Dates!



June 19th - 22nd
Embassy Suites Hotel
Loveland, CO

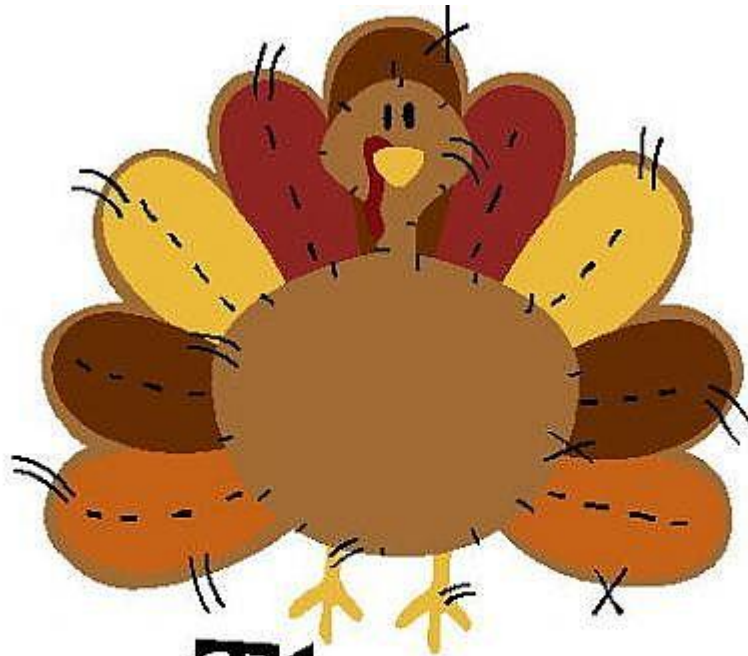
"Mining Our Heritage"

Hosted by the 7 lodges of **Zone 8 (Colorado)**
More info to come!

The Norwegian-American Veterans Theatre Project—"The Epiphany"

A play by Peer Gynt member Bruce Olav Solheim, Ph.D., Distinguished Professor of History, Volunteer Veterans Advocate, and Playwright will premiere on November 6th, 2015 at Citrus College in Glendora, CA. Prior to the performance on November 15th, there will be a reception honoring resistance fighters. Peer Gynt has been asked to assist in hosting the reception. If you are interested in participating by providing Norwegian baked goods or assisting in serving during the reception, please notify John Aasness at tightlines@earthlink.net, 310-676-5111 or





Happy Thanksgiving



Fridtjof Nansen #6-009 Long Beach, CA

www.fridtjofnansenlodge.com

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