

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 86 , 10 Issue

December, 2016

### *Ord Fra Presidenten...*

We ran into a surprise and problem when we came early to set up for the meeting, the church choir were still practicing, and would not be done until 12:45. However, when the room became available, everybody, members and visitors "chipped in" and got the kitchen activities as well set up the tables and chairs the usual way.

A big thanks to all.

The food was delicious and the Language lesson brief, and we all sat back and learned where the Hardingfele came from, and the unique construction that makes it sound different from the ordinary fiddle. Mr. Darren Michaels played number after number while tapping the rhythm for the dancers that we wish we had performing.

A very good presentation.

Now I am looking forward to the December where we hope for the usual Norwegian Julenisse and go around the Christmas tree.

Hope to see you all.

Regards, Johan



## SONS OF NORWAY

Our next meeting is on Saturday,  
December 10, 2016 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!*

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**December Program is our Christmas Julefeiring**

We will have a Norwegian lunch.  
If you can help call Phebe at 562-430-5092



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:	John Olsen	(714) 537-9646
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***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

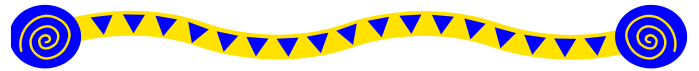
**TUBFRIM**



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***

## **Meeting 11/12/16**

- It was certainly great to see everyone while gathering for today's meeting. There were even a couple of new faces in the crowd – Velkommen!
- Barbara!!! We are so glad to see you. You were certainly missed.
- Our start time was pushed back a little due to over scheduling of the room. BUT we were charmed by the wonderful music of the practicing choir.
- The meeting was called to order and Johan opened with the Norwegian Table prayer. As always we are grateful for the wonderful lunch our members continue to provide. Turkey, ham, soup, salads, bread, casseroles and lots of sweets. A meal fit for Odin.
- Our language lesson today was focused on "Music". Thank You Johan!
- **Today's treat is listening to the Hardanger Fiddle (in Norway called the Hardingfele) played by our Special Guest and musician – Darren Michaels**
  - o The earliest known Hardingfele example is from 1651, known as the Jaastad Fiddle.
  - o Known as the National instrument of Norway it probably originated in the Hardanger Fjord of Norway.
  - o The Hardingfele is beautifully decorated with mother-of-pearl inlay, bone, or pen/ink drawings. Each one is a work of art and primarily used for dancing. Most fiddlers will "foot stomp" to help keep the tempo.
  - o Regional dances were also practiced on different farms, such as Hallingal, Telemark, Setesdal, Valdres, Voss, Jolster & Sogn. It was also traditional for the fiddler to lead the bridal procession.
  - o Almost every community had its' own Springar (Norwegian Couples Dance).
  - o **A GIANT round of applause to Darren** as he enlightened our worlds with this beautiful sound.
- **Today's announcements**
  - o The Wilcox's brought in a beautiful sweater to auction off. Phebe is the proud new owner.
  - o The Long Beach Terrace Theater was the choir practicing earlier. If you would like to hear more of them, tickets are on sale now for the Nutcracker.
  - o The Swedish Christmas Fair will be held at Old World in Huntington Beach beginning Nov 20, 2016.
  - o The Seaman's Church will also start their Christmas Fair. They will be serving glogg and gingerbread cookies.
- Mr. Bergh won the 50/50 drawing of \$22. The lodge keeps \$23.
- Our next meeting is December 10<sup>th</sup> 2016 when Nisse comes to town.
- 
- Respectfully submitted: Terry Lord

## ***A Bit of Humor:***

Lena came to America from Finland and got a job as a maid for a wealthy family. Well, Lena wasn't too diligent in her work. Finally, one day the lady of the house called Lena into the parlor and said, "Look, Lena, I can write my name in the dust on the grand piano. Now what do you have to say?" Lena replied, "Oh, missus, it must be vunderful to haff an eddication."

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Ole and his brother Sven grabbed their poles and headed out to do some ice fishing. As they were augering a hole in the ice they heard a loud voice from above say, "There's no fish under the ice."

Ole an Sven moved about 25 feet over and started to make another hole. The voice said a little stronger, "There's no fish under the ice."

They both looked around and then looked up.

Ole said, "Are you God?"

The voice spoke back, "No, the ice rink attendant."

**[www.nansenlodgelongbeach.com](http://www.nansenlodgelongbeach.com)**

**Check out our website. . .**

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

## ***Kalendaren – Calendar***



### **December**

10 – Lodge Meeting

25 – Christmas

31 – New Year's Eve

### **January**

1 – New Year's Day

14 – Lodge Meeting

## ***This Month's Birthdays. . . Gratulerer Med Dagen***



### **December**

2 – Ginnie Wilcox

5 – Johan Olsen

14 – Dee Ronning

22- Gunvor Anderson

27 – Robert Weiser



Whether you opt for an active, outdoor lifestyle or instead choose a cup of coffee next to a warm fire, here is how you can stay connected to Norwegian culture this winter. For those looking to embrace the great outdoors: From cross-country skiing and snowshoeing to winter nature hikes, there are plenty of outdoor activities to enjoy, even during the colder months.

So grab your skis, skates, snowshoes or winter hiking boots and enjoy the great outdoors! For a fun group activity that gets people outdoors, try setting up a skiing group in your lodge. Then track your skiing mileage using the Sons of Norway Sports Medal program. This can be a great way to connect with other lodge members while also staying healthy and active. Contact your lodge's Sports Director to learn more about the Sports Medal program.



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### Norwegian Coconut Macaroons



Adapted from  
<http://thanksforthefood.com/kokosmakroner/>

- 4 egg whites
- 8.8 oz (250g) flaked, unsweetened coconut
- 5 oz (150g) powdered sugar
- 1.76 oz (50g) vanilla sugar

Whisk the egg whites until stiff peaks form.

Add remaining ingredients and gently fold together. Do not overmix.

Line a baking tray with parchment paper and spoon macaroon mixture onto the tray.

Cook in 350°F (180°C) oven for 10-12 minutes.



## **Why Norwegians are Driving More Slowly**

Norwegian motorists have slowed their pace year after year. A wild theory has been that older drivers are slowing things down. Now researchers have studied the trend. Several times in recent years traffic authorities have been able to determine that motorists of all ages are slowing down. Data from monitors in areas around the country with a speed limit of 80 kilometers per hour (50 miles per hour), show that the average speed has fallen by 1 kilometer per hour (0.62 mph) over the course of five years. It's not very much, but still a clear break with the tendency that traffic authorities were seeing decades earlier, which was that motorists were steadily driving faster.

Surveyed and Interviewed Traffic researchers stood on the roadside and interviewed 204 motorists who passed the monitors. In addition, they recorded license plates and extracted data from the Motor Vehicle Registry of the 3,750 cars and car owners who passed. One of the goals of this study was to determine how much older age among motorists has had an effect on speed reduction. Increased age is not important "We conclude that the increased age of the drivers explains maybe 25 percent of the speed reduction. Most of the decline in speed is explained by other factors," says researcher Torkel Bjørnskau of TØI (Transportøkonomisk institutt, the Institute of Transport Economics).

One such factor is that more cars being on the roads causes motorists to slow down. Another factor is that fewer people are driving recklessly on Norwegian roads. Why there are fewer reckless drivers, researchers don't know. One possible explanation is the increase of boxes with speed counters. Another possible explanation is the increased media attention on road safety and speed. Gender, engine size and make of car In this study researchers also found that cars with an owner aged 35-44 were driven fastest. After that, speed sinks steadily with increasing age. The researchers also looked at the drivers' gender. They did not find that speed held any connection with the car driver's gender.

Some researchers, however, saw that cars with larger engines are driven faster than cars with small engines. And newer cars are driven faster than old cars.

## ***Do you have a loved one who is looking for a way to connect with their Norwegian roots?***

*Maybe a friend who's interested in exploring Nordic cooking? Consider giving a membership to Sons of Norway this holiday season. As you know, there's so much to being a Sons of Norway member – whether it's connecting with fellow Norwegians in the lodge or exploring the culture on their own, your loved ones will fuel their interests with a Sons of Norway membership. A gift membership to Sons of Norway opens up a world of benefits for its recipients: like the outstanding Viking magazine, a welcoming network of lodges, cultural programs that introduce Norwegian arts and crafts or valuable discounts on things like airfare, hotels and so much more. How many other holiday gifts can give so much?*

*A gift membership doesn't only benefit its recipient; it's great for your lodge, too. Giving a membership to a loved one is a great way to introduce them to lodge, especially if they aren't already familiar with Sons of Norway. In fact, many people who've been given gift memberships across the organization have gone on to be long-term members of lodges.*

*If you're interested in giving a gift membership for Christmas, contact Sherry Gorse, Membership Services Coordinator at (800) 945-8851.*

## St. Lucia Day



Celebrated across Scandinavia, St. Lucia Day marks the start of the Christmas season and a time to embrace lighter days to come. The national feast day, part of the Christian Calendar of Saints, is celebrated throughout Norway on December 13.

Though the holiday was first introduced with the spread of Christianity, many of the traditions truly took root when the holiday was readopted during the 20th century in Norway. Reclaiming its derivations from the Latin word for light, St. “Lucia” is honored with parades of light during the darkest time of year. In schools across Norway, children celebrate with holiday programs and processions.

Throughout hospitals, school buildings and city centers one can find parades of children clad in white, handing out Lussekatter (Lucia cats), saffron-flavored buns, to those passing by. As a way to enjoy the start of the holiday season, families can celebrate this holiday of hope and light by baking the traditional Lussekatter – a recipe for the buns can be found online at <https://food52.com/recipes/8318-saffron-buns-lussekatter>.

Or, in honor of the Norwegian tradition families can join together in singing the St. Lucia Song (lyrics provided below).

Saint Lucia

Black night is falling in stables and homes.

The Sun has gone away, the shadows are threatening.

Into our dark house enters with lit candles,

Saint Lucia, Saint Lucia!

The night is dark and silent; suddenly a rush

in all quiet rooms, like the waving of wings.

See, at our threshold stands, dressed in white with lights in her hair,

Saint Lucia, Saint Lucia!

For more information about Christmas traditions in Norway, visit the Sons of Norway Information Bank in the Member Resources section of the Sons of Norway website at [https://www.sofn.com/member\\_resources/cultural\\_programming/information\\_bank/](https://www.sofn.com/member_resources/cultural_programming/information_bank/).



**Our Christmas Julefeiring  
Is  
Saturday Dec. 10, 2016 at  
12:30pm  
Join us for great food and a  
Norwegian Celebration for  
Christmas.**



Fridtjof Nansen #6-009 Long Beach, CA

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December 2016 ISSUE