

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 87 , 5 Issue

May, 2017

Ord Fra Presidenten...

What great fun we had at our April Meeting. Luella was wonderful share the Geneology Cutural Skill program – have you started your hunt for your Heritage?

Are you ready to Celebrate Syttende Mai? Come celebrate Norway's Constitution Day! Johan Olsen will be leading us in our celebration.

June is our 87th anniversary. Our lodge has been around since June 5, 1930. How great is that. We are a mighty lodge with a long history. Let's wear our Norwegian clothing, anything you have from T-shirts to sweater, etc.

beste hilsener(best wishes) Phebe



SONS OF NORWAY

Our next meeting is on Saturday, May 13, 2017
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!

CELEBRATE SYNTTENDE MAI WITH US ON
MAY 13TH

JOHAN OLSEN WILL SHARE WITH US THE
HISTORY OF NORWAY'S CONSTITUTIONS
DAY.

Flora Morgan is going to make her amazing
layered sandwich.



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.

**2017
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurer	Troann Loy	(714) 963-4830
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox Cleone Hatwan	(562) 596-5616 (562) 633-6752
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director	Phillip Knudsen	(562) 308-8763
Historian	Open	
Musician:	Open	
Counselor:	Troann Loy	
Greeters:	Jeanne Paige Phil Peterson	(562)429-3093 (562) 429-3093
Marshall:	Phillip Knudsen	(562) 308-8763
Marshall:	Loyd Wilcox	(562) 596-5616
Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
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

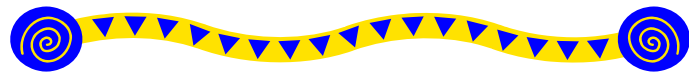
TUBFRIM



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. Ginnie Wilcox 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. Jeanne and Phil will be collecting your pennies every month.

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 4/8/17

- Welcome – Teresa Broadhead, Luella Grangaard, Nancy Kann, and Mr & Mrs Nyquist!
- Phebe always out does herself with our room decorations. Another Great Job! Thank You to all that helped put it together!
- We started off our meeting with the Norwegian Table prayer, then off to the tasty treats.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Our language lesson today was focused on genealogy.
- Luella hosted today's presentation on genealogy and provided information on how to obtain our pins.
- o Luella is getting ready to go to her family farm in Norway. Cool! I can't wait to hear about her adventure.
- o To help find your heritage path, Luella mentions that looking into family bibles and baby books can help provide additional information of where your ancestors were born or lived.
- o A great book to read is the History of Norway. This will help you understand what was going on in Norway at the time your family migrated.
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Today's announcements

- Happy Birthday Cleone, Ardell, Barbara & Loyd
- Teresa Broadhead won the 50/50 drawing and donated the winnings back to the lodge. The lodge receives a total of \$.
- Our next meeting is May 13 2017.

Respectfully submitted:

Terry Lord – Secretary

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Kids Will Now Have Time to Eat Schoolchildren

should not have to gobble their lunches. The [Norwegian] government wants kids to have 20 minutes to eat. "Now the children will have time to eat their lunches. It is important to set aside time for this. Both for diet and health," says Torbjørn Røe Isaksen to news agency NTB. He is [Norway's] Minister of Education. The government and Norwegian Directorate for Health and Social Affairs want children to have more time to eat. They advise about 20 minutes for lunchtime. For everyone. "We know that mealtimes at many schools disappear into many other things. Some students in Norway receive five or ten minutes to devour their lunch. No more," says Isaksen. This advice is part of a plan for a better diet. It applies to all of Norway. Only half of the primary schools in Norway have a lunch break of 20 minutes. Schools and municipalities get to decide how the school day goes. And how long students will have for breaks. "Kids get very little time to eat. Many parents will recognize this. It creates bad attitudes towards having a good lunch break," says Isaksen. "The government does not want to control municipalities. They're calling it a request. But that could change if schools don't follow suit," he said.

A Bit of Humor:

Sven & Ole, America's favorite Norwegians! Sven runs into the vet's office carrying his dog, screaming for help. Ole the Vet rushes him back to an exam room and has him put his dog on the examination table. Ole examines the still, limp body and after a few moments tells Sven that his dog, regrettably, has died. Sven, clearly agitated and not willing to accept this, demands a second opinion. Ole goes into the back room and comes out with a cat and puts the cat down next to the dog's body. The cat sniffs the body, walks from head to tail poking and sniffing the dog's body, and finally looks at Ole and meows. Ole looks at Sven and says, "I'm sorry, but da cat tinks your dog is dead too." Sven is still unwilling to accept that his dog is dead. Ole then brings in a black Labrador. The Lab sniffs the body, walks from head to tail, and finally looks at Ole and barks. Ole looks at Sven and says, "I'm sorry, but da Lab tinks your dog is dead too." Sven, finally resigned to the diagnosis, thanks Ole and asks how much he owes. Ole answers, "\$650." "\$650 to tell me my dog is dead?!" exclaims Sven. "Vell, Ole replies, "I would only have charged you \$50 for my initial diagnosis. The additional \$600 vas for da cat scan and da Lab test"

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



MAY

- 5 – Cino de Mayo
- 13 – Lodge Meeting
- 14 – Mother's Day
- 20 – Armed Forces Day
- 29 – Memorial Day

JUNE

- 10 - Lodge Meeting

This Month's Birthdays. . . Gratulerer Med Dagen



MAY

- 9 – Phebe Fricioni
- 22 – Anna Vallefuooco

CHANGE IN THE DUES STRUCTURE in 2018

At the Sons of Norway International Lodge Meeting August 2016 in Tacoma, a new dues structure was voted in by a strong delegate majority vote. (121 - 32) Simplified Dues Resolution WHEREAS the current dues structure and membership categories are complicated and very hard to explain to prospective members AND for current members to understand, THEREFORE, Effective January 1, 2018, the U.S. dues will be \$60 for an individual and \$95 for a family. Q&A: Do current Golden and Life members lose their special dues rates? No. Life members will continue to be free; Golden members who qualify before 2018 will retain their reduced rates. Rates for Golden members will be set by the International Board at their spring 2017 meeting. Do Unge Venner (ages 16-23) need to share an address with a family member to be free? Yes. Do Heritage members (age 15 and younger) need to share an address with a family member to be free? Heritage members are always free. How will the simplified dues structure be of benefit to members? Simplifying the dues structure to maintain consistency throughout the U.S. has been a discussion point for years. With the new plan in place, more time will be freed up for Sons of Norway staff to better serve our members

Norwegian Proverbs . . .

**Sleep is the biggest thief,
It thinks nothing of stealing
Half one's life.**

**Gray hair should be respected and honored,
a bald head deserves a bow.**

Veiled Peasant Girls (Tilslørte bondepiker) Authentic Norwegian Cooking Astrid Karlsen Scott

- ½ lb. apples
- ½ cup water
- 3/8 cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- 3/8 cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool. Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool. Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish. Serves 4



Norway Tops the Global Happiness Rankings for 2017 According to this year's World Happiness Report,

Norway has jumped from 4th place in 2016 to 1st place this year, followed by Denmark, Iceland and Switzerland in a tightly packed bunch. All of the top four countries rank highly on all the main factors found to support happiness: caring, freedom, generosity, honesty, health, income and good governance. Their averages are so close that small changes can re-order the rankings from year to year. Norway moves to the top of the ranking despite weaker oil prices. It is sometimes said that Norway achieves and maintains its high happiness not because of its oil wealth, but in spite of it. By choosing to produce its oil slowly, and investing the proceeds for the future rather than spending them in the present, Norway has insulated itself from the boom and bust cycle of many other resource-rich economies. To do this successfully requires high levels of mutual trust, shared purpose, generosity and good governance, all factors that help to keep Norway and other top countries where they are in the happiness rankings. All of the other countries in the top 10 also have high values in all six of the key variables used to explain happiness differences among countries and through time – income, healthy life expectancy, having someone to count on in times of trouble, generosity, freedom and trust, with the latter measured by the absence of corruption in business and government. Here too there has been some shuffling of ranks among closely grouped countries, with this year's rankings placing Finland in 5th place, followed by the Netherlands, Canada and New Zealand; and Australia and Sweden tied for the 9th position, having the same 2014-2016 score to three decimals. The USA is a story of reduced happiness, according to the report. In 2007 the USA ranked 3rd; in 2016 it came in 19th.

Happiness

Bygdelag in America Bygdelag are organizations comprised of descendants of emigrants from Norway to North America. A bygd (village) in Norway shares the same dialect in speech, the same ways to prepare food, the same folkways and the same special occasion costumes, 'bunader'. A lag (district) serves a larger, regional area encompassing several bygder. The national council of bygdelag is called BYGDELAGENES FELLESRÅD and their website will help you become acquainted with the culture, past and present, of your relatives and ancestors. If you are interested in your heritage, try this website: www.fellesraad.com. There are links to 32 lags, genealogists, an archive and events link, down-loadable documents, links to free genealogy sites, and a calendar of lag activity dates. Take a look - you never know what discovery you'll make! Taken from Gary Larsen's article in The Saga, Bjørnstjerne Bjørnson Lodge #6-14.



Today's Recruitment Goals Fuel Future Success



Sons of Norway Headquarters is pleased to announce the launch of its 2017 recruitment campaign – a revamped and expanded Founders Day Awards. With our 125th anniversary fast approaching, the new campaign reinforces the vision of Sons of Norway's founders for an organization that celebrates its roots while continuing to look toward the future. With the new Founders Day Award, lodges that reach their target recruitment goal are rewarded with a number of prizes. These include a \$200 cash card the lodge may use toward a celebration of reaching its goal, exclusive access to a new program for lodge members, and more. Lodge Vice Presidents recently received additional information about the 2017 Founders Day contest as well individualized goals for recruitment. These goals were developed to align with Sons of Norway's overall goal of welcoming 3,500 new members in 2017, just one of the ambitious organizational goals developed by Sons of Norway's International Board of Directors. The 2017 Founders Day campaign is an opportunity for all members to get involved and support not only their lodges, but help grow the organization. Keep up with the Sons of Norway blog and e-Post throughout the year for ways you can help Sons of Norway and find lodge success stories. Join the conversation about growing Sons of Norway into the future - find us on Twitter @SonsofNorway or on our Facebook page. Better yet - share how you or your lodge is working toward the future by using #Growingto2020.

Facts about Norway's Constitution:

Most of us know that the Constitution was signed on May 17, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history. •Did you know...that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written. • Did you know...that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution. • Did you know...that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy. • Did you know...that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified? • Did you know...that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The January 14, 1814 Kiel Treaty said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written.





**SONS OF
NORWAY**

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