

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 86 , Issue 9

November, 2016

Ord Fra Presidenten...

Evidently the members that were at the Open House/Heritage Fair last month enjoyed the Special meeting with a few visitors. The displays showing the important Norwegian culture was proudly displayed.

I am also expressing thanks to Phebe and Ginnie and Lloyd Wilcox for the determined efforts that resulted in the emptying of the storage area, thereby saving a monthly expense.

The November meeting has on schedule the performance of a Hardinge player.

The December Christmas meeting will hopefully be visited again by our Norwegian Julenisse.

*And we are planning activities for next year. Any requests?
Regards, Johan*



SONS OF NORWAY

Our next meeting is on Saturday
November 12, 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!

Join us for a wonderful program with a Norwegian Haringfele Player.

Learn about the history about this unusual instrument and hear some wonderful music.

Potluck Lunch

A to H - Salad, I to P- Main Dish, Q to Z- Dessert



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
Co-Vice President:	Phebe Fricioni	(562) 430-5092
Treasurer	Troann Loy	714-963-4830
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Cleone Hatwan	(562) 633-6752
Cultural Director	Troann M. Loy	(714) 963-4830
Co-Cultural Dir.	Sylvi Olsen	(714) 537-9646
Historian	Phillip Knudsen	(562) 308-8763
Musician:	Open	
Counselor:	Herman Holt	(562) 429-7638
Greeters:	Sylvi Olsen	(714) 537-9646
	Jeanne Paige	(562)429-3093
Marshall:	Phillip Knudsen	(562) 308-8763
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Trustee:	Herman Holt	(562) 429-7638
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

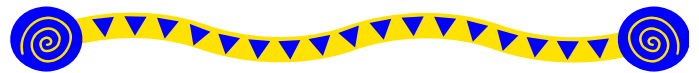
TUBFRIM



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. 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.



New American Embassy in Oslo Norway's

New American Embassy, currently under construction in Huseby, a western suburb of Oslo, will be completed by the end of the year. Designed by New York's EYP Architecture & Engineering, the five-building campus features a chancery, underground annex, Marine security guard quarters and three entry pavilions. Workspaces in the building will support a staff of 200 employees. Planned outdoor spaces take cues from Norwegian design principles by utilizing the area's mature trees and stream to meld the new building with the natural landscape. Serving an important and unique function, the new embassy site and building plans had to meet a number of key requirements. The previous building's location near Oslo's city center is dense and highly trafficked and posed security challenges. In addition, the U.S. Department of State's Bureau of Overseas Building Operations issued a new list of guiding principles in 2011 which required that consulates and embassies be both "safe and functional and inspiring places for the conduct of diplomacy and ... a facility that represents the best of American architecture, design, engineering and construction." In essence, buildings must be aesthetically beautiful and meet high security and safety requirements. In respect of these principles, architects sought inspiration from local materials, utilizing white Norwegian granite on the building's façade and a copper roof, inspired by the Norwegian copper utilized in the Statue of Liberty. In addition to design and safety considerations, sustainability and energy efficiency were also at the forefront of plans for the project. The new embassy will qualify for a Silver Certification in Leadership in Energy and Environmental Design (LEED) and energy needs for the building will be met almost entirely by renewable energy sources. To learn more and to see plans of the building, visit <http://eypaedesign.com/design-diplomacy>



Hot Apple Grog with Blackcurrant, Honey and Cinnamon (Serves 5), adapted from newscancook.com

- 1 quart (1 liter) apple juice
- 1 cinnamon stick
- ¼ lb. (100 g) blackcurrants
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.



How to Reduce your Fear of Spiders:

Seeing what you fear for short intervals can trick the brain into being less afraid. Many are terrified of things they have little reason to fear—harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images -The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants brains' were awash in spider images, they saw two pictures of spiders. This is supposed to awaken the old fear before the actual treatment. This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders -To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain. The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.

www.fridtjofnansenlodge.com

Check out our new website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

Kalendaren – Calendar



November

6 – Daylight Savings Time Ends

8 – Election Day – VOTE

11 – Veterans Day

Thank a Veteran!

12 – Lodge Meeting at 12:30pm

24 – Thanksgiving Day

December

10 – Christmas Party

This Month's Birthdays. . .

Gratulerer Med Dagen



November

11 – Craig Peterson

23 – Sigrid Berg

26 – Flora Morgan

Hybrid Technology Coming to Hurtigruten Ships:

Earlier this month the Norwegian expedition operator and cruise line, Hurtigruten, announced the construction of two hybrid expedition ships. Designed by Rolls Royce and constructed by Kleven Yards in Norway, the vessels represent the biggest single investment made by Hurtigruten in the company's history. "It is beyond doubt that the future of shipping is both silent and emission-free. We will use our new expedition ships as 'icebreakers' for this technology and show the world that hybrid operations on large ships are already possible now," says Hurtigruten CEO Daniel Skjeldam. Set to debut in 2018 and 2019, the hybrid ships will be released in two phases. The first phase will see the completion of a single 530-passenger ship outfitted with an auxiliary electric engine, capable of sailing via electric propulsion for 15-30 minutes. A first of its kind in the world, the vessel's combination of hybrid technology, hull design and onboard electricity efficiencies are projected to reduce fuel consumption and carbon dioxide emissions by 20 percent. The objective of the second phase is to expand upon electric capabilities with a fully-fledged hybrid engine that will sustain the second passenger ship for greater lengths of time and distances. The battery propulsion will also offer a silent and emission-free solution for navigating into fjords and vulnerable port locations. Bellona, a Norwegian environmental NGO with close ties to the project, is optimistic about the potential for the new hybrid maritime equipment. Bellona founder and President Fredric Hauge says, "This is an historic day for Norwegian shipping and for Norwegian maritime technology. Battery powered propulsion in ships this size shows that batteries are on board to stay. This represents a huge reduction in emissions from shipping, and it is only the beginning." To learn more about the project, visit <http://tinyurl.com/jxcc9ov>

Turkey Soup with Norwegian Dumplings

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley

Place turkey bones and scraps into a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Season with salt and pepper to taste.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk
- ½ tsp. nutmeg
- 2 Tbsp. butter
- 1¼-1½ cups flour
- 2 Tbsp. sugar

In medium pan, combine butter, milk, sugar and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut-sized dumplings

Welcome to our new member:

Philip E Peterson

**2635 Foreman Ave Long Beach,
CA 90815- 1108 (562) 429-3093
g1egramps@aol.com**

Memory of Joan Dirkson:

Joan & I were lifelong friends as she knew my mother while she was pregnant with me. She was like an older sister. She was at our house more than her own it seemed. We had so many adventures and near misses as we pushed the limits of what we were allowed to do vs what we actually did. In Long Beach there was a flood control area just a short bike ride away and it called to us. The fence was low and we were curious so into the quicksand we went. Only through the grace of God did we get out of that murky mess. Fear was low on our list of emotions and freedom to enjoy the great outdoors was a priority. We put a lot of miles on those bikes riding around Rainbow Pier and over Signal Hill. We never lost touch as adults and visited as often as our busy lives permitted. It was heartbreaking to see her suffering these last few years. First it was a form of Lou Gehrigs disease followed by dementia. She was loved by her daughter & son and their respective families. They were exceptionally attentive and made certain she was always well cared for both by them and the care givers in various facilities. We will always smile when we remember the big crush she had on Mickey Mouse. When asked why she didn't like Minnie she said "Because she took Mickey from me!" A sweet and lovely woman who will always be missed.

Respectfully submitted by Barbara Shepard

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Tusen Takk to Roni Lion for keeping our
website running.

**New Norwegian Films Breaking
into International Market**

Løvekvinnen – The Lion Woman In August, "The Lion Woman" (Løvekvinnen) premiered at the 44th Norwegian International Film Festival in Haugesund and had already been sold for distribution to 40 countries. Based on the bestseller by Erik Fosnes Hansen, the drama follows the trials of Eva, a girl born in 1912 with a disorder that causes fur to grow over most of her body. Her ashamed father first tries to hide her from society, and she later suffers bullying and humiliation from all sides. Written and directed by Vibeke Idsøe, the film was partially filmed in Lillehammer, and has the largest budget for a Norwegian film since "Kon-Tiki." This beautiful tale of otherness, tolerance and redemption shows how the Lion Woman learns to face and overcome these obstacles.

Norwegian nominating committee selects entry for Oscars Each year a committee from the Norwegian film industry chooses one finalist to represent Norway at the Oscars in the category of best non-English language film. This year's selection is "Kongens Nei" (The King's Choice), a historical drama set in 1940 in which King Haakon VII and the Norwegian government face the German invasion and an ultimatum of capitulation. Haakon VII is expertly played by Danish actor Jesper Christensen, who conveys the humanity and loneliness of the king in this situation. Anders Baasmo Christiansen ("Kon-Tiki," "Buddy") plays Crown Prince Olav, who is fiery and impatient compared with his father's wise self-restraint. The film portrays the turmoil during a momentous chapter in Norwegian history, and the universal theme of making impossible choices in dire situations. The two other nominees were Erik Skjoldbjærg's "Pyro Manen" and Rune Denstad Langlo's "Welcome to Norway!" which also stars Anders Baasmo Christiansen.

A LITTLE MORE HUMOR:

One day Lena confided to her friend Hilda that she had finally cured her nervous husband, Ole, of his habit of biting his nails. "Good gracious," said Hilda, "How did yew ever dew that?" "It vas really simple," was Lena's reply. "I yust hid his false teeth."

Ole and Lena were getting on in years. Ole was 92 and Lena was 89. One evening they were sitting on the porch in their rockers. Ole reached over and patted Lena on her knee. "Lena, vat ever happened tew our sex relations?" he asked. "Vell, Ole, I yust don't know," replied Lena. "I don't tink ve even got a card from dem last Christmas."

One Sunday morning, the Lutheran pastor noticed Ole standing in the foyer of the church staring up at a large plaque. It was covered with names and small American flags mounted on either side of it. The old Norwegian had been staring at the plaque for some time, so the pastor walked up, stood beside Ole, and said quietly, 'Good morning Ole.'

'Good morning Pastor,' he replied, still focused on the plaque. 'Pastor, vat is dis?' The pastor said, 'Well, it's a memorial to all the men and women who died in the service. Soberly, they just stood together, staring at the large plaque.'

Finally, Ole's voice, barely audible and trembling with fear asked, 'Vich service, da 8:30 or da 10:45?'

"Ole and Lena were visited by a door to door salesman, Lowell Thompson. He tried to convince them if they bought the big freezer he was selling, they would save enough on food bills to pay for the freezer. Ole responded that they were paying for the house on what they were saving on rent. And they were saving on movie tickets with the price of cable TV." Finally, Ole said, "And we're saving on laundry with the new washer and dryer. So, I guess ve have to say, ve can't afford to save any more right now."





**SONS OF
NORWAY**

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