

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 87 , 1 Issue

January, 2017

Ord Fra Presidenten...

First I want to thank you for having the confidence in me to elect me to be your President.

I am excited about this coming year. I hope we can grow this year, work on our cultural skills and learn more about our Norwegian Heritage.

Make sure you come to our February Lodge meeting. We will provide a delicious lunch. Our member Loyd Wilcox will present a program on the composer Edvard Grieg and his music.

We will also have a cookie exchange. Bring 2 dozen of your favorite cookies. Then you will be able to bring home all different kind of cookies the other members have made. This will be yummy.



Looking forward to this coming year,
Beste hilsener, Phebe



SONS OF NORWAY

Our next meeting is on Saturday,
February 11, 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!

Join us for a delicious meal, good
company and great program.

Our program will be learning about the
life and music of Edvard Grieg
presented by Loyd Wilcox.



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	(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. 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. Jeanne Paige will be collecting your pennies every month.

Minutes from our Lodge Meeting Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 1/14/17 GODT NYTT AR - HAPPY NEW YEAR!

- Great to see you Flora! We missed you.
- We started off our meeting with a warm Welcome from the President. The lodge would like to give many, many "Thanks" to Johan for serving as our Commander & Chief for the last year.
- The Norwegian Table prayer was given. Then we worked our way towards the yummy table offerings: Salmon soup, salads, meatballs, potatoes, cucumbers, beets, almond cakes, cookies & whipped lime jello.
- Our language lesson today was focused on Elections as we plan to install some new positions for 2017.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Today's announcements**
 - o 2017 Calendars are available for \$10. There are 2 left.
 - o Happy Birthday Valerie Sparr.
 - o Welcome to our lodge Roselyn & Linda!
 - o New Badges were given to Andrea Marshall, Phil Peterson, & Valerie Sparr.
 - o Phil Knudsen is our Public Relations representative. He would love to submit pictures for the Viking Magazine. If you have good pictures to share, please fill out the appropriate Sons form & give to Phil. (Remember we have to name of all individuals shown in the picture.)
 - o The lodge will be looking into making some shirts for the lodge members.
 - o **Please join the Member Seminar:**
 - 1/28/17 @ Peer Gynt Lodge in Culver City from 9-2:30.
 - Or 2/18/17 @ Solskinn Lodge in Palm Desert from 9-2:30.

Please RSVP to Phebe @ Fricioni_phebe@yahoo.com so the appropriate amount of food can be prepared.

Introduction of Officer Promotions for 2017

President	Phebe Fricioni
Vice-President	John Olsen
Treasurer	Troann Loy
Secretary	Terry Lord
Membership Sec.	Ginnie Wilcox
Co-membership Sec.	Cleone Hatwan
Editor	Troann Loy
Cultural Director	Phil Knudsen
	Sylvi Olsen
Public Relation	Phil Knudsen
Counselor	Herman Holt
Greeter	Jeanne Peterson
Marshall	Philip Knudsen
	Loyd Wilcox
Social Director	Phebe Fricioni
Trustee	Herman Holt
	Cleone Hatwan

- **And the top 3 winners for the Cultural Skills Interest Survey are:**
 - o Cooking, Genealogy, & Music
- Troann won the 50/50 drawing of \$13.50.
- Our next meeting is February 11th 2017. We are having a cookie exchange. Please bring 2 dozen of your favorite Norwegian cookies.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Ole and Lars were good friends. One night they decided to go out on the town. They were sitting on bar stools at their favorite night spot, having one drink after another. All of a sudden Lars fell off his stool!

"Well," said Ole to the bar tender, "vun ting about Lars ... he sure knows when tov quit!!"

Lena and Hilda went out for lunch one day. After chattering for about two hours, Hilda said. "Lena, tell me more gossip about Sven and Nelda!"

"Vell, I just can't, Hilda", replied Lena. "I've already told yew lots more den I heard myself!!"

"Ole, dew yew tink I vill live tew be vun hundred?" asked Lena one day. Vell, not if yew stay twenty-two much longer dear!" replied Ole.

Little Ole and Little Lena sneaked into a very famous art museum one day. They starred for a long, long time at a very abstract painting. Finally, Little Lena nudged Little Ole and said, "Little Ole, ve better get away from here quick, Dey vill tink ve did it!"

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



February

2 – Groundhog Day

11 – Lodge Meeting

Bring 2 dozen for cookie exchange

12 – Lincoln's Birthday

14 – Valentine's Day

20 – President Day

March

11 – Lodge Meeting

This Month's Birthdays. . . Gratulerer Med Dagen



February

5 – Phillip Knudsen

13 – Jeanne Paige

Norwegian Fjellbrød - Makes 1 loaf

Adapted from

<https://mydearkitcheninhelsinki.com/2014/11/21/fjellbrod-a-nutritious-norwegian-bread/>

- 1 cup plus 2 tbsp (2.7 dl) whole milk
- 1 cup plus 2 tbsp (2.7 dl) lukewarm water
- 2 plus ¼ tsp (11 ml) dry yeast
- 3 cups (7.2 dl) whole-wheat flour
- 1 cup (2.4 dl) rye flour
- ¼ cup (0.6 dl) rolled oats
- 1 tbsp (15 ml) light brown sugar
- 1 plus ½ tsp (7.5 ml) salt
- 3 tbsp pumpkin seeds
- 3 tbsp sunflower seeds
- 3 tbsp flaxseeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave for 10 minutes. In another bowl combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky. Scrape mixed dough onto well-floured counter and form into a rough loaf shape. Add loaf to buttered loaf pan. Top with extra seeds as desired. Place on middle rack of oven and heat to 100C (212F). After 30 minutes, add oven proof pan of boiling water to the bottom rack of oven. Raise temperature to 175C (347F) and bake for 1 additional hour. Test center of bread with a toothpick and pull from oven when baked. Wait 5 minutes and remove bread from mold and allow to cool on a wire rack.



Warm Up Your February with Norwegian Baked Goods

You may not have realized it, but February marks “National Bake for Family Fun Month,” a perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking. Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don’t forget: baking isn’t reserved for desserts, either. You’ll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce. Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you’re exploring traditional Norwegian baked goods you could be earning your way to a medal! February also happens to be National Heart Month, making it an opportune time to kickstart a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy. To access the members section you’ll need an account with a username and password. If you need an account, be sure to have your username and an email address handy. If you have questions about creating an account, contact Sherry at fraternal@sofn.com.

IQ Test for Bees

When one bee managed to reach the sugar water, the other bumblebees learned, too. First a few bumblebees got to taste sugar water in the center of a blue disc, so that they would understand that an artificial flower was worth investigating. Then researchers put Plexiglas over the discs and the bumblebees had to try to pull the discs out by a string. They managed just fine. Another group of bumblebees got to take the IQ test right away, without tasting the sugar water first. Only 2 out of 110 got a hold of the sweets. What really surprised the researchers was what happened when untrained bumblebees got the chance to watch an expert in action. An impressive creature behind a glass wall the bees observed what happened. When they were released one by one, 60 percent of them managed to do what the mentor had done. "The bumblebee is an impressive creature, and through our study we demonstrated that it is good at learning," says Professor Eric Søvik at Volda University College, who participated in the research. "The bumblebee has a brain that largely functions the like that of humans," he said on the college's website. A single well-educated bee was enough so that an entire colony of unskilled bees could acquire this capability. "Some flowers are very difficult to pollinate. If you teach a few bumblebees to do this, they can transfer the knowledge to other bumblebees. Such cultural learning in bumblebees could be useful in the production of various plants, for example," says Søvik.



Photo: Jørgen Gommæs/The Royal Court

A Romantic Restoration

A current restoration project taking place at Maihaugen, one of Northern Europe's largest open-air museums in Lillehammer, Norway, is generating anticipation for the project's completion. The endeavor is steeped in Norwegian culture, a bit of romance and a royal twist. Just weeks ago, the disassembled 1930s childhood home of H.M. Queen Sonja of Norway was moved from its original location at Tuengen allé 1b at Vinderen, Oslo, to Maihaugen in Lillehammer. The home is to be reassembled, furnished in an authentic manner, and opened to the public as part of a popular attraction at the museum that features homes representing each decade from the 1920s through 2001. Work is now underway to breathe life into the house, which will showcase replicated and original furnishings used from 1935 to 1968. Queen Sonja lived there for most of her childhood years, until 1968 when she married then Crown Prince Harald. According to Maihaugen's website, the home was one of the few places the couple could meet during the nine years they were dating. The house is constructed in the functionalist style, with hipped roof, horizontal cladding, windows by the corners and balconies with steel rails. Museum guests can look forward to the official opening of the project on August 29, 2018, the date of Their Majesties' 50th wedding anniversary.



**DISTRICT SIX-SPONSORED
VESTERHEIM MUSEUM TOUR
September 20 - 24, 2017
LOCATION: Decorah Iowa**

The District 6 Board is very excited about sponsoring a tour to the Vesterheim Museum in Decorah, Iowa from Sept. 20 thru 24, 2017. To get a good idea as to why the Board is excited, visit the website for Vesterheim Museum at vesterheim.org, (or read "A Brief Peek" on the Museum, elsewhere in this newsletter), where you will see that it is the national Norwegian-American museum and heritage center, with over 33,000

ESTIMATED COST:

It is estimated that the trip, not including transportation to Minneapolis, MN will cost \$500.00. The cost includes one

(1 day) class at Vesterheim and a group tour of the museum. The cost would include hotels in Minneapolis and Decorah with motor coach transportation to and from Decorah, IA. This price is for double occupancy for all hotels. We are looking forward to many of you joining us for this Norwegian Heritage tour.

artifacts, 12 historic buildings, a Folk Art School, and a library and archives.

PROPOSED ITINERARY:

Wed., Sept 20th will be your day to travel to Minneapolis, MN on your own.

Thursday, Sept. 21st we will travel as a group via motor coach to Decorah with interesting stops along the way (possibly to the largest Norwegian-American College, maybe to the home of the Ola and Per comic strip, or could it be a fabulous clock museum?) and then spend both Friday and Saturday taking a class

at the Museum plus visiting all the wonderful historical exhibits and buildings

on the Campus. Time to shop and enjoy meals together in the local area. The motor coach will bring us back to Minneapolis, MN in the evening on Saturday. Sunday will be a travel day to return home or you may opt to stay a few days longer on your own.

Do you have a certain class you are particularly interested in taking? We can put in a request. Some examples of classes are Norwegian Traditional Cooking, Rosemaling, Carving, Weaving, Nålbinding (fiber art), etc.

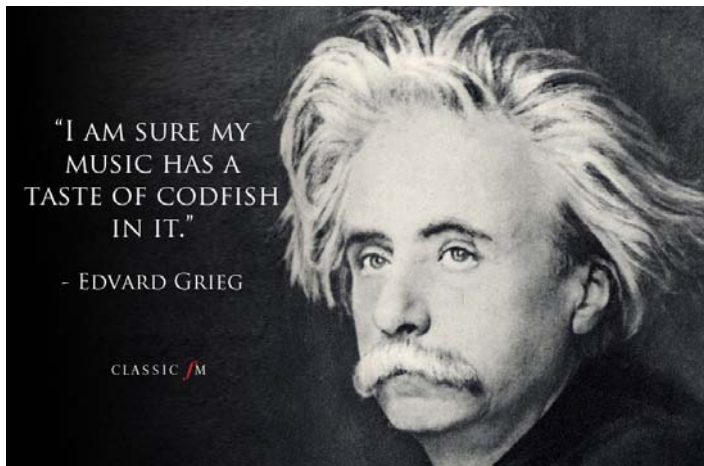
INTERESTED?

If you are interested in going, please send your indication of interest in the trip, and a class you would like to recommend, to Judy Immel at cultural1director@gmail.com

UPDATES:

Visit the District Six website often for updates and more information.

The official registration form will be available on the District 6 website, soon.



*Join us on Saturday
February 11, 2017 to
Learn about Edvard Grieg and
his music.*



**SONS OF
NORWAY**

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