

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 88 , Issue 1

January 2018

Ord Fra Presidenten...

“Godt nytt år” Happy New Year to all.

I hope you had a wonderful holiday season.

Our Christmas “Juleboard” was great fun. Wonderful food and gifts with a special visit from our Nisse; Tusen takk Johan Olsen.

The year 2017 seemed to be gone in a flash. I hope you are ready for 2018 we are going to have a great time.

Our January meeting is going to be full of Norwegian knowledge and trivia.

Join us for a potluck:

A-H = main course

I-P = Salad

Q-Z= Dessert

See you at the Lodge Meeting.

Hilsen, Phebe Fricioni



SONS OF NORWAY

Our next meeting is on

Saturday January 13, 2018, at 12:00 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.nansenlodgelongbeach.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.

**2018
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurer:	Jeanne & Phil Peterson	(562)429-3093
Secretary:	Terry Lord	(714) 369-2420
Membership	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
Cultural Dir.	Phillip Knudsen	(562) 308-8763
Sunshine	Cleone Hatwan	(562) 633-6752
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	

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



January

10 – Erin Flair
16 – Valerie Sparr
27 – Teresa Boadhead

NOTE FROM THE EDITOR:

For the month of January there will be a shortened version of the Fridtjof Nansen Newsletter.

The regular newsletter will return next month. If you have any questions please contact me.

Troann Mortensen Loy



Sour Cream Porridge (Rømmegrøt)

- 4 dl (1 2/3 cups) 35% fat sour cream
- About 3 dl (1¼ cups) flour
- About 1¼ liters (5 cups) full fat milk
- ¾ tsp salt
- Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream. Heat 2 1/2 dl (1 cup) whipping cream to 35° C (95° F), almost body temperature, then whisk in 2 tablespoons buttermilk. Let stand at room temperature at least 8 hours, until thickened.
- Simmer sour cream, covered, about 15 minutes.
- Sift over 1/3 of the flour. Simmer until the butterfat begins to separate out. Skim off the fat.
- Sift over the remaining flour and bring to a boil. Bring the milk to a boil and thin the porridge to desired consistency. Whisk until smooth. Simmer about 10 minutes, and season with salt. Serve with the skimmed butterfat, sugar and cinnamon.

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 12/9/17

- **GOD JUL TO ALL**
- Phebe out did herself with the Christmas decorations. Each table was lined with garland & Christmas trees.
- Our Christmas tree was assembled, decorated, & lit up by Phil K & Loyd W. **THANK YOU BOTH**
- With our room ready to go....we sang the Norwegian Table prayer....and were off to a wonderful JUL lunch including Ham, cabbages, quiche, Lefsa, rolls, & salads. And our wonderful bakers provided traditional Norwegian cookies & Krumkake.
- **Welcome back Tanya!** Tanya will be playing the Piano throughout today's meeting. This is her 6th year entertaining our lodge. We are so lucky to have her!!!
- **Today's announcements**
 - o Our language lesson today was focused on Christmas. Thank You John!
 - o We sang the National Norwegian & American Anthems, and gave the Pledge of Allegiance.
 - o New faces were introduced. (We had a super turn out for Nisse and our highest attendance this year.)
 - o We sang Christmas Carols & songs.
 - o We danced around the Christmas tree singing and strutting to the Mulberry Bush song.
 - o Nisse came to wish us a God Jul and gave presents to all.
 - o We sang Happy Birthday to those celebrating another wonderful year.
 - o 2017 Calendars are available for \$10.

- o Welcome New Officers:

Officer Promotions for 2018

President	Phebe Fricioni
Vice-President	Johan Olsen
Treasurer	Jeanne & Phil Peterson
Secretary	Terry Lord
Membership Sec.	Ginnie Wilcox
Co-membership Sec.	Cleone Hatwan
Editor	Troann Loy
Cultural Director	Open
Historian	Open
Public Relation	Phil Knudsen
Counselor	Troann Loy
Greeter	Jeanne Peterson
Marshall	Philip Knudsen
	Loyd Wilcox
Social Director	open
Trustee	Troann Loy
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- o Troann closed the meeting with her special blessing.
- o Our next meeting is January 12th 2018.

To date, there has been no response for the following:

Lost & Found

Found – a music pin was found at the October Lodge meeting. If this is yours, please contact Ginnie Wilcox.

Lost – a decorative spoon that was won with the raffle at the Open House meeting.

Respectfully submitted: Terry Lord – Secretary



Fun at our Christmas Party!

A BIT OF HUMOR:

VE COULDN'T AFFORD MORE

Two Norwegians from Minnesota went fishing in Canada and returned with one fish.

'The way I figger it, dat fish cost us \$400' said the first fellow.

'Vell,' said the other, 'At dat price it's a good ting ve only caught one!'

THE PRANK CALL

The phone rings in the middle of the night when Ole and Lena are in bed and Ole answers.

'Vell how da hell should I know, dats two tousand miles from here' he says and hangs up.

'Who vas dat?' asks Lena.

'I donno, some fool vanting to know if da coast vas clear.'

Norwegian Scientist Advances Study of Grid Cells in Human Brains

May-Britt Moser may not be a household name, however, she is a Noble Prize award winning scientist from Oslo, Norway, who holds a psychology degree and PhD in Neurophysiology from the University of Oslo. In 2014 Moser, along with the Edvard I. Moser and John O'Keefe, were awarded the Nobel Prize for the discovery of human grid cells, a population of neurons that enables us to understand where we are in space. For example, the nerve cell in our brain called the hippocampus activates when we occupy a certain spot in a room. Then, other nerves activate when we move to another place in the room, forming a map of the environment in our brains. With the identification of this grid, Moser and her scientific colleagues have set the bar for this field of study. Moser now continues to discover new information about human grid cells and hopes to ultimately map out how complex thoughts, such as memory, arise. To learn more about May-Britt Moser's discoveries, visit <https://goo.gl/z9ueLp>. "By discovering the grid cell network, we suddenly understood something fundamental about the mystery of the brain - how the brain generates a universal map of the environment." May-Britt Moser



Fridtjof Nansen #6-009 Long Beach, CA

www.nansenlodgelongbeach.com

www.sofn6.com

Troann Mortensen Loy

9062 Kahului Dr.

Huntington Beach, CA 92646

tm4rb5@gmail.com

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