

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 88, Issue 6

June 2018

Ord Fra Presidenten...

I want to tusen takk everyone who helped out at the May meeting I had to miss. I hear there was wonderful food and a great program from Judith Gabriel Vinje. Thank you again Judith.

Here we are at our Lodges 88th. We should be very proud of ourselves for this. We are small but mighty.

On June 10th Troann and I will be heading the District 6th Convention. We will be taking all your cookies with us to share.

We always have a great time at convention and cannot wait to share what we learn with you there.

REMEMBER WE WILL NOT BE MEETING IN JULY OR AUGUST.

We will be meeting again in September. Luella Grangaard will be with us to present the 2nd musical cultural skill program.

Med vennlig hilsen (Best Regards),
Phebe Fricioni



SONS OF NORWAY

Our next meeting is on

Saturday June 9th, 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!

**Lodge Meeting will be another Potluck –
Bring what you would like to share.**

Our program will be a celebration of our 88th Birthday. Loyd Wilcox will present the first music program so we can get our 1st musical cultural skill pin.

Valerie Sparr will explain the Sports Culteral Skill program.



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
Treasurers:	Jeanne Paige & Phil Peterson	(562) 429-3093
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director:	Phillip Knudsen	(562) 308-8763
Sunshine Sec:	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	



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

- **Lodge Meeting 5/12/18**
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- **Greetings and THANK YOU - Phebe Fricioni** for decorating our room so beautifully for all to enjoy.
- Fyi.... Justin will be off to college and has designated a new friend to help us to set up tables. We **Thank Justin** for all his contributions and wish him well in his future endeavors.
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- **We gave a warm welcome to our new members - Richard Howell, Alfred Dimas, Katrina Hagen and Kirk Howe. We had 4 new members sign up last month!**
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- **Blessing & Lunch**
- Today's yummy lunch was provided by the lodge members and what an array of wonderful foods to enjoy.
- **Birthdays** - We recognized the Birthdays posted in the Monthly Newsletter – Phebe Fricioni & Anna Vallefuoco.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
-
- **Our special guest today is Judith Gabriel Vinje.** Judith is from the Edvard Grieg Lodge in Glendale, Ca and will present the history of our **Syttende Mai Celebration.**
- Judith was born in Minneapolis and has been a journalist for nearly 50 years, including a stint as a war correspondent. She started writing for Norway Times in 1998. She is also a member of Ravens of Odin, a Viking reenactment group on the West Coast, and writes frequently about Viking Age subjects.
- You can see Judith Book Review of My European Family online. She is a regular contributor to the Norwegian American publications, and a former board member of the Scandinavian American Cultural and Historical Foundation at California Lutheran University, where she has also been editor of The Nordic Spirit News.
- Judith told us about the Kalmar Union – a single monarchy of Denmark, Sweden (including most of Finland) & Norway joined from 1396 to 1537.

- Read more about Desiree Clary (the Queen of Sweden & Norway) and how Napoleon broke up that power with the Napoleonic Wars - Treaty of Kiel in 1814.
- It was such a treat to listen to Judith tell the story and “No, there are no Bunad Bikinis”.
-
- **Today's announcements**
- **Please bring cookies for the June Convention to our next lodge meeting.**
- **Our next meeting is June 9, 2018.**
- **It's our 88th Lodge Anniversary.**
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- We had our 50/50 drawing for a total amount of \$33.00. **Darlene Letnes** was the lucky winner, and has graciously donated her portion of \$16.50 back to the lodge. **THANK YOU!**
- Troann closed the meeting with **“May Peace and Harmony prevail within the lodge and its' members”.**
-
- Respectfully submitted: Terry Lord – Secretary



A Bit of Humor:

Ole and Lena went to the Olympics. While sitting on a bench a lady turned to Ole and said, "Are you a pole vaulter?" Ole said, "No, I'm Norwegian and my name isn't Valter."

To those in North Dakota , Minnesota , and for that matter the rest of the country, including Canada , I must report the sad news that Ole was shot. He was up by the Canadian border on his 4-wheeler cutting some trees when some rangers looking for terrorists spotted him. According to the news reports, the rangers shouted to him over a loudspeaker, "Who are you and what are you doing?" Ole shouted back, "OLE..... BIN LOGGIN"

Welcome new members:

Alfred Dimas – 4725 Pixie Ave/Lakewood, CA 90712
310-365-0864

Katrina Hagen – 5901 E Garford St/Long Beach, CA 90815
562-713-1264

Kirk Howe – 5262 Cambridge Ave. Westminster, CA 92683
562-761-1624

Richard Howell – 12200 Valley View St. Apt 334/Garden
Grove, CA 92845
714-589-5580

Kirsten Kennedy
5901 E Garford St/Long Beach, CA 90815
763-639-4111

Make sure you make time to meet and greet everyone.

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



June 9 – Lodge Meeting

June 10 – 14 District 6th Convention

June 17 - Father's Day

July 4 – Independence Day



This Month's Birthdays. . . Gratulerer Med Dagen



June

11 – Katrina Hagen
15 – Patricia Lampe

July

6 – Mary Jo Roache
18 – Roni Lion
20 – Alexander Plog



WANTED: Yummy Norwegian cookies for the delegates at the District Six Convention! There is a need for 200 dozen cookies!!! How many can Fridtjof Nansen bring? If you are able to provide some for our lodge to take. Do not package them in a tin you want back. Bring them to the June 9th Lodge meeting. Tusen Takk!!



Norwegian Stick Bread

- 8 Cups flour
- 4 Tbsp. sugar
- 1 Tsp. salt
- 3 Tsp. baking powder
- 2¼ Cups water
- 1 Tbsp. oil
- Flour for dusting
- Sticks for cooking bread

Step 1 Wash all sticks so that they are free of dirt. Hazel wood sticks seem to work best.

Step 2 Combine all dry ingredients in a large bowl and stir to mix well.

Step 3 Dust your hands with flour and gently knead the dough a few times.

Step 4 Make sure the stick is wet prior to wrapping it in dough so that the stick does not burn in the fire.

Step 5 Form 1/2 C. dough into a long ribbon. Wrap dough around the stick. Place on grill and rotate frequently until bread is browned equally on each side.

NEWS FROM CAMP NORGE

Fred Hymans has emailed editors that the Rec. Board communicated with the Foundation last week and officially ended the "Raise the Roof" campaign. "With about \$35,000 in total donations out of our goal of \$50,000 we still consider the campaign a HUGH success!" But the Recreation Center Board is still accepting donations.



Norway Takes Roadside Stops to a New Level Natural wonders are being amplified by art, design and architecture on selected roads in Norway. Several Norwegian architects have transformed average resting areas and parking lots into magnificent, must-visit attractions. The scenic route covers 1,336 miles across western Norway, and has taken two decades to complete. Ureddplassen, one of the most popular attractions, is a wave-shaped bathroom facility that overlooks the open sea. With a wide terrace and sitting area, this rest stop has become a popular spot for locals and visitors to view the northern lights. It is also a memorial to those who died when the submarine “Uredd” hit a mine in World War II. The Stegastein viewpoint, Steilneset Memorial and Selvika Bay are only a few among a dozen other off-road attractions that have helped boost tourism in the more remote corners of Norway. To learn more about Norway’s scenic routes, visit <https://www.visitnorway.com/plan-yourtrip/travel-tips-a-z/norwegian-scenicroutes/>.



World’s First Powerhouse Hotel The world’s first energy-positive hotel will be nestled on the Svartisen glacier, about 1,000 miles north of Oslo. The hotel Svart, meaning “black” in Norwegian, will be built above the Arctic Circle and will be accessible only by boat. The Arctic’s first “powerhouse” is expected to reduce energy consumption by almost 85 percent compared to a regular hotel. Svart will be built in a circular form due to the study of how mapping of solar radiation behaves. The hotel’s energy will be produced by solar panels that will be strategically placed to retain the sun’s energy. With expectations to preserve the pristine Northern Norwegian nature, architectural firm Snøhetta has designed the hotel to be built primarily out of environmental materials like wood and stone. Expected to open in 2021, the hotel will rest on the bottom of the pristine Arctic waters, offering visitors panoramic views of the fjord and glacier. To learn more about Svart, visit <https://snohetta.com/projects/366-svart>.



Selfies weaken self-esteem

This is what happens in the mind of someone who takes a selfie. If you take a selfie and share it on social media, your self-esteem is lowered, in most cases. This is what Korean psychology researchers found when they looked into this very common phenomenon.

Sensitivity and self-esteem

The study from South Korea is supposed to have been the first to investigate how the selfie-taker is affected by the action. Seventy-eight students participated in the experiment. The researchers focused on two factors: something called social sensitivity, and then on self-esteem. Participants in the experiment took photos with their own smartphones. Then they were told to share the image on social media, or just save the image on their cell phone. Immediately afterward, the researchers measured participants' reaction time on certain social stimuli that were presented on a computer screen. Self-esteem was examined by measuring how large the participants wrote their signature.

Smaller signatures

The reaction time to social stimuli became shorter after the participants in the experiment had taken a selfie and shared it online. The same shrinkage happened to the size of the participants' signatures. The first part made the Korean researchers conclude that the sensitivity you feel for people around you increases by taking a selfie and sharing it with others on sites like Facebook, Instagram or Snapchat. That the signature became smaller, made researchers conclude that self-esteem was weakened. The relationship between small signatures and impaired self-esteem has been determined in previous studies. This means that the self-esteem was even more weakened if the participants took a selfie - and only saved it to the mobile phone.

Other research on selfies

Several other recent studies have looked at the modern phenomenon of selfies and selfie-sharing on social media. Researchers have, among other things, confirmed that selfies are about how we want to appear to the outside world. Because selfies can easily be changed with image editing tools on a smartphone, it becomes even easier to manipulate the presentation of ourselves. Selfies mean according to researchers—not too surprisingly—that we want to receive validation from the outside world.

Social rules for sharing selfies

When someone validates us through commenting on a selfie, it usually happens in alignment within certain social rules. This is a type of social interaction between people that repeats constantly. Thus it bears the mark of a ritual: You take a picture of yourself. You put the image on social media (possibly after editing it). A number of friends give you feedback. It all happens in line with social mores as to just how this interaction should take place and what can go in the comment box. The new aspect of the South Korean study is that it says something about how this can affect your self-esteem



**SONS OF
NORWAY**

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June 2018 ISSUE