

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 91, Issue 1

January 2021

Ord Fra Presidenten...

I know that 2020 has been a crazy year but now here come 2021 and the Covid-19 vaccine. We are all getting excited and wondering what our new normal will be. Hopefully we will be able to meet again soon. If we cannot meet in February we will do another drive by to get a Norwegian goodie bag. It is always fun to see members and wish everyone a Merry Christmas. Wishing you all a Happy New Years (Godt nytt år).

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

MEETINGS CANCELED UNTIL FURTHER NOTICE!

Christ Lutheran Church
6500 East 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!

We hope soon we will all have the Covid-19 vaccine and be able to meet again.

Hip, Hip, Hooray!



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.

**2020
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Barbara Shepard	(714)962-5857
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
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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	



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

Ask Pat Kelly:

I have wonderful news for our members. Our investment products just increased their interest rates. The difference with investing your money with Sons of Norway are:

- 1) Guaranteed Safety of Principal
- 2) Guaranteed Minimum Interest Rates
- 3) Guaranteed Income for Life
- 4) High Current Interest Rates
- 5) Tax Deferred Accumulations
- 6) No Sales Charges
- 7) No Annual Service Fees
- 8) Penalty Free RMD Withdrawals for IRS's
- 9) Penalty Free Withdraws Beginning in Year Two
- 10) Safety and Security with over 120 years of Experience

Our **Financial Benefit Counselor Pat Kelly**

Phone: (818) 986 -7199
 Cell: (818)667-6627
 Fax: (818) 905-5785

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.



Kransekake (Almond Wreath Cake)

From *The Norwegian Kitchen*

Cake:

2 1/2 cups (6 dl) finely ground blanched almonds

2 1/2 cups (6 dl) finely ground unbleached almonds

4 1/3 cups (10 dl) sifted confectioner's sugar (sift first, then measure)

3 egg whites

Icing:

scant 1 cup (2 dl) sifted confectioner's sugar

1 egg

Wreath cake can be temperamental. Even if we make it in “exactly the same way” each time we bake it, the results may vary from absolute perfection to complete failure. Preheat the oven to 400 degrees F (200 degrees C). Combine almonds and confectioner's sugar in a large saucepan. Add the unbeaten egg white and mix to a firm dough. Place the pan over low heat and knead until the dough is so hot that it is almost impossible to handle. Grease the ring pans for a 16-18 ring cake. Spoon the dough into a cookie press or pastry tube with a wide round tip. Press the dough into the rings, pressing the ends together to look as seamless as possible. Bake 12-15 minutes, until dry and firm outside, but still slightly soft inside. Cool slightly, then remove from the pans and cool completely. For the icing, sift the confectioner's sugar and combine with egg white to make a thick icing. Make a small cone of paper and cut off the tip. Pipe on garlands of icing and stack. Decorate with flags, bonbons or candy.

A Bit of Humor:

Sven to Ole: "Quick! Get me the phone book!"
Ole to Sven: "That's so old-fashioned. You are like

A dinosaur. People don't use
Phone books today, they use cell
phones."

The results of the conversation:

One Dead fly.
One smashed cell phone.
One really upset Scandinavian.

Kalendaren – Calendar



JANUARY

1 - NEW YEAR'S DAY

**18 - MARTIN LUTHER
KING JR. DAY**

This Month's Birthdays. . . Gratulerer Med Dagen



JANUARY

**10 – Erin Flair
16 – Valere Sparr
27 – Teresa Broadhead
28 – Kirk Howe**

**We received a \$200.00 check from our
DISTRICT 6 BOARD. They sent each lodge in our district
a \$200.00. They are incharging all the lodges to spend
this money for new or retention of membership.
Everything from advertising to event. They would like
pictures or the story of how the music was used.
Thank you District 6 Board.**

www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.
Tusen Takk to Roni Lion for keeping our
website running.



Thorvald Meyer – Oslo philanthropist – The Opposite of Scrooge

Grünerløkka's Father. Look at him. The hat. The mutton chops. Does he not look like Ebenezer Scrooge? This is Thorvald Meyer, who despite the similarity, is the miser's polar opposite. Although this guy was practically born in the lap of luxury, there is something that separates him from Dickens' and Barks' stinking-rich churls.

Philanthropy. Thorvald was the patron of several well-known artists (Bjørnson, Kielland, Munch, Hamsun AND Vigeland), co-financed the National Theater and gave monetary gifts to impoverished actors every Christmas.

When he went out the door, he'd fill his pockets with coins. Then, back at home he was empty-handed; everything was distributed to the needy. Thorvald started the first public bath in Oslo as a gift to the city, gave money toward several of the statues we see today, initiated school breakfasts, gave away land for the Pauluskirken [Paulus Church] and Birkelunden [The Birch Grove—a large urban park] which must always remain a park according to Meyer's clause. And outfitted the [Fridtjof Nansen] Fram expedition!

Meyer was a financial institution with seemingly quite social liberal tendencies. He was also a businessman of rank, as when he bought Grünerløkka cheaply and parceled it out with 40 times the profit. As a thank you for the investment, he got the rare honor of having a street named after him while he was alive!



First "Godhouse" dedicated to old Norse gods Unearthed in Norway

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century "godhouse." In its day, this structure was dedicated to the worship of the old Norse gods and housed ceremonies such as midsummer or midwinter solstice. This is a particularly special discovery as it is the "first temple of its kind identified in Norway," according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark. In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where "you would have a good mood, a lot of eating and a lot of drinking," archaeologist Søren Diinhoff explains. Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts.

Dining outdoors this winter? Follow Norway's lead

Patio season isn't just for summer anymore, thanks to the coronavirus pandemic and the ongoing need for social distancing measures. For many North Americans, outdoor dining in cold weather has been a big adjustment—but it's nothing new for Norwegians, whose passion for *friluftsliv* (outdoor life) translates to an enthusiasm for open-air activities no matter the weather.

Set yourself up for success by incorporating these tried-and-true Norwegian practices:

- **Dress in layers.** Layers trap more air and keep warmth close to your body, while also letting you adjust for changes in weather or activity.
- **Wear lots of wool.** Too scratchy? Merino wool is softer than other varieties and is used in many base layer garments.
- **Keep the wind out.** All that cozy wool can't do its job with wind whistling through the weave, so make sure you top everything off with a windbreaking layer.
- **Carry a big scarf or shawl.** The bigger the better, and ideally wool or fleece—it can double as a blanket, a head wrap, or whatever you need.
- **Give yourself a buffer.** Sitting directly on a cold surface will drain your body heat in no time. If there's no cushion, improvise—remember that big scarf we talked about?

Above all, don't forget to pack your positive attitude and sense of adventure!



Colorful Norwegian Phrases

Vivid idioms make language-learning fun and memorable. Try working these into everyday conversation.

Food-related

Ta for god fisk

Take for a good fish

Meaning: Accepting someone's words at face value

Å være født bak en brunost

Born behind a brown cheese

Meaning: To be a fool

Å være på bærtur

Be out picking berries

Meaning: To have no clue about something / To be way off base

Animal expressions

Bjørnetjeneste

bear service

Meaning: well-intended but awkward help; doing someone a favor with negative consequences; disservice

å kjøpe katta i sekken

Buy a cat in a bag

Meaning: being taken for a ride; you meant to buy one thing but it turned out to be something else

Du store alpakka!

You big alpaca!

Meaning: an expression of considerable surprise

Body parts

å stå med skjegget i postkassen

Standing with your beard in the mailbox

Meaning: to be in a compromising situation after doing something foolish or cheating

Å snakke rett fra leveren

Speaking directly from your liver

Meaning: speaking plainly without sugar-coating anything

Å ta beina på nakken

To put your legs on your neck

Meaning: To run away quickly



Long Beach, CA
Established – June 5th, 1930

Join Sons of Norway and enjoy the benefits of being a member. Visit the Sons of Norway website and explore what we have to offer. You can sign up or renew your membership. Go to

www.sofn.com

We want to reach out and help another charity. As a Sons of Norway member we have a mission to help others. In this case the Ronald McDonald's house. They collect soda can pop tabs. Collecting pop tabs is a great way to raise funds to help children and their families at the same time.

Bring you pop tabs to the Greeting table at the lodge meeting.



The mission of District Six is to support Sons of Norway through communication, resources and opportunities.

FACEBOOK PAGE

Thanks to our new member Brad Madiuk – Fridtjof Nansen Lodge has a Facebook page.

Yea! Check it out and enjoy. Here's the Facebook page: <https://www.facebook.com/longbeachsofn>

Any suggestions let me know.

Humanitarian Relief

Sons of Norway Foundation has humanitarian relief funds available for Sons of Norway members. The funds cover unreimbursed expenses of up to \$5,000. One fund covers medical expenses and another covers natural disasters. In this time of COVID-19 and fires in California, it is nice to have these funds.

Details are at <https://www.sofn.com/foundation/grants/>.



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www.nansenlodgelongbeach.com

www.sofn6.com

www.facebook.com/longbeachsofn

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