

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, Issue 12

December 2020

IfOrd Fra Presidenten...

Great News we are planning to get together for our Christmas celebration. We are going to meet in the back of the Church parking lot. Food will be provided, but bring your mask, a chair and a TV tray if you would like.

We have been planning the programs for 2021 hoping we will be able to meet inside again.

I hope you are staying in touch with all our members through calls, notes or emails. We are tough Vikings and will survive these crazy times.

Wishing you a wonderful Christmas and a Happy New Year.

*Med vennlig hilsen,
Best Regards, Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

December 12th at **12:00 pm** at:

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 are having a meeting On Saturday December 12, 2020. Yea!!! It will be great to see each of you.

We will be meeting outside in the parking lot of the Church back in the corner.

Wear a MASK and bring a CHAIR (If you want bring a TV Tray to set your meal on).

LUNCH will be hot dogs, apple sauce, chips, dessert and water.

THIS IS IF THE WEATHER & COVID -19 ALLOWS.



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
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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	



God Jul to All!

Thank you, Sons of Norway members, for making a difference while facing the many challenges of 2020! Your participation in our sports medal and cultural skills programs, and your enthusiasm in trying new, creative ways of staying connected have been amazing. You've also invited and welcomed thousands of new members to our Sons of Norway family this year. We look forward to continuing our shared celebration of heritage and culture in 2021!

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.

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

A Bit of Humor:

"I'm looking for excitement, adventure and beautiful women," yelled young Ole to his father as he was preparing to leave home. "Don't try to stop me!!" "Stop yew! Who's trying to stop yew! I'm going vit yew!!"

Poor Lena! She found herself involved in a car accident! . . . and she had to appear in court. "Now, Lena, what gear were you in when the accident occurred?" asked the prosecuting officer. "Vell," said Lena, "I was wearing a beret, two tone shoes and a grey flannel suit."



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



DECEMBER

12 – Lodge Meeting

In church parking lot at 12:00.

24 – Christmas Eve

25 – Christmas

31 – New Year's Eve

January

1 – New Year's Day

This Month's Birthdays. . . Gratulerer Med Dagen



DECEMBER

2 – Ginnie Wilcox

5 – John Olsen

22 – Gunvor Anderson



Scandinavian House Rules

If you sleep on it, make it up.

If you wear it, hang it up.

If you eat off it, clean it up.

If you turn it on, turn it off.

If it is none of your concern,

Keep it that way.

If it rings, answer it.

If it cries, love it.



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

I. Julekake

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread.

For the Bread

- 1 1/2 cups milk
- 1/2 cup sugar
- 1/4 cup shortening
- 2 packages active dry yeast (2 1/2 tsp. each)
- 5 1/2 cups (23 1/2 ounces) flour, plus more for kneading
- 1 1/2 tsp. salt
- 2 eggs
- 10 ounces candied cherries and candied orange peel, combined
- 3/4 cup golden raisins
- 1/2 cup currants

Step 1

In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2

On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3

Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan. Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

For the Icing

- 3 Tbsp. milk
- 2 1/2 cups powdered sugar
- 1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides. Recipe from former Los Angeles Times food writer Russ Parsons.



Norway Reintroduces Dual Citizenship

Following a global trend of connecting worldwide, the Parliament of Norway approved changes to the Citizenship Act in December 2019 to allow for dual citizenship.

This change, which took effect in 2020, means that both Norwegians living abroad and those living in Norway can have passports in their country of birth as well as their country of residence.

Foreign nationals living in Norway no longer have to renounce their original citizenship in order to become Norwegian citizens. Additionally, Norwegians living abroad may now become citizens of other nations without giving up their Norwegian citizenship.

In some instances, people who previously surrendered their Norwegian citizenship in order to become citizens elsewhere may now apply to regain their nationality. More than 26,000 people applied for dual citizenship in Norway in the first 6 months of the new law. Due to the surge in applications, and delays from the coronavirus pandemic, the wait times for citizenship are currently very long. To learn more, visit the Norwegian Directorate of Immigration (UDI) website: udi.no.



Songs From Our Past Tell the Story of Ourselves

Imagine you're stranded on a remote island and you can listen to just eight songs. What would they be?

This question is posed by BBC radio program "Desert Island Discs." The answers inspired researchers to conduct a study.

The findings indicate that when imagining isolation, people choose music reminiscent of the time between ages 10 and 30, when one's identity is being formed. Even Ruud, professor emeritus at the Norwegian Academy of Music, states "The music has a very emotional effect on us... It is therefore well suited to evoke memories and to create the story of ourselves."

The top reasons people cited for their song choices were that the song reminded them of a relationship, a particular time in life, or a major life change.

The findings of this study are very relevant in this time of the coronavirus pandemic, when many people are feeling isolated and uncertain. As autumn descends on us, heat up some apple cider in your favorite mug, get cozy on the couch, and bask in the comfort of your own "desert island" favorites.



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.



Composer Who Wrote Ja Vi Elsker (Norwegian National Anthem) Only Lived to 23.

The Young Flame

Rikard Nordraak, together with the poet Bjørnstjerne Bjørnson, is responsible for all of us clearing our throats and belting out "and the saga night that lays, lays dreams upon our earth."

Nordraak was born on June 12, 1842 in Christiania. His family has a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.

Yes, We Love «Ja, Vi Elsker»

"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is overambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men's choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: 'Now, this is our national anthem!'"

The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

On his deathbed

In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866.

Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.

New relevance

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, "Ja, Vi Elsker" was officially voted Norway's national anthem by the Storting, after having been in use for over 150 years.



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