

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, 11 Issue

November 2020

Ord Fra Presidenten...

Here is another month of me missing you. Hope you are all staying safe and healthy.

We got a very nice Anniversary card from the District 6 Board. Even though we could not celebrate they want to recognize our 90th Anniversary

Your board met in October at Los Altos Park. They have been trying to plan a Christmas get together if the weather permits us to meet outside. More info later.

They also are planning the programs for 2021.

Wishing you a wonderful Thanksgiving.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

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!

NO MEETING IN NOVEMBER MEETING. WE HOPE WE WILL BE MEETING AS SOON AS WE CAN.



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 Friconi	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Barbara Shepard	(714) 655-5507
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 Friconi	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

www.nansenlodgelongbeach.com

Check out our website. . .

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

FACEBOOK PAGE

Thanks to our 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.

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

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

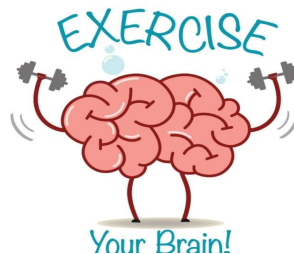
Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.



A Bit of Humor:

Kalendaren – Calendar



NOVEMBER

11 – Daylight Saving Time Ends

3 – Election Day

11 – Veterans Day

26 – Thanksgiving Day



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



NOVEMBER

2 – Janice Storms

20 – Philip Peterson

23 – Sigrid Berg

26 – Flora Morgan

Giving Thanks for YOU!

Happy Thanksgiving to you and your family from the Sons of Norway staff.

Thank you for being a member of Sons of Norway. Do you have a friend or family member who would enjoy celebrating Norwegian culture and heritage? If so, please invite them to join our Sons of Norway community!



Movie Night: Watch "The Blinding Sea" courtesy of Sons of Norway

The film *The Blinding Sea* "offers a completely new and compelling view of a great Norwegian." Log-in to the Sons of Norway website to watch free until November 8th. (The link is at the top of the page near the word Update.)

To quote the SON website, "Norwegian polar explorer Roald Amundsen hungered for ice-choked seas and desert places. He was driven by a passion for new knowledge. In leading the first expedition through the Northwest Passage, and then to the South Pole, Amundsen transformed science into a great adventure. And he left nobody indifferent."



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.





The Origins of Norway's Most Iconic Sweater

It's no wonder Norwegians are known for their sweaters, considering Norway's long, dark winters, culture of outdoorsiness and reputation for quality craftsmanship.

Though Nordic sweaters come in many styles and colors, one stands out from the crowd as the most iconic and enduring of all: the Marius sweater.

The classic red, white and navy blue pattern of the Marius sweater echoes the colors of the Norwegian flag, but its ties to Norway run even deeper. The design was adapted from a traditional Norwegian pattern and began its rise to international fame in 1953, when lifelong knitter Unn Søliland Dale created Lillun Sports A/S. Previously, Dale had been employed as a model and often worked on knitting projects for her friends while waiting on set for photo shoots. As her reputation grew, she received more orders, and before long she left modeling behind to go into business selling knitwear. She also began selling her tradition-inspired patterns to Sandnes Uldvarfabrik, and many of those patterns—most notably Marius—went on to become timeless classics in Norway and around the world.

Pumpkin and Potato Soup

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

Ingredients

2 3/4 cups small pumpkin, diced
3 large potatoes, diced
4 garlic cloves, peeled
2 medium red onions, diced
2 Tbsp. olive oil
2 tsp. thyme
1 green chili, finely chopped
2 cups fresh coconut milk
1 red chili, thinly sliced
2 Tbsp. lemon juice
2 Tbsp. toasted sesame seeds
2 sprigs fresh coriander leaves, finely chopped
Salt and pepper to taste
Fresh parsley, chopped
Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley

Directions

Step 1

In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Step 2

Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquefied.

Step 3

In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Step 4

Toast your sesame seeds and set them aside to use as a garnish.





Join Sons of Norway 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.



NEW 2020 Christmas Ornament
and
125th Anniversary Ornament

Shop Now



The new Christmas ornament—it's beautiful and different, and they can't wait for you to see it! But stock is limited!

Last year, Sons of Norway introduced their 125th anniversary Christmas ornament and they flew off our shelves! So, by popular demand, they have brought the 125th anniversary ornament back! They have only a limited stock available, so act fast!

<https://sofn.logoshop.com/ProductDetails/?productId=552437458>



SONS OF NORWAY

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www.nansenlodgelongbeach.com

www.sofn6.com

www.facebook.com/longbeacchsofn

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