

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 91, 11 Issue

November 2021

Ord Fra Presidenten...

Thank you all who brought items to share at our Open House. It was fun with good food.

Now at the November meeting bring can goods to donate to a charity. Let us help provide a dinner for a needy family.

I know we will have fun with Teresa teaching us to carve. Come and invite a friend.

We have to vote for our new officers in December. Tell Phebe if you are interested in being on the board. Or if you are asked to run for a position take a chance and say yes. We all have to work to keep our Lodge going.

Board members we have a board meeting on Friday November 5th at 10:00am at Loyd and Ginnie Wilcox home.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on Saturday

November 13, 2021

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!

Teresa Broadhead will teach us how to carve arctic animals in Ivory soap.

Come and learn a new skill.

Lunch will be provided by the Board, Norwegian Chicken Soup with Root Vegetables and corn bread.



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:	Terry Lord	(714) 830-8647
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	



TIX Celebrates Differences at Eurovision

Norway's entry into this year's Eurovision Song Contest, "Fallen Angel," was written and performed by flamboyant rock star Andreas Haukeland, better known to his fans as TIX. This stage name was inspired by the constant storms of facial twitching and blinking he experiences due to Tourette's Syndrome. He arrived at Eurovision not just to showcase his music, but to celebrate the fact that living with a debilitating condition doesn't have to stand in the way of achieving your dreams.

Lyrics for "Fallen Angel" were born out of TIX's own experiences with bullying and mental health issues. He feels a lot of people can relate to the latter, after living through 2020 and the continued pandemic. TIX made it to the final round of the epic contest, which typically draws a television audience of 200 million.

After finishing in 18th place, Haukeland released a new single, BeautiFull. You can find this offering along with Fallen Angel and other tunes, on his YouTube channel:
<https://www.youtube.com/user/TIXofficial>.

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

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Saturday 10/9/2021

Phebe Fricioni opened meeting at
12:15 pm

This meeting is an Open House.
Showing the members Norwegian Items; they
brought to share.

Ginnie Wilcox Introduced people.

Table prayer
Lunch

While lunch was going on:
Announced Norwegian calendars
for sale \$11.00.

Pat Kelly Financial Advisor talked about products
available at Sons of Norway.

Meeting started by singing the USA
national anthem
And Norwegian national anthem
We did the US Pledge of allegiance.

John and Sylvi Olsen gave us a language
lesson walking the display tables teaching
us the names for the items brought for the
Open House.

Remember to bring can goods for our food drive to
donate.

A motion was passed to give \$25.00 to the Greater
Los Angeles Boy Scott.

Announcements:
The Program for November meeting will be
presented by Martha Green about Trolls.

Troann closed meeting "May peace and
harmony prevail throughout the lodge; at 2:00pm.

Respectively submitted:
Troann M. Loy

ANNOUNCEMENTS:

*I have sad news to report.
Eric Herem has passed away from
cancer last month. He was a member
of Norseman Lodge #6-091.
You might remember him as one of
our Zone directors in the past.*

Two of our members have been in
the hospital lately. I am happy to
report they are both home healing
now.

Philip Peterson is home resting after
heart surgery.

Martha Green is home healing from
an infections.

**CHRIST LUTHERAN CHURCH is
having a Christmas Market Saturday
December 4 from 10am to 2pm. We
will have a table there to advertise
our Lodge meetings. Lots of vendors
will be there. If you want to help let
Phebe know. Come by and check it
out.**



A Bit of Humor:

Ole was really excited. He was going on his first plane trip. A lady next to him told him that chewing gum would keep his ears from popping during the flight. When they landed, Ole turned to the lady, "Say da gum vorked fine but how dew I get it out of my ears?"

Ole called his friend Lars one day bright and early. "Lars," he said, "I tink I might be in trouble vit da Internal Revenue Service!" "Vell, Ole, vat did yew dew?" asked Lars. "Vell," said Ole, "I yust can't understand vat dey are shook up about. A couple of months ago, I yust bought my secretary a mink coat and deducted it from my income tax as a Typewriter Cover."

Membership Dues:

Single Membership is \$60
Family Membership is \$95

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



November

- 2 – Election Day**
- 7 – Daylight Saving Time Ends**
- 11 – Veterans Day**
- 11 – Armistice Day – WW1**



- 25 – Thanksgiving Day**

This Month's Birthdays. . . Gratulerer Med Dagen



November

- 20 – Philip Peterson**
- 23 – Sigrid Berg**
- 24 – Martha Green**
- 26 – Flora Morgan**

December

- 4 – Christmas Market and Craft Fair
10:00am to 2:00pm
At Christ Lutheran Church
We will have a table for our Lodge!**

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.

Fridtjof Nansen Lodge CONGRATULATES
PHEBE FRICIONI and TROANN LOY with
their well-earned MANGA TAKK AWARD
for 2021.



Both Phebe and Troann have been Fridtjof Nansen members since 2007 and 2008 respectively. Through those years they have supported our lodge taking officer jobs in all positions sometimes doubling up. This past two years they have both put in endless hours shopping preparing food, gifting made our drive-bys fun, entertaining, provide each member a “goodie” bag, donating to other charities as well as our own. They have both strived to keep our Lodge together through these trying times and now we celebrate. . . “almost back to normal”. We are able to be together again and meet as we have in the Lutheran Church Social Hall.

Our Lodge felt that it was time for a giant MANGA TAKK to both Phebe and Troann. They were each presented a framed certificate and an engraved brass plated, standing Viking Woman Award. When you see them at the next meeting, give them a high five or at least a “bump” and say Thank you.

Ginnie Wilcox, Lodge Membership



Changed name to "Salmon" to get free sushi

Taiwanese authorities are asking people to stop changing their names. Several people in the country have changed their name to "Salmon" recently.

"Salmon" has become a popular name in Taiwan. Many young Taiwanese have changed their names. Part of the reason is an offer from a chain of restaurants.

A chain has promised that people can get free sushi this week. But then they must have the Chinese characters for salmon in their name—Gui Yu. Five other friends can also have free sushi.

The result is that many have changed their names, according to local media. In recent days, around 150 people have turned up to change their name. Most are young.

"I just changed my name earlier today. Now my name is "Bao Cheng Gui Yu". We have already eaten over 7,000 Taiwanese dollars' worth, a student told a local TV channel.

That sum is around 2,000 kroner. [US\$225] Bao Cheng Gui Yu can be translated as "explosive, beautiful salmon."

Several have various different combinations of names containing salmon. Other examples are "salmon prince," "meteor salmon king" and "salmon fried rice."

"I have changed my first name to 'Salmon.' Two of my friends did so, too. We'll just change our names back afterwards," says a woman to the TV channel SET TV.

But not everyone is happy that people are changing their names. The authorities are asking people to stop.

"This type of name change is a waste of time. It also creates an unnecessary amount of paperwork," Chen Tsung-yen said Thursday. He is the Deputy Minister of the Interior.

"I hope people can be more rational," he says. The offer ends Thursday. It has lasted for two days.

Spice-Crusted Salmon with Aquavit Sour Cream

The spices that are used in this salmon dish may lead you to think that this is a Middle Eastern recipe. All the spices, however, are also ingredients in the traditional Scandinavian aquavit - the potato-based liquor. Serves 2.

Ingredients:

1 pound (½ kg) salmon fillet, skin on, any pinbones removed
2 tsp. coriander seeds, crushed
2 tsp. cumin seeds
2 tsp. dill seeds
2 tsp. fennel seeds
1 tsp. salt
¼ cup (½ dl) fresh lemon juice
¼ cup (½ dl) sour cream
1 Tbsp. aquavit
1 tsp. caraway seeds
1 Tbsp. finely chopped fresh chervil
2 tsp. white wine vinegar, or to taste

Directions:

Preheat the oven to 350°F / 175°C

Rinse the fish under cold running water. Pat dry with paper towels. In a small skillet, toast the coriander, cumin, dill, and fennel seeds over medium heat for about 2 minutes, until they start to release their fragrance. Transfer to a small bowl, add the salt, and mix well. Rub the fish with the spice mixture and place in a baking dish. Sprinkle with 1 tablespoon of the lemon juice. Cover and let marinate in the refrigerator for 1 to 2 hours. To prepare the aquavit sour cream, in a small bowl, mix together the sour cream, aquavit, caraway seeds, and chervil. Add vinegar to taste. Cover and refrigerate.

Place the baking dish with the fish on the middle oven rack and bake for 12 to 15 minutes, until the fish flakes nicely with a fork. Serve the fish topped with the sour cream and accompanied by the fennel.

Note: If you cannot find aquavit, season the sour cream with 1/4 teaspoon ground fennel seeds, 1/4 teaspoon ground dill seeds, 1/4 teaspoon ground cumin seeds, 1 teaspoon sugar, and 1 tablespoon brandy.

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING
<https://www.newscancook.com/seafood/spice-crusted-salmon-with-aquavit-sour-cream>





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.



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www.nansenlodgelongbeach.com
www.sofn6.com
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