

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 91, 12 Issue

December 2021

Ord Fra Presidenten...

Thank you for all the members who brought can goods. You were very generous. Thank you also to Teresa Broadhead for teaching us how to carve artic animals out of Ivory soap.

We want our Christmas Celebration to be a big success. Bring your family and friends to hear the story of the Nisse and meet our Nisse.

The International Convention will be held August 31st to September 1st, 2022. You can see a virtual site tour in the Sons of Norway website. If you are a delegate for the District 6th convention you can be eligible to go to the International Convention.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on Saturday

December 11, 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!

Christmas celebration with a Nisse coming to visit if you have been good.

A pork lunch will be provided by the Board.



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:	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 Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

Please Verify Your Contact Information

The District Six Secretary, Nancy Madson, is requesting that lodge members verify their contact information on the Sons of Norway website, www.sofn.com

Have you moved in the last year? Did you eliminate a land line, change your email address? This is particularly important for lodge officers. The 2022 District Directory & Resource is based on information in the Headquarters' data base. Lodges will be electing new officers shortly, and up-to-date information is desired.

Animal census tallies wildlife populace in Norway

Rovdata, part of the Norwegian Institute for Natural History (NINA), takes an annual census of the country's largest predators. Data are gathered on young born to the "the big four," brown bears, wolves, lynxes and wolverines.

150 unique adult bears were detected in 2020. There were eight bear litters, an increase from the previous year. The goal is to see an increase to 13 annual litters.

Wolverine dens are also monitored and checked for puppies. 63 litters were registered in 2020. This populace is exceeding the target of 39 annual litters born to the estimated population of 400 adults.

Wolf numbers are increasing and much of them roam across the Norwegian-Swedish border, so the census considers about half of 114 Norway's wolves "dual citizens." The annual goal for litters is only four to six.

Lynxes are tallied in early summer, within "family groups." In 2020 there were 66 groups detected, hitting their target population for the first time in nearly a decade. The adult population was around 400 lynxes.

Find an interactive map at <https://rovbase.no/> to see where the "big four" live and roam.

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

Christmas baskets were used for gifts

Today, woven Christmas baskets are just used for decorating the tree. But originally they were meant to be used.

Years ago, Christmas presents hung in baskets on the Christmas tree. We still hang up the woven decorations. The history of the Christmas basket begins with the Christmas tree, says Beate Lindseth. She has written the book "Julekurver" (Christmas Baskets).

"The Christmas tree is a German tradition from the 15th century. In the beginning, the tree was a gift tree. Unwrapped cakes, sweets and gifts were hung on the tree. Eventually, cakes and sweets were placed in paper cornets and baskets," she tells Klar Tale. There are still many who do this.

In the 19th century, the Christmas tree came to Norway. Eventually, it became common to place the gifts under the tree instead. But we have kept the Christmas baskets as ornaments.

"Especially in Scandinavia, we have a tradition of making homemade Christmas tree decorations. In other countries, people started buying ornaments instead," Lindseth says.

Today, the heart-shaped Christmas basket with a chess pattern is the best known. But the earliest we have in our care are from the 1860s," says Lindseth.

"Earlier, they had other types of baskets. They've almost died off now. In Denmark, they have always had many different patterns in their baskets. They use a lot of symbols at Christmas. Like stars and angels," she says.

Do you want to learn how to make Christmas baskets? This YouTube video shows you how:

<https://www.youtube.com/watch?v=o5JcOfXBJac>



Serinakaker

Makes about 12 dozen

INGREDIENTS:

2 large eggs
1 cup sugar
4 cups all-purpose flour
1 tsp. baking powder
3 sticks salted butter, softened
1/2 cup pearl sugar, or coarsely crushed sugar cubes

STEP 1:

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Wrap in plastic wrap and chill until firm, at least 1 hour.

STEP 2:

Preheat oven to 350°F.

STEP 3:

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.



A Bit of Humor:

"Hilda has suffered much for her belief." Observed Lena. "What is Hilda's belief?" asked Ole. "Vell ,,"said said Lena. "She believes she can wear a size four shoe on a size six foot!!"

I overheard Ole tell Lars one day. "Vell, Lars, I told my girl, Lena, da truth. I told her I vas seeing a psychiatrist. And den she told me da truth. She's seeing a psychiatrist, two plumbers, and a bartender."

Katrina had just broken off her engagement to a young doctor. "Dew yow mean tew tell me," asked Hilda, "Dat he really asked you tew return all da presents he gave you?" "Ya and dat's not all" wailed Katrina. "He sent me a bill for 193sent me a bill for 193 house calls!"

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



DECEMBER

4 – Christmas Market and Craft Fair
Saturday December 4th, 2021

10:00 – 2:00

7 – Seaman Church will have their Christmas luncheon on Tues. 12/7/21.

RSVP by 12/6

(310) 832-6800

7 – Pearl Harbor Remembrance Day

11 – Lodge Meeting

21 – First day of Winter

25 – Christmas Day

31 – New Year's Eve

This Month's Birthdays. . . Gratulerer Med Dagen



December

2 – Ginnie Wilcox

5 – John Olsen

18 – Joan McKinney

22 – Gunvor Anderson

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.



Arme Riddere



A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

PREP TIME:

5 mins

COOK TIME:

15 mins

TOTAL TIME:

20 mins

Serves: 4

INGREDIENTS

2 eggs, lightly beaten
2 tsp. vanilla sugar (alternative substitute: 1 teaspoon vanilla extract and
1 tsp. ground cinnamon
a pinch of salt
125 ml (1/2 cup) milk
8 slices of brioche or challah bread, sliced thick (stale works well)
butter for frying

INSTRUCTIONS:

In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside. Bring a skillet to medium high heat and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.



Top your arme riddere with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

NOTES:

This recipe serves four and can be doubled.

Minutes from last month Lodge Meeting:

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 11/13/21
Gather before 12:00 / called to order @ 12:10/ concluded approx. 2:20

- **Velkommen to today's meeting** – We had a **GREAT** time with **22 strong and 4 generations of Olsen's!!!** Can you believe it!!!! It's awesome to see our friends, families, new visitors and members. **Woo hoo!**
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today's lunch hosted by the lodge. Lentil soup, Chicken soup, corn bread, rolls, veggie casserole, green salad & fruit salad. Yummy homemade cookies by Jeannie and cute table snacks by Miss Phebe. You will not go hungry at this table. 😊
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Birthdays this month** – **HAPPY BIRTHDAY to Phil Peterson, Sigrid Berg, Martha Green & Flora Morgan!!!**
- **Language Lesson** – hosted by **John Olsen**
 - o Today's language lesson contained words focused on "carving soap". Like A smi / pronounced oh-smee / meaning cut. Who knew? Lol **THANK YOU JOHN** 😊
- **Today's Program** – **Soap Carvings** – **Hosted by Teresa Broadhead** – **THANK YOU TERESA**
 - o **Woo hoo....**we were all given an Ivory soap bar, paper plate and knife so we could carve a "flat plane" animal. Whaaaaat.... 😊
 - o The Scandinavian flat-plane style of wood (or soap 😊) carvings is a style of figure carving that uses the "shaving" and "stop" cuts. The figures are carved in large flat planes, created primarily using a carving knife. Tool marks are left in the carving and very little round of sanding is done. A common example of the style is the Dalecarlian horse.

 - o Harley Refsal, Professor of Scandinavian Folk Art of Luther College in Decorah, Iowa is an internationally recognized figure carver, specializing in Scandinavian-style flat plane carving.

 - o There are many starter books and prints you can find on the internet to use as patterns for practicing.
 - o My "bear" soap carving kinda looked like a pig. So I better keep working on it. LOL.
- **Today's announcements**
 - o **Today's 50/50 pot of \$34** will be shared with **Doreen Wendall. Congratulations!**
 - o **John Olsen will be the Nominating Committee.** We will be voting for officers in December, and we continue to look for a **new Zone Director. Are you interested? Please contact Troann or Phebe.**
 - o **Can food donations** – **WOW....** Our lodge filled a 6 foot table of canned goods to be donated. **YOU ROCK!**
 - o **The Los Angeles Seamans' in San Pedro is having their Christmas Bizarre.** It runs from **November 12 thru 21**; each day from 11 to 4. You will find a wide array of gifts and Bakery items. The address is **1035 south Beacon St., San Pedro, Ca.**
 - o **There will be a Holiday Market on December 4 from 10 to 2 at the Lutheran Church.**
 - o **Our next meeting is December 11, 2021 @ 12:00 - God Jul postcards** were created to spread the word of our annual **Christmas Celebration. This is always a fun time** as a tree will be decorated, singing will be heard, and a special guest or two might appear. 😊 **Don't miss this one!**

Respectfully submitted: Terry Lord – Secretary



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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