

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92 , 11 Issue

December 2022

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Here we are at the end of the year that raced by. Thank you to Beth Toogood for sharing her Rosemailing skills by showing us how to paint our own ornaments.

Our Dec. 10th Lodge Meeting we will be having our Christmas Celebration. The board will provide the Norwegian lunch. John will teach us our language lessons. Then we have asked our Nisse to come. I am excited to start our Christmas Season with some Norwegian traditions.

*Med vennlig hilsen, Best Regards,
Phebe*



SONS OF NORWAY

Our next meeting is on Saturday
December 10, 2022 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!

Join us for our Christmas celebration. We will have to watch if a Nisse shows up with presents. If you bring a child bring a gift about \$20:00, for Nisse to present to your child. Norwegian food will be provided with a donation requested.



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	
Publicity	Martha Green	(949) 322-8385
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	

In Loving Memory on Sofn.com

Celebrating a life well lived is an important aspect of our Nordic culture. As we honor those who have been members alongside us in our lodge community, we invite you to take notice of their name which has been remembered on the Sons of Norway website located in our new "In Loving Memory" section: sofn.com/inlovingmemory/

*Please note that you will be able to look back to July 2022 to find the names of your loved ones.

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

Merry Christmas!



Leadership 411

Want to learn more about Sons of Norway leadership roles? Visit the Sons of Norway website and go to "Member Resources" then "Lodge Leadership Resources," or click <https://tinyurl.com/3n6t33p>. Under "Leadership Roles and Guidelines," you will find lots of information about the officers' responsibilities as well as tips for success. Click the title of each officer to learn more.

Alternatively, you can contact a member of the Nominating Committee (see page 3) with any questions or to volunteer your time and talents.



Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 11/12/22

Gathered before 12:00 / started the meeting @12:15 / called to order @ 1:07 / concluded approx. 2:40

VELKOMMEN to today's meeting. I'm so excited to see all of you again and can't wait to do a little art work. 😊

- Miss Phebe provided a beautifully decorated room with all the colors of Autumn. And **THANK YOU to our HELPERS** for bringing the room all together!

Blessing & Lunch

- The meeting was opened with the Norwegian National Anthem, Oh Canada, Star Spangled Banner and our Pledge of Allegiance.
- Pot luck is ready – on the menu today is ham, roasted chicken, scalloped potatoes, an array of salads ie corn, fruit, broccoli, Caesar, green, and desserts. The snack table held salmon, Jarlsberg cheese, coffee, tea, lingonberry juice, and crystal lite.

Language Lesson – hosted by **John Olsen - THANK YOU John 😊**

- Today's language lesson was focused colors (Farger) and Rosemaling (maaling means paint). Gul, Bla, Brun, Rod, Gronn (yellow, blue, brown, red, green) are used with a Borste (brush).

Birthdays for November – HAPPY BIRTHDAY to Phil Peterson, Flora Morgan and Sigrid Berg! Whoop whoop!

Today's program will be taught by Beth Twogood / rtwogood@sbcglobal.net / 925-519-9586 - THANK YOU Beth 😊

- We will be Rosemaling a Christmas Ornament today.
- The ornaments were ordered from www.sotolasercutting.com, and are made out of a thin piece of wood painted with a base of acrylic white and patterned lightly on one side.
- Paper plates were our painters' palettes holding dabs of yellow, orange, green and dark green:



Today's announcements

- Our Church ie **Christ Lutheran Church @ 6500 Stearns St., Long Beach, Ca. will be hosting a Christmas Market 11/19 from 10-2.**
- **SWEA / Swedish Christmas Fair** will be held **11/20/22 in the Old World Village @ 7561 Center Ave., Huntington Beach. Two sessions are available – mid morning = 10:30 am to 1:00 pm and afternoon session 1:30 pm to 4:00 pm. Entry is \$5.**
- **We are also accepting donations for St. Luke's Episcopal Church – 525 E. 7th St., Long Beach, Ca.**
 - Every Saturday, St. Luke's continues to provide showers, clothes, and food to our unhoused neighbors.
- **November – we are looking to elect a Nominating Committee. Are you interested?**
- **Today's 50/50 pot of \$50 will be shared with Teresa Broadhead. Congratulations Teresa!**
- **Our next meeting is 12/10/22 and will be our Christmas Celebration with Nisse. 😊** If you are bringing a child / children, please bring a gift valued around \$20 for Nisse to give to them.
- **Our lodge will be hosting a dinner at Ronald McDonald's House 1/9/23 or 1/23/23 @ 500 E. 27th St., Long Beach, Ca.**

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

A Norwegian visited his dentist for the fifth time in a month. Most of his teeth had been loosened and he had two black eyes. Said the dentist, "Out of curiosity, have you ever considered giving up married women?"

Why did the Norwegian wear two jackets while painting? Because the directions on the paint can said, "put on two coats."

"What do you find on the bottom of cola bottles in Norway? The inscription "open other end."

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



10 – Lodge Meeting

19 – Hanukkah

21 – Winter Begins

24 – Christmas Eve

25 – Christmas Day

26 – Boxing Day (Canada)

31 – New Year's Eve

This Month's Birthdays. . . Gratulerer Med Dagen



December

2 – Ginnie Wilcox

5 – Johan 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.

VIKING MAGAZINE CHANGES

The Viking Magazine will be produced by a new vendor beginning in January. Size will be reduced from 40 pages to 36 pages, minimum. (If certain ad quotas are met for a particular issue, additional pages will be added.)

The magazine will be bi-monthly instead of monthly.

The “In Memory” section will be on the website and not in the magazine.

The “Happenings” section will be reduced in size. However, there will be a “Happenings Extra” section on the website.

The magazine will be produced on a different paper stock.

Tubfrim will cease operations next summer Article 20 October 2022

© Provided by ABC News

Such collection bags for used stamps have, over many years, collected over NOK 26 million for children and young people. In recent years, the business has focused on internet sales, but now Tubfrim is shutting down for good. There are simply not enough letters sent with proper stamps anymore.

It is the board of the National Association for Public Health that has decided to shut down operations next summer, writes Hallingdølen.

As of Monday, ordinary operations will cease, while Tubfrim will draw its last breath after 95 years of operation only in the summer.

The change in people's postal habits means that fewer and fewer letters are sent with stamps. This trend has persisted for several years and last year Tubfrim received only 20 percent of the amount of stamps they received in 2000.

The large reduction in the quantity of stamps means that we cannot expect a profit. We cannot therefore defend the operation if it is spent on saved funds, says managing director Kåre Myro to the newspaper.

He promises that the country's stamp collectors will be able to buy their last stamps from Tubfrim at an end-of-life sale.

Tubfrim was founded in 1928 and the profits went to children who were affected by tuberculosis, which at the time was one of the most frequent causes of death in Norway. As tuberculosis was eradicated, the surplus was channeled into health and well-being promoting measures for children and young people.

In total, Tubfrim has distributed over NOK 26 million for such measures. In total, Tubfrim has distributed over NOK 26 million for such

Sirupsnipper

Sirupsnipper are a classic Norwegian Christmas cookie, made with warming spices and cut into diamond shapes. God Jul!

https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sirupsnipper/

Ingredients:

9 Tbsp. cream
1/2 cup + 2 1/2 Tbsp. Syrup
1/2 cup + 2 1/2 Tbsp. sugar
7 Tbsp. butter
2 cups flour
1/4 tsp. pepper
1/4 tsp. ginger
1/4 tsp. anise
1/4 tsp. cinnamon
3/4 tsp. baking powder
3/4 tsp. baking soda
almonds, blanched, for decorating

Directions:

Boil cream, syrup, and sugar together. Stir in butter and let mixture cool until lukewarm.

Combine flour, pepper, ginger, anise, cinnamon, baking powder and baking soda. Whisk together the dry ingredients.

Sift in dry ingredients and knead the dough to mix thoroughly. Chill overnight.

Roll dough out as thin as possible and cut diagonal lines to make diamond shapes.

Set sirupsnipper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white. Bake at 350°F for 5 minutes.

Excerpted from December, 1999, *Viking* magazine article "Velkommen til Bords." Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

Ginnie Wilcox
Fridtjof Nansen Lodge
7885 E. Garner St., Long Beach, CA
90808
562-596-5616 or 562-458-8640

November 27, 2022

Dear Members and Friends,
December 10th is almost here as we
continue our Lodge year. Please come
and enjoy

John Olson's Language lesson Our
Annual Christmas Tree lighting and visit
from our favorite

Nisse has gifts for everyone. Beginning
with January we have many activities for
you to

participate in. We had a wonderful time at
our last meeting practicing the art of
Rosemaling.

As a reminder we begin at 12 Noon, we
will have lunch, Announcements and
Program,

You may come earlier to offer your help in
setting up the lodge. .

A Norwegian Lunch will be provided by the
Lodge with a Donation basket for your
convenience. So come, bring your friends
and participate. See our Lodges

Newsletter for
more information. Please sign in on our
Guest and Member Registry.

Warm regards and a wish for a very Merry
Christmas Season.

Ginnie Wilcox
Fridtjof Nansen Membership Chr.



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
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