

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 1 , 93 Issue

January 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

We had a great Christmas Party and fun was had by all. The food was delicious and a big thank you to all who prepared, served and helped where needed.

We had a new Nisse this year. Thank you Steve Onorato he did a great job with his helper, Aura (Johan and Sylvi's granddaughter).

Here we are starting 2023. We are going to have a great lunch with Loyds' Salmon Soup. Then a program about Norway and WWII. Hope you all will come. We also are going to finish our project for the homeless.

Wishing you a wonderful New Years!

*Med vennlig hilsen, Best Regards,
Phebe*

P.S. I just found out the President of the District board Bob Sathers passed away this morning 1/3/2023. Our condolences to his family.



SONS OF NORWAY

Our next meeting is on
Saturday January 14, 2023

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 going to have wonderful Salmon Soup made by Loyd Wilcox. The board will provide salad, bread & dessert. Our program will be seeing a WWII movie. We also package up the socks for the homeless. In our "Sock it to me project."



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:	Ginnie Wilcox	(562) 596-5616
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 Friconi	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

Some eat lutefisk year around
Fresh fish logically belongs on the coast of Norway. Fish also has traces of Catholic traditions. In those days it was fasting in the period up to and including Christmas Eve. It was not allowed to eat meat during the fast. So there was fish on Christmas Eve, but all meat dishes were served on Christmas Day. We don't quite know how the lutefisk originated. Lye was used as a cleaning agent. One theory is that they washed the fish with lye to remove fly larvae and bugs when the drying process failed. There is documentation on lutefisk back to the 16th century. Basically, it is made of dried fish, preferably cod.



Eva Narten Hoberg, researcher at the Norwegian Institute for Bioeconomy

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



We are planning to serve dinner for the families at the Ronald McDonald House. We will have more details later. We have done this before Covid. It is a wonderful serve we can provided to these family with critical children.

Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge Sons of Norway Lodge Meeting 12/10/22

Many gathered before 11:00 to prep / most gathered before 12:00 / started the meeting @12:33 / called to order @ 1:21 / concluded approx. 2:40



GOD JUL OG GODT NYTT AR!

- o What!!! We have a Christmas tree with lights and decorations! **THANK YOU Miss Phebe and her band of Elves** for all their hard work to set up the room so beautifully! Christmas Eve in Norway will be spent with the gathering of Norwegians for a traditional meal and the opening of presents, and sometimes Father Christmas will pay them a visit. All in all, the whole country is an ongoing huge festival of lights that continues to shine thru New Year's.

New Guests

A **warm and inviting welcome** to Heather & Donald Nielsen; the Olsen Grands – Michael, Jeanette, Johnathan, Glenn, Aura & Sage and today's pianist Drury Ann Wisdom-Campbell!!!! So Happy you are with us today.

Blessing & Lunch

- o After our Norwegian blessing, our lunch today was hosted by the lodge. Today we will have ham, potatoes, pork loin stuffed with apricots, prunes and apples, quiche, fruit salad, applesauce, beets, Lefsa, and a variety of drinks including Glogg. The dessert table was full of desserts ranging from Almond cake to cupcakes and everything in between. Yummy!

Opening of Meeting o The meeting was opened with the Norwegian National Anthem, Oh Canada, Star Spangled Banner and our Pledge of Allegiance.

Birthdays for December – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Gunvor Anderson, John Olsen, Joan McKinney, and Ginnie Wilcox! **Whoop whoop!**



Language Lesson – hosted by John Olsen - **THANK YOU John ☺—Today's program**

- o Today's language lesson was focused on the Christmas season with words like Juletre (Christmas tree), Julelys (Christmas lights), dekor (decoration), Julenissen (Santa Claus), Julhatt (Christmas hat), Julgave (Christmas gift), duke (doll), leke bil (play car).
- o **THANK YOU to DRURY ANN WISDOM-CAMPBELL** for playing wonderful Christmas songs on the piano to which we belted out a few carols like Rudolph the Red Nosed Reindeer, Here Comes Santa Claus, We Wish You a Merry Christmas and many more.
- o When what to my wondering eyes should appear, but good ol' Saint Nick without his reindeer. Lolo! **IT'S JULENISSEN!!!!** With a bag full of gifts for all. The children were excited to help hand them out.
- o We danced around the Christmas tree with our traditional 7 day laundry song provided by Miss Sylvi.

Today's announcements

- o **Nominating Committee Results - THANK YOU JOHN OLSEN** for your many years of service as Vice President. **Ginnie Wilcox** will step into that position for this next year. **Welcome Ginnie and THANK YOU.**
- o **Today's 50/50 pot of \$63** will be shared with **Cleone Hatwan**. **WHAATT...Cleone has graciously donated her winnings back to the lodge. Congratulations and THANK YOU Miss Cleone!**
- o Our next meeting is 1/14/23. The program entails a WWII Video about Norway. The Wilcox's will bring their famous Salmon Soup and we will stuff socks ie "Sock it to Me" as we prepare donations for St. Luke's Episcopal Church – 525 E. 7th St., Long Beach, Ca.
- o Our lodge will be hosting a dinner at Ronald McDonald's House. We are working on a date and will provide additional information. The location is @ 500 E. 27th St., Long Beach, Ca.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Hjalmar's cousin, Olav, came by bus to visit in Minneapolis. Olav called from a downtown phone booth to let Hjalmar know he got to town ok. Hjalmar said, you up. Where are you Olav? "Olav glanced out the phone booth and answered and answered, "I'm at the corner of Valk and Don't Valk."

A Norwegian was flying a helicopter when all of a sudden it came down to ground with a thud. Explained the Norwegian: "It was getting cool up dere, so I turned off da fan."

Ole came home to his apartment one night, snorting."Dat Yanitor, vot a bragger. He claims he's mde love to every voman in dis apartment except one." "Hmmpf" said ole's wife. "Must be that snooty Mrs. Peterson on the third floor."

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



January 2023

1 – New Year's Day

14 – Lodge Meeting



16 – Martin Luther King Jr. Day

This Month's Birthdays. . . Gratulerer Med Dagen



January

10 – Erin Flair

13 – Melissa Rantchler

16 – Valerie Sparr

27 - Teresa Broadhead

27 – Paul Ordal

28 – Kirk Howe

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.

Salmon Eye Floating Exhibition Opens in Hardangerfjord

There is a new, eye-catching feature in the middle of Norway's Hardangerfjord. The feature is called the “Salmon Eye” and is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by brothers Sondre and Erlend Eide, third generation salmon producers and owners of their family business, Eide Fjordbruk. The installation's architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The interior, which is 650 square meters, is split into four floors and one is underwater. The structure can only be accessed by ferry and is aimed at discussing sustainable aquaculture.

Eide Fjordbruk has made significant strides in improving the environmental impact of salmon farming, being the first fish farming company to produce carbon-neutral salmon. They also will unveil a new technology that “enables farming in the fjord and sea with no negative impact on the environment or climate.” With seafood being a major part of Norway's industry, the hope is that visitors will recognize the ocean as a vital food source.



Crown Princess Donates Unique Garment

In June 2022, Crown Princess Mette-Marit attended a dinner for the opening of the new National Museum of Art, Architecture and Design in Oslo. The dazzling pink dress she wore for the event was both symbolic and personal.

When the pandemic hit, the princess borrowed a loom to fulfill a long-standing fascination with weaving. As she practiced, the idea for a dress came together. She enlisted Norwegian luxury designer Peter Dundas to co-design a modern garment that paid homage to traditional crafts.

Previously, Mette-Marit had visited Aurora Verksted, a workshop for people with differing abilities located in Bærum, near Oslo. The community employs around 100 artists with and without disabilities who practice traditional techniques in ceramics, textiles, clothing, graphics and painting in an atmosphere focused on creativity and joyful connection.

The fabric of the pink woolen dress has a weaving pattern based on a Telemark rug, and ornate embroidery along the arms and hem.

In July, the crown princess and several artists from Aurora Verksted were present to donate the dress to conservators at the National Museum. Director Karin Hindsbo told NRK that the dress is “a unique piece of fashion history.”



High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway Foundation website at <https://www.sofn.com/foundation/scholarships/> to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.
2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.
3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.
4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you've done research beyond a simple Google search.
5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!

What's for McLunch in Norway?

Have you ever waited in the drive-thru line at McDonalds and wondered: what might I be ordering if I were at McDonald's in Norway?

It turns out, Norwegians have some of the same familiar favorites as North Americans, such as Big Macs, Chicken McNuggets and french fries. However, they also have some items that we don't, like the Big Mac Chicken, the Fish McFeast, and the Cheese Tops Burger. Since we are talking about food in Norway, it's not too surprising to see that they have made an effort to make even McDonald's healthier. There are several vegetarian items available. In the Happy Meals, you have the same choices as in North America...and some that feel uniquely Norwegian, like 2 different fish sandwiches and a veggie burger.

Speaking of drive-thru lanes, Norway does have them, but they account for about 40% of total sales versus 65% of McDonalds' business in the US.

Here's a link to check out other menu items you might like to try. Håper det smaker! Enjoy the food!





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.



Remembering Martin Luther King Day!



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