

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 93 , 4 Issue

April 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

*Hello All,
Spring is here and it has brought lots of rain. Hope you are staying dry.
We are planning on providing dinner for the MacDonald House by Memorial Hospital on May 8th. The desserts need to be individually wrapped, so the families can just take and go. Please bring what you can to the April meeting. If you can help serve dinner please let me know.*

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on Saturday

April 8, 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!

Program: Ginnie Wilcox will be our MC.

She is asking everyone to bring something for Show and Tell about your heritage. Bring an item or story from your family to share.

If you are working on your cooking Cultural Skill Pins bring your dish and recipe. The rest of lunch will be a pot luck meal.



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



Don't forget.....

We have a Norwegian church just a short drive away - Seaman's Church/St. Olav's in San Pedro.(310)832-6800. They have a nice variety of events and services if you're looking for more than a church service. They offer Norwegian classes, counseling and home visits, large lunch events, concerts, golf tournaments, holiday celebrations, a Christmas bazaar and various gatherings. They are always in need of financial support like many churches. Take the time to pay them a visit - it's worthwhile.

We all need to continue to stay involved in our Norwegian heritage.

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

God Påske!

Easter is one of Norway's biggest holidays, just as big as Christmas. The entire country seems to shut down during the week of Easter to enjoy the holiday with family, friends and nature. The Norwegians' idea of having a *god påske* consists of hiding away up in the mountains, skiing the last available snow or basking in a wall of early spring sunshine known as *solveggen*.

Påskeaften, Easter Eve on Holy Saturday is the big day of celebration. Children get to open large colorful Easter eggs filled with candy, families organize ski races and hikes in the mountains and the biggest meal of the week concludes the day with an Easter lamb or chicken.

Easter Sunday gets underway with a special breakfast at the family *hytte* or at home, sometimes followed by church. It is common to enjoy homemade Easter bread on Sunday. Pastel-colored Easter bunnies, chickens, daffodils and eggs cover the table to set the mood. No Easter break is complete without the popular *påskekrim* (Easter crime) novel.



Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

#6-009 - Fridtjof Nansen Lodge Sons of Norway Lodge Meeting 3/11/2023

Several gathered at 11:00 to prep / most gathered before 12:00 / started the meeting @12:05 / called to order @ 12:45 / concluded approx. 2:39



GRATULERER MED ST. PATRICKS DAGEN! Happy St. Patrick's Day

- **THANK YOU** Miss Phebe and our **WONDERFUL MEMBERS** for today's set up and preparations. I feel the Luck of the Irish!

VELKOMMEN

- We had the pleasure of welcoming **2 new visitors – Annamarie Barry & Gwen Richardson** of Long Beach. It was a **pleasure meeting both of you today!** And your Norwegian sweaters were adorable. ☺

Blessing & Lunch

- After our Norwegian prayer, today's potluck includes - ham, chicken, corned beef, potatoes, Norwegian beet potato salad, green salad, fruit salad, quiche, lamb & cabbage. **Uff-da.** The dessert table was loaded with Norwegian waffle cookies, Norwegian butter cookies, muffins, sour cream pie, apple pie, Norwegian pecan powder cookies and coffee cakes. **WOW! Sooo Yummy!**

Opening of Meeting

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

GRATULERER MED DAGEN - HAPPY BIRTHDAY to Sylvi Olsen, Victoria Gammer, Lyman Lokken, & Jessica Ansorge! Woo Hoo!

Today's program was hosted by Troann Loy

- Norway has 11 counties – Finnmark, Troms, Nordland, Trondelag, More og Romsdal, Innlandet, Vestland, Viken, Oslo, Vestfold og Telemark, Rogaland and Agder. Troann asked an array of Lodge members to provide information about each county. **I learned so much!! THANK YOU ALL.**

Today's announcements

- **Today's 50/50 pot of \$22** will be shared with **Laura Innes.** **Woo hoo! Congratulations Laura!** (Please note the other 50% will go towards the Ronald McDonald dinner food costs.)
- **Save your pennies for Camp Norge and pop tops for Ronald McDonald's House.**
- Our next meeting is **4/8/23**. The program will be **"Show & Tell"** hosted by Ginnie Wilcox. Please bring your heirlooms / jewelry / artifacts and provide a brief history or story about them. We love hearing your stories!
- **We will be hosting a dinner for the Ronald McDonald House on May 8th.**
 - At our April meeting, please bring a white elephant gift to enhance the 50/50 sales so the \$ can go towards the Ronald McDonald dinner food costs.
 - Or if you like, please bring a stuffed animal for a child at the Ronald McDonald House.
 - Or bring a box of 12 dessert items for the Ronald McDonald Dinner on May 8.
- If you are still working on your Cooking Cultural Skill Pin Unit #1. You can find the information at:
 - Sons of Norway site / Member Resources / Cultural Programming / Cultural Skills Program, and use
 - **1) https://www.youtube.com/playlist?list=PLJAn1AfEnOp7ytCkeZplcZEeH_m5RLldf**
 - OR**
 - **2) https://www.sofn.com/wp-content/uploads/2018/11/CS1_Cooking_2012.pdf**
 - OR Please ask Terry for the printed forms.**
- **Troann** closes the meeting with the following message **"may peace and harmony prevail throughout the lodge"**.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor: Lars says he's been reading so much about the harmful effects of alcohol that he's decided to give up READING.

Ole: Say, Nels, how is that educated son of yours doing?

Nels: Oh . . . Nels Jr.? Well, he's got a B.A., and M.A., a Ph.D.,. . . But no J.O.B.

Andersen, the old village blacksmith was breaking in Ole as a new apprentice. He instructed Ole, "Now I'll take the hot horseshoe out of the forge, and when I nod my head, hit it." Ole is now the NEW village blacksmith.

Little Ole's teacher scolded him, saying, you can't sleep in my class."

Replied Little Ole, "If you didn't talk so loud, I could."

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



APRIL

1 - April Fool's Day



6 - Passover



8 - Lodge Meeting

9 - Easter Sunday



This Month's Birthdays. . . Gratulerer Med Dagen



APRIL

19 - Barbara Shepard

24 - Loyd Wilcox

30 - Cleone Hatwan

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.

Milk Carton Mysteries Return



The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: påskekrim.

This fascination with whodunits extends beyond traditional books. For 25 years, dairy company TINE printed Easter detective series on the back of milk cartons, so the whole family could put their heads together to solve a mealtime mystery. This tradition also led to a unique compound word: melkekartongkrim, milk carton mystery.

In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons.

Påskekjeks / Easter Cookies

These decorative cookies make a cheerful addition to any Easter celebration. You can vary the fillings to suit your taste- this recipe calls for fillings of orange marmalade or hazelnut/chocolate.

The dough is a shortcrust pastry with almond flour. The dough needs to be completely cold before rolling out. Chill overnight, or an hour in the fridge works well. Test a little bit of the dough rather than rolling out a big piece that ends up sticky.

You can find egg-shaped cookie cutters online or in stores, or if you want to make these without buying anything, you can cut an egg template out of a cereal box and cut around it.

Ingredients:

Dough:

200 g butter or margarine
150 g all-purpose flour
100 g ground almonds
70 g powdered sugar
1 egg yolk (or substitute with 2 Tablespoons of water.)

Fillings:

75 g chocolate hazelnut spread like Nutella or Nugatti
75 g melted milk chocolate
Orange marmalade
Powdered sugar for sprinkling

Instructions:

1. Put all dough ingredients into a bowl, mix with your hands until the dough forms.
2. Wrap dough and refrigerate for an hour.
3. Roll out the dough on a floured surface to approx. 2-3 mm (1/8 inch) thickness.
4. Cut out 10 cm / 4-inch egg shapes and place on a baking sheet. Bottom cookies will be full egg-shapes.
Use a smaller round cutter (2.5 cm/1 inch diameter) to cut out a "yolk" into **half** of the cookies- these will be the top cookies.
5. Bake in the middle of the oven at 200°C (400°F) for 10 minutes.
6. Remove from oven and cool on cooling rack.
7. Making the fillings:
Heat orange marmalade in the microwave or in a saucepan.
Spread marmalade on one of the bottom cookies.
Place the part of the cookie with the cutout on top and then fill the "yolk" with marmalade filling.
Sift powdered sugar on top.
Take a spoon dipped in water to bring shine to the "yolk."

Melt the chocolate and mix with nougat spread.
Spread chocolate mixture on one of the bottom cookies.
Place the part of the biscuit with the cutout on top and then fill the "yolk" with nut/chocolate filling.
Top with a chocolate mini-egg or three.
These cookies have a long shelf life when stored at room temperature.

Source: Krem.no



World's First Fully Electric Public Transit System



By the end of 2023, Norway hopes to have the world's-first fully electric public transit system. The city has invested in 450 electric buses to replace the remaining diesel-fueled buses. While the upfront costs of US \$51.3 million are higher than the price of diesel buses, they believe there will be great long-term savings as electric buses have lower maintenance and operation costs. The public transport authority for Oslo is also confident that the new buses will be more comfortable and quieter for passengers. This move is expected to not only reduce emissions but also improve public health by reducing air pollution.

It is part of Norway's grand plan to be emissions-free by 2030. Many would say Norway is on the right track as electric vehicles in Norway now outnumber gas cars on Oslo's roads. They have become a "global pioneer for the green transportation revolution," hoping that other cities will follow suit to shift away from fossil fuel use.

The Word of the Year Means Less Chocolate for Your Money

Each year, Språkrådet—The Language Council of Norway—chooses a new word of the year. This past year, the new word of the year was "shrinkflation."

The word sounds difficult, but is easy to explain, according to Cecilie Langum Becker, an economics commentator for NRK. "This means that we pay the same amount or slightly more for a chocolate bar that is smaller than before," she explained on the radio.

The word of the year says something about what has been important to us in the past year. And this year, many people made less money.

Telescope word

This year's new word is a so-called telescope word which is made up of other words.

Here, "shrinkage" and "inflation" are the two words. The word is thus made up of ordinary Norwegian words.

Inflation means that food, candy and other goods become more expensive.

And everyone probably knows what shrinking means, that something becomes smaller than before.

Camouflaging price hikes

Instead of raising the price of the chocolate bar, they made slightly smaller chocolate bars.

This way, we do not notice as much that food is more expensive. So we're spending the same amount of money as before.

"It is a way of camouflaging a price increase, so that it seems smaller than it actually is, the Language Council writes in a press release.

Troubled times create new words

"The list of new words for 2022 shows that there are troubled times around the world, with war, a downturn in the economy and democracy under pressure," says the director of the Language Council, Åse Wetås.

Crises that affect us result in new words being created. During economic crises, climate crises and pandemics.

Climate-roar and selfie

Last year [in 2021], "sportsvaske" (sportswashing) was declared the word of the year. This refers to countries hosting sporting events or buying, for example, soccer teams to improve their political image in the world.

Before that, financial crisis, selfie, swine flu, *rosetog* [parade of roses, in response to the 2011 terror attacks in Oslo and Utøya], climate-roar and corona have been named the words of the year.

Here you can see the entire [list of words of the year](#) since 2008.



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.



**SONS OF
NORWAY**

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