

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 94, Issue 1

January/February 2024

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

WELCOME WINTER!

2024 has arrived and your lodge is ready to go.

Our January program will be provided by Johan Olsen. He will be telling us about Snow days in Norway.

Please let me know if there is any program you would like to see in the future. Your Lodge officers have agreed to serve one more year. But please start thinking about next year and help your officers.

50th Anniversary of the Scandinavian Festival May 18-19, 2024, 10 am – 5 pm at California Lutheran University. Festival's 50th anniversary (1974-2024)! Celebrate the cultures and traditions of Denmark, Finland, Iceland, Norway, Sweden, and the Sami people of the Arctic regions of Scandinavia. Join us in Kingsmen Park, on the campus of California Lutheran University, for two days filled with live entertainment, delectable Scandinavian dishes, children's activities, food demonstrations, and all things Scandinavian! Keep up with the latest updates on ScandinavianFest.org.

***Med vennlig hilsen, Best Regards,
Phebe***



SONS OF NORWAY

Our next meetings are.

Saturday January 13, 2024

then

Saturday February 10, 2024

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!

JANUARY 13TH MEETING

The program will be presented by John Olsen
"Snow days in Norway".
It is a potluck. Salads A to I, Main Dishes J to S,
T to Z Dessert

The board will provide hot chocolate.

FEBRUARY 10TH MEETING

The Program will be Hotels in Norway –
The Ice Castles.

Lunch will be a potluck again.

Main Dishes A to I, Dessert J to S, Salad T to Z

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	

15 Fun Facts About Norway

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

Viking Discovery on Jomfruland

While looking for a lost gold earring in their garden, a family in Norway uncovered 1,000-year-old Viking artifacts. The Aasvik family, from a small island called Jomfruland, became the first to find a Viking-era discovery on the island. They had stumbled across it by using a metal detector to search for the earring in their yard.

The metal detector alerted them underneath a large tree, so they began digging. Among the findings was a brooch and an additional item that was likely part of a Viking-era burial. Both were believed to have once been covered in gold and were engraved with depictions of animals. The brooch is believed to date back between 780 and 850. These artifacts help prove the Vikings' existence on the island. Experts knew of settlements on the island dating back only to the Middle Ages, making this Viking discovery rather significant.

Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge Sons of Norway Lodge Meeting 12/9/23

Many gathered before 10:00 to prep / most gathered before 12:00 / started @ 12:19 / called to order @ 12:25 / concluded approx. 2:40



GOD JUL OG GODT NYTT AR!

- In Norway, the 23rd is known as 'Lille Julaften' (Little Christmas Eve). Many families have their own traditions of what to do during the evening such as putting up the Christmas Tree or making gingerbread houses. We practiced Lille Julaften on the 9th here at the lodge. 😊 A decorated Christmas tree with lights, festive table linens, and gnomes for all! **THANK YOU Miss Phebe and her band of Elves** for all their hard work to set up the room so beautifully. On the 24th, Christmas Eve (Julaften) is the main event in Norway. Time is spent with relatives for dinner and opening presents.

New Guests

We exploded the "sign in" sheets for attendance. **38 STRONG!!!** This is the first time we have ever turned over the page for more signatures! **Woo Hoo!!!!** A warm and inviting welcome to the Olsen Clan, the Ansorte Clan, today's pianist Drury Ann Wisdom-Campbell, Martha Green, Annika Segelhorst, Cheryl Fosberg & Chuck!!!! So Happy you are with us today.

Blessing & Lunch

- After our Norwegian blessing, our lunch today was hosted by the lodge. Today we will have pork loin stuffed with apricots, prunes and apples, meatballs with gravy, potatoes, beets, cucumbers, Lefsa, and mac & cheese. The dessert table was full of desserts ranging from cheesecake to cookies to donuts. **Yummy!**

Opening of Meeting

- 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 John Olsen, Joan McKinney, and Ginnie Wilcox! Paaarty!

Today's program

- **THANK YOU to DRURY ANN WISDOM-CAMPBELL** for playing our wonderful Christmas songs on the piano to which we rang out a few carols like Rudolph the Red Nosed Reindeer, Here Comes Santa Claus, We Wish You a Merry Christmas and many more.
- When what to my wondering eyes should appear, but good ol Saint Nick without his reindeer. Lolol. **IT'S JULENISSEN!!!!** With a bag full of gifts for all. The children were so excited to help hand them out. **THANK YOU to Steve O.**



- We danced around the Christmas tree with steps taught by Jessica & Phebe that they learned at camp this year - 2 steps left, 1 step right, up & down followed by kicks. **What fun!** We then pranced around the tree with our traditional 7 day laundry song.
- We also had a cookie exchange for folks to take a box filled with delicious sweets home.

Today's announcements

- **Nominating Committee Results – please let us know if you are interested in holding a position on the board.**
- **Today's 50/50 pot was shared with Jessica Ansorte. She won \$37. Yaaayyy Jessica!**
- Our next meeting is 1/9/24 and will have a program of "Snow Days in Norway" hosted by John Olsen.
- St. Lukes Church was so Thankful for the 60 packages we provided for their shower program.
- Our lodge made \$68 at the Christmas market held Dec. 2 @ Christ Lutheran Church.
- Our lodge will be hosting a dinner at Ronald McDonald's House. We are working on a date and will provide additional information.

Troann closed the meeting with "May Peace and Harmony prevail throughout the lodge".

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Poor Lena was sitting before her dressing table in tears one morning. "Ole," she wailed, "I have reached da age vere I vill not have to ting to do vit matural foods anymore. I need all da Preservatioves dat I ca get!!"

Do you know why Norwegians quit using ice cubes? They lost the recipe.

Ole and Lena went on a vacation and when they returned, they complained to their friends that everywhere they went it rained. "Vell, it couldn't have rained dat much," said Sven. "Look at da sunburns yew have". "Sunburns, nothing," yelled Ole. "Dat's rust!!"

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 2024

1 – New Years Day

13 – Lodge Meeting

15 – Martin Luther King Jr. Day

FEBRUARY 2024

10 – Lodge Meeting

12 – Lincoln's Birthday

14 – Valentine's Day

19 – Washington's Birthday (Observed)

This Month's Birthdays. . . Gratulerer Med Dagen



JANUARY 2024

10 – Erin Flair

16 – Valerie Sparr

27 – Teresa Broadhead

27 – Paul Ordal

28 – Kirk Howe

FEBRUARY 2024

5 – Phillip Knudsen

13 – Jeanne Paige Petersen

17 – Cameron Moore

21 – Alfred Dimas

28 – Heidi Ansorge

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.



Sons of Norway District Six Convention
2024 Tuscany Suites, Las Vegas, NV
June 20-23, 2024

The dates will be June 20-23, 2024, and the event will be held at the Tuscany Suites. The theme for the convention will be Viking Vision. Our Lodge will have 3 delegates. If you would like to be a delegate let Phebe know.

Christmas Party December 9, 2024.

Combating the Long Winter

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.



Nordic Winter Vegetable Soup

Warm up this winter with this delicious, simple, and healthy soup.

Recipe from: <https://www.foodandwine.com/recipes/nordic-winter-vegetable-soup>



Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 2 garlic cloves, minced
- 1 cup pearl barley
- 8 cups low-sodium vegetable broth
- 4 cups water
- 10 thyme sprigs
- 2 bay leaves
- 1 1/2 lbs. celery root, peeled and cut into 1/2-inch cubes
- 1 lb. parsnips, peeled and cut into 1/2-inch pieces
- Salt and freshly ground pepper
- 1 lb. baby spinach
- 1 teaspoon freshly grated nutmeg

Directions:

1. In a large pot, heat the oil. Add the onion, leeks and garlic and cook over moderate heat, stirring occasionally, until tender, about 5 minutes. Stir in the barley. Add the vegetable broth, water, thyme and bay leaves and bring to a boil. Add the celery root and parsnips and season with salt and pepper. Simmer over moderately low heat until the barley and root vegetables are tender, about 40 minutes.
2. Stir in the spinach and nutmeg and simmer for 5 minutes. Season the soup with salt and pepper and serve in deep bowls.

Serve with:

Hearty whole-grain rye bread



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

Pull Tops for Ronald McDonald House: Please continue to collect your pull tops off your food canned items and drink items. Just bring them to the lodge meeting and Phebe will drop them off at Ronald McDonald House.



The mission of District Six is to support Sons of Norway through communication, resources, and opportunities.

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.



FACEBOOK PAGE

**Fridtjof Nansen Lodge has a facebook page.
Yea! Check it out and enjoy. Here's the Facebook
Page: <http://www.facebook.com/longbeachsofn>
Any suggestions let your editor know.**



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