

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



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March/April 2024

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Hello All,

Just short note to say don't miss the great programs coming in the next 2 months. We are setting up the day to sew our Viking dresses. Let me know if you want to be included. Med vennlig hilsen, Best Regards, Phebe



MEETING - APRIL 13

Our Program will be "The Viking Tour" Part 2

Provided by members.

Where the Vikings went:

SPAIN – Phebe

FRANCE – Jessica

RUSSIA – John & Sylvi

Italy – Martha Green

MIDDLE EAST (TURKEY) – Steve O

LUNCH WILL BE A POTLUCK.

BRING ONE OF YOUR FAVORITES TO SHARE.



SONS OF NORWAY

Our next meeting is on Saturday

March 9, 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!

MEETING - MARCH 9

Our Program will be "THE VIKING TOUR" PART 1

Provided by members.

Where the Viking went:

ICELAND – Lynn

NORTH AMERICA -Teresa B.

SCOTLAND – Steve O.

IRELAND – Terry

ENGLAND - Troann

The Board will be providing a St. Patrick Days Lunch.

2020 Officers

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Ginnie Wilcox	(562) 596-5616
Treasurers:	Troann Loy	(714) 963-4830
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Counselor:	Troann Loy	
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Social Director:	Phebe Fricioni	(562) 430-5092
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Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question!

For those outside of the region, the terms often get used interchangeably.

However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sits on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history.
- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities.
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had.
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over – the Faroe Islands, Greenland, and the Åland Islands.
- Nordic countries are linked by cultural, historical, financial, and political influence on each other.
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries.
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity.





#6-009 - Fridtjof Nansen Lodge Sons of Norway Lodge Meeting 2/10/24

2 gathered before 10:00 / 4 more gathered before 11:00 / most gathered before 12:00 / opened at 12:08 / called to order @ 12:35 / concluded approx. 1:25 / then cleanup



Vinterland!

- February is known as Norway's Winter Wonderland!

Velkommen New Guests

A warm and inviting welcome to Ellie, Evan & Kim!!!!!! We are sooo **EXCITED** you are with us today! **Woo Hoo!!!!**

Blessing & Lunch

- After our Norwegian blessing, we headed to the lunch tables filled with Caesar salad, salmon with potatoes & cucumbers topped with melted butter, ham, vegetable quiche, hamburger/green bean & chicken veggie casseroles, rolls & biscuits!! For dessert, waffle batter poured on hot irons to be covered with Lingonberry jam & whip cream. **So Yummy!** The dessert table was also full of cookies, cakes, and danishes.



Birthdays for January – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Al Dimas, Philip K, Jeannie P, & Heidi Ansoerge!

Opening of Meeting

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

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

- Today's language lesson was focused on today's program. Words like Hotell (hotel), Vinter (winter), Sno (snow), Is (ice), Nytt (new), Kaldt (cold), Kostbart (expensive), and Populaert (popular).

Today's program – “Ice Domes & Hotels of Norway” – hosted by Terry L & Phil K

- We viewed 4 different cities with ice/snow hotels starting in the extreme north and working our way south. The first town of Bjornevatn is known for Snowhotel Kirkenes. To create the snow hotel, they start with **lots & lots** of snow to cover inflated balloons. The balloons are removed once the snow has set. These ice domes stay up year-round based on new technology.
- The next hotel is in Alta, Troms og Finnmark. Here the Sorrisniva Igloo Hotel is built from scratch using freshwater ice blocks cut from a nearby mountain lake. After the blocks are cut, they are stored on large wooden shelves, then used as the hotel base and walls. Again, the balloons are used to create the ceiling & canopy.
- The Ice Domes of Tromso is known for the Best Art, wonderful lighting, and spectacular sculptures admired by all who visit.
- And lastly, Faberg, Norway hosts the Hunderfossen Vinterpark. Great for a family visit, this park hosts a 'troll drop-and the princess in the tower', a snow hotel, Ice bar, Ice cathedral, troll path, fairytale castle, bumper Cars, Snow-rafting, Childrens snowmobiles, Horse sledges, puppet show, kick sledges. Groups can also stay in the cathedral on reindeer lined ice beds.
- Who knew? There is also an ice cutting competition held in Asker, Norway. I encourage you to look at all of these wonderful places on the internet to really absorb their beauty.

Today's announcements

- **THANK YOU to our members** for your **dedication and service** in setting up the room, meeting preparations and the wonderful meals you bring! **We could not run or enjoy this lodge without YOU!**
- **Today's 50/50** pot winner of **\$41** is **Loyd Wilcox!!! Yaaayyy Loyd!** Loyd has graciously donated his share back to the lodge. This means half will go to the Sons of Norway Scholarship program and half will go to the lodge. **WOW and THANK YOU!**
- Our next meeting is 3/9/24 and will have a program of “The Vikings Tour” hosted by 5 lodge members. Five countries will be visited with the focus on Viking travels to them. I can't wait!
- More information will come as to when & where we will start making our “Viking dresses”.
- Our lodge will be hosting a dinner at the Ronald McDonald House **May 6, 2024 @ 6:00 p.m.** Please let us know if you are interested in attending this gratifying event.

Troann's message closed the meeting with “May Peace and Harmony prevail throughout the lodge” cited by Phebe.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Ole and Lena were at the kitchen table for the usual morning cup of coffee and listening to a weather report coming from the radio. "There will be 3 to 5 inches of snow today and a snow emergency has been declared. All vehicles should be parked on the odd-numbered side of the streets today to facilitate snowplows," the radio voice declared. "Oh, gosh, OK," said Ole, getting up, bundling up and heading outside to dutifully put his car on the odd-numbered side of the street. Two days later, Ole and Lena were at morning coffee when the radio voice said: "There will be 2 to 4 inches of snow today and a snow emergency has been declared. You must park your vehicles on the even-numbered side of the streets." Ole got up from his coffee as before. He bundled up, shuffled off, and put his car on the even-numbered side of the street. A few days later, the couple was at the table when the radio voice declared: "There will be 6 to 8 inches of snow today and a snow emergency has been declared. You must park your cars on the ..." Just then, the power went out. "Park it where?" Ole asked in the dark, "What should I do?" "Aw, to heck with them, Ole," Lena said, "Don't worry about it today. Just leave the car in the garage."

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



MARCH

- 9 – Lodge Meeting**
- 10 – Daylight Saving Time Begins**
- 17 – St. Patrick's Day**
- 31 – Easter**

April

- 13 - Lodge Meeting**
- 23 - Passover**

This Month's Birthdays. . . Gratulerer Med Dagen



March

- 8 – Sylvi Olsen**
- 10 – Lyman Lokken**
- 11 – Victoria Gammer**
- 22 – Jessica Ansorge**

April

- 19 – Barbara Shepard**
- 24 -Loyd Wilcox**
- 30 – Cleone Hatwan**



Help build the “Hygge Hus” at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the “Hygge Hus” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we’ve shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

But we need your help!

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

But here's where you come in! We're seeking your generous support to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

Watch for more news about the Build the Hygge Hus Campaign.

Contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com

Norway Ranked 1st in the Top 10 in Europe

Nadarajah Sethurupan

Norway has been recognized as the most environmentally friendly European country with a total score of 73.3 out of 100, according to a recent study by Hemsol, as cited by *Earth* on January 24. The rank is attributed to its impressive renewable energy share in 2022.

The experts considered various factors to rank Europe's greenest countries, such as renewable energy share, recycling rates, and carbon dioxide emissions.





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.



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

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.

Suksessterte med Sjokolade og Appelsin (Success Cake with Chocolate and Orange)

Serves 12

Ingredients

For the base:

4 egg whites

150 g / 5.3 oz. icing sugar or powdered sugar

150 g / 5.3 oz. chopped almonds, but not ground. Leave the skins on because it gives the tart its characteristic color and texture

1/2 tsp. baking powder

90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

100 ml / 3.5 fl. oz. double or heavy cream

125 g / 4 oz. sugar

4 egg yolks

150 g / 5.3 oz. butter, at room temperature

Grated rind of 1 orange

To decorate:

A little melted chocolate

Thin strips of orange peel

Or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!

Method:

Preheat the oven to 160°C / 320°F.

Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it. Decorate with melted chocolate and orange peel or however you like!



SONS OF
NORWAY

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