

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 94 , Issue 6

November/December 2024

"2023 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

*Hello all, now the holidays are here,
I bet you are excited about getting
ready to have family and friends
around. Your Lodge is excited to spend
the holiday with you too.*

*November will be fun to see all and
share. Lunch will it a Potluck. We need
to pick a nominating committee to
have new officers in 2025.*

*December will be our Christmas
celebration. Your Board will provide
the lunch.*

*See page 2 for more details about each
month's events.*

*Med vennlig hilsen, Best Regards,
Phebe*



**SONS of
NORWAY**

Our next 2 meeting are on Saturday
Nov. 9, 2024 and then the Dec. 14, 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!*



The mission of the District Six Board of Directors is to inspire the preservation of Norwegian heritage; provide information on the Financial, Fraternal, and Foundation programs of Sons of Norway; and to support District Six lodges and members through communications, program resources, and opportunities.

NOVEMBER LODGE MEETING

**WE HAVE PLANNED A SILENT AUCTION
BRING NORWEGIAN ITEMS IF YOU
HAVE NOT ALREADY. *Let's tell a story!***

**Share a story about the lodge. Why did
you come? why did you come back?**

What you like about the lodge?

**LUNCH WILL BE A POTLUCK
BRING LOTS OF GOODIES TO SHARE.**



DECEMBER LODGE MEETING

**WE WILL HAVE OUR CHRISTMAS
CELEBRATION. THERE WILL BE A GREAT
MEAL PROVIDED BY YOUR BOARD.**

**THERE WILL BE SINGING AND DANCING
AROUND THE CHRISTMAS TREE.**

NISSIE WILL BE THERE TO PASS OUT GIFTS.

**If you are bringing children, we will love it!
Please bring a wrapped gift for every child.**

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		
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	

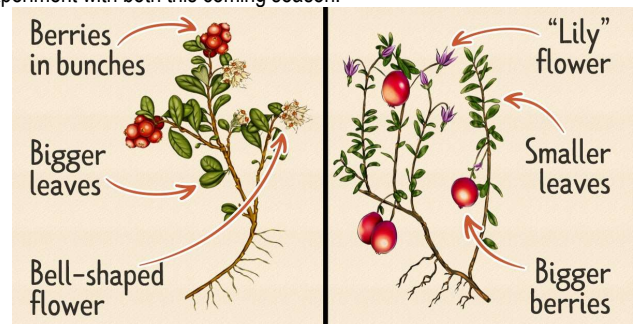
Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be "cranberry." But if you've recently had lunch at IKEA, you might default to answering "lingonberry." Are there differences, and if so, what are they?

Let's start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.



**#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 10/12/24**

2 gathered before 10:00 am / 6 more gathered before 11:00 am / most gathered before 12:00 pm / opened at 12:10 pm /
called to order 12:48 pm / concluded approx. 3:20 pm / then some cleanup (most had been done)

Velkommen New Guests ○ **A warm and inviting welcome to Abigail & Kaitlyn McKinney!!!!!!** We are sooo **EXCITED** you are with us today.

Blessing & Lunch ○ After citing the Norwegian blessing, we ran to the lunch tables and found a green salad, spinach/chicken salad, potato salad, fruit salads, scalloped potatoes, egg casserole, meatballs, gravy, ham and rolls. The dessert table had mini pies, cakes, candies, cupcakes, cookies and cherry cobbler. **Do we know how to party or what! Yum!**



GRATULERER MED DAGEN - HAPPY BIRTHDAY to Darlene Letnes, Kirsten Roberts, Susan Segelhorst, Shelly & Alexander Hamagishi, Betsy Ansoerge, Martha Green, and Drossy Tuggle. We were excited to sing the Norwegian Happy Birthday song to everyone.

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

Language Lesson – hosted by **John Olsen** - **THANK YOU John for your unwavering support** 🙏

- Today's language lesson was focused on Trolls - like fjell (mountain), skog (forest), bru (bridge), skremmende (scary), stor nese (large nose), hale (tail), panne (forehead), Øye (eye), hoder (heads), and troll.

Today's program – Trolls / Camp Oldfjell / and Pumpkin Decorating

- Troann showed 3 utube clips about Trolls. As part of our folklore, Norway has a lot of caves, rocks, roads, parks, and mountains named after trolls. For example:
- Trollstigen - a world class switchback road with wonderful views of the fjord and landscape. Trollfjorden is located in Lofoten and is only accessible by boat. Trolltunga (meaning troll tongue) is a rock formation situated 1,100 meters above sea level.
- Jessica talked about Camp Oldfjell and the fun she had. Many classes are offered like axe throwing, dancing, rosemaling, woodcarving, metal working, and hardanger creations. There's something for everyone, along with friendly folks to make for a wonderful time in the Northern Sierras. Make it a date for next year. ○ Pumpkins, pumpkins, pumpkins. Folks brought in pumpkins to decorate with moss and succulents. They turned out so cute. Thank You Miss Phebe, Troann, Teresa B and the Wilcox's for hosting this event.

Today's announcements ○ **We won 2023 LODGE OF THE YEAR.** This was announced at the Vegas convention, but now it's official. **YAAAYYY** ○ Kenneth will represent Norway at his school. **Woo hoo!!** Does anyone have any Norwegian Krone to share?

- **Today's 50/50 total is \$30, and the winner is Jessica!!! \$15 will go to the Sons Scholarship program and \$15 will go to Jessica!!! CONGRATULATIONS!!**
- Lutfisk dinner at Norrona Lodge in Van Nuys on November 9. This is a huge event with 3 seatings available, so book early. It's a great place to meet a lot of people and enjoy a traditional meal. Is anyone interested in carpooling?
- Some folks were interested in purchasing our blue shirts for the lodge. Terry called the original company, and the good news is they still have our pattern. Yippee! However, the minimum order is 12 shirts, and the cost is estimated at \$40 - \$45 a shirt. I think I have 3 interests so far. Please let me know if you are interested and I will get this party started. 😊
- Our next meeting is **11/9/24** – We will be having a potluck and silent auction. Bring your goodies.
- **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!**

Troann's message closed the meeting with **"May Peace and Harmony prevail throughout the lodge"**.

A Bit of Humor:

*Ole answered the phone and soon hung up receiver. "Who was kt," inquired Lena.
"Somevun must have thought dis was the Coast Guard. All dey said was, "Is da coast clear?"*

There was a Norwegian who was so dumb he thought Abraham Lincoln was a Jewish automobile agency.

A Norwegian decided to raise chickens, so he planted 5500 of them completely under the soil. Of course, they all died. So, he ordered 500 more and planted them with the heads sticking out. Still, they all died. So the Norwegian sat down and wrote a letter to the University of Oslo, describing the situation. A few weeks later, he got a reply: "Please send soil sample."

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



NOVEMBER

3 – Daylight Saving Time Ends

5 – Election Day

9 – Lodge Meeting

11 – Veterans Day

15 – 24 Christmas fair at Seaman Church

11:00am to 4:00pm

28 – Thanksgiving Day

DECEMBER

7 – Pearl Harbor Day

25 – CHRISTMAS DAY

This Month's Birthdays. . . Gratulerer Med Dagen



NOVEMBER

4 – Steve Hatwan

20 – Philip Peterson

23 – Sigrid Berg

DECEMBER

2 – Ginnie Wilcox

5 – John Olsen

18 – Joan Mckinney

19 – Gunnar Moore

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.

Want to get fitter? Take the stairs

A new report shows that in general, Norwegians have gotten fitter. At the same time, many people could be more active in their everyday life.

The Norwegian Sports Academy (NHI) has examined Norwegians' physical fitness. They say Norwegians as a rule are in slightly better shape than previously. Their research shows that the Norwegian people's oxygen uptake is good.

At the same time, the fittest have become even fitter. The fittest in 2024 are in slightly better physical shape than in 2008.

But some are also in bad shape. Between 30 and 40 per cent of the participants in the survey had poor absorption of oxygen.

The upside is that not much is needed to improve their physical condition. They can take the stairs in everyday life or walk to the store. Even simple activities can promote physical fitness, according to NHI.

Many of us are not very active in everyday life, a survey from the university showed last year. The Norwegian Directorate of Health recommends that all adults and the elderly exercise for at least 2.5 to 5 hours during the week. This means 20 to 40 minutes every day. That's what Helsenorge (the National Online Health Services in Norway) writes. They also say that a sedentary lifestyle is bad for health.



thanksgiving
gather
thankful family
blessed grateful
together
blessings
november

Health Benefits of Gratitude

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.

49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work

Concentrate on the good things that happen and see if your well-being increases.



LEEK SOUP

Ingredients

- 3 Tbsp butter
- 3 Leeks, sliced
- 5 Potatoes, medium
- 2 Carrots, medium
- $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) flour
- 1 Quart (liter) beef broth
- 2 Egg yolks, slightly beaten
- 1 Tsp salt
- $\frac{1}{4}$ Tsp pepper
- Fresh parsley, chopped

Directions

Melt the butter in a large heavy bottomed saucepan. Cut the leeks in half lengthwise and wash thoroughly. Slice. Dice the potatoes and carrots and add with the leeks to the saucepan. Cook five minutes while stirring occasionally to prevent vegetables from browning. Add flour stirring constantly; remove from heat and add broth all at once while continuing to stir. Reduce heat and let simmer until vegetables are tender. Beat egg yolks into a soup tureen. Pour soup over egg yolks, a little at a time, stirring constantly. Season with salt and pepper to taste. Sprinkle with fresh parsley.

Serve at once.





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



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