

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 95, Issue 1

2025

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...Fun at the Christmas Party...



Always good food and fun at our Lodge meetings. Join us at the January meeting.

Med vennlig hilsen, Best Regards, Phebe



**SONS of
NORWAY**

Our next meeting is on Saturday

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 11, 2025
HARDANGER PROGRAM BY NANCY MADSON
POTLUCK**

**FEBRUARY 8, 2025
ROSEMALING OR PICTOGRAPHS
POTLUCK**



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.

2025 Officers

President:	Phebe Fricioni	(562) 430-5092
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Counselor:	Troann Loy	
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Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

Viking Swords in Oslo Airport

In early September, a new exhibition was installed at Oslo's Gardermoen Airport. This display consists of seven Viking Age swords that have been unearthed in various places in Norway. The project was a joint effort between the Historical Museum and Gardermoen. Each sword has additional information with it and there is a QR code that travelers can scan to visit the museum's homepage.

The hope is that the exhibition will promote cultural experiences in Norway since nearly four million people will likely pass by the display within the year. The director of the airport, Stine Ramstad Westby, is very pleased that they now have an Edvard Munch and Viking Age exhibition as those are two things that Norway is well-known for. A couple of the first passengers to see the display were asked their opinion on it and they shared the same sentiment; they immediately felt the culture of Norway when they saw it.

The Digitization of Norway –

Norway has its sights set on becoming the world's most digitized country by 2030. While that date seems far away, the work has already begun. This initiative is part of a new national digitization strategy that was created to set clear goals to achieve the digital Norway of the future. Prime Minister Jonas Gahr Støre points to three main benefits that will result from this strategy: a simpler and safer everyday life, a more competitive business sector, and a more modern public sector.

The digitization initiative is a response in part to other factors, including a growing elderly population with a shrinking work force. Despite this, work tasks will continue to grow and the need to remain competitive in the global market will continue.

The strategy contains five core measures that planners say are vital to its success. Included in these measures are offering high-speed broadband services, education and training, building infrastructure around AI, faster processing, and safeguards in digital marketing and use.

The collaboration of Norwegian government leaders, private sector business, social, and research communities all know that this is an ambitious endeavor but are confident that the foundation that is now laid will result in success.

New TV Station

In Norway, there is a tv station called TV BRA (*TV Good* in Norwegian) that provides wonderful opportunities for people who are autistic or have disabilities. Not only do all the reporters of the TV station have a learning disability, but the program is made specifically for similar people in Norway.

It is a one-hour long program that about 4,000 to 5,000 people tune into every week. The station covers topics unique to those with autism or learning disabilities, but also touches on news, entertainment, and sports.

The founder of TV BRA, Camilla Kvalheim, felt that there were many untold stories and experiences that needed to be heard. She also stressed the importance of those with learning disabilities knowing about and understanding the news so that they can take part in society.

The Norwegian government also agrees that TV BRA is important. Lubna Jaffrey, Norway's minister of Culture and Equality, stated: "TV BRA takes on an important role by presenting news and current affairs in a way that's understandable and inclusive."

Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 12/14/24

Many gathered before 10:00 / most gathered before 12:00 / started @ 12:15 / called to order @ 1:07 / concluded approx. 2:30

GOD JUL OG GODT NYTT AR MERRY CHRISTMAS AND A HAPPY NEW YEAR

- In Norwegian, the term *jul* has its origins in the old Norse word *jól*. This word was used to describe the midwinter celebration and the winter solstice in Norse culture. When Norwegians celebrate *jul*, they are thus honoring both Christian and ancient Norse traditions that have merged to create the unique Norwegian Christmas celebration we know today. Although Santa Claus has been long established in Norway, don't forget Fjøsningen (a small Santa-like creature who lives in the barn). Santa loves Sandnøtter Christmas Cookies, and Fjøsningen loves Nissegrøt - rice porridge. 😊 Their tummies will be warmed while enjoying Norway's Festival of lights.

Special Guests

A warm and inviting welcome to today's pianist Drury Ann Wisdom-Campbell, Zone Director Randy Sundeen, Jeff Carlson, Olive Clements, Lynda Frerker, Julie Renfrew, and Cheryl Fosberg !!!! We are sooo Happy you are celebrating 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 apples, mashed potatoes, ham, boiled potatoes, salad, cucumbers, grapes, beets, rolls, red cabbage & apples, egg souffle, and don't forget the lefsa. The dessert table was full of cookies, lingonberry cake, lingonberry troll cream trifle, cupcakes, and pudding. 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, Gunnar Moore and Gunvor Anderson! Paaarty!

Language Lesson – hosted by John Olsen - THANK YOU JOHN for your unwavering support to our Lodge ☺

Today's language lesson was focused on Christmas - like tre (tree), julekurver (decor), lys (lights), stjerne (star), Julenisse (santa), gave (gifts), and God jul (Merry Christmas).

Today's program

- **THANK YOU to DRURY ANN WISDOM-CAMPBELL** for playing our wonderful Christmas songs on the piano to which we sang 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 our 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 couldn't wait for their names to be called. **THANK YOU to Steve O our favorite Julenissen.**
- We all danced around the Christmas tree with our traditional 7-day laundry song led by Miss Sylvi. **Fun! Fun!**



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 Cheryl Fosberg. She won \$29. Yaaayyy Cheryl!**
- Our next meeting is **1/11/25**. Our program is **"Hardanger Fiddlers & Lace"** hosted by our favorite District 6 Secretary **Nancy Madson**.
- Our lodge made over \$220+ at the Christmas market held Dec. 7 @ Christ Lutheran Church by our wonderful leaders **Miss Phebe & Miss Troann!!!! YOU ROCK!!!**
- 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:

The Norwegian lady discovered that her husband, Bjarne, was fooling around. She called the undertaker, saying, "I want you to come and pick up my husband's body." Inquired the undertaker, "when did he die?" She answered, "He starts tomorrow."

Tina was being interviewed for a job as maid for the snooty Mrs. Vander Rocks, who inquired: "Do you have any religious views?" "No" said Tina, but "I've got some nice pictures of Norway."

" The space program sent a monkey and a Norwegian on the space flight. The monkey's job was to perform certain scientific routines, pushing levers, etc. The Norwegian's job was to feed the monkey.

MEMBERSHIP DUES:

Single Membership is \$84.00

Family Membership is \$144.00

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

- 1 – New Year's Day
- 11 – Lodge Meeting
- 20 – Martin Luther King, Jr. Day

February

- 1 – National Freedom Day
- 8 - Lodge Meeting
- 12 – Lincoln's Birthday
- 14 – Valentine's Day
- 17 – Washington's Birthday Observed

This Month's Birthdays. . . Gratulerer Med Dagen



JANUARY

- 10 - Erin Flair
- 16 – Valerie Sparr
- 27 - Teresa Broadhead

FEBURARY

- 5 - Phillip Knudsen
- 13 – Jeanne Paige
- 21 – Al Dimas
- 28 – Heidi Ansonge

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.

Nyttårsbukk

New Year's Eve celebrations often include a countdown, gathering of family/friends, food, and drink. While this holds true in Norway, they also have a very unique tradition called Nyttårsbukk.

On New Year's Eve, Norwegian children visit houses in their neighborhood and sing New Year's songs in exchange for candy, cookies, and oranges.

Sounds familiar, doesn't it? It's almost like Halloween, but instead of saying "Trick or Treat" there is singing and instead of Halloween, it's the last day of the year.

Even adults participate in Nyttårsbukk by dressing up in fancy clothes, visiting friends and family, then getting treated to food and drink in return. What better way for kids to end the year than with a sweet little treat and adults enjoying a visit with family and friends. If nothing else, it's a great excuse to essentially celebrate Halloween twice.

Soft Oatmeal Chocolate Chip Cookies

Recipe source: <https://www.nrk.no/mat/store-myke-sjokoladekjeks-1.6914054>

Ingredients:

- 160 g (1 and 1/3 sticks) butter at room temperature
- 200 g (1 cup) granulated sugar
- 150 g (heaping 3/4 cup) brown sugar
- 360 g (3 cups) flour
- 2 tsp. baking powder
- 1 tsp. vanilla sugar
- 1/2 – 1 tsp. ground cinnamon
- 3 eggs
- 350 g (or 1 3/4 cup) chocolate chips or chopped dark or milk chocolate
- 100 g (or 1 cup) oatmeal

Directions:

1. Mix together the sugar and butter in a food processor. Add the flour, baking powder, vanilla sugar and cinnamon and mix it together to a crumbly mass.
2. Add eggs and chocolate. Work the dough together quickly.
3. Form the dough into a thick sausage shape using baking paper. Let it rest in the fridge or freezer.
4. Cut the dough into 1 cm thick slices and bake at 180 °C (or 350°F) for 10–15 minutes.



Back When the Rebels Wore Bunads :

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum.

In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

Spat On

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.

The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe.

Locally Crafted Clothing

Hulda Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway.

The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants.

For Garborg, it was important that most people could make the bunads themselves.

They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions.

Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.

Queen Sonja Visits Skien

Queen Sonja is the High Patron of *Norges Husflidslag*—The Norwegian Folk Art and Craft Association—and over the weekend took part in an event at the Telemark Museum and the Ibsenhuset. The queen wore a bunad from Telemark for the occasion.

She was welcomed by state administrator Trond Rønningen, mayor of Skien Marius Roheim Aarvold and deputy police chief Kathrine Stein. At the museum, she was welcomed by Agnete Siverten, chairman of Norges Husflidslag and Barbra De Haan, director of the Telemark Museum.

Visitors from all over the country

Last week, The Norwegian Folk Art and Craft Association held a large conference, called "Textile Symposium" in Skien. It is a gathering for everyone who is interested in and deals with textile cultural heritage.

"People have traveled from all over the country to take part in this," says Helene Henriksen of the Norwegian Folk Art and Craft Association, adding that they are very proud that the Queen has devoted two days to attending their event.

From Wednesday to Friday, several courses in rare textile techniques were offered at the Telemark Museum.

Conference at Ibsenhuset

The Queen attended the opening and also the professional program over the weekend.

"The 2024 Textile Symposium has the Red List [a list that captures endangered craft techniques] as a running theme. With this, we hope to create greater awareness about living traditions, intangible cultural heritage and the practical knowledge linked to hidden and almost forgotten folk art and craft knowledge, says the press release from Norges Husflidslag.

On Saturday, the queen attended the conference at the Ibsenhuset, where she heard lectures about Anne Bamle and the Rødtrøye bunaden [bunad maker who developed the East-Telemark bunad with a red jacket], among other things.



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

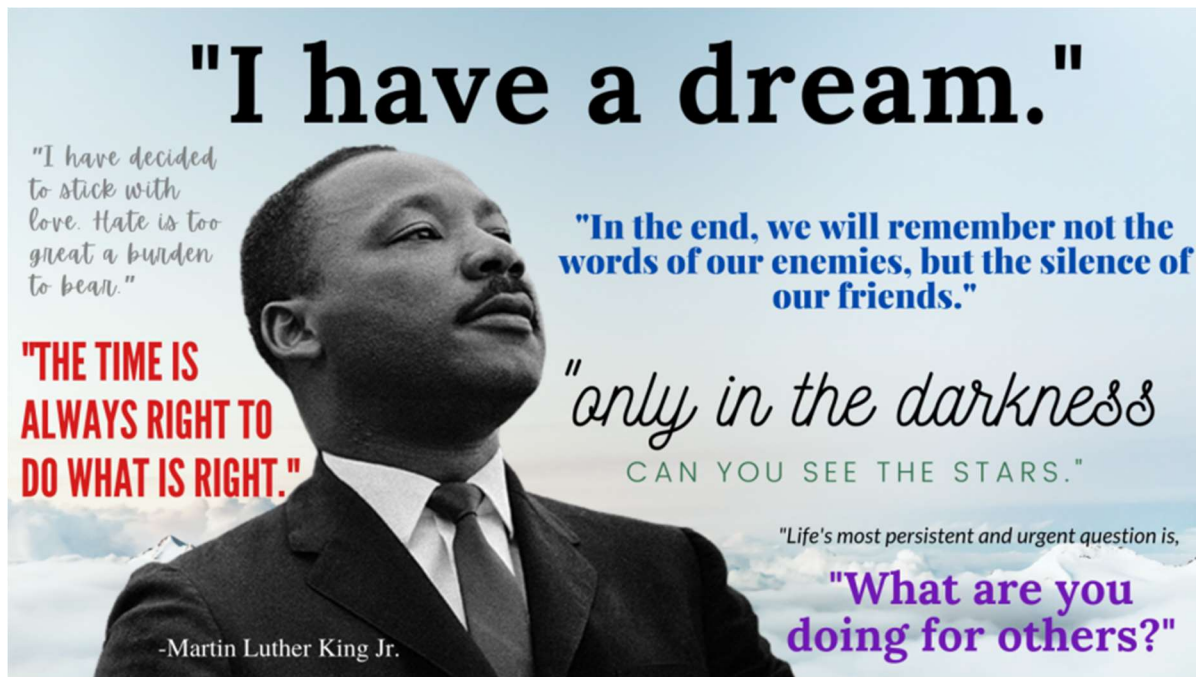
We want to reach out and help another charity. As a Sons of Norway member we have a mission to help others. In this case the Ronald McDonald's house. They collect soda can pop tabs. Collecting pop tabs is a great way to raise funds to help children and their families at the same time.

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.





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