



**SONS of
NORWAY**



LAKEVIEWS

Vikings of Lake Lodge #6-166 Newsletter

Volume 15- Issue 4
Scandinavians United!!!

April-2018



April 8, 2018—1:00pm

A *Potluck* of Small Tea Sandwiches and Sweets (bring a tea cup and your fare to share!) will be followed by our DVD program “Prairie Quilts”. Please plan to share your favorite quilting items with us!



Hostesses: Sharon Lewis 349-3892 and Vicky Aamot 326-6897

Ord fra Presidenten

My message (ord) this month is once again threefold.

First, after almost 28 years as an active member of Sons of Norway and 8 years as a lodge president (6 at VOL#166 and 2 at Freya #62) I feel pleased and proud as well as humble to be your President again for another exciting year.

Second, our lodge-long (14 years) Editor, fellow Co-Founder and 5 times President of VOL #166 Mary Beth has also kept you posted both in pictures and words on last month's Heritage & Culture event as well as the upcoming one in spectacular (and plenty of advance) fashion to keep you all “coming back” month after month. Kudos to you, Mary Beth, “*Editor Extraordinaire*” as well as Sharon Lewis for her picture-taking skills. Thus, I promise my Ord will not be a “rehash” of what they do so well.

Third, as your former Sons of Norway Financial Benefits Counselor (FBC), I would commend all of you to read and develop the “Healthy Financial Habits” conveyed on Pages 10-11 of the April 2018 *Viking Magazine*. Although no longer your FBC, I can still and will help you, particularly with items 8 and 10 of this article as well as getting in touch with one of my colleagues (FBCs) who can help you even more. God Påske and see ya on the 8th of April at the VOL Tea Party. Bedre og Bedre, Dag for Dag!!!

Med Vennlig Hilsen,

Carl Peter



Typically, We Meet At:

Galilee Lutheran Church Community Center
8860 Soda Bay Road, Kelseyville, CA 95451

Usually every Second Sunday—1:00pm

A Delicious Meal followed by a Very Special Program

Check our website at www.vikingsoflakelodge.org and/ or visit our Facebook page

Sunday, March 18—Vikings in Ireland



Chef Kirby prepares our wonderful Corned Beef and Cabbage dinner for the 30 attendees! He also presents the program with two YouTube offerings that were very interesting!

Meanwhile Carl Peter admires the table decorations for the Heritage and Culture Day!



Nice crowd for the afternoon. Middle picture are three siblings: Lawrence, Dave and Judith. Right is, of course, Paul and the boys...Adam and Gordon!

Europe's Fastest Growing City Makes the Must-Visit

List Travel guide publisher Lonely Planet has named Oslo one of the top 10 must-visit cities for 2018. Nestled between the Oslofjord and forested hills, and known for its captivating landmarks including the Royal Palace, **Oslo** is Europe's fastest growing city.

From new neighborhoods to fashion and art scenes, the city is buzzing with energy. Whether you're looking to experience Oslo's cultural life or natural pleasures, this urban metropolis offers a wide range of activities. Visit one of the 50 art museums, hike through the forests of Nordmarka or indulge in popular Nordic cuisine. Touring the city can be done in various ways; partake in a guided walking tour and learn about architecture and history, or island hop in the Oslo Fjord and see the beaches and charming cottages.



2018 will be a great year to visit Oslo as the King and Queen celebrate their 50th wedding anniversary and the Opera House marks its 10th birthday. It will be a celebratory season of performances, cultural events and culinary festivals.

To start planning your trip to Oslo, consult a variety of maps that Sons of Norway offers, with special pricing for members. The maps have been recently updated for travel in 2018, and may be ordered at https://www.sofn.com/member_benefits/member_discounts/norway_map_service/

SAVE THE DATES
FOR THE SON DISTRICT SIX
2018 CONVENTION
IN ROHNERT PARK, CA
AT THE GRATON RESORT CASINO

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HOTEL AND SPA
GENERAL MEETING ROOM
SMALL MEETING ROOM

FOOD COURT
DOUBLE QUEEN GUESTROOM
SWIMMING POOL CENTER COURT

JUNE 10 – JUNE 14, 2018

Tusen takk til:

Kirby Aasen and Sharon Lewis for offering to be our delegates to the 2018 District 6 Convention/Lodge Meeting. Ellen Aasen is our Alternate.

Also, Kirby will be sharing his Genealogy knowledge with delegates on Sunday and Robin Marsolek will be teaching her wire weaving that same afternoon.

WE ARE A STELLAR LODGE OF TALENTED PEOPLE!!



April Fødseldager

- 1—Chris Hanzel
- 14—Phil Walker
- 19—Vicky Aamot
- 24—Ev Robison
- 26—Mike Salter
- 28—Sharon Lewis



Heritage

- 22—Casper Howland (16)

Deviled Eggs with Prosciutto



- 10 large eggs
- ¼ cup plus 1 Tbsp. mayonnaise
- 3 cornichons (tiny dill pickles), minced
- 2 Tbsp. goat cheese at room temperature
- 2 tsp. Dijon mustard
- 1½ minced shallot
- 2 tsp. snipped chives
- Kosher salt and freshly ground pepper
- 1 oz. prosciutto, torn into 20 pieces.

In a large saucepan, cover the eggs with cold water and bring to a boil over high heat. Remove eggs from heat and let stand in the hot water for 10 minutes. Transfer the eggs to cold water until chilled, about 5 minutes. In a medium bowl, mix the mayonnaise, cornichons, goat cheese, mustard, shallot and 1 teaspoon of the chives. Peel the eggs and halve them lengthwise. Add yolks to the bowl, mix until smooth and season with salt and pepper. Thin the mixture with 1 tablespoon milk as needed. Set the egg whites on a serving platter. Scrape the egg yolk mixture into a pastry bag fitted with a large, round tip and pipe the filling into the whites; alternatively, use a plastic ziplock bag with a corner snipped off or spoon in the filling with a teaspoon. Top each egg with a piece of prosciutto, sprinkle with the remaining 1 teaspoon of chives and serve



TUBFRIM
(TUBerculosis and FRIMerke/stamps)

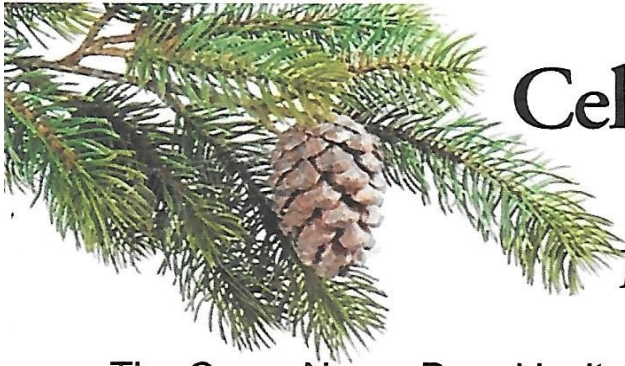
The Tubfrim program has provided funds for years to aid disabled children in Norway. The program was established in 1928 in the Norwegian town of Nesbyen, originally raising money to aid in the eradication of tuberculosis among children in Norway.

You need to trim stamps, leaving a quarter inch around the edges so as not to damage perforations. **Then bring them to the Lodge for Evelyn Robison** to send on to our District Coordinator, Jon Arild.

Save those BOX TOPS for Education!!!

Our Adopt-a-School Coordinator, Sharon Lewis, is collecting these. Please bring any you have to the next event and keep clipping.





Celebrate Memorial Day at Camp Norge

May 26, 27 and 28th, 2018

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our “*Jewel in the Sierras.*” Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!!

- ♥ Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- ♥ Brand new **Disc Golf** course
- ♥ **Cocktail Party and Wine Tasting** Saturday
- ♥ **Family Movie Night** Saturday night
- ♥ Scenic and energizing **Hike** on Sunday
- ♥ Annual **Meatball Cook-off** and **Aquavit Tasting**
- ♥ Plus craft workshops and more!



Bring your tent or RV or call **Camp** to reserve a room at **(530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇒ www.campnorge.org

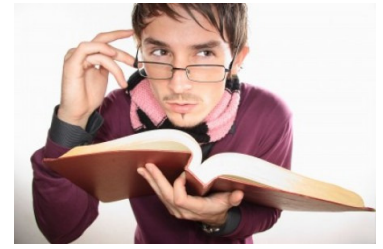
Delicious meals will be provided for the weekend and served in the **Heritage Hall**. The usual amenities will be available: swimming pool, horseshoe pit, games, the hiking trails and more!

We expect a big crowd this year so call and reserve early!



Norwegians Embrace Easter Crime Novel Tradition

While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as Påskekrim, or Easter Crime.



For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced. Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations and even crime cartoons printed on the back of milk cartons.

Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book "Bergenstoget Plyndret I Natt" ("Bergen Train Robbed Last Night").

In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, *Afterposten*, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notoriety that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned Påskekrim into an annual tradition.

Find your own murder mystery just in time for the holiday break by logging in to the digital edition of *Viking* magazine and checking out the following issues:

Nordic Noir, page 38—<http://msp.imirus.com/Mpowered/book/vvk14/i4/p38> Read On, page 24—<http://msp.imirus.com/Mpowered/book/vvk16/i7/p24> Summer Reading Guide, page 20—<http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>



That made me
laugh so hard

Tears ran
down my
leg.

Little Ole asked "If the ocean is made up of water and fish. Why the fish don't drown I don't know."

One day Lena confided to her friend Hilda that she had finally cured her nervous husband, Ole, of his habit of biting his nails. "Good gracious," said Hilda, "How did yew ever dew that?" "It vas really simple," was Lena's reply. "I just hid his

false teeth."

Ole and Lars were on their very first train ride, heading to Minneapolis. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel. "Have you eaten your banana yet?" Ole asked excitedly. "No," replied Lars. "Vell don't touch it den," Ole exclaimed. "I just took vun bite and vent blind!"



Sons of Norway Headquarters Relocation Notice

As of March 5, 2018, for approximately two years, Sons of Norway's International Headquarters will be physically located at 11100 Bren Rd W, Minnetonka, MN, 55343. A map and directions may be found online at

www.sonsofnorway.com. Please note: Our mailing address and phone numbers will remain the same: 1455 W Lake St, Minneapolis, MN, 55408; 800-945-8851; 612-827-3611



Come to beautiful Camp Norge for a weekend of learning Norwegian folk dance, emphasizing the dances from the Sons of Norway Cultural Skills program. The weekend will include dances from all three levels of the Folk Dance unit. You will learn song dances, figure dances, and old-time couple dances, as well as basic dance skills and a bit of dance history. The instructors are Tom Sears (Vigeland Lodge) and Meg Laycock (Nordahl Grieg Lodge), co-artistic directors of the Nordahl Grieg Leikarring og Spelmannslag.

The weekend starts on Friday night with a potluck meal and a welcome party as folks arrive and settle in. On Saturday, there will be morning and afternoon classes (plus meals and snack breaks). After a social hour in the early evening, a delicious dinner will be followed by a dance party that includes dances learned during the day. Sunday morning will be spent reviewing the dances and discussing related Cultural Skills activities. More review can happen after lunch, if people want to stay a bit longer.

The fee for the weekend is \$130.00 per adult dancer or musician if paid before April 6, 2018. After April 6, the fee is \$175.00 per adult. The complete flyer is available from the District 6 website at <http://sofn6.org/>. Click Events/News and select Folkedans Stevne 2018. For more information, contact Zena Corcoran (email ZMCorcoran@aol.com, phone 650-355-3752) or Meg Laycock (email meg@jstubb.com, phone 408-255-2111).

Even if you aren't certain you want to work toward a Cultural Skills pin, this is a great chance to try out Norwegian Folk Dance and spend a weekend with friendly people in a beautiful setting. We'd love to see you there!

2018 Lodge Officers

President: Carl Ingvaldstad—987-2404
 VP: Kris Andre Stocker—279-1610
 Counselor/Secretary/Musician/Editor:
 Mary Beth Ingvaldstad
 Membership Secretary: Kris Stocker
 Publicity Dir: Ellen Aasen—279-8699
 Treasurer: Kirby Aasen—
 Foundation Dir: Carl Ingvaldstad
 Social/Cultural Chair: Kris Stocker
 Marshalls: Kris Kjera, Elsie Voss
 Greeters: Jo Swenson, Robin Marsolek
 Librarian: Dennie Robison
 Tubfrim Chair: Ev Robison
 Webmaster/Camp Norge Ambassador: Kirby
 Aasen
 Sunshine: Jo Swenson
 Historian/Adopt-a-School: Sharon Lewis
 Sports/Recreation: Kris Kjera
 Calling Committee Chair: Maryetta Andre
 Trustees: Theresa Contos, Sharon Lewis
 Auditors: Irene Tisell, Claire Grieve

FIND US:

Facebook: Vikings of Lake Lodge
 Website: vikingsoflakelodge.com

CHECK OUT:

Facebook: Sons of Norway District Six
 Website: www.sofn6.org
 International Sons of Norway Website:
www.sofn.com



Holding Back a Sneeze Can be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing, a ruptured eardrum, or cause a vein in the brain to burst, doctors warn.

Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze.

Usually it is harmless, but in some cases it may turn out to be very painful and in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal *BMJ Case Reports*.

A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week.

"Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study.

In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.

LETTER FROM ANOTHER CAMPER!

My name is Baylee McKenney. I have been going to Camp Trollfjell since I was 8 but I graduated in 2016. I really look forward to Camp every year. I love Camp because I meet new people and get to hang out with my friends from Camp. I also get to learn more about Norway and get to learn the language. My hope for this year is to learn and remember everything. Thank you for taking your time to read this.



We have done it again—— Helping our kids!!



**SONS of
NORWAY
FOUNDATION**

March 22, 2018

Dear Mary Beth,

Thank you for your application to the Sons of Norway Foundation for a Helping Hands to Children grant. The grants committee is pleased to inform you of a \$400 award towards your Student Council Members Capitol Trip. The award check will be mailed to your Lodge Treasurer, Carl Ingvaldstad, next week.

Also, please find attached the required survey we are requesting you to complete by the end of the year. It is not meant to evaluate your project in any way, However, we need to collect data in order to share with our donors how their gifts are being put to good work.

Our logo is also included above should you need it for any sponsorship purposes. If you have any questions, please contact me at grants@sofn.com or 612-821-4632. Congratulations again! We truly appreciate the work you do in reaching out to children to share our Nordic heritage.

On behalf of the grants committee,

-Corrie Maki Knudson

Sons of Foundation Director

Thanks for Renewing Your Membership!!



Dorothy Dahl

Chris and Vale Hanzel

Clu Carradine

Claire Grieve

Robin Marsolek

Michael and Theresa Contos

June and Mike Salter

Else Storm Rodrigues

Our lodge is built on the continuing support and participation of our members. Please thank these folks for being a part of our lodge and supporting us every year!!

LAKEVIEWS

the official publication
of

**VIKINGS OF LAKE
LODGE #6-166
SONS OF NORWAY**

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HERE

SAVE STAMPS FOR
TUBFRIM!!!!

FREEDOM, FRATERNITY AND PROGRESS—SONS OF NORWAY

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alle
medlemmer av
Vikings of Lake
Losje!!

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Carl P. Ingvoldstad

**Zone 1 Director—District Six
President—Vikings of Lake Lodge #6-166
Sons of Norway**




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