



**SONS of  
NORWAY**



**LAKEVIEWS**

Vikings of Lake Lodge #6-166 Newsletter  
Scandinavians United!!!

Volume 15- Issue 2

Februari 2019

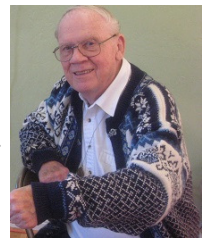


\*\*Norwegian Yellow Pea Soup with Bread

Ertesuppe Med Brød\*\*  
1 pm—Sunday, February 10  
Join us in taking a step back in time with  
“Siblings Forever”—The most watched  
Norwegian Documentary ever!  
Potluck Desserts  
Hostess—Robin Marsolek

**Ord fra Presidenten “EACO—Encouraged and Cautiously Optimistic”**

This month’s theme is EACO, one that I developed and invoked in my first duty in Sons of Norway as the Treasurer of Fjellheim Lodge #6-107 in Colorado Springs, CO. The emphasis back then, from my standpoint, was increasing revenue so that we could pay our bills whereas today the emphasis is on increasing membership first and then revenue. The answer back then was **BINGO** (and the “Bingo God” delivered) just like the answer to the membership increase seems to be **“R&R”** —Recruitment and Retention.



We, at Vikings of Lake Lodge seemed to have had a great Recruitment effort the past three years going from a low number of 46 members by increasing back up by 5, 2 and 7 more members in successive years to our (1/19) current total of **60** members. Now our lodge, like all Sons of Norway Lodges, must focus on Retention by encouraging existing members to renew their membership in a timely fashion.

To that end, I will publish a Simplified Membership Dues Structure Chart next month and cover the information at the March 2019 Vikings of Lake Meeting. We hope to promote and hold a Membership Event with a Sons of Norway Financial Benefits Counselor (FBC) in November 2019 to further both our R&R effort (challenge). **EACO Forever!!**

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

# Installation of Officers and Membership Pins—January 13, 2019



**Hurra—Hurra! We are 14 years old.**

Membership pins were presented to: Kirby Aasen and Maryetta Andre (5 years), Ellen Aasen and Kris Kjera (10 years)

Pins were mailed to: Paul Ingvoldstad, Chris Hanzel, Vale Hanzel, Jack Wall (10 years) and Svein David Hauge (5 years)



Our **Installing Officer** was International Director, Mary Beth Ingvoldstad, shown here installing the Support Officers of the Lodge.

**Executive Officers:** Kirby Aasen, Treasurer, Mary Beth Ingvoldstad, Secretary, Kris Stocker, Membership Secretary and Paul Astrup, Vice President.



Adam and Gordon Astrup were our Marshals for the ceremony and happily escorted President Carl Ingvoldstad around the room.



Vice President, Paul, is presented with his King Harald Medallion by President Carl as the Marshals observe.

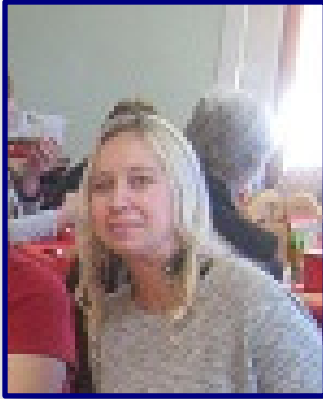
*Congratulations*

AND

*Thank You*



## Welcome New Members!



**Andrea Barretto**—daughter of Ellen and Kirby Aasen is our newest Lodge member. She is joined by her Unge Venner Son, **Casper Howland**.

**Takk for at du fornyer medlemskapet ditt!**  
(Thank you for renewing your membership!)

**Jessica Ekbatani**



We so appreciate you!



This dedicated group of members met for an afternoon in January to plan the Lodge Calendar. Mange Tusen Takk to Kris Andre Stocker, JoAnne Swenson, Carl Ingvoldstad, Theresa Contos, Robin Marie Marsolek, Sharon Lewis, Kirby Aasen and Mary Beth Ingvoldstad (the photographer).

**The 2019 Social Calendar will be sent separately and will also be found on our web site and Facebook!**



For 2019 is now available. It has been emailed but if you need a hard copy, please ask Mary Beth.

## CRAFT DAY—Sunday, January 27th with Ellen, Joanne, Mary Beth, Kris and Sharon



Scrapbooking and card sorting were the activities of the day...plus eating the Swedish Tea Ring that Mary Beth brought.

Looking forward to our next get-together on March 24th.



Come on over and join in the fun, food and conversation! Bring your favorite craft or just come and enjoy the company on a Sunday afternoon.



### A Heartwarming, Sweet Treat

In Norway, heart-shaped vafler (waffles) are served for dessert or as a treat. Why not make them for your loved ones this Valentine's day or any time soon?

Ingredients: 6 eggs, ½ Cup sugar, 1 Tsp. ground cardamom, 1 ½ Cup flour, 1 tsp. baking powder, Pinch of salt, 1 Cup sour cream, ½ Cup melted butter, 3 Tbsp. butter for frying

Step 1 Mix eggs, sugar, and cardamom together in a big bowl.

Step 2 Add in flour, baking powder, and salt.

Step 3 Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

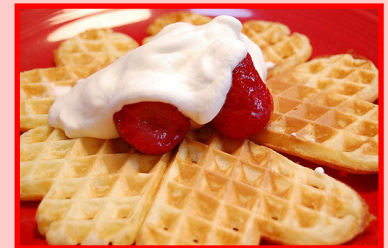
Step 4 Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles.

Step 5 Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown.

Step 6 Take it out (watch out, it's hot!) and serve it warm.

Step 7 Top with jam, whipped cream, or sour cream. Try different toppings, or make a waffle sandwich.

[https://www.sofn.com/norwegian\\_culture/recipe\\_box/baked\\_goods\\_breads\\_and\\_desserts/vafle](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafle)





# Camp Oldfjell

**Folkehøgskule for Voksne**

**New** in 2019, Camp Oldfjell, Folkehøgskule for Voksne (Folk School for Adults),

Camp Oldfjell will be held at our beautiful Camp Norge starting Tuesday, September 10<sup>th</sup> through Sunday, September 15<sup>th</sup>. Cultural Skills classes will be offered in topics such as:

- |            |                |
|------------|----------------|
| Music      | Cooking        |
| Literature | Tablet Weaving |
| Hardanger  | Folk Dancing   |
| Vikings    | Rosemaling     |

and more! Mark your calendar, submit your vacation request & join us for our first ever Camp Oldfjell!

**Save the dates:**  
**September**  
**10 ~ 15**  
**2019**



See our web site and/or Mary Beth for the Registration Form.....  
due March 1st!



## 2019 Officers

President: Carl Ingvoldstad  
VP: Paul Astrup  
Counselor: Kris Stocker  
Secretary/Musician/Editor:  
Mary Beth Ingvoldstad  
Membership Secretary: Kris Stocker  
Publicity Dir: OPEN  
Treasurer: Kirby Aasen  
Foundation Dir: Carl Ingvoldstad  
Social/Cultural Chair: Theresa Contos  
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, Robin Marsolek  
Auditors: Irene Tisell, Claire Grieve

### FIND US:

Facebook: Vikings of Lake Lodge  
Website: vikingsoflake.sofn6.org

### CHECK OUT:

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

## Trailblazer was Known for Preserving Svalbard's Nature

Norwegian botanist Hanna Resvoll-Holmsen (1873 –1943) is known for paving the way for women in both academia and polar research. Often working alone, Hanna would take expeditions to Svalbard to study the archipelago and its historic sites and fossils. She crossed glaciers, climbed mountains and walked miles of shoreline to document arctic plants and fossils. Her efforts to preserve nature in Svalbard is why she is recognized as Norway's first nature and environmental conservationist.



Hanna was independent, resourceful, passionate and continuously pushed boundaries. She became the first woman to attain a doctoral degree in botany in Norway and the first female lecturer in phytogeography (the study of the geographical distribution of plants). She was also an accomplished

photographer, and the first to capture Svalbard's plants in color.

Hanna was truly a pioneer for women of her time. As such, she was recently honored through art by Anne-Karin Furunes, displayed at the Fram Centre, Tromsø.



## SONS of NORWAY

### Mission Statement

*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.*

## Fødseldager i Februari

### Gratulerer Med Dagen!!

14—Paul Astrup

20—Dorothy Dahl

*Hurrah for deg!!*



### a little in English... Researchers Find Large Amounts of Coins, Hairpins and Pearls Under the Floors of Old Churches

Small treasures tell a dark story about Norway's medieval culture

Archaeologists have found more than 20,000 coins, beads and hairpins under the floorboards of old Norwegian stave churches. A total of 10,286 of the coins are from between 1180 and 1320 A.D. In the Middle Ages, there were likely thousands of stave churches in Norway. Today, 28 stave churches remain standing. In addition, Norway probably has a few hundred other churches with roots in the Middle Ages. The coin findings in these churches reveal how widely coins were being used in Norwegian settlements 800 years ago.

One gender on either side.

In the Middle Ages people stood during church. Only the old and infirm got to sit on benches along the sides. Presumably there was also a clear division between the sexes. Women stood on the north side of the sanctuary and men on the south side.

"When we investigated where in the church rooms hairpins, beads and other objects associated with women were located under the floorboards, we found that more than 95 percent were below the north side of the sanctuary," says Svein Harald Gullbekk, an archaeology researcher at the University of Oslo.

Thus, Gullbekk confirmed the strict division of medieval churches, where women had to stand on the side that people connected with the dark and cold forces in nature. The men stood on the south side.

### litt på norsk... Forskere har funnet store mengder mynter, nåler og perler under gulvet i gamle kirker

De små skattene forteller en mørk historie om middelalderkulturen i Norge

Arkeologer har funnet flere enn 20 000 mynter, perler og nåler under gulvet i de gamle norske stavkirkene. Hele 10 286 av myntene er fra årene 1180 til 1320. I middelalderen fantes det antakelig over tusen stavkirker i Norge. I dag er 28 stavkirker bevart. I tillegg har Norge antakelig et par hundre andre kirker med røtter i middelalderen. Myntfunnene i kirkene avslører hvor utbredt mynter var på bygda i Norge allerede 800 år tilbake.

Kjønnene på hver sin side.

I middelalderen sto folk oppreist i kirken. Bare gamle og syke fikk plass på benker langs sidene. Antakelig var det også en klar inndeling mellom kjønnene. Kvinner på nordsiden av kirkerommet og menn på sørsiden.

– Da vi undersøkte hvor i kirkerommene det var funnet nåler, perler og andre kvinnerelaterte gjenstander under gulvet, så fant vi at mer enn 95 prosent lå under nordsiden av kirkeskipet, sier Svein Harald Gullbekk, forsker i arkeologi ved Universitet i Oslo.

Slik fikk Gullbekk til fulle bekreftet den strenge inndelingen i middelalderkirkene, der kvinnene måtte stå på den siden folk forbandt med de mørke og kalde kreftene i naturen. Mennene hadde plass på sørsiden.



# LAKEVIEWS

the official publication  
of

**VIKINGS OF LAKE**

**LODGE #6-166**

**SONS OF NORWAY**

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PLACE  
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SAVE STAMPS FOR  
TUBFRIM!!!!

**FREEDOM, FRATERNITY AND PROGRESS—SONS OF NORWAY**

Happy  
Valentine's Day!



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**Carl P. Ingvoldstad**  
District Six Foundation Director  
President--Vikings of Lake Lodge #6-166  
Sons of Norway

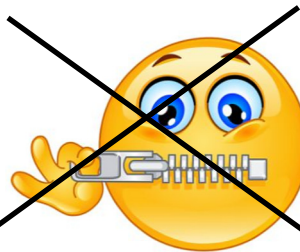
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Visit us on the Web:  
[www.vikingsoflakelodge.org](http://www.vikingsoflakelodge.org)



***Pssst:** Are you keeping your Sons of Norway Membership a secret? Spread the word about the fun and fellowship we share as Sons of Norway members. The more the merrier! Nonmember friends and family are welcome to attend a lodge meeting, volunteer activity or an event as your guest (even if they aren't ready to sign up yet). Remember, anyone with an interest in Nordic culture and heritage is welcome to join Sons of Norway.*



**Kevin Ness Jeweler  
of Clearlake**

994-2307



**Custom  
Jewelry  
Design**

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Clearlake, CA 95422