



**SONS of
NORWAY**



LAKEVIEWS

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

Volume 15- Issue 6

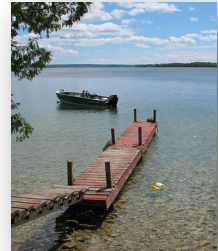
June 2019



Midsummer Night Celebration— June 15th —1pm
Eva Johnson—Hostess 279-4836 Kirby Aasen—Host 349-8792
3067 Willow Road—on Clear Lake
(Directions on page 5)

Serving: Pølse med Lompe (hot dogs in thick lefse)
Please bring a salad or a dessert to share and BYOB

Kirby is offering boat rides if the weather is nice!



Ord fra Presidenten: Memorable Memorial Day 2019

For the past several years, Mary Beth and I have participated on behalf of Sons of Norway, Vikings of Lake Lodge in the Memorial Day Service at the nearby Middletown Cemetery just outside Middletown, CA. We are proud to join 26 other individual/groups in donating beautiful **wreaths** designed and constructed by the MHS Floral Design class in the **“Presentation of Wreaths”** ceremony near the end of the service. It reminds me so much of when a fellow Eagle scout and I laid **wreaths** on Memorial Day each year on crosses in our hometown of Decorah, IA honoring all those who served our country in each of the wars from the Revolutionary War up to the Korean War back in the early 1950’s.



The other “happening” on this “memorable Memorial Day 2019” was watching the moving tributes and performances on the 30th Annual National Memorial Day Concert taped at the Nation’s Capital in Washington, DC from the night before. The tributes to the WWII, Korean “Police Action” (War) and the Vietnam War veterans were particularly sweet and moving because they not only highlighted their representative heroism by narrating their own descriptive words but also had them there in person to thank. It was a very moving and powerful Memorial Day 2019 in our lives!

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

2019 Officers

President: Carl Ingvoldstad—987-2404
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: OPEN
Trustees: Theresa Contos, Robin Marsolek
Auditors: Irene Tisell,

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

PROUD OF OUR HERITAGE AND PROUD TO BE AMERICANS...

MEMORIAL DAY 2019



Thank you floral students of Middletown High School for such a beautiful wreath design!

MIDDLETOWN, CA MEMORIAL DAY SERVICE
MONDAY, MAY 27, 2019

Fødseldager i Juni Gratulerer Med Dagen, Alle Sammen

7—Kris Andre Stocker

9—June Salter

20—Joanne Swenson

23—Vale Hanzel

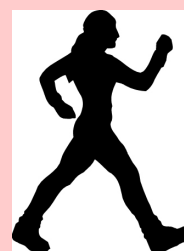
25—Else Rodrigues

Youth Member

14—Baylee McKenney (17)

Anniversary

1—Ingvoldstads— 276 months (23 years)



WALKING
SWIMMING
BIKING

Would you like to help organize a monthly “Walking Club” followed by lunch, perhaps? Lake County has many opportunities for taking a hike!!!

LET’S GET MOVING, VOLers!!!

Check out the criteria to earn your Sports Medal at www.sofn.com

=Member Resources=

MAY 12, 2019—MOTHER'S DAY TEA



Lovely Tea Services everywhere one looked. Delicious sandwiches and dainty desserts! Small candies with hearts and doiliesmmm!



Our delightful Hostess, Sharon Lewis, with her family (Vicki, Thelma, Teresa), Wayne and Judith Bergstrom (dressed for a tea in her sundress and charming hat)!

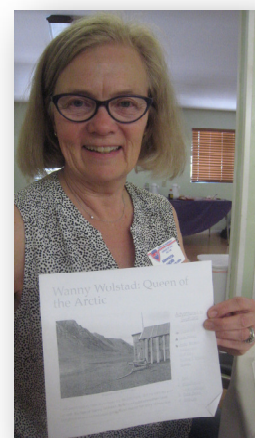


Ethan and Elise Ekbatani celebrate the day with Mom Jessica who celebrates with HER Mom, Ellen and Dad Kirby. Special table with their own tea set! (Andrea, Bianca and Casper came a little later to celebrate this Mom's Day!)

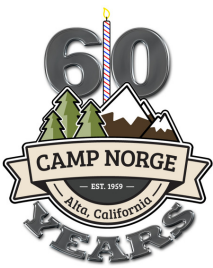


Kris and hubby, Steven, Carl, friend Wendy Peterson and Mary Beth enjoy the tea and the company!

Kris told the fascinating story of "Wanny Woldstad: Queen of the Arctic". This lady hunted polar bears among many other Arctic exploits. She and Steve learned about her on their Hurtigruten cruise in Norway in 2018!



Our Campers for 2019—Trollfjell Bianca Barreto and Folkehøgskule Casper Howland. Recipients of our Lodge 1/2 Camperships!



NORTHERN CALIFORNIA KRETSSTEVNE (NCK)

Labor Day Weekend—

Saturday, August 31 - Monday, September 2, 2019

Join us for the weekend to celebrate our **60th Anniversary** as Camp Norge. Come for the entire weekend or just for part of the weekend. The Saturday Night Dinner/60th Anniversary Celebration will be one not to be missed!

⇒ Enjoy cooking classes, kids' games, Saturday night Karaoke, horseshoe tournament, Wine Tasting and fellowship

⇒ Norwegian Frokost, Pølse med Lompe, Tri-tip dinner and much more good food in the Heritage Hall

⇒ Take a hike, visit Dutch Flat, go for a swim, play some bocce ball or Kubb



Support your Camp and have a lot of fun doing it!!!

Mail this form and a check for the meals, made out to D6 Sons of Norway to:

Bruce Fihe, NCK Registrar, 2435 Felt Street, #57, Santa Cruz, CA 95062

Name(s) _____ Lodge Name &# _____

Children _____ Ages _____

Phone (____) _____ Email _____

Saturday Breakfast	Adult(s) @ \$5.00 each	\$ _____	Children under 12 @ \$2.50	\$ _____
Saturday Lunch	Adult(s) @ \$6.00 each	\$ _____	Children under 12 @ \$3.00	\$ _____
Saturday Dinner	Adult(s) @ \$30.00 each	\$ _____	Children under 12 @ \$10.00	\$ _____
Sunday Frokost	Adult(s) @ \$8.00 each	\$ _____	Children under 12 @ \$4.00	\$ _____
Sunday Dinner	Adult(s) @ \$8.00 each	\$ _____	Children under 12 @ \$4.00	\$ _____
Monday Breakfast	Adult(s) @ \$3.00 each	\$ _____	Children under 12 @ \$1.50	\$ _____
	Kretsstevne Piin.....# of pins @ \$2.00	\$ _____		

You can buy individual meals, if you wish or.....

Total Weekend Package.....Adult(s) _____ \$60.00 - \$ _____ Children _____ X\$25.00 - \$ _____
 (includes the pin) **Total Enclosed \$ _____**

PRE-REGISTRATION of meals is imperative in order to purchase and prepare the correct amount of food!

The Meal Registration Deadline is August 24, 2019!



a little in English... Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg, in Sweden, study, which was recently published in the journal "Neurology". Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

Physically active people halved their risk. During the 44 years of study, 194 women developed dementia— almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

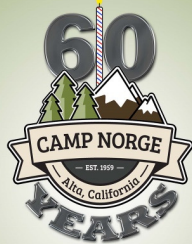
In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

Culture also protected the physically passive women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

Camp Norge is turning 60 this year
and you are invited to
celebrate with us!



Save the Date
Saturday, August 31, 2019
5:00 - 9:00PM
Heritage Hall, Camp Norge

We are planning a delicious banquet followed
by a fun night with entertainment, special guests,
door prizes and fellowship with your Sons of Norway
friends from around District Six and beyond.

Directions to Eva Johnson's from Galilee Fellowship Hall

Go to the Northeast on Soda Bay Road toward Bass Road (3.99 miles)

Right onto Buckeye (just past Buena Vista) (.2 miles)

Right on Manzanita (.09 miles)

Slight right onto Willow (.03 miles)

Eva's house is on the left. **3067 Willow**



The Roving Reporter

Shannon Ford, the Ingvoldstads' granddaughter, visits her 4th cousin, Helene Munch, in Copenhagen, Denmark. Helene is Carl Peter's cousin and welcomed Shannon and two friends to her family's home for dinner. Shannon is in Denmark for a special Environmental Studies program for 2 weeks.



It was great fun to have **Wendy Peterson** visit us for the Mother's Day Tea. Recently relocated to Lakeport from Santa Rosa, where she was a member of Sons of Norway, we say—
Velkommen Tilbake Igjen or
Igjen, Wendy!



Please send your "Roving Reporter" news to the editor at mbingvoldst@aol.com.

Welcome New Friends in 2019!

Please invite daughters, sons and friends of Norway to join as new members. We can share our friendship, culture and heritage as we get to know one another.

Plus: Recruiting members will be recognized with the limited edition 2019 recruiter pin. Please include your member number on any join form you give to a prospective member, so you get the credit AND beautiful pin, you deserve.



Upcoming dates to remember:

July 20—Slapp Av Med Venner Og Mat (Relax with friends and food) at the Ingvoldstads' in Hidden Valley. Bring salads and desserts. Ings will provide the rest.

July 28—CRAFT DAY at the Fellowship Hall with quilting of lap robes continuing and other activities folks would like to do (sewing, scrapbooking knitting, etc) Fun time for fellowship and creativity!



Did You Know...

8 in 10 Americans say family is most important to them, yet only half have life insurance? Be sure your family has the protection they need. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.



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.

Norwegian Knekkebrød

Enjoy this flavorful and easy to prepare treat. *Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN*

Ingredients

1 cup whole wheat flour
1/3 cup flax seeds
2/3 cup rolled oats
1/3 cup sunflower seeds
2/3 cup hazelnuts (ground)
1 1/2 tsp salt
1 cup water

Directions

Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes.

Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite topping.

Find more of Christopher's recipes on his blog at <https://www.pumpernickelandrye.com/>



Midsummer's Night or St. Jonsok

In Norway, *midtsommer*, the everyday word for the period around the summer solstice, is celebrated on *sankthans*, the feast day of St. Johannes, June 24, and most popularly on its eve, *sankthansaften*, on June 23. The near match between an astronomical date and that of a Christian festival is a coincidence brought about by Norway's location on the globe and the dominant faith of the country. In the Northern Hemisphere, Midsummer Day, the longest of the year, is the summer solstice on June 20 or 21, while the early Christian Church determined the feast day of Saint John to be June 24, six months before the birth of Christ.

The word *sankthans* itself most likely is an accident of Norwegian history. It's the Danish name of the day of the feast of St. Johannes, which implies that it entered the Norwegian language during the 400-year period of Danish rule. Moreover, the name Hans is a diminutive of Johannes, an older form of veneration still used to convey a sense of endearment.

LAKEVIEWS

the official publication
of

VIKINGS OF LAKE

LODGE #6-166

SONS OF NORWAY

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ADDRESS SERVICE
REQUESTED

PLACE
STAMP
HERE

SAVE STAMPS FOR
TUBFRIM!!!!

FREEDOM, FRATERNITY AND PROGRESS—SONS OF NORWAY



June
16,
2019

A Private Retreat with the Ambiance of a Fine 1898

THE CARRIAGE HOUSE
Lakeport, California

www.CarriageHouseLakeport.com
George & Cheryl Smith 707 261-0995

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 

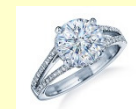
Pssst: Are you keeping your Sons of Norway Membership a **secret**? Spread the word about the fun and fellowship we share as Sons of Norway members.

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

14114 Lakeshore Dr.
Clearlake, CA 95422