



*Får i kål (Norwegian's National Dish of September)*

*Sunday, September 8—1:00pm*

*Program: Kris and Steven Stocker*

*“Our Adventure on the Hurtigruten”*

Hosts: Kirby Aasen and Kris Stocker

NOTE: The October Danish Day has been moved up to October 6!  
Mark your Calendars!



**Ord fra Presidenten:** Here goes a real short **Ord**, some of it is personal—but **not** about my three favorite pro sports teams: the Dodgers, the Vikings or the Lakers! So, I should start by using one of my favorite sayings: “Life isn’t always fair but it’s always **life**.” Consider the alternative! Next, “Pride goeth before the **fall**! I should know, I had two serious falls two weeks ago—two lessons in humility! (At least my left side of my face has been Viking/Laker purple since then).

On to Sons of Norway stuff and things. I am so looking forward to this month’s VOL Heritage and Culture event on the 8th! First, we’ll get to enjoy Chef Kirby Aasen’s **Får i Kål** followed by our own Kris and Steven Stockers’ “Our trip on the **Hurtigruten**” from last fall. On the latter subject, Mary Beth and I had the same trip north in 2000 and she went up and back down with her Mother back in 1984. Also, four friends of my folks went all over the world it seemed every summer in the fifties and as a teenager I got to see a couple of their slide shows but never dreaming I would get to travel (and live in) many of those wonderful places throughout my adult life. That’s **life**—if you’re lucky!

In closing, I’m also looking forward to the election of our 2020 Nominating Committee (3-5 members) at our VOL Meeting in September! It will be the key to becoming not only a 2020 VOL officer but also key to becoming a District Six VOL Delegate to the June 2020 Convention in Mesa, AZ. Be there or be square!

Farvel, stay safe, stay cool and enjoy **life**!

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 us out at [www.vikingsoflake.sofn6.org](http://www.vikingsoflake.sofn6.org) and/ or visit  
our Facebook page



## 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](http://vikingsoflake.sofn6.org)

### CHECK OUT:

Facebook: Sons of Norway District Six  
Website: [www.sofn6.org](http://www.sofn6.org)  
International Sons of Norway Website:  
[www.sofn.com](http://www.sofn.com)

## Fødseldager i Septembre Gratulerer Med Dagen, Alle Sammen

6—Theresa Contos

10—Robin Marsolek

15—Cheryl Smith

23—Carl Ingvoldstad

25—Jay Jessen



**Hurrah for deg !!**

Upcoming date to remember:  
**October 6—change of date!!**

**ONE WEEK EARLIER!!!!**

## Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, Genealogy Tips and Hints — Connecting with your family history. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you'll find the guide online at [www.sofn.com](http://www.sofn.com) in the Member Resources area under genealogy.



## Share the Friendly Spirit of Velkommen



Our family is growing in 2019! We welcome daughters, sons and friends of

Norway to join the fun at our lodge. Please invite a guest to our next meeting or event so they can experience the spirit of Velkommen first hand.



## 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.*





Robisons, Ingvoldstads, Aasens, Eva Johnson, Elsie Voss, Joanne Swenson, Kris Kjera and Theresa Contos had a great time eating and chatting. Prepared for cooking class but not enough participants. Maybe some-time in the winter!



#### Quick Kaffe Quiz

How much do you know about this lodge favorite?

- ◆ Which country has the highest coffee consumption per capita? A—USA  
B—Norway C—Canada D—Finland
- ◆ What is “Karsk?” A—Scum that forms on top of coffee that has been sitting in the pot a little too long B—The most popular chain of coffee houses throughout Norway C—A Norwegian cocktail that mixes coffee and moonshine or vodka D—The nickname for decaf coffee in Norway
- ◆ What is the origin of coffee as a popular beverage in Norway and elsewhere? A—Eric the Red discovered coffee plants (of course) and brought them back to Norway. His family soon cooked up a stimulating drink for cold winter days and popularized roasting the beans. B—Viking traders in the dark ages drank coffee on their voyages to stay warm and awake during long nights at sea. Eventually they carried it home to great acclaim, and the coffee habit spread through Europe. C—Centuries ago an Ethiopian goat herder noticed his animals frolicking after eating a red berry, so he tried it for himself. In the 1600s an Indian pilgrim smuggled plants out of Arabia, beginning the European coffee trade that spread to all Nordic countries.
- ◆ Answers Elsewhere

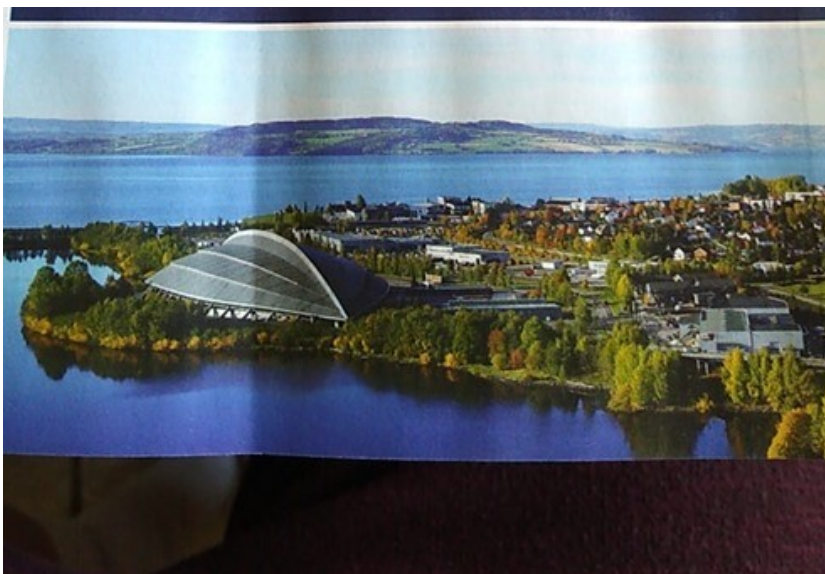


We're Celebrating 125 Years in 2020. Download Your Lodge's Digital Party Box Now!

Sons of Norway is celebrating 125 years on January 16, 2020. You can now download your lodge's digital party box, which includes the anniversary logo, social media graphics, a coloring page and a handful of other goodies to help you plan your celebration!

Download the digital party box here: [www.sofn.com/125years](http://www.sofn.com/125years)

Note to editors: The digital party box will be available on August 28, 2019



Lake Mjosa and the “upside Viking Ship” arena for the 1994 Olympics, aerial view above **Hamar, Norway!**

#### Answers to the Kaffe Quiz:

- 1: D—Finland is #1, Norway is #2, Canada #10 and the USA a distant #25
2. C—popular cocktail in Northern Norway
3. C: Those must have been some happy, active goats!

*Tusen takk to Fjellaldalen Lodge # 6—162  
Editor—Tony Hjelmstad*



# *Celebrate 125 years in Sons of Norway*



In partnership with Amundsen Sports, we are proud to announce our 125th Anniversary Sons of Norway sweater! Made of 100% merino wool and featuring our commemorative anniversary logo on the front left side—close to your heart—this versatile quarter-zip sweater can be dressed up or down to celebrate your Nordic pride in style wherever you go.

When you pre-order a 125th Anniversary Sons of Norway sweater for yourself or a loved one, you are doing more than just purchasing a high-quality garment that will be cherished for years to come—**you are also supporting the Sons of Norway Foundation.** Twenty percent of the \$125 purchase price (\$25) will go directly to the Sons of Norway Foundation to help keep our Nordic communities vibrant and thriving with projects such as:

- Higher education scholarships
- Norwegian arts and cultural events
- Cross-cultural exchanges and activities
- Humanitarian aid and disaster support

Place your order by Aug. 30 to secure Christmas delivery!

<https://amundsensports.com/sons-of-norway-sweater/>



## The Roving Reporter

Lodge members enjoy the Fiddlers' Jam at Ely

Stage Stop on Aug 4.

Phil Walker, Irene and Ray Tisell, Carl P and MB.



June and Mike Salter had a whoopie time sharing the time with everyone. Good crowd and great music!!!

## Oslo Loves Hot Dogs

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in **lompe** with ketchup, mustard and crispy onions.

It is most common to serve hot dogs in **lompe**: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination. The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party.

In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

### Loved by The Guardian

But some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them. Syverkiosken has become a symbol of old Oslo.

Syverkiosken is a popular destination for hungry people throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced." It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept.

Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, relish, be assured that there is a hot dog for you!



## Lomper – Small Potato Cakes

Ingredients 2 lbs. potatoes 1 tsp. salt 1 ¼ cups, approximate, barley flour

Recipe Step 1: Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the **lompe**. Cool.

Step 2: Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3: Place **lompe** on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

Step 4 : If the griddle is too hot, **lomper** will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese.

As for me, it will always be **pølse med lompe**.

# *Vaniljesaus Til Hverdags—Everyday Vanilla Sauce*

This vanilla sauce with potato flour is an easy and delicious topping for your cakes, pies or fruit



## Ingredients

1 1/2 cups milk  
1 1/2 Tbsp. sugar  
1 egg, large  
1/2 Tbsp. potato flour  
1 1/2 tsp. vanilla sugar  
Step 1:

In a heavy sauce pan combine milk, sugar, egg, and potato flour.

Step 2:

Over medium heat, bring the milk mixture almost to a boil, while stirring consistently. Don't let the mixture get to a boil.

Step 3:

Remove from heat. Stir the sauce from time to time as it cools.

Step 4:

Serve chilled. Makes 1 3/4 cups.

## September is Life Insurance Awareness Month!

We've all had that moment when we get the news about a friend or loved one whose life has just been changed forever by circumstances outside their control. Whether an accident or unforeseen illness, we don't know when we will need life insurance. That's why it might be one of the most important purchases you'll ever make!



According to the 2018 Insurance Barometer Study by Life Happens and LIMRA:

- 1 in 5 people with life insurance say they don't have enough
- 2 in 5 millennials wish their spouse or partner would buy more life insurance
- Almost everyone (90%) believes primary wage earners need life insurance.

So why are so many households uninsured or underinsured?

Some people are uncomfortable facing the fact that everyone dies someday. Others assume it's too expensive. Or they put it off until tomorrow. But none of us knows what tomorrow might bring.

Don't procrastinate; reach out to Sons of Norway to connect with a Financial Benefits Counselor/ Insurance Agent who can help you navigate your personal insurance needs

# LAKEVIEWS

the official publication  
of

**VIKINGS OF LAKE**

**LODGE #6-166**

**SONS OF NORWAY**

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SAVE STAMPS FOR  
TUBFRIM!!!!

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



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CAMP NORGE  
TO CELEBRATE  
THE 60TH AN-  
NIVERSARY!  
GOOD FOOD,  
GOOD FUN,  
GOOD  
FRIENDS!**

**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! Non-member 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.  
**JUST ASK!!**



Unzip it and in-

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