

Ord fra Carl:

Welcome to Danish Day at Vikings of Lake!



Being 1/2 Danish, I always enjoy this special event and hope you do also. Mary Beth makes her famous rendition of Frikadellar (meat cakes) with red cabbage and we have extra fixings from Robin and Sharon plus dessert provided by Joanne.



We will enjoy looking at some scenes of the beauty of Denmark and take a look at our Nominating Committee's list of possible officers for 2020 (the 125th Anniversary of Sons of Norway!).

**Sunday, October 6—1:00pm \$5.00 Donation
Program: Copenhagen with Rick Steves**

Mark your calendars for grand times in November!!!



Sunday, November 10—Thanksgiving Potluck 1:00pm

Program: A special presentation by
The Vikings of Lake Players—
"The Hero Next Door: WWII in Norway"

Sunday, November 17—Craft and Quilting Day:

11:00am

We will be finishing up the LAP ROBES for our special gift-
ing to needy Seniors at Christmas



**Kransekaker for Christmas
Baking Class
Saturday, November 30th**

Place to be determined!!

**Judith, Kirby, Mary Beth, Theresa
and Kris Stocker**

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 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

CHECK OUT:

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

Protecting
things that are
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to you

find out how.



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Adrienne Lincoln (530) 470-6070, alincoln2048@comcast.net or Fred Hymans (916-486-4429)
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Fødseldager i October Gratulerer Med Dagen, Alle Sammen

9—Kevin Ness

22—Guri Clark

24—George Smith

Hurrah for deg !!



SONS of NORWAY

Mission Statement

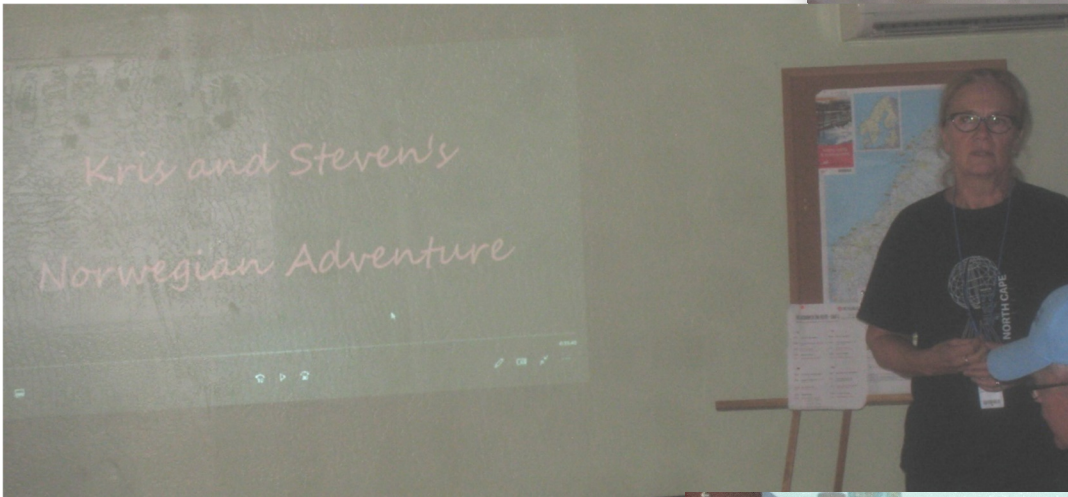
*The mission of
Sons of Norway
is to promote and to
preserve the heritage and
culture of Norway,
to celebrate our relationship
with other Nordic countries,
and to provide quality
insurance and financial products
to its members.*



Kirby made the wonderful Norwegian National Dish for us and others brought sides!

Ed: I apologize for the bad pictures but our regular photographer was unable to attend the meeting .

Kris Andre Stocker provided us with a beautiful slide show of Norway from the Hurtigruten journey she and her husband enjoyed in 2018.



Thank you for sharing the wonder of the coast of Norway with us. You put a lot of work into the presentation and it showed.

Hurra hurra!!!



1st Annual Camp Oldfjell Camp Norge



Kirby was the Camp Cook from Wednesday through Monday breakfast. 3 meals a day for all of us!

Mary Beth was there for 3 days teaching "Music and Musicians of Norway".



This article in the Tiden newsletter of Victory Lodge #6-043 says it better than I could:

.....in September, I attended the SofN District's "Camp Oldfjell" at Camp Norge. Oldfjell translates to "old mountain". It was a "folkehøgskule for voksne" (folk school for adults). Those who attended either camped in a tent or a RV, while others used the camps' various cabins. All of the amenities of the camp were ours. Breakfast, lunch and dinner were also provided. The camp offered several different folk skill classes, Rosemaling (taught by our very own Lotte Sather), Hardanger, Tablet/ card weaving, Viking apron, Literature, Music, Dancing, Viking knitting, wood carving and cooking. These classes were offered at different times in the morning session and afternoon session, with folk dancing offered after dinner. Since I only attended two of the four days, I only had time to attend classes to learn Tablet weaving and wire weaving. It was a great experience. Camping, Great meals, New friends, Camaraderie, and even ... late one-night, singing around a campfire that wouldn't burn. On our last day, after lunch, those who were taking the folk dancing classes gave us a demonstration. They were actually quite good. I encourage everybody in our lodge to try and attend this event when offered next year. It provides a great learning experience to learn about our Nordic culture of the past. Just remember that the available slots fill up fast!

Craig Dill (Cultural Director of Victory Lodge)



Viking aprons and hardanger were only two of the many classes.





10 Ways to Celebrate the 125th Anniversary at your Lodge

- 1. Host a contest!** In your digital box, you received a coloring page with a picture of the fjords, sailboat, lodge and Norwegian flag. Host a contest for the kids and/or adults to see who colors it best!
- 2. Throw a big bash and invite your friends and family.** Make traditional Nordic cuisine, decorate your lodge, and show your non-member friends how great it is to be a part of Sons of Norway.
 - *For recipe inspiration, visit our recipe box here:*
https://www.sofn.com/norwegian_culture/recipe_box/
- 3. Movie night!** Play the “History of Sons of Norway” video to learn about how Sons of Norway was started, the evolution and growth of the organization, and what’s in store for the future. Gather everyone in your lodge, get some popcorn and enjoy this 25 minute video.
 - *History video can be found here:* <https://www.youtube.com/sonsofnorwayhq>
- 4. Order commemorative merchandise.** Order a cake, get a pair of Sons of Norway socks or order t-shirts with the anniversary logo on them.
 - *Sons of Norway online store coming out after Labor Day*
- 5. Host a 5K.** Invite your lodge members, friends and family to run a 5K in honor of the 125th anniversary. Wave your Norwegian flags as you run!
 - *You can order small Norwegian flags here:*
<https://www.united-states-flag.com/world-norway.html>
- 6. Ask your Chamber of Commerce to make it the official Sons of Norway day in your town.**
- 7. Host a folk art competition.** Have your lodge members bring their proudest art pieces to display at the lodge and make it competitive!
- 8. Create a time capsule.** Make a video or presentation, tape pictures to the walls and display the evaluation of your Sons of Norway lodge.
- 9. Throw a lodge open house.** Invite members of the community to come learn about Sons of Norway and what being a member is all about.
- 10. Bake off!** Have your members bake their favorite Nordic treats and invite friends and family to enjoy.

The Roving Reporter



Ellen Aasen enjoyed a weekend at Rosemaling Seminar at Camp Norge.

FREYA LODGE, SONS OF NORWAY PRESENTS

32nd Annual Vikingfest

Culture, Community,
Camaraderie

OCTOBER 12,
2019

10 AM TO 3 PM

Norway Hall
617 W 9th St
Santa Rosa, CA 95401

- Taste of Norway Lunch
- Live Viking Re-enactments
- Traditional Bakery
- Scandinavian Vendors
- Fresh Waffles and Coffee
- Raffle Prizes
- Photo Booth
- Genealogy

www.freyalodge.org

Free Admission



Vikingfest is Freya Lodge's annual celebration of Norwegian heritage and all things Norwegian: from Viking era reenactments to modern art and pottery, Nordic arts and crafts, traditional foods, heritage keepsakes, cultural displays and demonstrations, and remembrance of Leif Erikson.

Come be a Viking for the day!



Genealogy is full of surprises!

Icelandic genealogist Oddur F. Helgason became interested in President Donald J. Trump's lineage after speculation about Trump's potential kinship to Icelandic leaders went viral on Facebook. His findings: President Trump and Icelandic President Guðni Th. Jóhannesson are distant cousins.

Going back over 25 generations, Helgason believes the common ancestor is none other than King Hakon V who ruled Norway from 1299-1319. Trump is descended from Hakon's only legitimate daughter, Ingebjørg while Jóhannesson is the descendant of Hakon's illegitimate daughter Agnes. President Trump is a descendant of King Christian I of Denmark, Norway and Sweden. Trump can also trace his ancestry to the Scottish royalty. Christian I of Denmark was the father of Queen Margaret of Scotland, the spouse of King James IV of Scotland. Their son, King James V of Scotland is also Trump's forefather.

Did you know that Donald Trump and Hillary Clinton are cousins? They are 19th cousins with the common ancestor being John of Gaunt, son of King Edward III of Great Britain. You never know what genealogy will dig up!!



Ruth DeLattre Cultural Director of Overtro Fjell Lodge # 6-153 in Mesa, Arizona

Leif Erikson Day—October 9

Nordic stories passed through the ages tell us of the Viking, Leif Erikson, and his explorations across the North Atlantic. One of the most daring of the great Norse adventurers, he may have been the first European to discover our continent. Scandinavian tales tell us of a cargo of timber and wild grapes he brought from North America to his home in Greenland more than four centuries before Columbus. Above all, Leif Erikson was an explorer and he has come to symbolize mankind's efforts to push back his frontiers, master the elements, and conquer his fear of the unknown. In honoring him, and in honoring the Nordic people whose achievements have continuously enriched the Western World, we also honor the act of discovery. **As a mark of respect to the courage of Leif Erikson and his Viking followers, the Congress of the United States, by joint resolution approved September 2, 1964 (78 Stat. 849, USC 169C), authorized the President to proclaim October 9 in each year as LEIF ERIKSON**



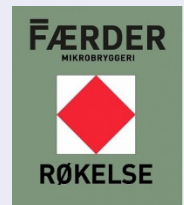
Oktoberfest —Norwegian Style

As we welcome the coming of autumn, October brings the changing color of the leaves, cooler temperatures and in many parts of the country, the early signs of winter. Pumpkin patches appear, corn mazes abound and the haunted houses call out for the next brave soul. We celebrate the discoveries of Leif Ericksen and Christopher Columbus. And on Halloween we pass out treats to all the goblins and fairy princesses who come knocking at our door. And in the midst of this all is Oktoberfest – as if anyone needs an excuse to have a beer.



Which made me wonder, does Norway celebrate Oktoberfest? Indeed they do. Most Oktoberfest celebrations begin in mid-September. In Sweden, the Beer and Whisky festival is held the last 2 weekends in September in Stockholm. In Denmark, the old Carlsberg site at Valby in Copenhagen will be the venue for Europe's largest beer festival, appropriately named the "European Beer Festival"! And in Norway I found an interesting Oktoberfest beginning on October 11th at the Youngstorget in Oslo. Which brings up the question, what beer do Norwegians drink?

Back in the day, most farms had their own brewery. Beer was not only a natural part of all celebrations, funerals and feasts, but it was also a part of everyday life. It is speculated by anthropologists that beer was consumed regularly in part because people ate so much salted fish and meat. Beer acted as a diuretic, aiding the body in getting rid of all excess salt. In the 17th and 18th centuries, brewing was actually mandatory for all land owners. Failure to brew before Christmas would result in heavy fines and failure to brew for several seasons would result in loss of land and livestock. It was in the mid 1800's that commercial brewing became common in Norway. In 1857 there were 353 breweries in Norway. Fifty years later, there were only 40 and by 1996 only 7 breweries were in operation.



Today the Norwegian beer market is dominated by two large brewers: The giant Carlsberg-Ringnes based in Oslo and Copenhagen, Denmark, and the smaller Hansa-Borg, based in Bergen and Sarpsborg. And in recent years, craft breweries are becoming popular. Unfortunately, taxes on beer are the highest in the world in Norway. So whether you prefer the light pilsner or enjoy the much darker malt beer known as juleøl at Christmas, may I recommend the top three as rated by Øl Akademi: Ringnes' Julebukk 2018 (dark lager) Færder's Færder Røkelse (stout) Haandbryggeri's Fatlagret Bestefar (traditional beer) Skål!

Ruth DeLattre Cultural Director of Overtro Fjell Lodge # 6-153 in Mesa, Arizona

A Bit of Humor:



Ole was driving a wagonload of wheat to town when a wheel was caught in the ditch and overturned. Sven saw it and came out to inspect a little. "Hey, Ole," he called out. "I'll help you turn the wagon back over and fill it up again. But I'm about to eat dinner. Why don't you come and have dinner with me? Then we'll go to work." "Thank you, Sven," Ole answered, "but I don't think Lena would like me to." "Oh, come on!" Sven insisted. "OK," Ole finally agreed, "but Lena won't like it." After a hearty dinner, Ole thanked his host. "I feel a lot better now, but I know Lena's going to be upset," he said. "Don't worry so much," said Sven. "By the way, where is she?" "Under

the wagon," said Ole.

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



*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-



**Kevin Ness Jeweler
of Clearlake**

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