



Vikings of Lake Lodge
#6-166
Sons of Norway

LAKEVIEWS
SCANDINAVIANS UNITED!

January 2017
Volume 13 Issue 1



WE MEET AT:
GALILEE LUTHERAN CHURCH COMMUNITY CENTER
8860 SODA BAY ROAD
KELSEYVILLE, CA 2ND SUNDAY OF THE MONTH 1:00-PM

Hilsener min kamerat lodge medlemmer
(Greetings my fellow lodge members)



Hello everyone, I write this as 2016 fast approaches to an end. First, I want to say what a privilege it has been to serve as your Lodge President. Thank you everyone for your support and please join me in welcoming our new President, Kris

Stocker when we install officers at our January meeting.

The past two years as President and last year as a delegate to the District Six Convention has been a wonderful learning experience about our lodge, our members and Sons of Norway as a whole.

As we anticipate the coming year I look forward to still being of service both in & outside our lodge.

Broderlig hilsen (fraternally)

Kirby Aasen



Monday
Jan 2, 2017
3:00pm

Social/Cultural
Planning Meeting
at the home of 2017
President Kris
Stocker
2400 Eastlake Dr
279-8550



NEW DATE!!
2ND SUNDAY
OF THE MONTH

Sunday
Jan 8, 2017
1:00pm

Installation of 2017 Officers

Bring a dish to share for our
Potluck Lunch

Hvor Er Du Fra?
(Where are you from?)

We will re-visit our Norwegian Map and
the Fylke (counties) of Norway.

Tusen Takk for your renewed commitment to our Lodge!!

Paul Ingvoldstad

Dennie and Evelyn Robison



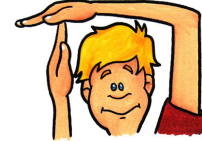
We typically meet on the 2nd Sundays of the month at 1:00p.m. First a meal and then..... a Heritage & Culture Program! Join us!

For more information: 987-2404

Facebook: Vikings of Lake Lodge Website: www.vikingsoflake lodge.com

The Art of the Perfect Pause

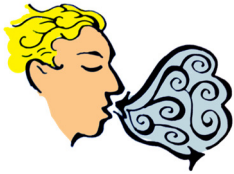
Research shows that a half second does the trick. *“The right word may be effective, but no word was ever as effective as a rightly timed pause.”* Research Fellow Kristina Lundholm Fors used the above quotation from Mark Twain in the introduction of her doctoral dissertation. She has studied how and why pauses occur in conversations.



Silence in the course of a conversation has many different purposes and results. And the duration of such a pause actually has a powerful effect on the flow of discourse including what the person listening remembers of your side of the discussion. Fors has now shown exactly how long the pause in your speech can last before it starts getting embarrassing.

Time to inhale There are all sorts or reasons for pausing amongst a stream of words. Physically, of course, we need to stop to breathe in. Most of us need pauses to plan what to say next. We are also giving other people the opportunity to enter the conversation. In Fors’ world there are clear distinctions between the different types of pauses: what they mean, what causes them and why. And the longer the pause, the more awkward it gets. Fors shows that if the pauses in a conversation run longer than four seconds the listener will have trouble understanding the content. “Four seconds does not sound like a long time, but in the context of pauses this can feel like an eternity,” she says in a press release from the University of Gothenburg, Sweden.

A half second is just right The researcher operated with three types of sentences: sentences without pauses, sentences with a half-second pause and sentences with a four-second pause. Then she had volunteers sit in front of a screen showing various images. The sentences were played, telling the participants to touch a specific object on the screen. When the pause lasted four seconds, lots of the participants pressed an object before the sentence was completed. The sentence seemed to have been finished because the break was so long. Also, the test persons had trouble remembering the content of the sentences without pauses or with the long-lasting pauses. The sentences that gave the best results were the ones with a wellplaced pause lasting a half second.



Sons of Norway Websites

International: www.sofn.com

District 6: www.sofn6.org

Camp Norge: www.campnorge.org





Save your stamps for Tubfrim —clip them with a 1/4 inch border and bring them to **Evelyn Robison**.

You have a chance to win a trip to Norway and help the disabled children in Norway !

**Gratulerer Med Dagen
i januar**

Ginny Craven—4

**Hurrah for deg, som
fyller det år!**



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Celebrating culture. Expanding horizons.

Carl Peter Ingvaldstad
*Sons of Norway Foundation
District Six Director*

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www.sonsofnorway.com/foundation

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History of the Selbu Mitten

Norway is renowned for its woolen knitwear with intricate multi-color patterns. One of the country's national symbols is the *Selbuvott* or Selbu mitten named for a small town near Trondheim. This type of mitten has the unusual distinction of having traceable origins to its original designer.

The story goes that in 1857, milkmaid Marit Emstad (born Guldset in 1841) was asked to knit some black and white socks for the farmer on the property where she worked. She did, and also stitched some two-color mittens for herself and her sister, using an *åttebladsrose*, or eight-point star rose. On a whim, the girls wore their eye-catching mittens to church, causing quite a stir. Soon everyone wanted to learn how to make them. This style caught on from farm to farm, spreading around Norway and to other countries in Europe.

The mittens were originally black and white, though other colors eventually came into fashion. Each knitter personalized the design to suit the recipient, often naming the new patterns after the farmstead or items in their daily lives: Kallarstrø-rose, the Heggset-rose, the Coffee-Pot-rose, the Tree-rose. While there are over a thousand mitten and glove patterns from Selbu, the eight point star-rose pattern known as the "Selbu rose" prevails as the favorite. This pattern is often erroneously referred to as a snowflake design in English.

Although the two-strand technique had previously been used in Telemark, it was the Selbu rose and the mitten in particular that was eventually considered "typically Norwegian." Prior to the 20th Century, mittens were only given as personal gifts and could not be purchased, but the town of Selbu harnessed the popularity of the mittens to pull themselves out of economic hardship. The mittens have been a major export since 1900 with help from the trend of downhill skiing between wars. The majority of Selbu mittens still bear the original star-rose motif that Marit Emstad designed 150 years ago.

In 2010, the Selbu Husflidlag (craft group) knitted the world's largest Selbu mitten and later discovered that you need to make a *pair* to qualify for a world record. It took three years and 45 people to knit the first 8 foot (2.4 m) long mitten. A second mitten was added by 2014 when the knitters claimed their record.

If you're a knitter or are just learning, you can earn a Cultural Skills pin by submitting a report on Norwegian knitting. Find the full unit in the Member Resources section of our website at sonsofnorway.com.



Velkommen Lodge Officers for 2017

President: Kris Andre Stocker
Vice President: Carl Ingvoldstad
Counselor: Kirby Aasen
Secretary, Musician and Editor: Mary Beth Ingvoldstad
Membership Secretary: Ellen Aasen
Treasurer and Foundation Director: Carl Ingvoldstad
Social/Cultural Director: Kirby Aasen

Marshalls: Kris Kjera, Elsie Voss
Greeters: Jo Swenson, Ellen Aasen
Trustees: Sharon Lewis, Kris Kjera
Publicity Director: Ellen Aasen
Historian: Sharon Lewis
Librarian: Dennie Robison
Webmaster and Camp Norge Ambassador: Kirby Aasen
Sunshine: Jo Swenson
Newsletter Mailer: Irene Tisell
Tubfrim: Evelyn Robison
Fundraiser Chair: Ellen Aasen
Auditors: Irene Tisell, Elsie Voss

Thank You All for Volunteering!



anniversary
SONS OF NORWAY
FOUNDATION
1966 • 2016

Carlsen Wins World Chess Championship

In the final match between the youngest pair of world championship chess competitors—each are 26-years-old—Norwegian Magnus Carlsen successfully defended his title as World Chess Champion over Russia’s Sergey Karjakin.

Lasting nearly three weeks, the championship consisted of 12 games at South Street Seaport in New York City. At the conclusion of the 12 matches, Carlsen and Karjakin were tied 6-6 resulting in a high-speed tiebreaker for the title. Only the third time in history a tiebreaker determined the championship victor, Carlsen bested Karjakin in two of four rapid 25 minute games with what commentators referred to as a “stylish queen sacrifice” in which he surrendered one of his strongest pieces to win. In an interview with NRK (Norwegian Broadcasting), Grandmaster and commentator Maurice Ashley said, “It was the kind of move every chess player dreams about getting the chance to make. It will be remembered forever.”



Although the event drew a strong virtual presence of 10 million viewers following live-streamed video or computer renderings of the board and pieces, venue observation of the matches as an American spectator sport was mixed. Many attending chose to follow the players via video monitoring or computer simulations rather than through one-way mirrors.

As the victor, Carlsen will take home 60 percent of the prize purse of \$1.1 million; the remaining percent will be awarded to challenger, Karjakin. Carlsen will defend his World Chess Championship title a fourth time in 2018.

Looking to learn to play chess like Magnus Carlsen? Check out the free apps available at <http://www.playmagnus.com/>.

Celebrate Founders’ Day

Are you ready to show your Sons of Norway pride? **January 16, 2017** celebrates the **122nd Anniversary** of Sons of Norway’s Founders Day, a day to celebrate the organizations beginning and acknowledge the contributions made by 18 Norwegian immigrants back in 1895. It’s an amazing thing to see how our organization, which was founded to create a social safety net for Norwegian immigrants, has grown into the largest Norwegian cultural organization in the world!



While Founders Day is a great day to celebrate Sons of Norway’s past, it’s also an opportunity to celebrate where we’re headed. With thousands of hours dedicated to our communities and reputation built on strong, dependable financial products, Founders Day is the perfect time to demonstrate your pride in being a part of Sons of Norway!

So, on **January 16th**, don’t forget to wear your Sons of Norway Pins and a Norwegian Sweater proudly! And when anyone asks about your membership pin, explain with pride that you belong to Sons of Norway and then invite them to learn more at an upcoming lodge meeting!

LAUP PASTRY

Laup pastries originate from Trøndelag in central Norway. These large, flat buns are baked with rye flour and anise are similar to scones, but have a distinctly different taste. This type of pastry is commonly served for breakfast or lunch and pair perfectly with traditional Norwegian Brunost, berry jam and a cup of your favorite tea.

- 1 Stick unsalted butter ($\frac{1}{2}$ cup or 8 tbsp.)
- 3 Cups milk
- 1 Tsp. yeast
- 3 $\frac{3}{4}$ Cups all-purpose flour
- 3 $\frac{1}{4}$ Cups rye flour
- $\frac{2}{3}$ Cup sugar
- 1 Tsp salt
- 1 Tsp ground anise
- 1 Egg for brushing



Preheat your oven to 440° F. In a small saucepan melt the butter, add the milk and let it cool until it is slightly warm to the touch. In a small bowl crumble the yeast and add the milk/butter mixture. Stir until the yeast has dissolved.

In a large bowl mix all of your dry ingredients, do not add all of the flour at once. For best results sift the ingredients to fully mix them. Once combined, pour your yeast mixture into the bowl and knead into a firm dough. Cover your bowl and set in a warm area until it has doubled in size. This should take about 45 minutes.

On a lightly floured surface roll out your dough and split it in half. Divide the two halves into 10 equal pieces and form them into a round bun. Flatten each ball into a bun shape, cover them with a cloth and let rise until doubled. This should take about 20-30 minutes.

Gently beat the egg and brush each Laup. Bake for 12-15 minutes. Let cool prior to serving.

Santa Lucia Pageant at the Open House



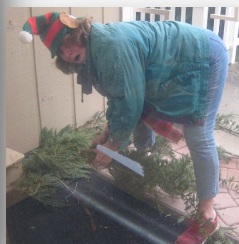
Gordon, Maddie, Santa Lucia Baylee, Adam, Ethan and Elf Elise

SCANDINAVIAN CHRISTMAS OPEN HOUSE

Another great success in 2016!!



Jo, Ellen, Claire and MB decorate inside while Irene gets greens ready out on the porch.



Yummy foods fill the tables!!!



Several new people visiting with an interest in the Lodge! Yea!

Special Raffle to benefit our Adopt-a-School!



With the help of Baylee, Adam, Gordon, Elise, Ethan and Maddie, all the raffle prizes are handed out. Thanks to Ellen and Jo for their hard work in organizing this!



We enjoy our singing around the tree with Mary Beth at the piano.

Carl Peter peddles his calendars and note cards!



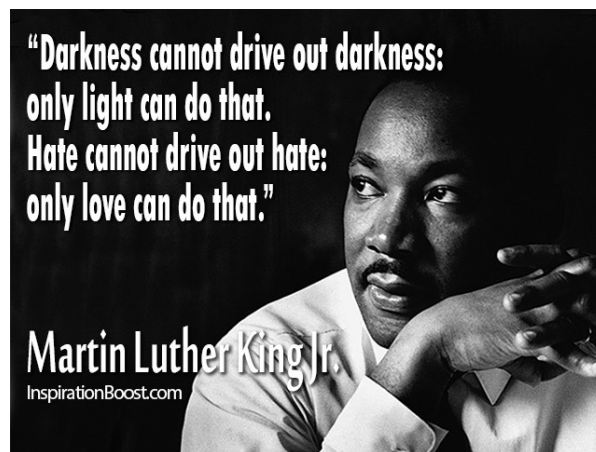
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January 16, 2017

MLK DAY