



SONS of NORWAY



March 2020
Volume 16, Issue 3

Lakeviews



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



Sunday, March 8, 2020 1:00pm
Corned Beef and Cabbage, Soda Bread
and Dessert

\$10.00 per person



Come hear some more about “Viking Explorers” presented by Kirby Aasen. More news on the 125th Anniversary of Sons of Norway.....
Thank you to our Hostess—Kris Kjera!

SAVE THE DATE

District Six 2020 Convention

June 2020

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

The Sheraton Mesa Hotel
Mesa, ARIZONA

Celebrating Our Roots



Adults: Camp Oldfjell 2020 will be held at Camp Norge from Saturday, September 19 through Tuesday, September 22. Talk to Kirby or Mary Beth about it and go on line at www.sofn6.org (Events) for more details. Great fun with rosemaling, hardanger, folk dancing, Literature, weaving, knitting, and more. Plus—great food from Chef Kirby.

Our three elected lodge delegates to the 2020 District Six Convention are:
Kirby Aasen , Ellen Aasen
and Carl P. Ingvaldstad

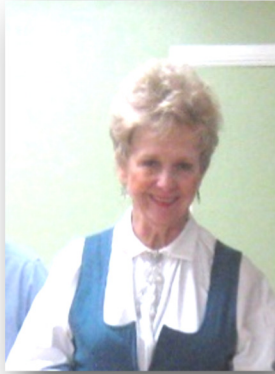
Typically, We Meet At:

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

What's happening?

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Ord fra Co-Presidenten Mary Beth



Greetings!

Here it is another new month and in one week, another great Heritage and Culture Day at Vikings of Lake Lodge! It is gratifying to see how our members step up and joyfully help with all that needs to be done to make each month fun and successful! This month Kris Stocker is cooking our corned beef and cabbage, Joanne is bringing dessert and Kris Kjera is our hostess! Tusen hjertelig takk, alle sammen!

To catch everyone up a bit, we had a Business Meeting at Eva's on Tuesday, February 25th. Kirby, Ellen, Eva, Carl, Joanne and myself got together for two hours to hash out some of the details for the Lodge planning that we don't want to do on our fun H&C Sundays. Unfortunately, our co-President Paul was sick! The first item on our agenda was the review of our budget. It was determined that we are able to pay each Delegate, to our District Six Convention in June, \$325 to cover the cost of Registration. We also determined that yet again we can provide \$925 to support our youth who wish to attend Camps Trollfjell. We look forward to getting requests from our campers. We discussed more about the 17nde Mai Smorgasbord/Community Outreach and how to get more publicity and new members. We want to meet our Goal of SIX new members in 2020 (we have 2 so far)! INVITE A FRIEND!! More details coming and we will have a flyer to share.

Here is a picture of our "VOL Angels" delivering the homemade Valentine hearts we made to the Rocky Point Care Center. Thank you Joanne and Ellen for taking so much of your time to bring joy to so many!!

Med Vennlig Hilsen,.....Mary Beth



Support our members!

If you have a business and would like to advertise here.....let me know! N/C Editor

Kevin Ness Jewelers

994-2307

14114 Lakeshore Dr.

Clearlake, CA 95422

Sales

Repairs

Insurance Appraisals



February Heritage & Culture



Wonderful Ertesuppe and desserts! Thank you hostess, Ev Robison!!



Thank you, Theresa for the suppe and Kirby for breads and mustards!!!



Guri and Bob Clark visiting from St. Paul and bringing daughter, Rebecca!



We make hearts for delivery to the Care Center for Valentine's Day. Adam and Gordon caught on and did a good job!!!



Spread Nordic Love With Heritage Membership!

“I grew up in a Sons of Norway lodge and loved every minute of it. I love the ability to ensure that my daughter feels tied to the culture...”

“My son is inspired to learn more about his Norwegian heritage, and attended a Norwegian language camp... these opportunities to connect with his cultural heritage are very valuable to him.”



Did you know members in good standing can sponsor free Heritage membership for family members age 15 and younger? They may enjoy taking part in lodge celebrations and activities, or earning pins and medals through the youth Cultural Skills and Sports Medal programs. All Heritage members can access fun online resources including the Just for Kids activity pages and the Recipe Box (with help from a parent, if needed) at sonsofnorway.com.

Heritage members receive a welcome kit with a personalized member ID Card that is valid until their 16th birthday. After that, they can continue in a Family membership or join Sons of Norway as an Individual member. Contact Sherry at fraternal@sofn.com for more details.

Trollfjell Folkehøgskule ages 14-17
Camp Trollfjell ages 8-13

June 28-July 11
July 12 -July 25

On the last three days of Camp Trollfjell (July 23-25), we will have a Vikings Village set up in the meadow. The Sjørvaldar Vikings will be teaching our campers how people lived their day to days lives during the Viking era. Our campers will also be there learning some Viking era crafts. You can learn more about the group: [www. Sjørvaldar.com](http://www.Sjørvaldar.com)

We do not want to leave parents out of this Vikings experience, so rather than just coming to pick up your campers on Saturday, as usual, we are inviting you to come Friday afternoon and spend the night with us. Visit the Viking Village, have Friday dinner and Saturday breakfast with us and enjoy Camp Norge for a day. Stay tuned for more details.

Registrations are open at:
<https://arvarv.sofn6.org//>

Camp Director: Bruce Fihe

Camp Program Director: Rebekah

Strand





**SONS of
NORWAY**

Celebrating **125** Years

1895-2020

Fun Fact #3

Sons of Norway was originally called Sønner af Norge, a name created by Norwegian Nationalist author Bjørnstjerne Bjørnson.



www.sonsofnorway.com

The strength of history, the promise of tomorrow!

2020 Officers

Co-Presidents:

Mary Beth Ingvaldstad 580-8052
Paul Astrup 928-8364

Co-Vice Presidents:

Robin Marsolek 275-8076
Carl Ingvaldstad 987-2404

Secretary: Eva Johnson 279-4836

Treasurer: Kirby Aasen 349-8792

Membership Secretary: Ellen Aasen 349-6554

Counselor: Carl Ingvaldstad

Editor/Musician: Mary Beth Ingvaldstad

Greeters: Joanne Swenson and Judith Bergstrom

Social/Cultural: Theresa Contos, Kris Stocker

Foundation Director: Carl Ingvaldstad

Sunshine: Joanne Swenson

Photographer/Historian: Sharon Lewis

Librarian: Dennis Robison

Tubfrim Chair: Evelyn Robison

Webmaster/Camp Norge Ambassador:
Kirby Aasen

Marshalls: Kris Kjera and Elsie Voss

Trustees: Theresa Contos, Robin Marsolek

Auditor: Irene Tisell

Check us out on:

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

Vikings of Lake-- Sons of Norway

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 provide quality insurance and financial products to our



***Birthdays To Celebrate!!!
Gratulerer Med Dagen!!***

March

3—Amber Ingvaldstad

4—Maria Ioli

9—Kirby Aasen

21—Jack Wall



Recruit a New Member and Be Recognized!

Please invite daughters, sons and friends of Norway to join as new members. When you recruit a new member and include your member number on the join form, you'll be awarded this beautiful 2020 Recruiter Pin.

Bergen Rumballs

Submitted by: Vesterheim Museumsbutikk

Ingredients

For the pastry

3 1/2 Tbsp. sugar
3/4 cup flour
1/3 cup margarine

For the cream puffs

2/3 cup water
3 Tbsp. margarine
1/2 cup flour
2 eggs

For the filling

2 egg yolks or 1 egg
1 1/2 Tbsp. sugar
1 3/4 Tbsp. corn starch
1 cup full-fat whole milk 2-3 Tbsp. rum
Scant 1/2 cup whipping cream
12-14 cocktail cherries

Recipe

For the pastry

1. Combine sugar and flour and cut in the margarine.
2. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour.

Preheat the oven to 210 C (425 F).

For the cream puffs

1. Bring water and margarine to a boil.
2. Add the flour and stir until the mixture forms a ball.
3. Remove from the heat. Cool slightly, then beat in the eggs, one at a time.
4. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.
5. Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.
6. Bake until golden, 25-30 minutes.

For the filling

1. Whisk together eggs, sugar, cornstarch and milk in a saucepan.
2. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally.
3. Stir in rum. Whip the cream and fold into the rum mixture.
4. Puncture the bottom of the cream puffs. Fill a pastry tube with rum cream and pipe the mixture into the cream puffs. Top each with a cherry.





District Six Recreation Center Board—— *positions open at next election!!!*

The Camp Norge Board has four positions that are up for election at this June's District Six Convention in Mesa, Arizona.

Members of the Recreation Center Board are elected to four-year terms at each biennial district convention. To serve on the board you must be a member in good standing of District Six in Sons of Norway.

Members are expected to attend meetings on a regular basis and participate in board/camp activities and events whenever possible. Most in need are members who have a good attitude enjoy the outdoors and have professional, managerial, financial or administrative experience, skills and knowledge.

The board meets in person approximately four times each year (not including the biennial meeting at the convention). Meetings typically are convened at Camp Norge in Alta, CA, weather permitting. Otherwise, they are held in locations near Alta. The board also holds occasional phone or web-based meetings.

The Recreation Center Board holds work party weekends approximately twice per year and board members are encouraged to attend and participate. This sometimes includes landscaping and other physical labor. However, board members are not required to meet certain physical requirements.

If you are interested in running for the board or would like more information you are encouraged to contact current board members, District Six officers or Board President, Fred Hymans at (916) 412-3797 or email: fred.hymans@campnorge.com

