



**SONS of  
NORWAY**



April 2020  
Volume 16, Issue 4

*Lakeviews*



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

**Har det godt for så lenge og vi sees seinere——\*\***

I hope everyone is staying safe from this pandemic by “sheltering in place” and doing lots of hand washing. We cancelled our March 29th Cooking Class and we are cancelling our April 19th Tea Party. That is about as far as we go at this point. Hopefully, we will still be able to have our Syttende Mai (May 17th) celebration but it will have to be revamped due to our inability to have planning meetings for the food and send out flyers to invite the public at this point.

If you are interested, take a moment to read page 8 to learn how this pandemic has affected Norway. It seems that Norway has been hit hard because so many Norwegians vacation in Italy and the authorities were not aware of a threat from Norwegian tourists coming from that direction.

\*\* Have it good for now and we’ll see you later!



**SONS of  
NORWAY  
FOUNDATION**

**We are pleased to announce that we have been awarded a \$500 Helping Hands to Children Grant to assist Cobb Elementary School with their Garden Project. Presentation of the check will be announced at a later date.**

**District Six and Vikings of Lake Lodge  
Foundation Director: 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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## International and District Conventions Postponed to 2022

Special announcement from SON International President Ron Stubbings and CEO Chris Pinkerton

Sons of Norway has been closely monitoring the global COVID-19 crisis and its impact on the upcoming 2020 District and International Lodge meetings. The Sons of Norway International Board of Directors has voted to postpone the International Lodge Meeting and Convention scheduled for August 2020 in Ringsaker, Norway. Pursuant to the national emergency provisions in the Charter and Constitutions, the meeting will be postponed until 2022. In addition, the International Board, through its interim authority granted by the International Lodge, has voted to postpone all 2020 District Lodge meetings until 2022. These postponements serve to continue the 2018-2020 biennium into the year 2022. **It is expected that all district and international delegates and those installed in leadership positions for the 2018- 2020 biennium will continue in service until the regular session lodge meetings of 2022.** We understand that these postponements present a litany of questions, which we will answer in the near future as the scope of this global health emergency is further defined. For now, the best way to move our organization through this crisis is to keep the current structure in place, as stipulated in the Charter and Constitution.

*Fraternally,  
Mary Beth Ingvoldstad  
International Director-District Six  
Sons of Norway*



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

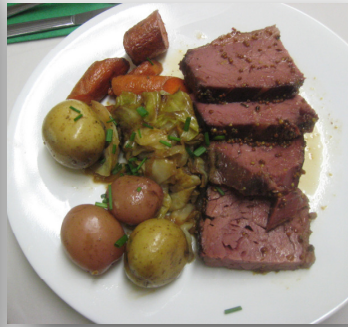
Sales

Repairs

Insurance Appraisals



# March Heritage & Culture



Corned beef, carrots, potatoes and wonderful cabbage.

Kris and Pam work hard to cook and dish up this delicious meal.



Kris Kjera had delightful decorations!



Thanks, Baylee, for helping serve this meal.

Vicky, with her St. Patrick's Day's scarf, enjoyed the mint ice cream from Joanne!



Thank you all for recruiting new members and helping our lodge grow!!

3 generations of members





**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 day 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/>

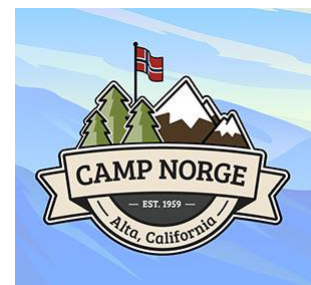
Camp Director: Bruce Fihe  
Camp Program Director: Rebekah Strand



## Save the Date

**Sept. 19 – 22, 2020**  
**At Camp Norge**

**Camp Oldfjell**  
**Folkehøgskule for Voksne**  
**(Folk School for Adult)**



Cultural Skills classes and more, i.e.; tablet weaving, literature, hardanger, klosterson, and more.



Registration will be in the next District Six Cultural Newsletter—SOON!!



**SONS of  
NORWAY**

Celebrating **125** Years

1895-2020

## Fun Fact #4

In 1950, it was agreed that the Board of Directors begin hiring staff to oversee the daily operation of the growing organization.

[www.sonsofnorway.com](http://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](http://www.vikingsoflake.sofn6.org)

### 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 members.

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

### April

1—Chris Hanzel

6—Teresa Price

19—Vicky Aamot

22—Casper Howland (18)

24—Evelyn Robison

24—Casey Curtis

26—Mike Salter

26—Matthew Leon (14)

28—Sharon Lewis



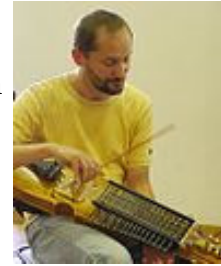
### Recruit a New Member and Be Recognized!

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.



## Setesdal Named to UNESCO Intangible Heritage List

After a seven-year campaign, the folk music and dance traditions from Setesdal in Agder County (southern Norway) have been added to the UNESCO list of Intangible Cultural Heritage. UNESCO (the United Nations Educational, Scientific and Cultural Organization) regards intangible cultural heritage as the traditions passed between ancestors and descendants.

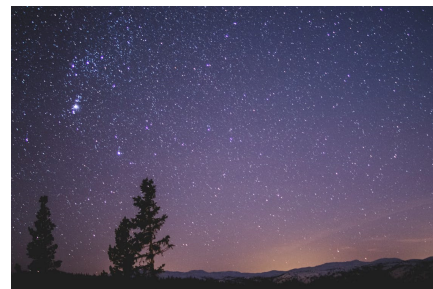


A few examples are traditional storytelling, performing arts, rituals, festivals and craft skills. In a practice woven into Setesdal life since the 1700s, the singing of stev (four-line a cappella storytelling songs) is interspersed with tunes played on a Hardingfele (Hardanger fiddle) or munnharpe (mouth harp) to accompany a traditional couple's dance, gangar. Stev are meant to be shared in social settings and are typically learned through family members or local musicians. The gangar fiddle tunes are marked with loud, rhythmic foot padding.

International recognition of these cultural expressions not only promotes preservation, but also increases tourism. The rugged and remote valley of Setesdal may soon receive new visitors, as recordings of this art form can never compare to the transporting experience of live performance.

## Norwegians Give Sámi Name to Distant Star and Planet

A star and planet 200 light years from Earth were officially given Sámi names recently, following a national naming campaign in Norway. The star in the distant solar system has been named Násti, meaning “star,” while the planet is called Albmi, or “heaven.”



The naming took place as part of a worldwide campaign by the International Astronomical Union (the organization in charge of naming newly discovered stars and planets) in celebration of its 100th anniversary. The global campaign, known as NameExoWorlds, invites every country worldwide to name a designated planetary system consisting of a star and an orbiting planet. Each star can be seen from its assigned country and is visible through a small telescope.

Norwegians submitted a total of 824 proposals to name the star and planet duo. The winning proposal was submitted by high school student Emma Stefanussen, who said the idea for the names was suggested to her by an ethnic Sámi friend. Stefanussen is a resident of Andøya, an island in the far north of the Lofoten archipelago.

**Note from Editor:**

This information comes from Ken Malinkowski, Editor of the Snowshoe Thompson Lodge Newsletter.

**The Local Norway**  
**www.thelocal.no**

**The Data:**

The Norwegian Institute of Public Health reported that there were 257 new coronavirus cases in the 24 hours up until Monday, March 30 bringing the total in the country to 4,445. Norway has so far tested 85,136 people. There were 317 patients in hospital with the virus, of whom 94 were in intensive care. The national death tally stands at 32 (up 6 in last 24 hours).

**Counties with highest coronavirus cases\***

- Viken (Oslo) 1169
- Vestland 445
- Vestfold og Telemark 163
- Rogaland 305
- Trondleg 311
- Romsdal 81
- Nordland 48
- Agder 166
- Innlandet 246
- Troms og Finnmark 146

**\*These figures are as of Monday, March 30**



**Norway bans cabin stays to save rural hospitals from COVID-19 peak**

Norway said on Thursday it would ban people from going to their country houses in order to prevent healthcare services in small rural communities from being submerged by the new coronavirus pandemic.

Those who violate the ban could face a fine of up to \$1320 or, failing payment, 10 days in prison, prosecution authorities said.

Many Norwegians have in recent weeks fled to their country houses, often chalets in the mountains, in the hopes of escaping the virus thanks to their relative isolation. Some have defied authorities recent appeals to return to their primary residences.

The government had for several days been threatening to introduce a ban if people did not heed authorities' calls, and finally made good on its threat on Thursday.

"It's a decision that, in the end, I had hoped we wouldn't have to take but we will ban stays outside (people's) residential municipality," Health Minister Bent Hoie said.

Small rural communities "do not have, neither today nor in the weeks to come, the capacity to take care of chalet owners in addition to their own inhabitants," he told reporters.

Some exceptions will be allowed, in particular for those in good health who have a sick family member who needs to self isolate in their primary residence.