



**SONS of
NORWAY**



May 2020
Volume 16, Issue

Lakeviews



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



Syttende Mai
fun fact 2:

Two staples of Norwegian Constitution Day fare are ice cream and hot dogs. It is said that Norwegians consume more ice cream on the 17th of May than any other day of the year.



Well, we are still required to “Shelter In Place” and keep our “Social Distancing”, so, our Syttende Mai Lodge Meeting, Sunday, May 17th at 1:00pm, will not be celebrated this year in the usual fashion. However, as you can read on page 10, our new Zone 1 Director ,Tove-Lise Miller tells us (as this picture above shows) that

Syttende Mai in Norway is typically hot dogs (in thick lefse) and LOTS of ice cream!! So, we are planning another ZOOM meeting and ask that each of you make a bit of something special to eat, maybe just a big bowl of ice cream, and let’s get together virtually and share our treats while we wave our flags and say

Hurra for Syttende Mai to one another!!

Watch for an email soon with ZOOM sign-in instructions!!!!

Special Message from Co-President Paul Astrup on Page 3 !!!!

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 Special Program



Syttende Mai fun fact 1:

The delegates in this famous painting of the Constituent Assembly at Eidsvoll are painted so well, that about 70 of them can be identified.



Norwegians will be celebrating this important day at home with their families this year. Our Lodge will join them with our ZOOM Virtual Meeting. See the next page!

Unfortunately, due to COVID19 this parade has been cancelled for the first time since WWII.



Syttende Mai fun fact 3:

Constitution Day is marked with children's parades across Norway. The largest, in Oslo, has more than 75 schools and marching bands and is greeted by the Royal Family.



4. The Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today.
5. For the past 111 years the Norwegian Royal Family has greeted the schoolchildren of Oslo from the palace balcony. The only exceptions have been during WWII and the death of Queen Maud's father, King Edward VII, in 1910.
6. The Constitution received a linguistic revision in 1903. While the overall language of the Constitution has essentially remained unaltered, the language from 1903 is still used when proposed changes are made.
7. Graduating high school students participate in Syttende Mai parades dressed in *russedress*, which are red overalls adorned with sayings and phrases from their friends.
8. The document was inspired by the United States and French Constitutions.
9. Fredrik Meltzer, a member of the constitutional assembly, designed the Norwegian flag in 1821. It incorporated red, white and blue from countries that Meltzer thought best symbolized liberty: the United States, the United Kingdom, and the Netherlands.
10. The first public 17th of May speech was given in Christiania (now Oslo) in 1833 by poet Henrik Wergeland.

A Message from President Paul Astrup



This too shall pass.

My distant cousin, Turid Irene Astrup, emailed me from Norway a few days ago. Turid is a great granddaughter of the famous Norwegian artist Nicolai Astrup, whose art work I have shared with you over the years on our Viking Lodge Facebook page. Turid lives in the township of Austriem, population 2,287, on the southwest coast of Norway, about an hour's drive north of Bergen; and she emailed me that she was actually going out for a walk!

Austriem and its neighboring communities have been addressing the Corona crisis in much the same way that we have here in Lake County – social distancing, shelter in place, and mostly shuttered businesses; Austriem itself has had zero reported cases of COVID 19 and, along with many other Norwegian communities, their citizens are just now starting on the road to normalcy. Schools are reopening (up to the 4th grade) and Norwegians can now go to the dentist or the hairdresser. And we all know how much Norwegians love to hike!

So, what's worked in Norway also seems to be working in Lake County; our numbers are low, and it looks as if we will soon be starting on the road back to a normal life style. Meanwhile, we must continue to be patient.

I must admit, sheltering in place has not been too bad for my family. Home schooling is in progress for both Adam and Gordon, with excellent communication and coordination from their schools, Cobb Mountain Elementary and Mountain Vista Middle. This keeps us all busy and productive during a good portion of the daytime and we break it up by shooting a lot of hoops in our driveway. Gordon is becoming an amazing shooter and he can dribble between his legs! Meanwhile, the boys love riding their bikes and going on long jogs on the quiet pathways of Loch Lomond with Scout, our Black Lab. For entertainment, we have Netflix, board games and limited video games. I myself am doing a lot of reading and Adam is enjoying Huckleberry Finn. By the way, you might not recognize Adam next time you see him. He turns 13 this month and, by choice, he's always kept his hair very, very short: but now it's growing out; he's brushing it and checking it out whenever he passes the hallway mirror. It looks good to me and it will be interesting to see which direction he goes when the barbershops reopen!

We miss our extended Sons of Norway family, and when this crisis passes, we look forward to our next Vikings of the Lake Lodge Meeting – it will be a special event! Stay safe and healthy, everybody.

Paul

A POSSIBLE CORONA VIRUS PREVENTATIVE?

By Dr. Dick Tracysen

(recently received his MD from the University of Elbonia, on line)



As readers have probably noticed, President Trump has been strongly inferring that these three drugs, Hydroxychloroquine, Chloroquine, and Quinacrine, may indeed have Covid 19 virus-fighting properties. And what is similar about all three of these drugs? They all contain quinine!

And what readily available household consumable contains quinine? Tonic water, of course! I have sent a letter to the president urging him to open the GIN AND TONIC SEASON early this year. And I recommend that all readers discontinue drinking whatever foo-foo wine they have been drinking and switch immediately to **Gin and Tonics**.

Also, you better get to the market immediately and stock up on tonic water – soon those shelves will be empty just like the toilet paper shelves.

Remember, you heard this first from Dr. Tracysen!

Ed: from “The Navigator” of Roald Amundsen Lodge and Steven Rosenthal

My house got TP'D last night and it is now appraised at \$875,000.



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



Heritage & Culture

Through the generous offering of Sons of Norway's "Community Support Program", our Lodge was able to purchase \$200.00 in Gift Certificates for Galilee Lutheran Church to give to the needy in the area. These are valid at the Riviera Food Market.



Co-President, Mary Beth Ingvoldstad, presents the Certificates to Galilee Lutheran Church's Council President, Bob Hamilton

Trollfjell Folkehøgskule ages 14-17

June 28-July 11

Camp Trollfjell ages 8-13

July 12 -July 25

**CAMPS HAVE BEEN POSTPONED
UNTIL 2021**

Camp Director: Bruce Fihe

Camp Program Director: Rebekah Strand



Just a reminder that there are some important dates to remember in the month of May.

May 10, MOTHERS' DAY! And don't forget Grandma!

May 16, ARMED FORCES DAY! These guys and gals are also helping with the Covid 19 fight.

May 17, NORWEGIAN CONSTITUTION DAY! Norway's National Day. If you have a Norwegian flag, you could display it on this day!

May 25, MEMORIAL DAY.

May 26, The birthday of Tove-Lise Miller, our new Zone 1 Director!

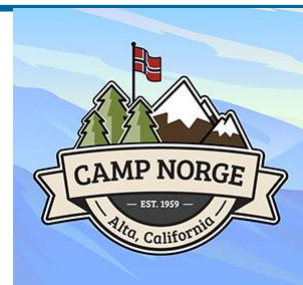
Save the Date



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.

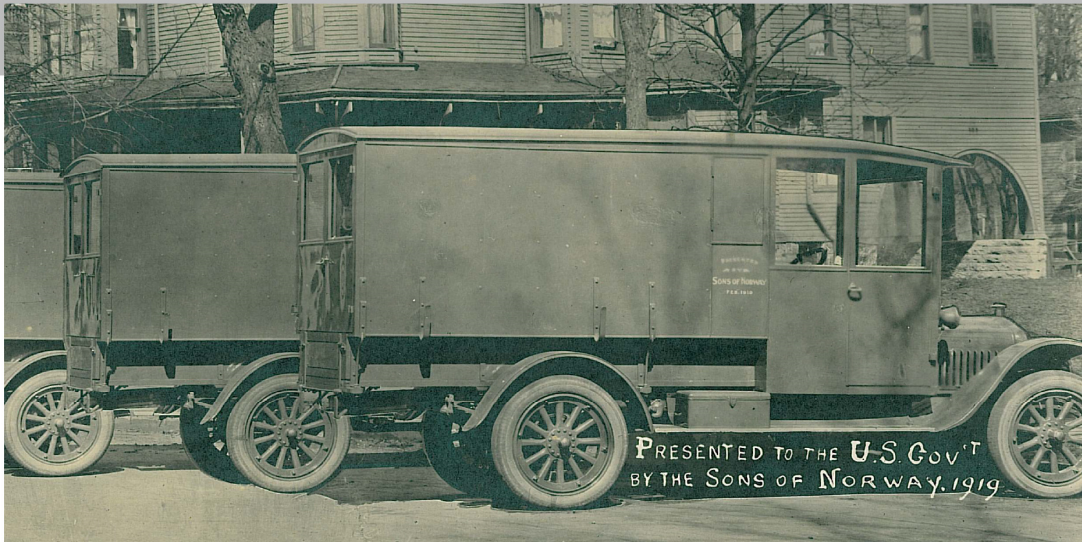
Registration will be in the next District Six Cultural Newsletter—SOON!!

Stayed tuned for more information re: this event. The District Board will be making a decision on possible postponement at their June 6 virtual meeting!



Fun Fact #5

In 1917, 728 Sons of Norway members enlisted in the U.S. Army. Sons of Norway donated three ambulances to the American Red Cross for the war effort.



www.sonsofnorway.com

The strength of history, the promise of tomorrow!

Thank you to all of you who are renewing your memberships!!

- Theresa/Michael Contos and Robin Marsolek
- Lorena Fisher and Else Rodrigues
- Chris and Vale Hanzel
- Svein David Hauge
- Bill and Sharon Ingvoldstad
- Kris Kjera
- June and Mike Salter
- Cheryl and George Smith



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

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!!

May

1—Paul Ingvaldstad

5—Lynda Curtis

8—Adam Astrup (13)

13—Elsie Voss

17—Kris Kjera

17—Bianca Baretto (13)

25—Wayne Bergstrom

29—Karen Madsen

29—Bill Clausen



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.



As we enter into this uncertain time in history, we want to assure you that Sons of Norway remains strong and dedicated to its members and insurance policy holders. From the spread of COVID-19 to unforeseen market volatility and natural disasters, we are living through unique times.

The world is changing at an extraordinary pace, and we want you to know Sons of Norway is well prepared for the current economic environment. Founded in 1895 by 18 Norwegian immigrants with the mission to protect each other and their families, that mission has never been truer than it is today.

We have enacted our disaster plan to ensure that we can continue our day-to-day operations, provide service to our clients and keep our employees safe. We have transitioned most of our employees to work remotely, with limited staff onsite to maintain the day-to-day functions of the home office. We have the systems and safeguards in place to continue to provide you and your families the protection and support you expect from us.

The financial markets have never seen conditions like we are experiencing now, but rest assured your insurance is safe—both life insurance and annuities. We make very conservative long-term investments designed to weather these “perfect storm” conditions. We do not make short-term high-risk investments; as we always have done, we are protecting our members and clients by taking a conservative approach.

Our solvency remains extremely strong, which means our ability to pay claims and annuity income streams remains unchanged amid today’s uncertain circumstances. We want to thank you for being part of Sons of Norway and let you know we remain true to our mission of protecting our members, policy holders and employees.

*Chris Pinkerton
Sons of Norway, CEO*

GREETINGS!

.....from the District 6 Board and the new Zone One Director.



Last weekend District 6 had a very successful “Zoom” board meeting, where I was installed as the new Zone One Director. Adrienne Lincoln, unfortunately, had to resign due to health reasons. Thank you, Adrienne, for your service as our Zone One Director. You did a great job! I would especially thank you for all the work you did for the 60th Anniversary at Camp Norge. Adrienne will still be our Financial Benefits Counselor, so if you need information regarding insurance or other financial benefits, please contact Adrienne.

Several of you already know me and for those who don't, I hope to meet you soon. My responsibility is for the following lodges: Fram #13, Roald Amundsen #48, Snowshoe Thompson #78 , Shastafjell #108, Gulldalen #128, Hvite Fjell #151 and Vikings of Lake #166. Zone One covers a lot of geography, but I hope to visit you all soon. Since we now are all locked down, I don't know when that will happen, but let us keep positive thoughts.

The month of May will be here shortly, which I consider a very Norwegian month, as it contains the Norwegian Constitution Day or Syttende Mai. We will not be able to celebrate it the way we normally do, but we can try to make a special meal at home and to fly the Norwegian flag if you have one. Growing up in Norway, I always enjoyed the special meal that day would include polse med lompe og masse iskrem. (in other words: hot dogs with a small lefse and lots of ice cream).

Several years ago we used to have a joint lodge picnic at Camp Norge for all the lodges in the zone. I hope we can do that again next year. It was always enjoyable to see members from other lodges. I would love to hear from all of you.

You can contact me at ToveLise@aol.com or by phone 916-364-8704. If you get a beep when calling that number, it just means I forgot to turn off the fax machine, so try again later. Hurra for Syttende Mai!

Hilsen, Tove-Lise Miller, Zone 1 Director, District 6