



SONS of NORWAY



June/July 2020
Volume 16 -6/7

Lakeviews



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

Memories of 2019

*Mother's Day Tea hosted by Sharon Lewis
May 2019*



The Aasen Clan—Ethan, Kirby, Ellen, Jessica and Elise celebrating their Moms!



Hostess Sharon with family: Vicky, Thelma and Theresa joined by Wayne/Judith Bergstrom.

*Midsummer on Clearlake
hosted by Eva Johnson and Kirby Aasen
June 2019*



Hail, Hail the Gang's all Here!!

Kirby takes folks out on his boat!! Lovely day for a boat ride.....



Typically, We Meet At:

Galilee Lutheran Church Community Center
8860 Soda Bay Road, Kelseyville, CA 95451

Remember that old Doris Day hit—"Que Sera, Sera" , whatever will be will be...the future's not ours to see—"Que Sera, Sera"? I think that's the way many of us feel these days. I know I certainly do!!



I miss seeing all of you and getting together for some conversation, food and heritage. But, mulling over the possibilities for activities with our Vikings of Lake Lodge members, I think we need to check in again closer to the first of August and see how things are going. We have many members who are high risk and we don't want anyone to be put in a compromising situation unnecessarily. Hopefully, by August we can find a way to get together in a way that meets with the protocols that are in place.

Meanwhile, keep in touch with one another. I would love a phone call anytime (987-2404) with news of your activities. We may try another ZOOM meeting this summer so watch for an email. Otherwise, stay safe, stay healthy and be good to one another!

*Med Vennlig Hilsen!!
Mary Beth , Co-President*



**WE ARE PROUD TO ANNOUNCE
THAT CASPER HOWLAND HAS
GRADUATED FROM HIGH
SCHOOL!!**

This is his picture from the Santa Rosa Press Democrat newspaper announcing graduates of the high schools in the City.

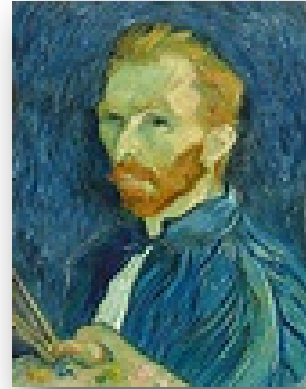
Casper is excited about this fall when he will be attending the:

***University of the Pacific in
Stockton, CA majoring in
Mechanical Engineering.***

We have watched this fine young man grow up and we are excited for his future!

Van Gogh Self-Portrait Confirmed Authentic

In 2014, the Oslo gallery, Nasjonalmuseet, asked the Van Gogh Museum in Amsterdam to perform an extensive analysis of a Van Gogh self-portrait in the Oslo collection. After years of inspection, the painting has recently been authenticated as a genuine work by Van Gogh himself. In fact, the painting is also the only known piece he painted while suffering from psychosis.



During the year he spent working on the painting, Van Gogh admitted himself to an asylum and suffered a six-week psychotic episode. The portrait is mentioned in a letter Van Gogh wrote to his brother, in which he discussed a self-portrait attempt that he had made during his illness.

Previous doubts about the painting's authenticity stemmed from Van Gogh's uncharacteristic use of a palette knife to flatten parts of the painting. However, an expert who inspected the painting believed it to be the artist's way of draining the life from the portrait to express his emotional state. Ultimately, the Amsterdam museum announced it was "unmistakably" Van Gogh's work.

Sons of Norway Newsletter Service

Save the Date

Sept. 19 – 22, 2020
At Camp Norge

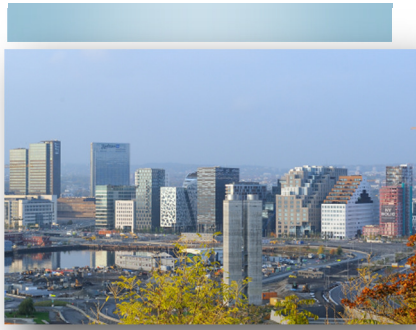


Camp Oldfjell
Folkehøgskule for Voksne
(Folk School for Adult)



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!



Oslo's Vision Zero a Success

Oslo became the first city ever to record zero cyclist or pedestrian fatalities in a calendar year as the city's new policies on street traffic showed astounding success in 2019. Oslo's Vision Zero campaign achieved this success even as large American cities such as New York and Los Angeles saw traffic and pedestrian deaths rise year over year.

So how did Oslo achieve this remarkable feat? By enacting a careful mix of regulations, including removing cars from the city center, lowering speed limits, expanding bike infrastructure, and redesigning roads around schools. The city removed 700 parking spaces and replaced them with 37 miles of bike lanes. In addition, they established Hjertesoner, or "Heart Zones," to separate different types of traffic, particularly around schools.

U.S. cities are taking note of these successes in their own efforts to keep bicyclists and pedestrians safe. In places like Washington, D.C., where specific measures are underway to reduce pedestrian fatalities, the number has been dropping. Increasingly, Oslo's Vision Zero will become a roadmap to a safer future.



You Have A Plan. Does It Cover Everything?

Planning for the unexpected is difficult. You have plans in place for job loss, you plan for the water heater to break down, and you've even got coverage for car repairs—but most people don't have life insurance to protect their loved ones if the worst should happen. Reach out to your Sons of Norway Insurance Professional and see if a whole life policy will fit your plans to safeguard your family's future.

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Editor

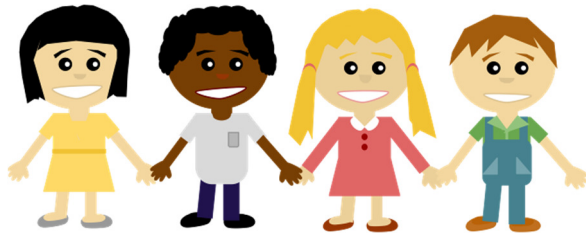
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Children do not care about ethnic and cultural differences.

"A lot is different, but inside we are equal," so goes a famous Norwegian children's song. "Children do not care about ethnic and cultural differences," says Professor Thomas Moser, one of the country's most experienced researchers on preschoolers.



"We see that most children are generous toward each other," says Moser. He has been a member of the leadership team for a collaboration project between eleven European countries that aims to curb inequalities and strengthen inclusion.

The collaborative project is called ISOTIS, which in Greek means "equality and justice." The project is based on the strengths and potential of culturally and linguistically diverse families. The University of Southeastern Norway discusses the project, which shows that children would like to include other children.

Insight from children and Turkish mothers in Norway

In Norway, the researchers spoke to Turkish mothers, in addition to children in multicultural schools and pre-schools in Southeastern and Central Norway. One of the most surprising findings after three years of research across Europe is how young children themselves are a driving force for positive change.

The children want to be inclusive and are not too concerned about whether other children come from a different culture and have a different ethnic background.

Pre-school may play a key role

"I think pre-school can play a key function when it comes to meeting multicultural families. There is a lot of talk about preschool's important social role with regard to issues such as equality and children's development, but it can also be of great importance to an inclusive society.



Our research shows that pre-school can help with several challenges that arise in multicultural societies," Moser tells the University of Southeastern Norway.

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 months of June and July.

June 7—Norwegian-Sweden Union Dissolved 1905



June 14—US Flag Day

June 21—Father's Day



July 4—Independence Day



Build a Buzz:

Let Others Know How Much You Enjoy Membership! Do you LOVE rosemaling, making lefse, enjoying Nordic music and dance, or celebrating other aspects of Norwegian culture & heritage through your Sons of Norway membership? Then spread these honey-sweet words and get nonmembers buzzing to join the fun! Help our lodge and Sons of Norway family grow in 2020!



Fun Fact #6

In 2016, the Sons of Norway Foundation raised \$121,000 so an authentic Viking replica ship, the Draken Harald Hårfagre, could tour the Great Lakes.

www.sonsofnorway.com

The strength of history, the promise of tomorrow!

Thank you to all of you who are renewing your memberships in Sons of Norway !!

- Carl Peter and Mary Beth Ingvaldstad



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 9.sofn6.org www.sofn.com

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!!

June

- | 7--Kris Andre Stocker
- | 9—June Salter
- | 9—Andrea Baretto
- | 19—Jessica Ekbatani
- | 20—Sharon Ingvaldstad
- | 20—Joanne Swenson
- | 23—Vale Hanzel
- | 25—Else Rodrigues



July

- | 9—*Phoebe Jessen (10)*
- | 12—Svein D Hauge
- | 22—*Gordon Astrup (10)*
- | 27—Irene Willumsen-Tisell
- | 28—*Kai Jessen (4)*

Happy Anniversary

June 1—
Ingvaldstads —24 years
(288th Monthiversary)



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.



Fun Fact #7

A group of Norwegian men (our founding fathers) met to determine a means to protect one another and their families. Many of these men originated from Trondheim, where in exchange for a small weekly fee, members were given access to medical care. The immigrants built on this idea and started to develop Sons of Norway.



www.sonsofnorway.com

On a winter morning, Ole took off for church alone since Lena had the flu. It so happened a sudden blizzard made driving impossible and so Ole and the preacher were the only ones that made it. The preacher decided to deliver his sermon anyway, which turned out to be an hour long and somewhat boring. After the service was over, the preacher turned to Ole to see if he had a comment. “Vell, Reverend,” said Ole, “I don’t know anything about preaching, but I feed a lot of cattle on my farm. And if only VUN critter shows up, I don’t dump da whole load of feed.”



Fish on the grill

<https://www.food.com/recipe/grilled-fish-in-foil-6919>

Serves: 4

Ingredients

- 1 lb. fish fillet (fresh or frozen)
- 2 Tbsp. margarine or butter
- 1/4 cup lemon juice
- 1 Tbsp. parsley, chopped
- 1 tsp. dill
- 1 tsp. salt
- 1/4 tsp. pepper paprika
- 1 medium onion, thinly sliced



Recipe

- On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish.
- In small saucepan, melt margarine; add lemon juice, parsley, dill, salt and pepper.
- Pour equal amounts over fish.
- Sprinkle with paprika; top with onion slices.
- Wrap foil securely around fish, leaving space for fish to expand.
- Grill 5 to 7 minutes on each side or until fish flakes with fork.
- Refrigerate leftovers.

The Royal Palace Buried Treasure

During World War II, the Norwegian royal family hastily abandoned the royal palace as Hitler's army began its invasion of Norway. Although the family managed to flee to safety, they left behind many precious belongings, including the royal jewels.



Two years later, a Nazi collaborator named Vidkun Quisling took great interest in the royal palace and the abandoned treasures inside. However, upon entering the castle, he discovered the valuables were missing.

Fortunately, Carl Otto Løvenskiold, head of the royal court, had decided to safeguard the royal jewelry when the monarchs fled. In the middle of an April night, he went to the palace and packed the jewels into five large suitcases. He took them to his family's cabin, deep in the forest near Oslo, and buried them under the woodshed. The jewels remained hidden there for five years.

When the war ended in 1945, Løvenskiold returned the royal jewelry back to the palace. His efforts earned him The Royal St. Olav's Order and a personal thank-you letter King Haakon.