



**SONS of
NORWAY**



August 2020
Volume 16 -8

Lakeviews



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

Memories of 2019

July Slapp Av Med Venner og Mat at the Ingvoldstads



Gordon and Adam join in the fun!



Above, Judith (I can't sing) joins with her granddaughter for a tune and, left, Ev leisurely croons for us.



Paul provided us with the Karaoke Machine which we couldn't have done without!! Yea, Paul og Tusen takk!



Above, Phil does his best Roy OrbH-Day: A Historic Scandinavian "Turning Point" ison imitation as Carl Peter looks on.
Right, Ray and Irene



ZOOMING THROUGH LIFE!

Yes, life has become Virtual it seems. I think I had four Zoom meetings to attend in less than a week. But, that is our reality until.....and it does keep us connected.



Thanks to our 13 members and friends who joined us for our Lodge Zoom gathering the other day. So wonderful to hear the enthusiasm of our Heritage members who attended Virtual Camp 2020. We are going to plan another such meeting in August with a special program so watch for details and join us. They last for 40 minutes.

Don't forget to give folks a call, get together in small groups for coffee or lunch and send an email or a note to keep in touch. Personally, I SO appreciate Social Media for the chance to see what is going on in our members' lives. Judith and Wayne are awfully busy up at their ranch!! Good for you! Sharon is spending time with and helping her sister, Thelma. Doug, Galina, Kris, Carl, Eva and I are busy helping keep our Church alive with weekly tapings of Services. Let me know what you are doing and send a picture if you can! mbingvoldst@aol.com

Med Vennlig Hilsen!!
Mary Beth , Co-President

Celebrating 125 years of friendship, culture and heritage



Our newest members in 2020 are loving Sons of Norway. They've recently said: ...a wonderful place to celebrate Norwegian heritage and make new friends. ...I am already seeing through emails and Facebook posts how connected the Sons of Norway community is, and that is mostly why I joined. ...I'm walking the virtual St Olav Way and loving it!

Please invite others to join our celebration as new members. When they sign up online at sofn.com, they'll receive an official new member Welcome Kit in 2 to 3 weeks

It's Here! Download Viking for Kids Now! As part of our 125th anniversary celebrations, we are thrilled to announce the launch of Viking for Kids. Now available for download from sonsofnorway.com, Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use! To download Viking for Kids, visit sofn.com/vikingforkids.



Norway's Top Five Fjords

Widely ranked among the world's top travel destinations, the fjords of Norway attract thousands of tourists every year. Norway is home to over 1,000 fjords—long, narrow inlets where sea meets land, with deep water surrounded by steep cliffs.



Here is a ranking of Norway's top five fjords that are frequented by cruise ships and have become popular spots for hiking, camping and adventure.

1. **Nordfjord:** One of Norway's popular cruise ship destinations. The waterway passes some of Norway's wildest coastline.
2. **Sognefjord:** Norway's longest, deepest fjord splits the fjord country in two. Known for its epic, picturesque beauty, it offers visitors an incredible experience.
3. **Trollfjord:** Its narrow entrance and steep mountainsides make Trollfjord one of Norway's most spectacular fjords.
4. **Nærøfjord:** A popular recreational spot. You can go kayaking or hiking, or visit the village of Flåm.
5. **Geirangerfjord:** Norway's most famous fjord, it is known for its steep sides, waterfalls and ancient farmlands.

There's a fjord for everyone in Norway, with plenty of activities to make your experience unforgettable.

Save the Date

Sept. 19 – 22, 2020
At Camp
Norge

Postponed
until 2021



Camp Oldfjell
Folkehøgskule for Voksne
(Folk School for Adults)

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

H-Day: A Historic Scandinavian “Turning Point”

We all experience frustrating traffic jams, sometimes at the most inopportune times. But one traffic jam in Sweden was meticulously planned: At five o'clock in the morning on **September 3, 1967**, Sweden officially switched from driving on the left side of the road to driving on the right.

Because so much of driving relies on muscle memory, millions of Swedish drivers who were accustomed to driving on the opposite side of the road suddenly had profound adjustments to make. A major reason for the change was that nearly 90 percent of cars in Sweden had their steering wheels on the left. Also, the Swedish driving law was mismatched with Norway and other parts of Scandinavia, creating problems for travelers.

So, the Swedish government launched a nationwide PR campaign and implemented Dagen-H, or “H-Day” (H is for Hogertrafikomlaggningen, which means “righthand traffic diversion”).

Workers repainted roads, adjusted traffic signals, and changed 360,000 street signs in a single day. The morning of the changeover, people filled the streets singing, chanting and even shooting off fireworks.



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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Record number of students want to be nurses since pandemic

As many as 8.7 percent more people have applied for higher education this year. Now during the pandemic, almost every tenth applicant wants to become a nurse.



“This makes me happy,” says the head of the Norwegian Nursing Association Lill Sverresdatter Larsen to forskning.no.

“Nurses are needed more than ever and there is a shortage of nurses both nationally and internationally. Nurses have proven to be tough as nails now that the profession has become even harder in recent weeks.”

Coronavirus crisis underscores the health professions

Pia Cecilie Bing-Jonsson, the Vice Dean for Education at the Faculty of Health and Social Sciences at the University of Southeast Norway, believes that the high application numbers for health professions may be a result of the coronavirus pandemic.

“Nurses and other health workers have been in focus during the crisis and we can see that this leads to more people wanting to follow these lines of study. At the same time, many people now lack work and see that nurses and other health professions can offer fairly secure jobs in the future.”

Many applied at the last minute

Something different about admissions this year is that as many as 24,702 applicants submitted their application at the last minute, that is, on the day of the deadline. There were 10,000 more than last year.

At Samordna [the Norwegian Universities and Colleges Admission Service], this is interpreted to mean that far more people now wish to have a plan B by seeking higher education in Norway. This year, applicants could choose from a total of 1,303 different studies at 27 universities and colleges.



Excerpted from: <https://forskning.no/utdanning-virus/rekordmange-vil-blisykepleiere-og-leger-under-koronapandemien/1675604>

Camp Trollfjell and Trollfjell Folkehøgskule Go Virtual

COVID-19 is changing almost every aspect of our lives. Camp Trollfjell and Trollfjell Folkehøgskule are no exception and we were not able to have our usual programs at Camp Norge this summer. But we were able to offer two weeks of online activities for each age group via Zoom.



One of our members, **Baylee McKenney** was among the virtual Trollfjell Folkehøgskule attendees and a Counselor for Trollfjell. She participated in classes of knitting, rosemaling and other crafts. She wrote her final essay on Norwegian Prisons and it was very interesting.

Two of our Heritage members, **Adam and Gordon Astrup**, attended Camp Trollfjell and they had classes in *lucet* (an ancient cording technique, other crafts and cooking. They had power point presentations for the closing ceremonies based on distant relatives. Adam wrote about Eivind Astrup, a famous Norwegian explorer, and Gordon presented on Nikolai Astrup, Norwegian artist. Both were beautifully done.

Both groups had Norwegian language instruction. Since we were on Zoom, we were able to take advantage of a Norwegian college student as our language instructor who joined us each day from Norway. Both groups also enjoyed special videos of life in the Viking era that were created for us by Sjørvaldar Vikings, the reenactment group that had been scheduled to set up a Viking village had we been able to at Camp Norge. Maybe next year.

Excerpted from an article by Bruce Fihe, Executive Director of the District Six, Language and Heritage Camps



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!



The strength of history, the promise of tomorrow!

Thank you to all of you who are renewing your memberships in Sons of Norway/ Vikings of Lake Lodge!!

**Irene Willumsen Tisell
Elsie Voss**



2020 Officers

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Visit and learn:

www.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!!*



August

3—Mary Beth Ingvaldstad

5—Dennie Robison

12—Richard Larsen

16—Bob Clark

26—Clu Carradine

27—Eva Johnson

30—Lorena Fisher

Heritage Member

16—Camille Hallberg (9)



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.

Wedge Salad Grønnsakssalater

From Kevin's Kjøkken Kevin Moberg is a member Hardanger lodge 4-652 in Dickinson, North Dakota. He said, "With a couple recent Scandinavian meals in our home, I served fresh vegetable side dishes that were quick, easy, and delicious, giving the salads a Nordic flair without competing too much with the main dish of each meal. This a wedge salad that makes a nice starter to a meal." Vær så god!



Ingredients:

Head of iceberg lettuce— creamy bleu cheese dressing— bleu cheese crumbles—bacon crumbles— cucumber— seeded and diced tomato— seeded and diced chives— chopped balsamic vinegar

Directions:

Cut the head of lettuce into wedges and plate one wedge per person. Spoon dressing over each wedge and then sprinkle the cheese, bacon, cucumber, tomato and chives over each wedge. Drizzle each wedge with balsamic vinegar and serve.

Do you have a Norwegian or Nordic-inspired recipe to share with fellow members? Please contact membership@sofn.com.

Ole and Lena were disturbed to hear that over half the people in the local Senior Citizen Center have AIDS. They called all over town to find out if it was true. Finally, the truth came out. Yes, over 50% of the Senior Citizens had Aids.....Roloids, Kool Aids, Band Aids and Hearing Aids.

