



**SONS of
NORWAY**



September 2020
Volume 16 -89

Lakeviews



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

Ord Fra Presidenten



Congratulations to my 13 year old son Adam, seated on my left. He has just been awarded a \$5,000 Harmon & Sue Burns college scholarship by the SF Junior Giants Foundation! That's my 10 year old son Gordon leaning on my shoulder. Two outstanding young men!

Another outstanding man is our relative, Nikolai Astrup, who was featured in the September 2020 Viking Magazine. We hope you took note of it. Gordon made a presentation about him for his Camp

Trollfjell and our last ZOOM event. We are very proud.

We look forward to seeing as many of you as can join us on September 13th for our Virtual Meeting on ZOOM. Maybe in October it will cool down and we can meet in person in the Church's Labyrinth area.

Until then.....take care and stay safe. *Paul Astrup—Co-President*



**VIRTUAL MEETING—1:00PM—SUNDAY,
SEPTEMBER 13TH**

WE WILL AGAIN GATHER TOGETHER ON ZOOM

We plan to have more member presentations and conduct some business. Join us with a cup of coffee or a glass of wine and relax again with Sons of Norway friends. Watch for an email with details!!!

Celebrate World Gratitude Day on September 21

Thank you for your membership in our lodge. This holiday is all about gratitude and expressing appreciation of others. It's a fantastic excuse to thank your friends, family, neighbors or fellow lodge members for any kindness they've shown you and for the actions that have had a positive impact on your life.

PLUS: This may be the perfect day to invite a friend to learn how Sons of Norway membership can make a positive difference in their life. **Invite them to join today!**



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 once again and we look forward to seeing it in use!



To download Viking for Kids, visit sofn.com/vikingforkids.

Memories of 2019
Another Hot Day in August



Robisons, Ingvoldstads, Aasens, Eva Johnson, Elsie Voss, Joanne Swenson, Kris Kjera and Theresa Contos had a great time eating and chatting. Prepared for cooking class but not enough participants. Maybe sometime in the winter!

Who Did Queen Elizabeth See on Her First Royal Visit?

Just over 65 years ago, in June 1955, the newly enthroned Queen Elizabeth made her very first State Visit. Her destination on that historic journey? The Kingdom of Norway. The reason for the visit was twofold: Officially, the Queen's visit reinforced the already strong diplomatic and military ties between the two countries. Norway and the United Kingdom have had robust trade relations since the 1700s, and the Queen's visit helped secure favorable trade agreements between the countries. Additionally, the two nations were important allies during World War II.



On a more personal level, the royal families of Norway and England have shared a strong and enduring friendship over several generations—and perhaps not coincidentally, they also share a number of family ties. Most prominently, Queen Elizabeth is a second cousin to King Harald V of Norway, who was still Prince Harald at the time of her 1955 visit and did not take the throne until 1991. In 1955, Norway was ruled by Harald's grandfather, King Haakon VII.

Famous Norwegians

James Alex Trane was born in Tromsø, Norway. He was an immigrant to the United States who settled in La Crosse, Wisconsin in 1864, finding work as a steamfitter and plumber. In 1885, he opened his own plumbing shop.

Besides being a steamfitter and a plumber, James Trane was also an inventor. He designed a new type of low-pressure steam heating system, Trane vapor heating. Reuben Trane, James' son, earned a Mechanical Engineering degree (B.S. 1910) at the University of Wisconsin—Madison and joined his father's plumbing firm.

In 1913, James and Reuben incorporated The Trane Company. By 1916, the Tranes were no longer in the plumbing business, but rather were focusing their attention on manufacturing heating products.

In 1925, Reuben Trane invented a new type of heat transfer device known as the convector radiator. It consisted of a new style of heat exchanger in a sheet metal cabinet—a highly efficient, lightweight replacement for the bulky, slow responding cast-iron radiator. In 1931, The Trane Company developed its first air conditioning unit, the Trane unit cooler, and in 1938 its first centrifugal refrigeration machine, the Turbovac.



From Wikipedia



Support our members!
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Editor

Kevin Ness Jewelers

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2020
Pandemic Pin by
Penny
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An “Annual Tradition” at our Northern, Central and Southern California Kretsstevner since **1976**, this special **44th Anniversary Pin** is available for purchase.

Even though we cannot “gather together” at a Kretsstevne, we can still support our special Camp.

Please contact your Registrar to order a pin(s) to be sent to you.

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or by cash upon receipt of pin(s)!*

The World's First Duo to Row Across the Atlantic

In 1896, two Norwegian fishermen were the first in the world to cross the Atlantic in a rowboat. Captain George Harbo and first mate Frank Samuelson launched the 18-foot-long wooden boat, "Fox," in New York on June 6, 1896. 55 days later, they reached England and became the first to row across the Atlantic.



“The two accomplished a feat that can never be repeated. It stands in a very special light, and it will remain forever,” says Kåre Rudjord, author of the book *Atlanterhavroerne* [The Atlantic Rowers]. With the technology and equipment of the time, Rudjord, who has written a book about the rowing odyssey, thinks their feat is incredible.



De „Fox“.

“They didn't know what they were getting into. Imagine rowing that distance in a wooden boat without GPS, a water machine, rudder or sail,” he says. When Harbo and Samuelson arrived in Cornwall, they had some incredibly tough weeks behind them. They rowed for 18 hours every day. At night they usually slept in shifts, five hours each.

They were surrounded by whales, the skin on their hands cracked and they had large blisters on their wrists. They had also capsized on several occasions, so large parts of both their food and water provisions had been lost.

After arriving in Cornwall, the Norwegian-Americans they continued for a week before reaching their final destination, Le Havre in France. Here they were met by a jubilant press. “What the two did was a tremendous achievement, it is incredible that it went so well. One can well say that it was madness,” says Kåre Rudjord.



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 #9

In 1942, Sons of Norway declared that English would become its official language.



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/ Vikings of Lake Lodge

Kevin Ness

Jack Wall



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

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Membership Secretary: Ellen Aasen
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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

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!!*



September

- 6—Theresa Contos
- 10—Robin Marsolek
- 15—Cheryl Smith
- 23—Carl Ingvaldstad
- 25—Jay Jessen

September 22, 2020

The Autumn **Equinox** is the **first day of the autumn season** and occurs when the sun passes the equator moving from the northern to the southern hemisphere. The North Pole begins to tilt away from the sun. Day and night have approximately the same length



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.

Potetsuppe (Creamy Potato Soup)

Ingredients

For the soup:

- 1 Tbsp. olive oil or vegan butter
- 1 medium Vidalia onion or 3-4 shallots, peeled chopped
- 3 garlic cloves, roughly chopped
- 1 small leek, white part only, chopped
- 5 large Yukon Gold potatoes, peeled & diced
- 3 large Yukon Gold potatoes, baked*
- 2 1/2 cups vegetable broth, more as needed
- juice from 1/2 lemon
- Kosher or sea salt & freshly ground black pepper to taste
- cashew cream** to drizzle for garnish (optional)
- finely chopped chives for garnish



**For the cashew cream:

- 1/2 cup raw cashews, soaked in water for at least 2 hours
- 1/2 cup water
- pinch of salt

Instructions

*To bake potatoes, peel them, season with a little sea salt, and wrap in foil. Bake in the oven for 45 minutes to 1 hour until soft. Set aside until ready to use.

In a heavy-bottomed Dutch oven, heat the oil and add the onion or shallots, garlic and leeks with a large pinch of salt and sweat them on medium heat (do not brown), for 5-10 minutes until soft and translucent.

Add in the raw chopped potatoes and vegetable broth (the broth should cover the potatoes by about 2 in.), bring to a boil, then reduce to a simmer and cook until potatoes are soft, about 20 minutes. Add the baked potatoes and stir to combine.

Using an immersion blender, purée the soup until creamy. Be sure you have enough liquid in the soup, or else it will be gummy.

Season with lemon juice, salt, and pepper and serve drizzled with a little cashew cream and chopped chives (optional).

**To make cashew cream, purée the soaked cashews, water and salt in a high-speed blender until creamy. Adjust consistency with additional water if necessary

Notes

*My secret trick is to add in some pre-baked potatoes, which I find adds an extra depth of flavor.

You can stir in some cashew cream or drizzle it on top to make it pretty, but it's not needed to achieve a rich and creamy soup.