



**SONS of
NORWAY**



November 2020
Volume 16 -Issue 11



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

Velkommen til Høst!! Welcome to Fall!!

Please join together on ZOOM this coming Sunday, November 8th at 1:00pm.*



We will be taking orders for our 2021 Norwegian, Swedish, Danish Calendars and packages of lefse that will be for sale (pick up at the Fellowship Hall parking lot on December 22nd). Anything else we want to do—special bags for members to pickup on December 22nd with homemade cookies, candies, etc? Let's talk!!

What are you doing for Thanksgiving and Christmas this year? Any special news on families and activities? A nice opportunity to see one another's faces and have a nice visit!! Missing everyone!

*We will be sending the link in a couple of days. Thank you to Galina Arlov.

**Sons of Norway Foundation Scholarship
Applications are now open!**



**SONS of
NORWAY
FOUNDATION**

Do you know a student heading off to college soon who could use tuition assistance? Do you have a child or grandchild who wants to study abroad in Norway? The Sons of Norway Foundation offers **14 different scholarship** opportunities for a variety of students, including international study, adult learners, vocational programs and more. For many recipients, these awards are a life-changing opportunity to explore educational passions in the US, Canada or Norway.



Many opportunities are available to members or their children or grandchildren, and awards range from \$1,000 to a full year's tuition. **Applications are due January 15 for international opportunities, and March 1 for domestic opportunities.** To find more information and to apply, visit sofn.com/foundation/scholarships.

Giving Thanks for YOU!

Happy Thanksgiving to you and your family from the Sons of Norway staff.

Thank you for being a member of Sons of Norway. Do you have a friend or family member who would enjoy celebrating Norwegian culture and heritage? If so, please invite them to join our Sons of Norway community!



Do You Have Retirement Insurance?



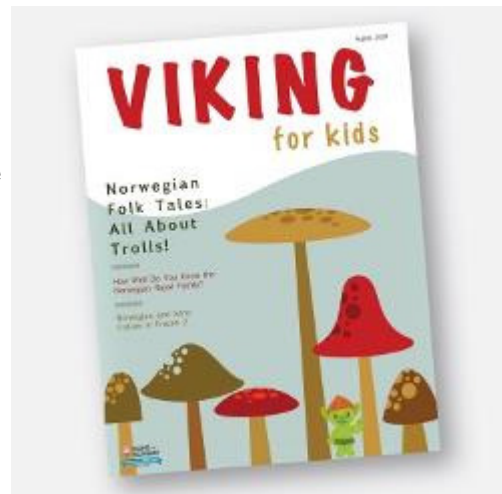
Insurance helps replace a financial loss when the unexpected happens. Life insurance helps us make ends meet when we lose a loved one. But what about when the market takes an unexpected downturn?

Annuities can be viewed as a kind of retirement insurance—they offer the stability and predictability of income you can always count on. Call your Sons of Norway Insurance Professional today to find out how you can add a safety net to your retirement plan.

It's Here! Download Viking for Kids Now!

We received a great response to our first issue of *Viking for Kids* in August, and we have even more fun lined up in our next issue, which will be released in November.

Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more—created by Sons of Norway staff especially for our Heritage members!



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

MEMORIES OF 2019



We all had a great time at Camp Oldfell but it had to be cancelled in 2020. HOWEVER, we look forward to 2021 and being back at camp for all the fun activities.

Kirby, our cook
Mary Beth, teacher



We had our lapskaus dinner in October 2019 with Judith Bergstrom as our cook. The Astrup boys seem to be enjoying this great meal!



2019 was Camp Norge's 60th Anniversary and what a party we had. International President Ron Stubbings visited from Vancouver, Canada with his wife Ritta. International Director, Mary Beth, joins him here.

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?



“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely form new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.



Support our members!
If you have a business and would like to advertise here.....let me know! N/C
Editor

Kevin Ness Jewelers

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Pumpkin and Potato Soup

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

Ingredients

2 3/4 cups small pumpkin, diced
3 large potatoes, diced
4 garlic cloves, peeled
2 medium red onions, diced
2 Tbsp. olive oil
2 tsp. thyme
1 green chili, finely chopped
2 cups fresh coconut milk
1 red chili, thinly sliced
2 Tbsp. lemon juice
2 Tbsp. toasted sesame seeds
2 sprigs fresh coriander leaves, finely chopped
Salt and pepper to taste
Fresh parsley, chopped
Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley



Directions

Step 1

In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Step 2

Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquified.

Step 3

In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Step 4

Toast your sesame seeds and set them aside to use as a garnish.

>>>Are you looking for a Norwegian or Nordic-inspired recipe? Would you like to share a favorite recipe with fellow members? Please contact membership@sofn.com.

SONS OF NORWAY FOUNDATION



The Sons of Norway Foundation campaign—"Together We Are The Future"—is an effort to raise \$100,000 before the end of the year and it is off to a great start. A big thank you to Jon Tehven, Robin Fossum and the District Foundation Directors (including our own District Six Director Carl Ingvaldstad) for their leadership with this campaign.

On October 30th, it was announced that we had raised \$72,051 in donations/pledges for the matching funds! Plus, another \$11,217 from the Direct mail letter campaign with a return envelope and \$6,020 from the Viking Envelope insert! Connie O'Brien from Headquarters has been keeping every one informed of the progress.

A big thank you for **Vikings of Lake Lodge #6-166** for our generous **\$300 donation** which will be in their hands this week. We raised this money through Piggy Contributions from the **Ingvaldstads** and monetary donations from **Kirby and Ellen Aasen, Eva Johnson, Joanne Swenson and Vikings of Lake Lodge Funds.**

Our Lodge has always been supportive of the Foundation because they have been supportive of our Lodge. We have received "Helping Hands to Children" Grants since our Lodge began. We bought book bags and filled with them school supplies for needy students in the community, we supported Cobb Elementary (school of the Astrup boys) with money for yearbooks, trips to the Capitol for 6th graders and this year (as you saw in our October newsletter) support of their Garden.

You can do an individual donation by visiting www.sofn.com/Foundation to find easy ways to donate. Mary Beth has her new Foundation mask after contributing a **mere \$50.00**. Elsewhere in the newsletter you will see that scholarship applications are now online and we, Vikings of Lake Lodge, can apply again for our Grant. Think about what we would like to do in 2021.

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 continue to grow in 2020 and 2021!



Fun Fact #11

The first lodges outside of the Midwest were established in 1909 when lodges in Everett and Seattle, Washington, petitioned to join. Leif Erikson Lodge 2-001 exists to this day.



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

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!!

NOVEMBER

2—Steven Stocker

12—Ellen Aasen

15—Doug Andre



Heritage Members

2—Elise Ekbatani

6—Ethan Ekbatani



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.