



**SONS of
NORWAY**



December 2020
Volume 16 -Issue 12



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



A Gift For You at Christmastime!
Saturday, December 19, 2020—-1-2pm
Galilee Fellowship Hall Parking Lot



Please drive by and pick up a package of 3 lefse and a container of assorted Christmas cookies to help you celebrate this Holiday Season. One package/ one container per member.



There is no charge but you must let us know if you will participate so we have enough. **Call/text Mary Beth** at 707-580-8052 or **email her** at mbingvoldst@aol.com **by December 5th** and let her know how many will be in your party. (If you wish more than one package of lefse, let her know...\$2.50 for pkg of 3.) We mail out of the area.

We so look forward to seeing all your smiling eyes so we can wish you a hearty-----

God Jul og Godt Nyttår!!

Order—
Mary Beth's
Almond
Cake—\$4.00



Order—Kirby's Rye
Bread—\$5.00 a loaf



We still have a few of these beautiful calendars left for sale!! Call Mary Beth if you want one!! ONLY \$12.00 each!! Easy to ship! Lovely to look at all year long!

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



Another fun, festive and highly successful Scandinavian Christmas Open House.



President Paul won this hat to celebrate his Irish side!



++SUPPORT OUR MEMBER++

Camp Norge Playground Restoration Project



My name is **Baylee McKenney**, I'm a senior at Middletown High School. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in, it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set.

Please go to **Facebook** to **Vikings of Lake Lodge** and there you will find Baylee's **GoFundMe** page. She is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camps Trollfjell and/or also visit with their families for camping experiences and to attend yearly Kretsstevner at Camp Norge.

Every year our Lodge applies for a "Helping Hands to Children Grant" from the Foundation and the Executive Board has decided to apply for a \$1,000 Grant this year to help Baylee with her Project. Our Lodge supports Foundation and they support us!!



If you are able to donate anything at all to Baylee's project, we know she will appreciate it. She has a great love for the Camps she has attended over the years, with the support of our Lodge, and now this is another chance to say thanks for being a member.



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

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Julekake

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread. *Such a treat on Christmas morning—wonderful memories of childhood days.*



For the Bread

- 1 1/2 cups milk
- 1/2 cup sugar
- 1/4 cup shortening
- 2 packages active dry yeast (2 1/2 tsp. each)
- 5 1/2 cups (23 1/2 ounces) flour, plus more for kneading
- 1 1/2 tsp. salt
- 2 eggs
- 10 ounces candied cherries and candied orange peel, combined
- 3/4 cup golden raisins
- 1/2 cup currants

Step 1

In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2

On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3

Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan. Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

For the Icing

- 3 Tbsp. milk
- 2 1/2 cups powdered sugar
- 1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides.

Recipe from former Los Angeles Times food writer Russ Parsons.

>>>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.

The Young Flame

Rikard Nordraak, together with the poet Bjørnstjerne Bjørnson, is responsible for all of us clearing our throats and belting out "and the saga night that lays, lays dreams upon our earth."

Nordraak was born on June 12, 1842 in Christiania. His family has a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.



Yes, We Love «Ja, Vi Elsker»

"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is over-ambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men's choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: 'Now, this is our national anthem!'" The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

On his deathbed

In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866. Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.



New relevance

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, "Ja, Vi Elsker" was officially voted Norway's national anthem by the Storting, after having been in use for over 150 years.



**SONS of
NORWAY**

Celebrating **125** Years

1895-2020

Fun Fact #12

In fall of 2017 Sons of Norway signed a purchase agreement with Ryan Companies and Weidner Apartment Homes for the sale of the International Headquarters building and land.

We will be back in time to celebrate our 125th Anniversary in 2020.

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

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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!!*



DECEMBER

4—Michael Contos
19—Ron Kram
30—Judith Bergstrom

Heritage Member

31—Alexxa Dorow
(10)



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.