



**SONS of  
NORWAY**

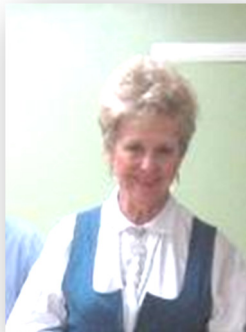


January 2021  
Volume 17 -Issues 1



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

Ord fra Co-Presidenten, Mary Beth—



2021 has arrived as we watched 2020 disappear in our rear view mirrors. Hopefully this New Year will bring vaccines for every one of us and an end to this horrific pandemic.

Many Lodges and members of our Sons of Norway family have experienced losses in 2020 and our thoughts are with them. Carl Peter lost his younger brother Paul on Christmas Day in Tucson and that was difficult. Fortunately, no one in our Lodge has been affected by the COVID-19 virus and we pray that continues.

We did not hold elections in 2020 as the board members agreed to serve another year until elections in 2021. Thank you everyone for being so willing. It is great that we have Zoom capabilities in order for the Sons of Norway District Board and International Board to continue doing their business. I hope that our Lodge will be able to get back in “a groove” and get together more often in the next months via this technology. Please join us when you get the word!! I miss your smiling faces.

Thank you to all who participated in our Christmas Cookie/Lefse Drive-by giveaway. Cookie bakers: Mary Beth, Sharon, Kris Stocker and Eva. Bread baker: Kirby. Lefse/Almond Cake baker: MB

**HAPPY NEW YEAR!!!!**



**Ellen and Kirby Aasen, Theresa Contos, Mary Beth, Kris Stocker, Sharon Lewis and Mike Salter**

## No Tubfrim! What do I do with all these stamps!?



Tubfrim still exists, but we no longer have a reasonable way to get all our collected used postage stamps to Norway. Jon Arild, the District Six Tubfrim Coordinator, made a valiant effort to find a reasonable way to get our stamps shipped, even calling Tubfrim in Norway to try to get help from that end. He was not able to find a reasonable solution to this problem. He has suggested that we find an organization in the United States that we could support with our stamp donations. He identified the Postal History Foundation in Tucson, Arizona [https://postalhistory foundation.org/](https://postalhistoryfoundation.org/)) as a possible recipient.

The District Six Board conducted a separate search for possible non-profit organizations within the United States and was not able to find a better candidate to send our stamps to. We have contacted the Postal History Foundation and they are willing to receive these gifts.

We like the Postal History Foundation for their mission, quoting from their website, “The Postal History Foundation is a non-profit organization dedicated to connecting people to postal history, philately, and the world of stamps to inspire curiosity and encourage the enjoyment of life-long learning.” We also like them because they are within the territory of District Six and willing to come to our 2022 Convention and make a presentation about their organization. The Postal History Foundation uses the donated stamps to provide packets of stamps and lesson plans to schoolteachers and students for several various teaching programs.

The District Six Board has decided to make our gift of stamps part of the local outreach program of our 2022 Convention. So, please continue to save your stamps and bring them to the Convention and we will have a nice presentation for the Postal History Foundation.

*Bruce Fihe*  
*Vice President, District Six, Sons of Norway*

### Visit the online store for SOFN logo gear

Go online to [sofn.com/logoshop](https://sofn.com/logoshop) for a selection of Sons of Norway themed items to help you show off your Nordic pride, including T-shirts, socks, bags and other great selections!

—from *Sons of Norway Newsletter Service*

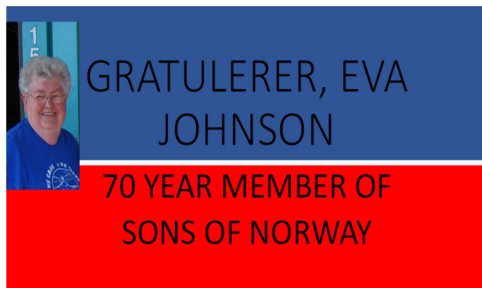
# MEMORIES OF 2020



Happy 15th Anniversary Vikings of Lake  
and  
Happy 125th Sons of Norway



Carl Peter shows off the original Charter with over 90 names!



Mary Beth, Robin and Theresa show off their handmade outfits!

Left—We celebrate Eva's 70 years.



Above—Jo Swenson gets an orchid for her 15 years of perfect attendance!!!!



Left—When we began in 2005. Big celebration!!



## ++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 that 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**

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## Dining outdoors this winter? Follow Norway's lead

Patio season isn't just for summer anymore, thanks to the coronavirus pandemic and the ongoing need for social distancing measures. For many North Americans, outdoor dining in cold weather has been a big adjustment—but it's nothing new for Norwegians, whose passion for *friluftsliv* (outdoor life) translates to an enthusiasm for open-air activities no matter the weather.

Set yourself up for success by incorporating these tried-and-true Norwegian practices:

**Dress in layers.** Layers trap more air and keep warmth close to your body, while also letting you adjust for changes in weather or activity.



**Wear lots of wool.** Too scratchy? Merino wool is softer than other varieties and is used in many base layer garments.

**Keep the wind out.** All that cozy wool can't do its job with wind whistling through the weave, so make sure you top everything off with a windbreaking layer.

**Carry a big scarf or shawl.** The bigger the better, and ideally wool or fleece—it can double as a blanket, a head wrap, or whatever you need.

**Give yourself a buffer.** Sitting directly on a cold surface will drain your body heat in no time. If there's no cushion, improvise—remember that big scarf we talked about?

Above all, don't forget to pack your positive attitude and sense of adventure!

## First "Godhouse" dedicated to old Norse gods Unearthed in Norway

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century "godhouse." In its day, this structure was dedicated to the worship of the old Norse gods and housed ceremonies such as midsummer or mid-winter solstice. This is a particularly special discovery as it is the "first temple of its kind identified in Norway," according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark.



A digital reconstruction of the newly unearthed Norse godhouse (Courtesy of the University Museum of Bergen)

In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where "you would have a good mood, a lot of eating and a lot of drinking," archaeologist Søren Diinhoff explains.

Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts

...from SON Newsletter Service



### **Thorvald Meyer – Oslo philanthropist – The Opposite of Scrooge**

Grünerløkka's Father. Look at him. The hat. The mutton chops. Does he not look like Ebenezer Scrooge? This is Thorvald Meyer, who despite the similarity, is the miser's polar opposite. Although this guy was practically born in the lap of luxury, there is something that separates him from Dickens' and Barks' stinking-rich churls. Philanthropy. Thorvald was the patron of several well-known artists (Bjørnson, Kielland, Munch, Hamsun AND Vigeland), co-financed the National Theater and gave monetary gifts to impoverished actors every Christmas.

When he went out the door, he'd fill his pockets with coins. Then, back at home he was empty-handed; everything was distributed to the needy. Thorvald started the first public bath in Oslo as a gift to the city, gave money toward several of the statues we see today, initiated school breakfasts, gave away land for the Pauluskirken [Paulus Church] and Birkelunden [The Birch Grove—a large urban park] which must always remain a park according to Meyer's clause. And outfitted the [Fridtjof Nansen] Fram expedition!

Meyer was a financial institution with seemingly quite social liberal tendencies. He was also a businessman of rank, as when he bought Grünerløkka cheaply and parceled it out with 40 times the profit. As a thank you for the investment, he got the rare honor of having a street named after him while he was alive!

Thrift is Strength. That was his motto. And action was his credo. He died at the age of 90 and just beforehand, he said: "It is no matter that an old man passes away, when I die there will be a party."

Actually, I take it back. He's just like Scrooge. After he met The Ghost of Christmas Yet To Come.

*...from SON Newsletter Service*

### **Foundation scholarships are now open**

The Sons of Norway Foundation is currently accepting scholarship applications for members of all ages.

For detailed information about the opportunities available, or to apply online, visit [sofn.com/foundation/scholarships](http://sofn.com/foundation/scholarships)

*—from Sons of Norway Newsletter Service*

## Colorful Norwegian Phrases

Vivid idioms make language-learning fun and memorable. Try working these into everyday conversation.

### Food-related

*Ta for god fisk*

Take for a good fish

**Meaning:** Accepting someone's words at face value

*Å være født bak en brunost*

Born behind a brown cheese

**Meaning:** To be a fool

*Å være på bærtur*

Be out picking berries

**Meaning:** To have no clue about something / To be way off base

### Animal expressions

*Bjørnetjeneste*

bear service

**Meaning:** well-intended but awkward help; doing someone a favor with negative consequences; disservice

*å kjøpe katta i sekken*

Buy a cat in a bag

**Meaning:** being taken for a ride; you meant to buy one thing but it turned out to be something else

*Du store alpakka!*

You big alpaca!

**Meaning:** an expression of considerable surprise

### Body parts

*å stå med skjegget i postkassen*

Standing with your beard in the mailbox

**Meaning:** to be in a compromising situation after doing something foolish or cheating

*Å snakke rett fra leveren*

Speaking directly from your liver

**Meaning:** speaking plainly without sugar-coating anything

*Å ta beina på nakken*

To put your legs on your neck

**Meaning:** To run away quickly

*...from Sons of Norway Newsletter Service*



idioms



## 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

**Keep welcoming new members to our Sons of Norway family in 2021!**

YOU are the reason our newest members love being part of Sons of Norway. Even as COVID restricts face-to-face meetings, please reach out to fellow members with calls, notes or special greetings as the year

## 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!!***

**JANUARI**

28—Bill Ingvaldstad

**Heritage Member**

29—Audrey Dierssen—15



Thank you for being a Sons of Norway member!