



**SONS of  
NORWAY**



April 2021  
Volume 17-Issue 4



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

**GOD PÅSKE**



**April 4, 2021  
Easter**

It is our hope that we can all rejoice in this special time of year with family/friends, food and some fellowship. With the vaccines among us, things are lightening up a bit and that is certainly good news.

We are looking forward to some chatting time again on **Sunday, April 11th** at 1:00pm on Zoom. We will finalize a menu for our May event. Join us if you can!! A link will be sent out at a later date!



**Future Notes for your Calendar Book:**



**May 16, 2021**—Lodge In-Person Syttende Mai Gathering in the Galilee Lutheran Church Labyrinth area for food and fellowship.

**Memorial Day at Camp Norge 5/29/21 to 5/31/21** The Recreation Center Board is making tentative planes for Memorial Day weekend. Once plans are complete, you will receive an e-mail detailing how to register and the scheduled events. **You can also visit Camp Norge's website: <https://www.campnorge.org/site/events>**

**Labor Day Weekend—Northern California Kretsstevne at Camp Norge**  
“Gathering of the Clan” with food, fun and fellowship

**Camp Oldfjell—September 18-21 Adult Classes at Camp Norge**  
See Page 5

**Mary Beth and Carl Ingvoldstad** were sad to report the loss of their 2 year old great grandson, Jack, to an auto accident in Austin, Texas.

Good to hear that many of our members have been getting their vaccines.

NEWS



## ATLANTIC CROSSING



A Norwegian princess steals the heart of the president of the United States in an epic drama based on the World War II relationship of Franklin Roosevelt and Norwegian Crown Princess Martha.

Kyle MacLachlan (Twin Peaks, Sex and the City) stars as Roosevelt, opposite Swedish star Sofia Helin (The Bridge) as the beautiful Martha, who flees the Nazis with her three young children( including the present King Harald) and lives under Roosevelt's protection. The eight-part series co-stars Tobias Santelmann as Crown Prince Olav and Harriet Sansom Harris as First

Lady Eleanor Roosevelt. This 8 part series will be premiering on PBS Masterpiece Theater beginning Sunday, April 4 at 7pm MDT.



### Litt humor....

A Norwegian and an Irishman applied for the same job, and since both applicants had similar qualifications, they were asked to take a test and led to a quiet room with no interruptions by the Manager.

When the results were in, both men had scored 19 out of 20. The manager went to the Irishman and said, "Thank you for coming to the interview, but we've decided to give the Norwegian the job." Irishman, "And why would you be doing that? We both got 19 questions correct. This being Ireland and me Irish surely, I should get the job."

Manager, "We have made our decision not on the correct answers, but on the question you got wrong." Irishman, "And just how would one incorrect answer be better than another"?

Manager, "That's simple - on question number 7 the Norwegian wrote down, 'I don't know'. You put down, "Neither do I.' "

## RECIPE

### *Mors Grov Brod*

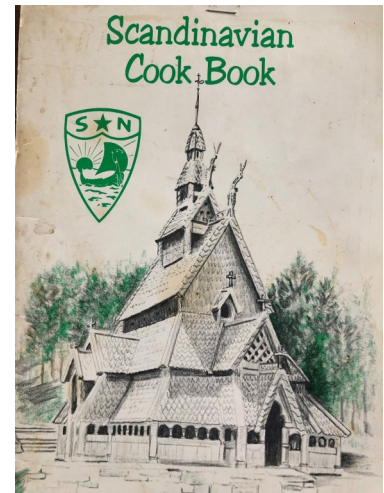
This recipe for *Mother's Graham Bread* was published years ago in a Sons of Norway *Scandinavian Cook Book* my mother used to make traditional favorites. There was nothing better than the scent of her freshly baked bread, except the taste of a warm slice slathered with salty butter!

Spring weather can be unpredictable, so this delicious bread can be served with a warming bowl of soup on a chilly day, or with lighter fare like a salad. The recipe makes 4 medium loaves—enough to share a loaf or two.

- 1 cake compressed yeast
- 4 cups lukewarm water, divided
- 1/2 cup molasses
- 1 Tbsp. salt
- 1/2 cup melted butter or shortening, plus additional to grease 4 bread pans
- 3 Tbsp. melted butter, reserved
- 6 cups white flour
- 2 cups graham flour
- 1/2 cup sugar

Dissolve yeast in 1/2 cup of lukewarm water; let stand 15 minutes. Add 3 1/2 cups lukewarm water, molasses, salt, sugar and 1/2 cup melted butter or shortening. Add enough flour to make a soft sponge. Beat thoroughly for about 10 minutes, then add the rest of the flour to make a stiff dough. Knead dough, then place in a greased bowl, cover and set in a warm place. When the dough has doubled in bulk, knead again. Let rise once more, then shape into 4 loaves and place in greased pans. Let rise until light (the bread will come to the top of the pan or slightly higher). Bake about 45 minutes in a moderate oven (350 degrees Fahrenheit or 175 degrees Celsius). Brush tops with reserved melted butter. *Vær så god!*

*Ed.: I have this cookbook, white with green lettering, as it used to be given to new members by different lodges in the Order and was advertised in the supply catalog from Headquarters. It came from a Publishing Company in Lake Mills, Iowa. The stave church on the cover is the Borgund Stavekirke.*





Although it is difficult to make predictions about the future, District Six is anticipating that it will get the go-ahead to hold its youth summer camp programs again this year at Camp Norge.

If the situation changes, a notification will be sent out as soon as possible. In the meantime, save these dates and get ready to have some much-needed summer fun!!

*Trollfjell Folkhøgskule* (ages 14-17) June 27 to July 10

*Camp Trollfjell* (ages 8-13) July 11-July 24

1/2 camperships will be available from through District Six. Check it out at <https://arv.sofn6.org/>

**Bruce Fihe —Camp Director**

### 1/2 Camperships—Vikings of Lake Lodge

1/2 camperships are also available through our lodge. Please send your request to:

**Kirby Aasen —Treasurer**

3125 Willow Road

Kelseyville, CA 95451 or

kaasen@mchsi.com

*Please note that campers are eligible to receive a campership award from either their local lodge or District Six, but not both.*



### Camp Norge Playground Restoration Project

Our Lodge Member, Baylee McKenney, 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.

You can donate on-line with a credit card using this form on the Camp Norge site (<https://www.campnorge.org/site/play-structure-donation/>) or you may send checks to **Camp Norge**, make the check out to Susan Winje, c/o Camp Norge and put in the memo section play structure. Mail to Camp Norge, PO Box 622, Alta, CA 95701. Thank you for supporting our youth.



## Youth Half—Camperships for District Six Members

The District provides half-camperships of \$450 to youth in our district for *Camp Trollfjell* (ages 8-13) and *Trollfjell Folkehøgskule* (ages 14-17). The application form is available on the District Six website at [www.sofn6.org](http://www.sofn6.org). **District Six applications must be received by May 1.**

Submit applications to:

District Six Campership Committee  
**c/o Luella Grangaard**  
PO Box 382  
Morongo Valley, CA 92256



## DISTRICT SIX SCHOLARSHIPS

Applications are available on the District Six website at [www.sofn6.org/scholarships](http://www.sofn6.org/scholarships). . Deadlines for applications are **MAY 1, 2021!**

District Six offers up to **three \$1000 Academic Scholarships** each year to deserving Unge Venner members who are attending any **accredited postsecondary schooling or training institution.**



In addition, there are many scholarships offered by the Sons of Norway Foundation at [www.sofn.com](http://www.sofn.com)

### **Camp Oldfjell 9/18/21 to 9/21/21**

\$200/\$100 ½ Session **Camp Oldfjell**, Folkehøgskule for Voksne (Folk School for Adults), Camp Oldfjell will be held at our beautiful Camp Norge. Cultural Skills classes will be offered in topics such as: Music, Literature, Hardanger, Vikings, Cooking, Tablet Weaving, Folk Dancing, Rosemaling, and more! Mark your calendar, submit your vacation request & join us at Camp Oldfjell! This price includes : classes, lodging & meals. There will be additional prices for individual class materials which will be payable to the teacher at the time of the class. Camp catalog & registration information will be available no later than June 1, 2021.



## **Easter (påske) is a rather long holiday in Norway.**

Schools are usually closed for the entire week preceding Easter. The Wednesday before Easter is the last working day, when people stock up on supplies and alcohol, as most stores close for the long weekend. Traditionally, shops and workplaces are closed over Maundy Thursday (skjærtorsdag), Good Friday (langfredag), and the Monday following Easter Sunday (påskedag), known as second Easter Day (andre påskedag). Easter is one of the most important holidays for Christians, and many Easter services are held in the Norwegian Church during this time. Good Friday is one of the three days a year the TV stations do not put commercial ads on TV – they show charity ads instead.

For Norwegians, Easter is all about the end of winter, the return of the sun, and the arrival of spring. Focus on spending time with family and friends is particularly important. Yellow is an immensely popular color after a long and dark winter, and many people like to buy daffodils, tulips, and other colorful flowers.



Homes are decorated in yellow and green, and on Palm Sunday (palmesøndag), birch tree twigs (to represent the palms) are brought into the house and hung with painted eggs and other Easter decorations. Yellow candles and flowers are popular, and favorite activities include painting eggs, sewing ornaments, and making cards.

Nearly everyone looks forward to the Easter holiday (påskeferien). The days are getting longer, and spring is on the way. Many Norwegians travel to their cabins to go skiing, go hiking, or indulge in other snow sports, as the snow is good, and the weather is sunny. The brown skin tone one gets after long outdoor days and sunbathing in the mountain air and snow rich environments, are often called “Easter brown.”

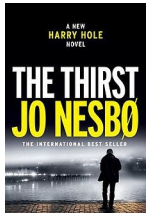
Favorite snacks while out on the mountains (and at home) are oranges, Kvikk Lunsj chocolates, and Solo soft drinks. Over 20 million oranges and 18 million Kvikk Lunsj bars are eaten at Easter each year! Easter is indeed time for chocolate...and do not forget Easter marzipan!

Norwegians also enjoy many other Easter traditions. One popular activity is decorating Easter eggs (påskeegg). Another fun tradition is the Easter egg hunt (påskeeggjakt). The adults fill colorful Easter eggs with candy and hide them around the house or in the yard for the children to find.



A bountiful breakfast is in order, with pancakes and eggs the key players – the latter in various formats from fried, scrambled, or poached to boiled then painted or dyed. Did you know, during Easter the Norwegians eat approximately 30 million eggs? (The country’s population is around 5.2 million.) You will also find various types of breads, cheeses, hams, seafood, and spreads.

The traditional dinner could be Easter lamb (påskelam), fish, or sometimes ham accompanied by boiled potatoes and vegetables, not forgetting an Easter beer (påskeøl). Or dinner could be grilled hot dogs (pølser) at the cabin.



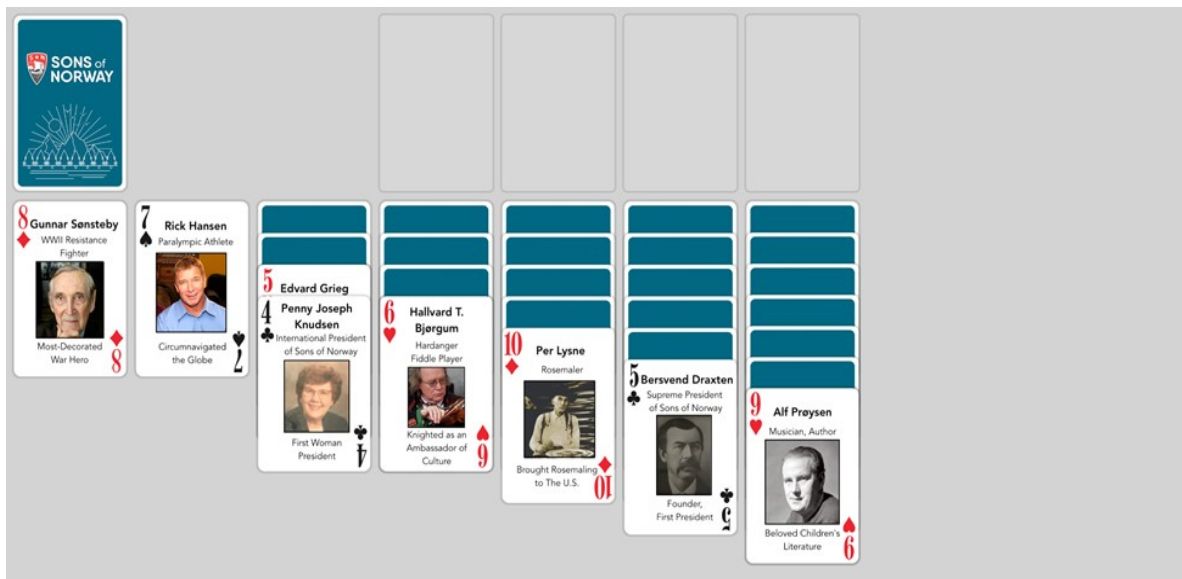
Perhaps one of the most exciting traditions of the Easter holiday is the Easter crime (påskekrim) phenomenon. Many crime novels come out this time of year, and there are also many crime series on TV.

Further north, in Kautokeino, you will find the Sami people celebrating with the Sami Easter Festival, which showcases music, film, art, and traditional handicrafts called duodji, alongside lasoing, a snow-scooter cross, and the World Reindeer Racing Championships.



Easter Monday is known as second Easter Day (andre påskedag). It is the end of the Easter holidays and is about cleaning, clearing, and returning home, ready for the second semester.

*Tusen Takk to Kristen Hundsbet, Editor, Nordahl Greig #6-052*



Sons of Norway is excited to share our new game, **Cultural Solitaire**. This is the perfect tidsfordriv (pastime) as well as a tool for learning about famous Norwegians and North Americans with Norwegian heritage.

Each card features a different person or people along with a bit about their contributions to the world. As your mouse moves over each famous person's face, you will see a link appear in the lower left corner of the screen. These links invite you to find out more about the background and significance of each person.

Visit this website to play: <https://www.sofn.com/cultural-solitaire/>

## 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

**Greeter:** Joanne Swenson

**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!!*

#### *April*

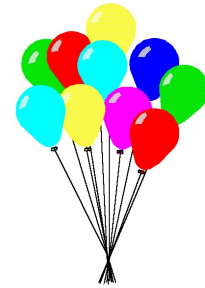
1—Chris Hanzel

22—Casper Howland (19)

24—Evelyn Robison  
Casey Curtis

26—Mike Salter  
Matthew Leon (15)

28—Sharon Lewis



Recruit a new member and receive this cool pin!!