



**SONS of
NORWAY**



May 2021
Volume 17-Issue 5



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



Let's Celebrate—
Sunday, May 16th—1:00pm

NORWEGIAN CONSTITUTION DAY

Fellowship Hall—Galilee
Lutheran Church

"SYTTENDE MAI"

Smorgasbord of Scandinavian Foods Only Potluck

We will be setting the tables to allow for proper social distancing and we ask that you wear a mask when you come in.

If you are not comfortable eating a potluck meal you are welcome to bring your own lunch.

Dressing in red, white and blue would be appropriate or a Norwegian shirt/Tshirt!



Future Notes for your Calendar Book:

Midsummer Party on Clear Lake—Saturday, June 19th

At Eva Johnson's lovely home on the lake which we have enjoyed for many years!
Always fun with Pølser med Lompe/Is/Kaker/osv

Labor Day Weekend—Northern California Kretsstevne at Camp Norge

“Gathering of the Clan” with food, fun and fellowship



Heritage Member Phoebe Jessen doing Road Pickup



Phoebe and her Mom, Joleen, discovered we had adopted this section of road and took it upon themselves to do a cleanup. Joleen sent me pictures. Carl Peter will make sure they have pickers and bags for their next venture out there!

TUSEN TAKK, LADIES!!



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.

This 8 part series will be premiering on PBS Masterpiece Theater beginning Sunday, April 4 at 8pm PDT.

It is very good if you have not seen it yet!!

Celebrate Syttende Mai

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.



Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying “Gratulerer med dagen!” (Congratulations on this day!) or “Hurra for Syttende Mai!” (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks.



Hurra for Syttende Mai!



Trollfjell Folkehøgskule 6/27/21 to 7/10/21

\$900 per student District Six Language and Heritage Program for youth ages 14 to 17 years old who want to learn about their Norwegian heritage, the language, culture, and daily living. Folkehøgskule will run from June 27 through July 10, 2021. Registration fee is \$900 per student.

The Folkehøgskule will be limited to 18 students, and there will be several areas of instruction: • Culinary Arts - students will learn to cook and bake Norwegian style foods. • Carpentry - the Camp Norge Board of Directors will designate a particular project in which the students will engage as a benefit for the camp in general. • Håndverk - activities in this area will be Norwegian in nature including rosemaling and nålbinding. • Norwegian language and cultural instruction. Participation in the Dutch Flat's 4th of July Parade (don't forget to bring your supersoaker).

For more information, visit [https:// sofn6.org/arv/trollfjellfolkehogskule](https://sofn6.org/arv/trollfjellfolkehogskule).

Camp Trollfjell 7/11/21 to 7/24/21

\$900 per camper District Six Language and Heritage Camp for youth ages 8 to 13 years old who want to learn about their Norwegian Heritage, the language, culture, and daily living. Camp will run from July 11 through July 24, 2021.

The camp focuses on providing campers with a rich social experience that includes camping, hiking, swimming, and Norwegian language skills in a safe, respectful environment. A special feature this year will include a Viking village on the final three days of camp where campers will learn how people lived in the Viking era and participate in some typical crafts of the period, including cooking, natural dyeing, and coin making. It is the intent of the camp director to accept all who apply if adequate staff is available, up to a maximum of 50 campers.

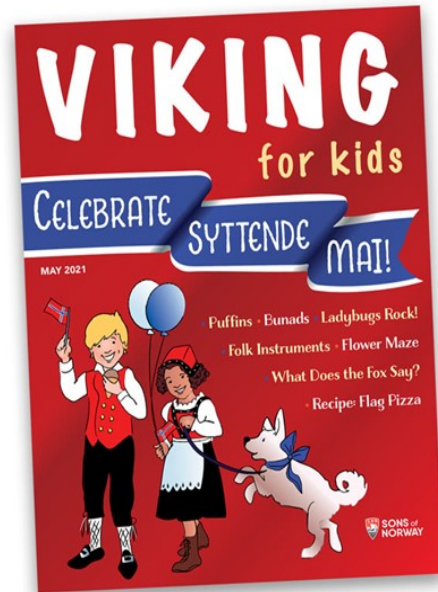
For more information, visit <https://sofn6.org/arv/camp troll>



The May issue of *Viking for Kids* is now available for download. This edition highlights Norway's national holiday, Syttende Mai, includes facts about puffins, and reveals what different animals "say" in Norwegian.

Viking for Kids is a quarterly digital publication with Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our Heritage members to have a magazine of their own and we look forward to seeing it in use!

Viking for Kids is also archived online at sofn.com/vikingforkids



Camp Oldfjell— 9/18/21 to 9/21/21

\$200/\$100 ½ Session **Camp Oldfjell**, Folkehogskule 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.



Thanks for Sticking With Us Another Year!!! Membership Renewal Updates

Judith and Wayne Bergstrom
Michael & Theresa Contos/Robin Marsolek
Lorena Fisher/Else Rodrigues
Chris and Vale Hanzel
Svein Hauge
Sharon and Bill Ingvoldstad
Kris Kjera
Ron Kram
June & Mike Salter





Camp Norge is Re-Opening This Memorial Weekend!

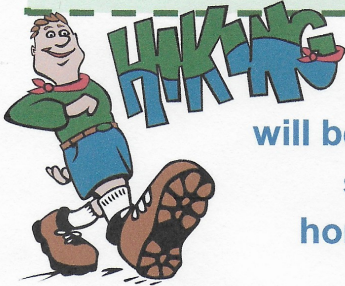
May 29 - 31st, 2021

Come join us at **Camp** for a fun and relaxing holiday weekend and help us celebrate as we re-open for the first time since 2019!

♥ Join us for lunch on Saturday, May 29th from 12:30-2:00pm

Hamburger or Hot Dog, Chips, Potato Salad, Cookie and a Drink for \$5 per person.

Please RSVP (your lunch order) to Luella Grangaard at morongo2@verizon.net
or call 760-363-7704 and leave a message.



The usual amenities
will be available: dorms, camping,
swimming pool, fire pit,
horseshoe pits, hiking trails!



- COVID Precautions will be followed
 - RSVP by May 27 will be required
- Please wear a mask and social distance
 - Tables will be spaced so family groups can enjoy camp in safety
- Surfaces and rest rooms will be monitored and sanitized for your safety



Call Susan at Camp to reserve a spot
by May 27th: (530)389-2508

Want to learn more about Camp Norge?

Click on ⇒ www.campnorge.org



Camp Norge Playground Restoration Project

We are pleased to announce that our member, Baylee Lynn McKenney, has collected sufficient funds for the new equipment to be installed at Camp before Memorial Day. Thank you to everyone who contributed to her Senior Project benefitting all of the

members in District Six.

CONGRATULATIONS to Vikings of Lake

Lodge!! We have been awarded the “**Helping Hands for Children Grant**” for which we applied last December. It is a Grant of \$1,000 for Baylee’s playground project. We are so glad we could help our member through this wonderful benefit from the Sons of Norway Foundation.



2020 SONS OF NORWAY FOUNDATION RECAP



**SONS of
NORWAY
FOUNDATION**

2020 was a great year for the Sons of Norway Foundation. Our lodges and members responded throughout the year, and especially during the Together We Are The Future campaign. The Sons of Norway Foundation Board of Governors thanks you for your incredible support.

Members and lodges donated \$391,615. This included a \$90,000 legacy, a \$20,000 memorial, and a \$53,000 addition to an existing endowed scholarship. Donations to the Together We Are The Future campaign were \$210,164: \$ 85,561 for endowed scholarships \$ 17,013 for the humanitarian relief fund \$ 106,590 unrestricted funds Donations came from 721 members and 113 lodges. Our lodges donated \$29,585.

As we move forward in 2021, here are some things we are asking our lodges to do: Consider appointing a lodge foundation director if you haven't done so. Publicize the purpose and benefits of the Foundation in your newsletters. Encourage members to apply for scholarships and grants. Support the mission of the Foundation. Remember:

The Foundation is here for you . . . for good and forever

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!!

Mai

5—Lynda Curtis

13—Elsie Voss

17—Kris Kjera

25—Wayne Bergstrom

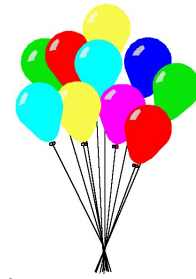
29—Karen Rae Madsen

29—Bill Clausen

Heritage Members

8—Adam Astrup (14 years)

17—Bianca Baretto
(14 years)



Recruit a new member and receive this cool pin!!