



**SONS of  
NORWAY**



February 2021  
Volume 17 -Issue 2



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

*Happy  
Valentine's  
Day*

Yes, that special day is just around the corner and it happens to be our normal Lodge meeting day!! So, let's get together on ZOOM and celebrate. Wear something red, pour some red wine, get out some cranberry juice, make the dessert in this newsletter to eat, write a poem.....join us!

**1:00pm—February 14, 2021—on ZOOM**



**This is also Mother's Day in Norway and.....  
our President Paul Astrup's Birthday!  
(Link to follow later so watch for it!)**

We will watch a short but interesting video and talk about our future. When will we be back together again? Maybe we can look at Syttende Mai's celebration (May 17th). We can always meet outside in the labyrinth at Galilee.

Plans are being looked at for Northern California Kretsstevne over Labor Day Weekend PLUS Camp Oldfjell being held again in September. Both of these events are at our special place, Camp Norge! Watch for more details in the very near future.



Be safe, stay well, wear your mask, wash your hands and get your vaccine!!



**Eva Johnson** will undergo surgery on February 11th so keep her in your thoughts and prayers. **Kris Stocker and Sharon Lewis** are recovering from broken bones and going to physical therapy. **Joanne Swenson** lost one of her beloved cats recently.

## Forbidden love kept secret for 9 years

This year marks 53 years since Harald and Sonja were engaged. In recent decades, other royals have married “commoners,” but in the 1950s, this was quite taboo.

Friends introduced them at a party; she was 21, he 22. It would take almost a decade—and the government’s approval—before the determined Harald could propose.

Sonja’s family’s house in Oslo’s Vinderen neighborhood became a refuge for the couple, and her mother agreed to keep quiet about their relationship. In time, word got out and the press began keeping tabs on the Crown Prince’s frequent visits.



The public was worried the monarchy would be in danger, but the heir to the throne was prepared to stake it all for love. He dramatically announced to King Olav that he would never marry another if he could not marry Sonja. Olav V approached the prime minister, who reluctantly approved.

In March 1968 they became engaged, and five months later, Harald and Sonja were married at Oslo Cathedral.



### Litt humor...

Ole was determined to make Valentine's Day special for Lena this year, so he bought a bottle of absinthe and stopped by the florist's to order a bouquet of her favorite flower, white anemones. Unfortunately, the florist was sold out of flowers and had only a few stems of feathery ferns. Undeterred, Ole asked the florist to make a bouquet out of the ferns and the flask of liquor. He added a card and proceeded home. After a romantic candlelight dinner, he presented Lena with the gift. She opened the card to read, "Absinthe makes the heart grow fonder." With a tear in her eye, she whispered to him lovingly, "Yes, and with fronds like these, who needs anemones."

# MEMORIES OF 2020



Ev Robison was our Hostess for Ertesuppe by Theresa and Robin, bread by Kirby. We made hearts to take to Rocky Point's residents. Clarks came for a visit from Minnesota and brought daughter Rebecca over. Fun time!!





## ++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**

994-2307

14114 Lakeshore Dr.

Clearlake, CA 95422

Sales

Repairs

Insurance Appraisals





## Announcements

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 our lodge and through District Six. Check out the “Youth” tab at [www.sofn6.org](http://www.sofn6.org) for additional information.

Bruce Fihe —Camp Director

### The Origins of Sons of Norway

On January 16, Sons of Norway celebrates its 126th anniversary. The organization was started in 1895 by a group of Norwegian immigrants living in Minneapolis, Minnesota. They gathered together in the midst of a deep economic depression to create an organization for their fellow Norwegian-Americans to support one another and to maintain their ties to “the old country.”



One thing that the founding members focused on at their first meetings back in 1895 was what to call their new organization. After briefly considering “Bjørnstjerne Bjørnson,” after the Norwegian nationalist author, it came down to a vote between “Sønner av Norge” (Sons of Norway) and “Brødre av Norge” (Brothers of Norway). By a vote of 14 to 2, the name we use today won.

The name was inspired by a line from a famous song by Eskild Pedersen: *Sønner av Norge, det eldgamle rike, Synger til harpens den festlige klang*. This translates to: Sons of Norway, the ancient kingdom, Sing to the harps with festive sound.

## Norwegian Gold

These rich Norwegian Gold cupcakes (or cake!) with chocolate sour cream ganache frosting are perfect for special occasions. Makes 20 cupcakes or one 10-inch cake.

### Ingredients

#### For the cake

- 1 2/3 cups (190 grams) sifted all-purpose flour
- 1 cup (2 sticks) unsalted butter
- 5 large eggs
- 1 1/2 cups (300 grams) sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract



#### For the chocolate sour cream ganache frosting

- 10 ounces of your favorite semi-sweet chocolate or chocolate chips
- 1 cup sour cream
- Pinch of fine sea salt

### Instructions

#### For the cake or cupcakes

Preheat the oven to 325° F for cake or 375° F for cupcakes. Grease the bottom of a 10-inch tube or bundt pan, or line two cupcake pans with a total of 20 paper liners. Have all ingredients at room temperature. Beat flour and butter together for five minutes. Add eggs one at a time, beating after each addition. Add sugar, baking powder, salt and vanilla and almond extracts. Beat for two minutes more. For a cake, bake for about one hour, checking after fifty minutes. For cupcakes, bake for 20-25 minutes. Cool in pan for 10 minutes and then completely on a rack before frosting.

#### For the frosting

When ready to frost cake or cupcakes, heat chocolate in a double-boiler until just melted. Stir until smooth, then stir in sour cream and salt. Spread onto completely cooled cake or cupcakes and top with sprinkles or other decorations if you like. Frosting will set over time.

Recipe by Carolyn Gratzner Cope, featured on [UmamiGirl.com](http://UmamiGirl.com)



## 2021 Member Recruitment Challenge

Please watch for news about the 2021 recruitment campaign and invite family and friends to join us in exploring Nordic heritage and culture. The limited edition **2021 Recruiter Pin** will feature a compass image. It will be available while supplies last, sent directly to members after they have recruited at least one new

member and provided their member number on the new member enrollment form.

## Norway funds worldwide rainforest mapping

In an effort to help curb global deforestation, the Norwegian government is funding a groundbreaking initiative to map the world's tropical forests in tree-by-tree detail, using high-definition satellite imagery. The resulting map, which spans 64 countries and will be updated monthly, is freely available worldwide.

In the past, high-resolution images were unavailable for many forested areas, or were very expensive to obtain if they were. "So, we've decided to foot the bill for the whole world, basically," Norway's Minister of Climate and Environment, Sveinung Rotevatn, told BBC News.



The \$44 million project was funded by the Norwegian government's International Climate and Forests Initiative (**NICFI**). It will help small organizations and local communities to detect and address illegal deforestation more quickly and effectively, and will assist them in holding the responsible parties accountable. The map will also be valuable to scientists and researchers throughout the world, and will help businesses to conduct their due diligence when dealing in areas with deforestation concerns.

—*from Sons of Norway Newsletter Service*

## 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!!*

#### FEBRUAR

#### OUR VERY OWN VALENTINE

14—Paul Astrup

18—Shannon Ford



#### Heritage Member

1—Chrissy Vaughn (16)

### Peace of Mind in Volatile Times

In times like these, it may feel like nothing is certain, and that volatility is just a way of life for your finances. Give yourself the peace of mind of a fixed rate of return and rest easy knowing that a portion of your assets are protected. Reach out to your Sons of Norway Insurance Professional to see if putting some of your assets in a fixed annuity is right for you and your family.