

Mary Beth Ingvoldstad
“Choo Choo”

Candidate for Vice President
District 6
Sons of Norway



Enthusiastic
Energetic
Efficient



Local Lodge Experiences—25 year member

- * President: Fjellheim 6-107, Gateway to Florida 3-541, Stillehavet 6-1 16
- * Other offices held in local lodges: Vice President, Secretary, Editor, Musician, Cultural Director, Social Director, Viking Fest Coordinator, Counselor
- * 2005 —Co-Organizer and first President of Vikings of Lake 6-166-District and International Lodge of the Year 2007
- * Editor of first place newsletter, *Lakeviews*, District 6, 2007
- * Most Valuable Participant (MVP)-Sons of Norway-National Fraternal Congress Award, July 2006

District Activities

- * District Lodge Meeting Delegate: 1994, 1998-2010
- * District Lodge Meeting Fraternal Reports Committee Chair: 2000 and 2002
- * Zone 2 Director: 2002-2006
- * D-6 Adopt-A-School Coordinator: 2003-2006, 2008-2010
- * International Delegate: 1998, 2000-2004, 2008
- * International Fraternal Reports Committee Member: 2004
- * Northern California/Nevada District 6 50th Anniversary: Co-Chair, 2002

Personal

- * Born in Grand Forks, ND (3/4 Norwegian and 1/4 Swedish)
- * BS Degree in Education, BA Degree in Psychology, MS Degree in Special Education
- * Married to Carl Peter with two stepdaughters and two grandchildren
- * Musician/Volunteer Secretary for Galilee Lutheran Church and Volunteer for Adult Day Care Center for Alzheimer's/Dementia Clients

Professional

- * Special Education Teacher and County Administrator (17 years), Travel Agent, Amtrak Tour Marketing Director, Grayline Bus Tour Planner and Escort, Administrative Assistant