

December 2011

Lakeviews Volume 7, Issue 12



*Scandinavians United!!*

We meet at :  
Galilee Lutheran Church Fellowship Hall  
8860 Soda Bay Road, Kelseyville, CA

Vikings of Lake Lodge  
#6-166

2007 District 6 and International Lodge of the Year  
2009 District 6 Family Lodge of the Year

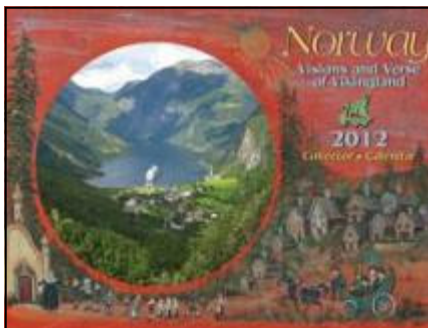
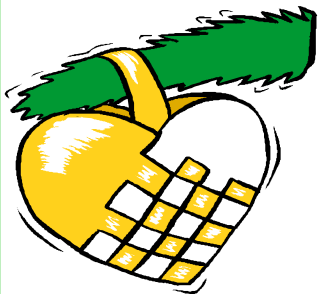
## *8th Annual Scandinavian Christmas Open House*

*Sunday, December 4, 2011*

*11:30am-2:00pm*

*Fellowship Hall*

(Complete Flyer on Page 5——— Print and Post! )



2012  
Calendars

\$12.00 ea

These beautiful calendars will be available for purchase at the Open House.



Happy  
7th Anniversary,  
Vikings of Lake  
Lodge

Wednesday, January 18, 2012  
6:00pm

Menu:

Laske Fillet (Salmon Fillet)  
Poteter med Persille (Potatoes with Parsley)  
Norsk Argursalat (Norse Cucumber Salad)  
Dessert  
\$10.00 pp

Installation of 2012 Officers

Mark Your Calendars

Perfect Christmas gifts—easy to mail and always a joy to receive! To reserve calendars, call Treasurer Carl—987-2404



**Fra Presidenten**

Kjære Venner, (Dear Friends)

This is my last article for the newsletter as your President for 2011. It has been an honor, again, to serve in this position.

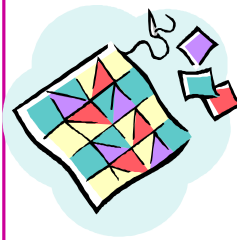
It has been a good year but we have also had a loss in our membership. I hope that each of you will work hard in 2012 to bring in just one new member to our wonderful Lodge. It is important that we all keep membership a high priority. As we say—"the more the merrier".

The Social/Cultural Committee will be meeting in January to plan the 2012 Calendar. If you have any suggestions for programs, please contact one of the committee members (listed on page 7). If there are special meals you would like to have, guest speakers you would like to hear or specific activities during the evenings that you would like to participate in (language, dancing, etc.), please let them know! Our Heritage & Culture Nights have always been interesting and inspiring and we want to keep them that way.

The picture above is of me and the cream separator at the Welk farmstead in Strasburg, North Dakota. It brought back such fond memories of the days I used to spend with my "Uncle Elmer" (really my Mom's first cousin). His farm, near Harvey, North Dakota, was a few miles from my Grandma's, where we spent our summers from 1950-1959. Grandma's farm had no animals as she lived in town with my Aunt and Uncle during the winter. So, we loved going to Elmer's to help feed the lambs and calves, ride the tractor, herd the cows and help with the milking. There was just something soothing about the hum of that old cream separator. I have a picture, in our guest room, of Uncle Elmer milking a cow. Above it is the kerosene lamp from his kitchen. Every time I look at it I can hear the drone of that separator and almost drool thinking about the taste of that wonderful cream on bread with brown sugar that was our treat afterward. Memories don't get much better than that!

*Med Vennlig Hilsen,  
Mary Beth*

This is Elmer's son-in-law, Harley Weros, restoring that old cream separator in Grand Forks, North Dakota!



**Queen Size Quilt for Camperships!**

Ellen Aasen is designing and making a Queen Size (88 1/2" by 104") Quilt to be raffled off at our Vi- kings of Lake Lodge's Seventh An- niversary on *January 18, 2012*. This is another Scholarship Benefit for our Heritage Members to attend Camp Troll Fjell Language & Heritage Camp at Camp Norge. Tickets are \$1 or 6 for \$5.00.

We will continue our "Coins and Cans for Campers" also, so do bring them to our monthly events.

Thank you so much, Ellen, for this wonderful contribu- tion to support ongoing efforts for our young people!

**Whatever stage of life you're in,  
Life Insurance can help secure  
your family's financial future!**

If you are like most people, you probably don't know how much Life Insurance you need or what kind you should buy. Because everyone's needs are different, the best way to develop a plan that's right for you is to talk to your Sons of Norway Financial Benefits Counselor. Proper planning can generate a se- cure financial future for you and your loved ones, no matter what happens.

"*Sign Me Up!*" That is what I said when I heard Sons of Norway is 116 years old, financially strong and has very competitive life insurance and annuity rates.

Contact me, your Sons of Norway Financial Benefits Counselor,

Carl P. Ingvaldstad.  
987-2404 Cell: 580-8053  
Toll-Free: 866-834-1932  
cingvaldst@aol.com

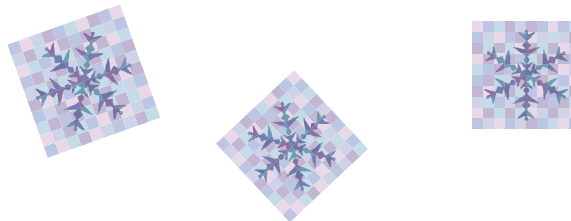


## Icelandic Snowflake Breads (Laufabraud) (Makes 32 rounds)

*The Great Scandinavian Baking Book by Beatrice Ojakangas*

Anyone who has ever made paper snowflakes will be familiar with this technique. The dough is rolled out thin, folded, and with a sharp knife the decorations are cut into each cake. They are then deep-fried until golden and served with smoked lamb-*hangikjöt*-at Christmas. As with most Scandinavian Christmas pastries, these are made early in the Advent season and stored in a cool place. (A "cool place" in Iceland - or Minnesota, for that matter - is not hard to find; it's usually a tin on the back porch!)

- 4 cups all purpose flour • 1 tsp. baking powder
- 1 tsp. sugar • 1 tbsp. melted butter
- 2 cups milk, heated to boiling • hot fat for frying
- powdered sugar (optional)



In a bowl, combine the flour, baking powder, and sugar. Mix in the butter and hot milk until a stiff dough is formed. Turn out onto a lightly oiled surface and knead until smooth and cooled. Divide dough into four parts. Shape each into a ball. Divide each into 4 parts to make 16, then divide each of the resulting balls into 2 parts to total 32.

Cover baking sheets with waxed paper and dust the waxed paper lightly with flour.

On a lightly floured surface, roll out each part of dough to make a thin round about 8 inches in diameter. Place the rounds on the floured waxed paper. Chill 30 minutes.

In a skillet, heat 2 inches of fat to 375° F to 400° F. Vegetable shortening or corn or peanut oil may be used but the authentic fat is lard.

Fold the dough rounds, one at a time, into quarters, and, with a sharp-tipped knife, make little cuts and cut-outs in the dough. Fry the bread rounds, until golden brown, about 1 minute on each side. Remove and drain on paper toweling. Store in an airtight container in a cool place or in the freezer until ready to serve.

### Proverb .....



*Den som ler sist, ler best.*

*(He who laughs last, laughs best)*

### A Little Uff Da Humor

Ole and Sven were looking at the Sears catalog and admiring the female models. Ole says, "Have you seen the beautiful girls in this catalog?"

Sven replies, "Yes, and look at the price!" "Ya," says Ole, "They aren't very expensive. I think I'll order one."

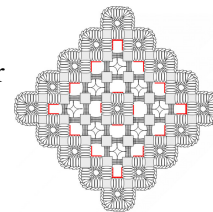
Sven thinks this is a good idea and says he'll order one, too, if the deal is as good as it looks. Three weeks later, Sven asked Ole if he ever got the girl he ordered.

"No, but it shouldn't be long. I got her clothes yesterday."



## Calling all Artisans

Now is the time to start a project creating a work of art for the Folk Art Competition and Exhibition for the 2012 District 6 Convention to be held June 6-10 in Mesa Arizona. That gives you several months to work on a project. I like to think of this part of the Convention as our Heritage Show.



Many people enter marathons knowing they won't come close to winning; but they enter the event, none-the-less. It is an accomplishment to simply finish the race. Likewise, it is an accomplishment to create traditional Norwegian Folk Art. Don't be discouraged because you're not the best Rosemaler, or an accomplished knitter, or weaver or woodcarver. Enter your art or craft to showcase that you're learning, that you are progressing and that you enjoy the art/craft and want to share your heritage with others. Promote this Convention Showcase of our heritage to your lodge and encourage others to create and Share. The categories for the Folk Art are: Rosemaling, Weaving (Norwegian design), Hardanger embroidery, other traditional Needlework with a Norwegian theme, Hand Knitting (Norwegian design), Crocheting and Tatting, Figure Carving (Norwegian motif), Relief Carving (Norwegian motif), Chip Carving Bentwood, Other Woodcarving (Norwegian motif) and Other Media, including Photography, which has a Norwegian motif or theme.



Lodge Cultural Directors should give recognition to the Folk Art participants during a lodge meeting after the Convention. You might even want to have your own Lodge Showcase featuring the participants from your Lodge.

*Submitted by Zone 6 Director Nancy Madson*

## Ladies Lunch Bunch Friday, November 4, 2011



*Elsie Voss, Mary Beth Ingvoldstad, Beverly Brown, Kris Kjera, Joyce Vaughn, Ginny Silvestre, Evelyn Robison*—enjoyed their lunch together at DJ's Pizza in Lower Lake. We are not meeting in December but will resume our fun get-togethers in January. Watch the newsletter!



**...to TUBFRIM**  
NO-3540 Nesbyen

**Collecting and Cutting Stamps—  
to help disabled children in Norway!**

**EVELYN ROBISON**, our superb Tubfrim Chair, has sorted, weighed, bagged and boxed up **ELEVEN POUNDS** of stamps for shipment to Nesbyen, Norway. She has completed the postcards that will be sent in for a chance on a trip to Norway for each participant! For every pound that a member turns in, he/she gets one chance! It only takes a pound! Thanks so much, Evelyn, and let's keep up the good work!



## *Scandinavian Christmas Open House*

*Sunday, December 4, 2011*

*11:30am-2:00pm*

*at*

*Galilee Lutheran Church Fellowship Hall  
8860 Soda Bay Road*

*Scandinavian Christmas Décor with  
assorted delicacies to enjoy, including:*

*Lefse*

*Swedish Pancakes*

*Danish Æbleskiver*

*Krumkake*

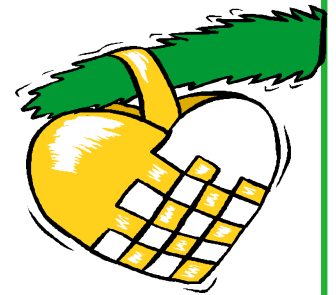
*Open-faced sandwiches  
and much more!*

*Gledelig Jul*

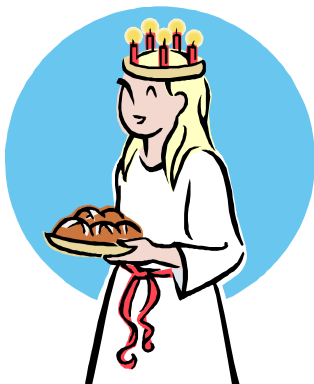
*Our Guest Vendors:*

*Vikki Bjerck Mullenbach with her wonderful  
Norwegian Favorites and other Nordic Gifts*

*Larson's Industries with Scandinavian Baking Equipment,  
Instruction and demonstration of lefse baking  
Lorraine Larson (come taste her wonderful samples)*



*by*



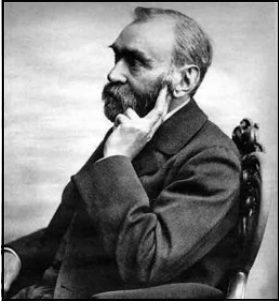
*Swedish Santa Lucia Pageant 12:30pm*

*Singing carols around the Christmas Tree 1:00pm*

*Norwegian & Swedish Calendars for sale- \$12.00*

*Viking Raffle to benefit our Adopt-a-School Program in  
Lake County*

**Alfred Nobel : The Man Behind the Prize**



Every December 10th, five exceptional men and women are honored with one of the most prestigious awards ever created, the Nobel Prize. Held in Stockholm and Oslo, the annual Prize Award Ceremonies commemorate the anniversary of the death of the prize's founder, Alfred Nobel. While much is known about recipients of the prizes, how much is known about the creator behind them?

Alfred Nobel was born in Stockholm, Sweden in 1833. The son of an inventor and architect, Alfred was tutored at home until the age of 16. A trained chemist, Alfred began experimenting with the explosive, nitroglycerine. Several years later ,Alfred created his most famous invention: dynamite. While many saw Alfred's invention as dangerous and destructive, Alfred believed it would create peace rather than decimate it, saying, "My factories may make an end of war sooner than your congresses. The day when two army corps can annihilate each other in one second, all civilized nations, it is to hoped, will recoil from war and discharge their troops."

In 1888, after the death of Alfred's brother, Ludvig, a French newspaper mistakenly ran an obituary for Alfred, labeling him the "merchant of death". A pacifist at heart, Alfred was disturbed by the epitaph and he sought to leave behind a different legacy than the phrase coined by the newspaper.

When Alfred died on December 10th, 1896, he left 94% of his wealth to the establishment of five prizes (physics, chemistry, physiology or medicine, literature and peace) to "those who, during the preceding year, shall have conferred the greatest benefit to mankind." Although the will was met with many obstacles, the Nobel Foundation was established and the first prizes awarded on the five year anniversary of his death on December 10, 1901.

**Nobel Prize Facts**

- To date, the youngest Nobel Laureate is Lawrence Bragg, who was just 25 years old when he received the Nobel Prize in Physics with his father in 1915.
- The oldest Laureate to date is Leonid Hurwicz, who was 90 years old when he was awarded the 2007 Prize in Economic Sciences.
- Between 1901 and 2010, the Nobel Prizes and the Prize in Economic Sciences were awarded 543 times.
- The names of nominees for the prizes is kept secret until 50 years later.
- Often considered the "missing Nobel Laureate," Mahatma Gandhi was never awarded the Nobel Prize despite several nominations (12 nominations between 1937 and 1948.)
- The Curie family has won 5 Nobel Prizes: Pierre and Marie for Physics in 1901; Marie for Chemistry in 1911; daughter Irene and her husband Frédéric Joliot-Curie for Chemistry in 1935; and Henry Labouisse, who was married to Pierre and Marie's daughter Eve, accepted on behalf of UNICEF in 1965.



**Another chance for—Lutefisk!**

We are looking to possibly carpool to Freya Lodge in Santa Rosa for THEIR Lutefisk and Meatball Dinner on Saturday, January 21, 2012. It is \$22.00 per person.

If you are interested, let Carl and Mary Beth know. 987-2404

**OUR VERY SPECIAL MEMBER FRIENDS (and relatives) !!  
Thank you for renewing your membership in our Lodge—**



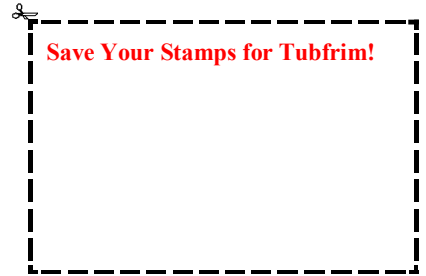
- |                      |                  |
|----------------------|------------------|
| Inger-Lise Bonomi    | Paul Ingvaldstad |
| Floraine Chalk       | Evelyn Robison   |
| Guri Clark           | Dennis Robison   |
| Bob Clark            | Lee Romsos       |
| Claire Adelle Grieve | Jack Wall        |



**Sons of Norway  
Vikings of Lake Lodge #6-166**

Editor, Mary Beth Ingvaldstad  
17207 Squirrel Hill Road  
Hidden Valley Lake, CA 95467

Phone: 707-987-2404  
Email: mbingvaldst@aol.com



*Wishing all a Blessed and  
Beautiful Christmas!*

*God Jul!*

**Vikings of Lake Lodge—  
the best in District 6!!**

We're on the Web—

[www.vikingsoflakelodge.org](http://www.vikingsoflakelodge.org)

**Larson's Industries**  
P.O. Box 973,  
Cottonwood, CA 96022

*Scandinavian Baking Equipment,  
Instruction & Handcrafts*

Julie Larson-Bogue      Lorraine Larson

Telephone                      website  
(530) 347-3010                  [www.larsonsindustries.com](http://www.larsonsindustries.com)

**Kevin Ness Jeweler  
of ClearLake**      994-230 

**Custom Jewelry Design**  
14114 Lakeshore Dr.  
Clearlake

Engraving  
Appraisals

**Shaklee**  
"A Better Life Through Body & Mind"

Joyce Vaughn  
Independent Distributor ID #22807897  
(707) 998-3583

[www.HealthyLifeSolutionOnline.Com](http://www.HealthyLifeSolutionOnline.Com)  
e\_bhealthy2@yahoo.com

Your past cannot be changed but you can change  
Tomorrow by YOUR actions Today!

**THE CARRIAGE HOUSE**  
A Private Retreat with the Ambiance of a Fine B&B

**THE CARRIAGE HOUSE**  
Lakeport, California

[www.CarriageHouseLakeport.com](http://www.CarriageHouseLakeport.com)  
George & Cheryl Smith 707 263-0995

**GINNY CRAVEN**  
Quietly Making Noise

(707) 349-2838  
[operationtangomike@mchsi.com](mailto:operationtangomike@mchsi.com)

17207 Squirrel Hill Road  
Hidden Valley Lake, CA 95467-6613

**SONS OF NORWAY**

**Carl R. Ingvaldstad**  
Financial Benefits Counselor  
CA License #01780707

Phone: (707) 987-2404  
Cell: (707) 580-8055  
Toll Free: (866) 834-1932  
E-mail: [c.ingvaldst@aol.com](mailto:c.ingvaldst@aol.com)

[www.sonsofnorway.com](http://www.sonsofnorway.com)

