



# Lakeviews

February 2010

Volume 6, Issue 2

Scandinavians United!

Visit us: [www.vikingsoflakelodge.com](http://www.vikingsoflakelodge.com).



Sons of Norway  
Vikings of Lake  
Lodge #6-166

We Meet at:

Galilee Lutheran  
Church  
Community Center  
8860 Soda Bay Rd  
Kelseyville, CA

2007—District 6 and International Lodge of the Year  
First Place Newsletter

## Beskjed fra presidenten—

God Valentinsdagen!

Most of you have probably never thought about **Valentinsdagen**—the name given to Valentine's Day in Norway. People do not celebrate Valentine's Day in as grand a style or with as much fanfare when compared to America and other parts of the world. That is due in part because many Norwegians rightfully feel that the concept of Valentine's Day has been "imported" from other countries (Scotland, England and America) but the expression of emotions and ardent love is still important. **Valentinsdagen** celebrations in Norway bring a warm glow in the hearts of many couples, young and old alike!

**Valentinsdagen** is Valentine's Day, February 14th. Even in Norway, it is a feast for romantic love. In Norway, the day is marked by gifts, wishes or romantic adventures of love or just a day that Norwegians want to

flirt a bit with—sound familiar? Valentine's Day is also called "all hjerters dag" (all hearts day) which is a celebration of love and romance. That is why the day is marked with the display of heart-shaped balloons, cards, gifts and extensive shop window displays of the "red hearts" in bigger cities like Oslo.

The day (14 February) itself may have its roots in the Roman celebration of the goddess Juno representing women and the start of the Lupercalia festival to expiate (atone) and purify new life in the Spring—only five weeks away. Along the same lines, according to legend, the sight of birds mating at this time of year is seen as a sure sign of spring.

*Continued on page two. ....*



## District 6 Convention— June 23-26, 2010

An election for the Vikings of Lake Lodge delegates to the District Convention will be held at our Heritage & Culture Night on Febru-

ary 17th. We are allowed four delegates. Expenses will be reimbursed up to \$500 per delegate. Expenses above

that amount will be the responsibility of the delegate.

Delegates are self-nominated. If you have any questions, please contact President Carl.

## Heritage and Culture

**Wednesday,  
February 17th**  
6:00pm—Norwegian  
Burgers and Fixin's—\$6.00

7:00pm  
**Presentation of  
Membership Pins**  
and  
**Special Guest Speaker**  
**Joanne Smith**  
"My Experience Teaching  
School in Norway"

**Election of Delegates to  
District 6 Convention**

**2010 Calendar—  
Page 4**

### 2010 Lodge Executive Board

*President*  
Carl Ingvoldstad  
987-2404

*Vice President*  
Vale Hanzel 928-1060

*Secretary/Editor*  
Mary Beth Ingvoldstad  
987-2404

*Treasurer*  
Irene Tisell  
263-4632

*Membership Secretary*  
Joyce Vaughn  
998-3583

## Norway's fjords voted a top destination

*Traveler* magazine awarded Norway's fjords a **top rating** in its sixth annual 'Places Rated' Destination Stewardship survey this past October. The magazine, a publication of National Geographic, surveys over 400 travel experts and more than 130 well-toured iconic destinations to generate the rating. Judging criteria includes: environmental and ecological quality; social and cultural integrity; aesthetic appeal; condition of historic buildings and archaeological sites; quality of tourism management and outlook for the future.

Managing Director of Fjord Norway, Kristian B. Jørgensen, said: "We are surprised and very pleased to have been given such an important accolade from National Geographic Society's ex-

pert panel. We regard this as a great honor and challenge. Such an award is an inspiration and reminder of how important it is for all of us to preserve our unique nature and those qualities that make Norway's fjords such a spectacular experience for the many tourists visiting and those that live in the area".

Rounding out the top ten destinations are:

1. Fjords Region, Norway
2. Kootenay/Yoho National Parks, Quebec
3. Gaspé Peninsula, New Zealand
4. South Island, New Zealand
5. Ancient Kyoto, Japan
6. Vermont, U.S.
7. Slovenia British Columbia
8. Kakadu National Park, Australia
9. Medieval Granada & Alhambra, Spain
10. Bavarian Alps, Germany



To find out what other travel destinations made the list or to learn more about how the survey was conducted, visit <http://traveler.nationalgeographic.com/2009/11/destinations-rated/list-text>.

*Adapted from Norway.org*

## Bursdager i februar Gratulerer med dagen

### Members

- 16—Shelia Strom
- 17—Roger Stange
- 19—Connie Rystad
- 20—Dorothy Dahl

### Heritage Members

- 1—Chrissy Ann Vaughn (5)
- 18—Shannon Madsen Ford (11)

Ed: We would also like to celebrate wedding anniversaries. Please send me your date!

[mbingvoldst@aol.com](mailto:mbingvoldst@aol.com) or 987-2404



*Beskjed fra presidenten—con't from page 1*

In fact, love and spring and **Valentinsdagen** have become interlinked in Norway!

Bottom-line—people do take time to be romantic in Norway on **Valentinsdagen** and often celebrate the expression of love with cards/**postcards**, flowers and chocolate to the ones they love on this day of days!

**God Valentinsdagen og Alle Hjerters Dag!**

*Carl Peter*

## Fiskesuppe (Fish Chowder)

From *The Norwegian Kitchen*

- 4 large stalks of celery
- ½ cup salt pork
- 1 medium onion
- 1 - 1 ½ cup fish meat

Cream Sauce:

- ¼ cup butter
- 2 heaping Tbsp. of white flour
- 2 cups milk

Clean and dice 4 large stalks of celery. Cook in small amount of water until tender. Dice ½ cup (1 1/4 dl) of salt pork and fry gently, but well. Dice one medium onion. Make cream sauce with coffee cream. Dilute with fish broth, resulting in a rather thick sauce. Then, add celery and water in which it was cooked, the fried



salt pork, and diced onion. The final addition is 1 to 1 ½ cups (2 1/2 to 3 3/4 dl) fish meat. Cook gently for 30 minutes. When serving, sprinkle individual bowls with fresh, chopped chives.

Cream Sauce: Melt ¼ cup (1/2 dl) of butter, add 2 heaping tablespoons of white flour and blend. Dilute gradually with 2 cups (5 dl) milk until desired thickness. Simmer 7 to 8 minutes.

used to help handicapped children and youth in Norway, and to finance the efforts to eradicate tuberculosis.

Used postage stamps and telephone cards are not to be thrown in the waste basket, but should be given to our Tubfrim Chair, **Evelyn Robison**. She also has envelopes for you to take home and trim.

Boxes of stamps that we clip are taken to the Norwegian Seamen's Church in San Francisco. This year we turned in six pounds. For every two pounds of clipped stamps that you personally turn in, Evelyn fills out a postcard and sends it in. Every year a "lucky clipper" wins round-trip airline ticket to Norway on SAS Airlines!

Keep your hands busy while watching TV—start clipping!

## Vikings of Lake Lodge Member Dues



### Individual

International Portion—  
\$24.00

Viking Magazine—\$6.00

District Dues and District Fraternal Fees—\$12.50

Local Lodge—\$5.00

### New Dues for 2010—\$47.50

Spouse—\$39.50

Unge Venner (16-23)—\$22.75

The District and International raised their dues at the past conventions. Local Lodge dues will NOT be raised!

Support your lodge by coming to our monthly dinners, Yard Sale and Lutefisk & Meatball Dinner!

### *Congratulations to the following folks who will receive their membership pins on February 17, 2010!*

25 year-Mary Beth Ingvaldstad

20 year-Carl P. Ingvaldstad

15 year- Gene Johnson & Sally Weman

5 year-Howard Allmon, Floraine Chalk, Andy Dierssen, Rebecca Dierssen, Pete Johnson, Kenn McCarty, Arnold Mjatveit, Ingrid Mjatveit, Inge Rutherford, Connie Rystad, June Salter, Mike Salter, Joanne Smith, Tony Smith, Barbara Swanson, Jay Swanson & Joanne Swenson

*We hope you ALL will attend to be honored!*



...to TUBFRIM  
NO-3540 Nesbyen

Postmaster Ditlef Frantzen in Nesbyen, Norway established TUBFRIM in 1928. The aim was to collect and sell used stamps and use the proceeds to aid the eradication of tuberculosis among Norwegian children. The first profit was made in 1929 and amounted to NOK 1,500,. Profits varied in the following years from NOK 8,000,- in 1940 to NOK 25,000,- in 1947.

TUBFRIM has made good progress since then and profits in 1970 were NOK 150,000,- growing to NOK 650,000,- in 2009.

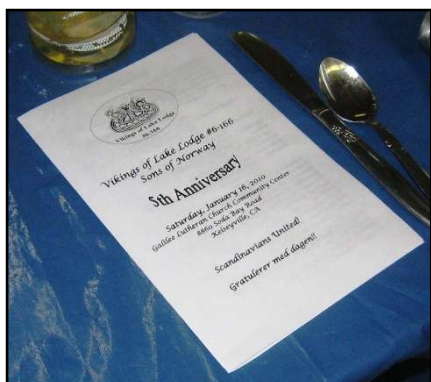
TUBFRIM is owned by the Norwegian Health Association (Nasjonalforeningen for folkehelsen). Today the profits are

## 2010 CALENDAR OF EVENTS FOR VIKINGS OF LAKE 166

January	February	March
<p>Thanks to everyone who came to help us celebrate Vikings of Lake Lodge's 5th Anniversary and the 115th Anniversary of Sons of Norway International!</p>	<p>WED 17th Heritage &amp; Culture Night 6:00pm—Norwegian Burgers and Fixin's—\$6.00</p> <p>7:00pm— Presentation of Membership Pins and Special Guest Speaker Member Joanne Smith— "My Experience Teaching School in Norway"</p>	<p>THURS 11th-Business Meeting 4:00pm-Community Center All members are welcome to attend</p> <p>WED 17th- Heritage &amp; Culture Night 6:00pm Potluck Supper</p> <p>7:00pm—"Prairie Cabin-A Norwegian Pioneer Woman's Story" DVD 50-50 Raffle for Adopt-a-School Special Guest—Swedish Foreign Exchange Student</p>
<p><b>April</b></p> <p>SUN 18th—New Member Seminar Luncheon—12Noon</p> <p>WED 21st - Heritage &amp; Culture Night <b>SWEDISH NIGHT</b> 6:00pm—Split Pea Soup with ham, Swedish pancakes with lingonberries, Bread and Cheese \$5.00 7:00pm—Guest Speakers</p> <p>FRI-SUN 23rd-25th- Rosemaling Weekend at Camp Norge www.campnorge.com</p>	<p><b>May</b></p> <p>Norway Day—May 1 &amp; 2</p> <p>WED 13th- Business Meeting 4:00pm— Community Center</p> <p>WED 19th- Heritage &amp; Culture Night 6:00pm—Salmon dinner —\$8.00 7:00pm—Guest Speaker</p> <p>Friday the 21st- set up and then <b>SAT. 22nd — LODGE YARD SALE</b></p> <p>FRI-SUN — 28th-31st -Memorial Day Weekend at Camp Norge</p>	<p><b>June</b></p> <p>SAT 19th- Heritage &amp; Culture <b>SANKT HANS AFTEN</b> <b>"Midsummer Night"</b> 4:00pm—Kids Fishing Adventure Join Ross and Sarah! 6:00pm- Pølse med lompe and chips plus peel'n eat shrimp and salad \$5.00 We will again enjoy Eva Johnson's beautiful Lakeside home!</p> <p>District 6 Convention—Modesto, CA 22nd-26th</p>
<p><b>July</b></p> <p>SAT 10th— Slapp Av Med Venner Og Mat (Relax with friends and food) 12:00N-3:00pm At the Ingvaldstads' "Valhalla Home" in Hidden Valley Lake Potluck Bring a salad or a dessert—breads and meat/cheese provided</p> <p>Daughters of Norway Convention Costa Mesa, CA 22nd-24th</p>	<p><b>August</b></p> <p>WED 25th- <b>Heritage &amp; Culture Night</b> <b>Note Date Change!!</b> 6:00pm-Potluck \$ 7:00pm—"Crown Princess Martha—the American Story"</p> <p>International Sons of Norway Convention Coeur d'Alene, Idaho Aug 29th-Sept 1</p>	<p><b>September</b></p> <p>FRI-MON—3rd-6th Kretsstevne (Gathering of the Clan) at Camp Norge Our Lodge is the Host!</p> <p>THURS-9th—Business Meeting 4:00pm—Community Center</p> <p>WED 15th- Heritage &amp; Culture Night <b>FINNISH NIGHT</b> Details later</p> <p>FRI-SUN- 25th-27th- Fall Rosemaling at Camp Norge SEPT 28-OCT 2 Norsk Høstfest-Minot, North Dakota</p>
<p><b>October</b></p> <p>SUN 10th- <b>Leif Eriksson Walkathon</b> Lodge's Adopted Road-4:00pm</p> <p>WED 20th- Heritage &amp; Culture Night 6:00pm— Open Faced Sandwiches \$5.00 7:00pm—"My Heritage Apron" Stories and demonstrations of cooking up those great Norwegian delicacies</p>	<p><b>November</b></p> <p>THURS 11th—Business Meeting 4:00pm—Community Center</p> <p>FRI 12th- set up for SAT 13th- <b>Lutefisk and Meatball Dinner</b> 5:00pm St. John's Lutheran Church \$15.00</p> <p>Norwegian Seamen's Church Bazaar 19th-20th</p>	<p><b>December</b></p> <p>SAT 11h-Decorate the Community Center—10:00am</p> <p>SUN 12th—<b>7th Annual Scandinavian Christmas Open House</b> 11:00-1:00pm Galilee Lutheran Church Community Center</p>



# 5th Anniversary Celebration of Vikings of Lake Lodge



### January 16th—Noon

Our beautifully printed program for our special day.....

We had 47 members and friends



dining with us and enjoying the **M & J's Catering Services.**



**The Dierssen Family—Rebecca, Andy, Audrey and Colin, looked great in their Norwegian sweaters.**



Mistress of Ceremonies—**Mary Beth Ingvoldstad** introduces **Heritage Member Morgan Hefley**, who tells about her



Support Officers being sworn in.

great two week adventure at Trollfjell Language & Heritage Camp last July. Tusen takk for the wonderful PowerPoint presentation!



New Vice President, **Vale Hanzel**, receives his King Harald Medallion from **President Carl.**



**Special Guest Speaker—Hans Skalagard**



Our **Viking Nautical Artist** from Petaluma, shared his fascinating story via words and his PBS Documentary.

**District 6 President Janie Kelly** installs our 2010 officers.



Taking the oath of office with **Marshals Tony & Joanne Smith.**

He will have his next show in Petaluma in August.

The Mayor of Torshavn, Faroe Islands, Hans' birthplace, will open Hans' Schooner Showing in the Cod Fish Museum there on February 4th. So many honors!



## *a little in English.....*

### **Norwegian Mother's Day – the Second Sunday in February**

Mother's Day is an American invention, dating to the second Sunday in May in 1907. That was when the first Memorial Mother's Day Meeting was celebrated in a Methodist church in West Virginia after the initiative of one woman as a personal memorial day for her own mother. The year after she sent out an appeal to make this Sunday a general holiday for all mothers and her appeal was taken up by other Methodist churches. It later spread from there.

## *litt på Norsk.....*

### **Morsdag. Andre Søndag I Februar**

Morsdagen er en amerikansk oppfinnelse, datert til den andre søndagen i mai i 1907. Da ble den første Memorial Mothers Day Meeting feiret i metodistkirken i West-Virginia etter initiativ av ei kvinne som en personlig minnedag for hennes mor. Året etter sendte henne ut en oppfordring om å gjøre denne søndagen til en almen minnedag for alle mødre og oppfordringen ble fulgt av andre metodistkirker, og har senere bare vokst i utbredelse.

I Norge ble skikken med morsdag innført først i en metodist-

In Norway the custom of Mother's Day was first introduced in a Methodist church in Bergen, possibly as early as the First World War. But the first breakthrough for an official mother's day was an initiative from Dorothea Schjoldager (1853- 1938) and Karen Platou (1897-1950) in Oslo. In the years between the two world wars, they worked to get a Mother's Day in Norway set for the second Sunday in February, possibly because Norway has so many holidays in May.

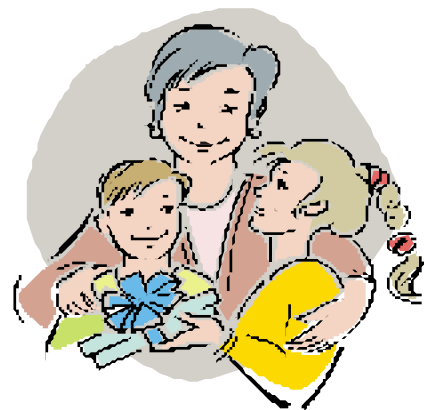
From being a day arranged by religious organizations, the occasion has in later years become a day for the family. In Norway, father and children wait on

kirke i Bergen, sannsynligvis så tidlig som under Første Verdenskrig. Men gjennomslag for en offisiell mors dag ble det først med et initiativ fra Dorothea Schjoldager (1853-1938) og Karen Platou (1897-1950) i Oslo. I mellomkrigsårene arbeidet de for å få en Morsdag i Norge lagt til andre søndag i februar muligens fordi vi i Norge har mange festdager i mai.

Fra å være en dag arrangert av religiøse organisasjoner har skikken blitt en dag for familien. I Norge, far og barn oppvarter mor på denne dagen. Dagen kan merkes med frokost på sengen, blomster, middag på restaurant eller et koselig kort. Morsdagen har etter hvert blitt en stor kommer-

siell høytid gjennom markedsføring av morsdagskake, morsdagsblomster og morsdagsgaver. Barnehager og skoler opprettholder tradisjonen ved å sette barna til å lage kort og gave til mor.

*Adapted from the book "Merkedager" by Ann Helene Bolstad Skjeltred*



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*Adoptert fra boka Merkedager av Ann Helene Bolstad Skjeltred*



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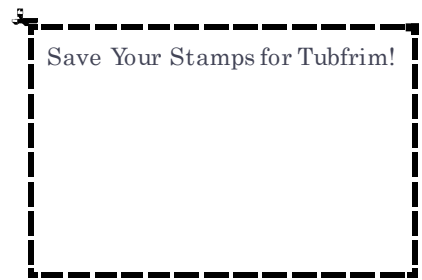
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**Sons of Norway**

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