



Lakeviews

January 2010
Scandinavians United!



Sons of Norway
Vikings of Lake
Lodge #6-166

We Meet at:

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

Visit us: www.vikingsoflakelodge.org
Volume 6, Issue 1

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

Beskjed fra presidenten— Horoscopes, Resolutions and Goals



For the last several weeks, I have been developing my theory that those folks (including myself) that check their horoscopes

(on a daily, weekly, monthly or annual basis) also are the ones that make New Year's Resolutions and establish personal Goals this time of year.

I enjoy checking Horoscopes periodically whether in the newspapers or on the Internet. The key to successful "Horoscoping" is **wish fulfillment**—providing you like what you read.

Yesterday I read a long article in the *Lake County Record Bee* entitled "Fresh Start: Resolutions 2010." Of the 13 suggested Reso-

lutions, the following seven are ones I have made or should have made in the past 60+ years:

- Lose Weight
- Manage Debt
- Save Money
- Get Fit
- Reduce Stress Overall
- Take a Trip
- Volunteer to Help Others

On New Year's Eve Day, I read an interesting article on the AARP website by the tennis great, Martina Navratilova entitled "Looking Beyond Your New Year's Resolutions". Of her nine suggested **strategies** to focus upon and achieve your goals, I am concluding with five key strategies:

(Beskjed con't on page 3)

Heritage and Culture

- January 10, Cultural/Social Committee Meeting, Ingvoldstad home at 2pm
- **January 16, Lodge's Fifth Anniversary Party, 11:30am**
Reservations required by January 10.
Call Marilyn—277-7442
Details on 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

Sons of Norway —115th Anniversary January 16, 2010

As we Vikings of Lake Lodge members celebrate our 5th Anniversary on January 16th, we will also be celebrating the establishment of our International Order on January 16, 1895.

Organized by 18 Norwegians in Minneapolis, Minnesota as a fraternal benefits society to protect members and their families from hardships during sickness and death.

The mission of Sons of Norway had grown to promote and preserve the history and culture of Norway.

We are now the largest Norwegian organization outside of Norway.



Know the Facts: Norway

Brush up on your trivia with this list of 15 Norwegian facts.

For the complete list, please visit http://www.norway.org/News_and_events/Education/Random-facts-about-Norway/.

Selection below compiled from Norway.org.

1. There are more Norwegian descendants living in the United States than there are Norwegians in Norway (6 mill. vs. 4.8 mill.)
2. All of the surviving stave churches, (medieval wooden churches with a post and beam

construction related to timber framing,) except one, are found in Norway.

3. Hydropower accounts for 99 percent of the electricity generated in Norway.
4. Norwegian women and men spend more and more of their time on leisure activities, on average more than 6 hours a day.
5. Norway was one of the first countries to establish a Ministry for the Environment (1972).
6. The name Norway is thought to mean "path to the North."
7. Norway is one of the world's richest countries per capita.
8. Food stores are not allowed to stay open on Sundays, but petrol stations and kiosks selling groceries are.
9. In the period 1860 to 1910, the percentage of the Norwegian population emigrating to America was second only to the Irish.

10. In size, Norway is comparable to Montana, and it is the 6th largest country in Europe.

11. In Norway, there's a saying that "There is no such thing as bad weather, only bad clothing."
12. Norway's representative, Kurt Nilsen, won World Idol, the one-off international version of the television show Pop Idol, with the U.S. pop idol Kelly Clarkson as the runner-up.
13. Fossils of the marine reptile "Predator X" that patrolled the Jurassic oceans 147 million years ago, was excavated on the Arctic archipelago of Svalbard, Norway.
14. The all-time high temperature in Norway is 96.08oF and was measured in Nesbyen, Buskerud in 1970.
15. The First United Nations Secretary-General, Trygve Halvdan Lie, was Norwegian.

Bursdager i januar Gratulerer med dagen

Members

- 4– Ginny Craven
- 11– Andy Dierssen
- 15– Monte R. Vaughn, Sr.
- 22– Ross Christensen

Heritage Members

- 1-Kyle Johnson —14
- 19-Madison Heffley—16
- 29-Audrey Dierssen —5
- 29-Sarah Christensen—15

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

mblingvoldst@aol.com or 987-2404



Hurra for deg!

Hurra for deg som fyller det år!
 Ja, deg vil vi gratulere!
 Alle I ring omkring deg vi står
 og se, nå vil vi marsjere,
 Bukke, nikke, neie, snu oss
 omkring,
 Danse så for deg med hopp og
 sprett og spring,
 Ønske deg av hjertet alle gode
 ting or si meg så hva vil du
 mere?

Gratulere!

(This is Happy Birthday in Norwegian that we are trying to learn....work on it!)

Kransekake (Almond Wreath Cake)

Cake:

- 2 ½ cups (6 dl) finely ground blanched almonds
- 2 ½ cups (6 dl) finely ground unblanched almonds
- 4 ½ cups (10 dl) sifted confectioner's sugar (sift first, then measure)
- 3 egg whites

Icing:

- scant 1 cup (2 dl) sifted confectioner's sugar
- 1 egg

Wreath cake can be temperamental. Even if we make it in "exactly the same way" each time we bake it, the results may vary from absolute perfection to complete failure. Preheat the oven to 200 degrees C (400 degrees F). Combine almonds and confectioner's sugar in a large saucepan. Add the unbeaten egg

white and mix to a firm dough. Place the pan over low heat and knead until the dough is so hot that it is almost impossible to handle. Grease the ring pans for a 16-18 ring cake. Spoon the dough into a cookie press or pastry tube with a wide round tip. Press the dough into the rings, pressing the ends together to look as seamless as possible. Bake 12-15 minutes, until dry and firm outside, but still slightly soft inside. Cool slightly, then remove from the pans and cool completely. For the icing, sift the confectioner's sugar and combine with egg white to make a thick icing. Make a small cone of paper and cut off the tip. Pipe on garlands of icing and stack. Decorate with flags, bonbons or candy.



Photo by Per Eide from "The Norwegian Kitchen"

Tusen takk to Vikings of Lake member Jared Bjerga for bringing a Kransekake to our Scandinavian Christmas Open House! Yummy!

(Beskjed continued from page 1)

1. Have a strong initial commitment to make a **change**
2. Keep track of your progress throughout 2010
3. Take the **process of change** one day at a time
4. Dream big, but be realistic and achieve
5. Give your dreams a chance to come true

Finally, plan for success and start today!

Godt Nytt År!

Carl Peter

Ditt og Datt!

-Lodge Sisters Eva Johnson and Dorothy Dahl attended the wedding of Eva's Grandson in Scotia on New Year's Eve. (Smart kid—he'll never forget his Anniversary!)

-Else and Chuck Rodrigues had the fun adventure of attending the Rose Parade in person. They went on a bus tour from their winter home in Yuma.

-Chris Hanzel had so much fun Christmas baking with her granddaughters until they spread their germs and she was in bed for the Holiday! Uff Da!

-Sharon Lewis enjoyed the company of both her sons over Christmas.

-The Ingvaldstads had their daughter Karen, son-in-law Henry and two grandkids here for Christmas.

-The Robisons enjoyed visits from their sons and families for Christmas.

Congratulations to the following folks who will earn their membership pins on January 16, 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 Mjartveit, Ingrid Mjartveit, 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!



Vikings of Lake Lodge #6-166

5-Year Anniversary Celebration Saturday, January 16th

11:30am—Social Time

12:00—Lunch

1:00pm—Program

Galilee Lutheran Church
Community Center

\$10.00 per person

Salad, Pork Tenderloin, potatoes, vegetables, dessert

Catered by M&J Catering

Wine available at \$3.00 per glass

Reservations needed by Sunday, January 10th

Please call Marilyn at 277-7442

Our exciting program includes:

Tusen takk for hjelpen! Morgan Heffley tells of her experience at
Camp Norge's Heritage & Language Camp

Installation of 2010 Officers—
District 6 President Janie Kelly, Installing Officer

Petaluma Nautical Artist—Hans Skalagard—
PBS Documentary on his work with Q & A



Norwegian Language Resources

Want to impress your relatives? Need to learn a few phrases for that trip coming up? Got some old letters you'd like to translate? Whatever your goals, Sons of Norway can help you get started learning the Norwegian language.

The Sons of Norway website, www.sonsofnorway.com, has two great language programs for members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 audio lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but will give you a sense of what the language sounds like and how it works. The second, newer program is

called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. This program includes instruction on the two different forms of the written language as well as tips about reading older texts. To try either of these programs, just sign into the "Members Login" section of

www.sonsofnorway.com.

If you need to hear more Norwegian spoken, check out our Media Lending Library, which fea-

tures several video titles in Nor-



wegian. For a complete list, log in to www.sonsofnorway.com and click on "Member Resources" and then pick "Lending Library" from the menu on the right. That page lists all titles available, which are free to borrow for members - just email culture@sofn.com or call 1-800-945-8851 ext. 659 to make a reservation.

Let's Make Lefse.....



Chris Hanzel at the griddle!

In November, Lisa Farestveit Bever came over and we made lefse. This holiday season, during December, Chris Hanzel came to the house and we made some great lefse. Many of us need to come together this coming fall to make lefse for our Lutefisk & Meatball dinner. Please think about it! If you

have a griddle, let Mary Beth know! If you have a desire to learn how to make lefse (ask Lisa and Chris.....it's easy), let Mary Beth know! This is a step toward a Cooking Medal, vet du (You know)?

Homemade Aquavit

Flavored vodkas may be all the rage but aquavit--a traditional, spice-infused spirit from Scandinavia--is far more sophisticated tippel with notes of fennel, caraway and coriander. Although aquavit keeps well at room temperature, it's traditionally served chilled.

Yields about 4 bottles of about 8 oz.

3 Tbs. whole coriander seeds

2 Tbs whole fennel seeds

1 Tbs. caraway seeds

1 Tbs. dill seed

1 liter vodka (Like Stoll)

6 whole black peppercorns

2 whole cloves

With a mortar and pestle, lightly crush the coriander, fen-

nel, caraway and dill seeds.

In a large, airtight glass container, combine the vodka with the crushed spices, peppercorns and cloves. Cover and let stand at room temperature for 2 weeks, gently shaking the jar every 2 or 3 days. Strain the vodka into 4 clean 8-oz. glass bottles. Discard the spices.

From Fine Cooking Oct 27, 2008

6th Annual Scandinavian Christmas Open House



Sebastian Sharpe, Sarah Christensen, Ingrid Tisell, Aurora Sharpe, Lars Tisell, Kasper Hovland and Colin Dierssen presented us with a beautiful Santa Lucia Pageant.



Thanks to our "elves"...Irene/ Ingrid Tisell, Souleah Scarbrough, Inge Rutherford, the Ingvaldstads and Sheila Strom, the Center was beautifully decorated again this year.

We had upward to 70 celebrants who joined in the food and frolic! Members brought in wonderful open-faced sandwiches, krumkaker, lefser, rommegrøt, kransekake, sandbakkel, Vaffler, and on and on....uff da! There was plenty for all.



A fun time for Santa's Elves!.....



We sang around the tree in the old tradition, with two circles of folks.

Our friends in the Community.....



The Viking Raffle, with so many donated items from members, brought in almost \$170 for our Adopt-a-School Program. We will only need \$80 more dollars to get our matching "Helping Hands to Children Grant" in February to buy book



Good to see members we don't see very often like George and Cheryl Smith, talking with Kris Andre!

bags again in the fall of 2010 for our needy students in Lake County.



And especially.....our children and grandchildren!

Merry Christmas, Bianca!



a little in English.....

Celebrating the New Year and the End of Christmas

As in many countries, in Norway the change from one year to another is celebrated on both New Year's Eve and New Year's Day. New Year's Eve is celebrated with a party or get-together either at home or out on the town, which often culminates with counting down to the new year's beginning at midnight. On the table one typically serves among other things lamb ribs (pinnekjøtt), pork ribs or turkey on New Year's Eve.

litt på Norsk.....

Nyttårsfeiring og julens slutt

Sånn som i mange andre land merkeres årskiftet i Norge både på nyttårsaften og nyttårsdagen. Nyttårsaften feires med en fest eller et selskap enten hjemme eller ute, som ofte kulminerer med nedtelling til det nye årets begynnelse ved midnatt. På matbordet er det vanlig å finne blant annet pinnekjøtt, ribbe eller kalkun på nyttårsaften

In olden times, New Year's Day was an important day for the whole country to look for signs of how the new year would be. The signs people looked for had mostly to do with how the crops would do, or what the fishing would be like. The weather on New Year's Day was also taken as a sign of how the weather would be for the rest of the year. Today New Year's Day is an official holiday and is usually celebrated at home and is for many people a day of rest after New Year's Eve.

I gamle dager var 1. nyttårsdag en viktig dag i hele landet for å ta varsel for det nye året. Varslene gjaldt i stor grad hvordan avlingen skulle bli, eller for hvordan fisket ville bli i det nye året. Været på nyttårsdagen varslet også for været hele resten av året. Alt det som ellers hendte denne dagen ville også ha konsekvenser for resten av året. I dag er nyttårsdagen offisiell fridag som feires gjerne hjemme og er for mange en hviledag etter nyttårsaften. Statsministeren legger frem en tale, kalt nyttårstalen.

The Prime Minister gives a speech, called the New Year's Address.

The thirteenth day of Christmas (January 6th) is called Helligtrekongersdag ("Three Holy Kings' Day") in honor of the three kings who came to Jerusalem to honor Jesus. In the Catholic era, a pageant was performed on this day, a living demonstration of the three kings' journey, but today it is more of a symbol that Christmas has come to an end.

Adapted from the book "Merkedager" by Ann Helene Bolstad Skjelbred.



Trettende dag jul (6. januar) kalles Helligtrekongersdag til minne om de hellige tre konger som kom for å tilbe Jesus. I katolsk tid ble det fremført et kirkespill på denne dagen, en levende fremstilling av de hellige tre kongers vandring, men i dag er det en markering av at julen avsluttes.

Adoptert fra boka Merkedager av Ann Helene Bolstad Skjelbred



Oh....dat Lars and Oh...dat Ole!

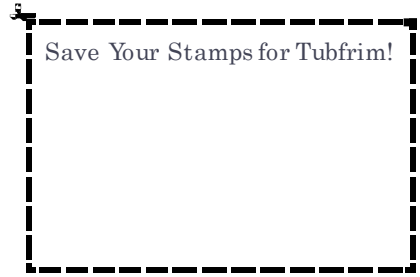


Two Norwegians went with a pair of young ladies for a ride in the country. An hour later, as Lars and Ole were trudging back to town on foot, Lars remarked, "Next time ve tell some girls to either cooperate or get out and valk....ve better make sure ve got our own car."

Vikings of Lake Lodge #6-166
Sons of Norway

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

Phone: 707-987-2404
 E-mail: mbingvoldst@aol.comj



We're on the web:
www.vikingsoflakelodge.org




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

Kevin Ness Jeweler
 of ClearLake
 994-2307



Custom Jewelry Design
 14114 Lakeshore Dr.
 Clearlake, CA 95422
 Engraving
 Appraisals



Shaklee
 "A Better Life Through Body & Mind"

Joyce Vaughn
 Independent Distributor ID #2827197
 (707) 998-3583

www.HealthyLifeSolutionOnline.Com
 & behealthy2@yahoo.com

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

Sebastian & Friend

Responsible teens. Fair prices

No job too small.
 Might be too large. Please call
 and ask.


707-279-0840

Dutch Drafts
 Equine Services LLC

*Weddings *Parties
 *Wagon Rides *Special Events

Susan & Kenn McCarty
 (707) 275-3365
dutchdrafts@yahoo.com

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



SONS OF NORWAY

Carl P. Ingvoldstad
 Financial Director/Contributor
 CA License #0396703

Phone: (707) 987-2404
 Cell: (707) 548-8033
 Toll Free: (866) 834-1932
 E-mail: ingvoldst@aol.com


www.sonsofnorway.com

Tranquil Gardens
 Swedish Massage and
 Reiki



Sharon Lewis
 CMT and Reiki Master

707-277-9345



Uniquely Nordic
 Scandinavian Gifts & Imports

www.UniquelyNordic.com
 (209) 520-0219
Valerie@uniquelynordic.com
VALERIE LARSON - WOLFE
 owner



THE CARRIAGE HOUSE

A Private Retreat with the Ambiance of a Four BDR

THE CARRIAGE HOUSE
 Lakeport, California

www.CarriageHouseLakeport.com
 George & Cheryl Smith 707 261-0945



GINNY CRAVEN
 Quietly Making Noise

(707) 349-2838
operationtangomike@mchsi.com

LAKE COUNTY NEWS
www.lakeconews.com

Elizabeth Larson, Editor & Publisher
 P.O. Box 205, Lakeport, CA 95457-0205
 Phone: (707) 245-6780 • Fax: (707) 274-8690
 E-mail: elanson@lakeconews.com