



## Scandinavians United!!



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

We meet :

**Galilee Lutheran Church Fellowship Hall  
8860 Soda Bay Road, Kelseyville, CA**



What is your "Family Tree"?

### Heritage and Culture Night—Wednesday, March 16 "The World of Genealogy According to Guri and Ginny"

*Guri Clark*, a native-born Norwegian, has spent many years working on the Bygdeboker (farm books) in Norway. *Ginny Silvestre* has done extensive research on her family history, traveling around the United States. Come and hear about these two Lodge members' unique experiences.

6:00pm—Delicious meal of Corned Beef & Cabbage and Bread \$7.00

7:00pm—Program followed by dessert and 50/50 Raffle to support our Adopt-a-School

*Remember—the Vikings founded Dublin, so wear something green in their honor!*

### Lodge Ladies' Lunch @ Ting's Thai Restaurant— Hidden Valley Lake February 11th



Thelma Dangel, Bev Brown, Evelyn Robison, Joyce Vaughn, Ginny Silvestre, Ingrid Mjatveit, Kris Kjera, Mary Beth Ingvaldstad, Elsie Voss and Elaine Marsh agreed—we'll be back! Absolutely delicious!



Let's do it again on March 11th at :

*Happy Garden Chinese & Thai Food—  
13440 E Highway 20, Clearlake Oaks*

**Reservations: Kris Kjera 994-5766**

Another culinary experience with —conversation !

### Lodge Events in April!!

**April 10th—2:00pm**

#### *Prospective New Member Lunch*

This is free to any member who brings a guest. We need 10 guests! Again, our caterer is *Jenny Johnson*, spouse of our member, Pete Johnson. She will be providing a great meal! For more information, call our Vice President, Vale Hanzel at 928-1060

**April 14th — 4:00pm**

Business Meeting—all welcome!  
Fellowship Hall

**April 20th—Danish Night**

**April 30-May 1**

*Norway Day* at Fort Mason in San Francisco

*Lodge Ladies Lunch—April 8th—Cactus Grill in Clearlake!*

**Fra Presidenten**



Well, we have survived one MAJOR rain/snowstorm and one MINOR rain/snowstorm. I hope you all managed to stay comfortable, even without power for extended periods of time. I am not sure what may be coming yet this winter but I must say that the view of the white mountaintops from my office is inspiring!

At our Business Meeting on February 10th, we were able to set our Goals for Vikings of Lake for 2011:

1. Eight members of our Lodge will participate in the Sports and/or Cultural Skills Program.
2. We will have a net gain of at least three members in the Lodge Family.
3. Our Financial Benefits Counselor will issue a Life Certificate or an Annuity to one Lodge member.
4. The Lodge will implement and participate in the International Lodge's *Phone Tree Project*.

So, I hope you will be thinking about what you can do to help our Lodge meet it's Goals. For number 1, you can join the Book Club we are promoting: number 2, you can bring someone to our Prospective New Member Luncheon on April 10th; number 3, you can consider investing in a Sons of Norway product and give Carl Ingvaldstad a call and number 4, please say "ya sure, you betcha" when you are asked to be a part of our new communication program in our Lodge Family.

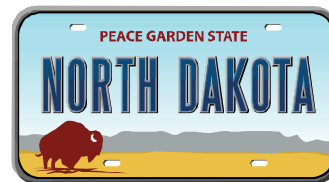
Personally, I will continue to work on my Norwegian Literature Cultural Skills Unit ; Carl and I will continue to work on our Idrettsmerke (overall sports medal with walking and Jazzercise) in the Sports Medal Program, I will invite folks to the April 10th luncheon and I will be a part of the *Phone Tree Project*. (It would have been wonderful last month to have had an efficient phone tree to let members know that the meeting needed to be cancelled. Several of us braved the nasty evening to get to the Fellowship Hall, serve soup/bread to those who showed up and then send everyone home before the roads became really treacherous!)

Thank you all for what you do for Vikings of Lake Lodge. We have a wonderful group of people with lots of energy and enthusiasm and I am so grateful to all of you! Keep up your support and participation!

***Hilsen fra Mary Beth***

**TRAVEL TALK**

**MIDWEST  
SCANDINAVIAN  
HERITAGE TOUR**



Brekke Tours and Brenda Shilling (Gulldalen #128 lodge member in Grass Valley and a travel agent) are considering a "Return-to-the Midwest Tour" for September 2011 and are inviting members, friends and family to join this "reunion". The 7 to 9 day tour, to include the Minot Høstfest and other Scandinavian points of interest in North Dakota and Minnesota, is now in the development stages. It will include roundtrip air to Minneapolis, a coach tour with hotel stays, some meals, one day at Høstfest (without headliner entertainment) and entrances into museums and heritage sites-all appealing to new and returning



tourists to the area. If such a tour is of interest to you, please let Brenda know ASAP so the planning can proceed. 530-432-5362 or [tnbshilling@comcast.net](mailto:tnbshilling@comcast.net).

**HURTIGRUTEN CRUISE**

**Sailing Date May 31-June 5, 2011**

**Kirkenes to Bergen  
M.S. Nordnorge**

Our Zone 1 Director, and Travel Agent, **Carol Francis** has a wonderful trip planned. Enjoy this relaxing cruise down the beautiful Norwegian coastline. Cruise in the land of the Midnight Sun, enjoy Tromsø "The Paris of the North", the Lofoten Islands, Trondheim and the Bryggen Wharf in historic Bergen.

Prices range from \$1629 –1830 per person, double occupancy plus airfare (about \$1100). You can contact Carol at 916-390-0953 or email [csfnorge@jps.net](mailto:csfnorge@jps.net).



As you know, Carol speaks fluent Norwegian and she will be making her twenty-ninth trip to Norway!

## The Norwegian Language Council Registers New Words in 2010



With a relatively small population and a large English language influence, preserving and promoting the Norwegian language is a state priority for Norway. Språkrådet, the Norwegian Language Council, is the regulatory body of the Ministry of Culture that works to encourage the proper use of the Norwegian language, both bokmål and nynorsk, in every aspect of Norwegian society, to ensure the language's use in the future and making sure it never takes a backseat to English.

One of Språkrådet's many jobs is approving new additions to the Norwegian language. Every year they register, or introduce, new words. The selected words registered by Språkrådet often portray new trends or a phenomenon in Norwegian culture, current events, business or science. Sigfrid Tvitekkja, functioning director of the Norwegian Language Council, explained to *Aftenposten*, "New words can be a historical document. When new words are registered a type of profile is created of that year."

The past year's new words are a perfect example as they reflect Norway's 2010 experience. For example framsnakking (talking positively about someone behind their back) reflects a change in Norwegian culture as they tired of the concept of baksnakking (talking negatively about someone behind their back). Where askefast ("ash-stranded") was created after the eruption of Eyjafjallajökull, Iceland's volcano, which left many Norwegian travelers stranded. The new word apper ("apps" – downloadable applications for smart phones) shows the success of smart phones and the Norwegianization of the phenomenon. The creation of new words makes Norwegian a unique and lively language with endless opportunities for expansion, giving Språkrådet a challenging task.

### Tubfrim—What is it?

Tubfrim is a charity in Norway originally created to eradicate tuberculosis in Norwegian children by collecting and selling used frimerker to stamp collectors. Frimerker is the Norwegian work for stamps. Blend parts of the words **tuberculosis** and **frimerker** and you get "Tubfrim". Since its inception in 1928, the Norway-based organization, Tubfrim has been raising money to help children. Originally started to aid children afflicted by tuberculosis, the organization now works to improve the quality of life for children and youth with handicaps as well. Several hundred handicapped children benefit from the funds raised by TUBFRIM— every year.



Sons of Norway members have been an integral part of Tubfrim's success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors. In addition to helping children, there is an added incentive for stamp clippers. For every pound of stamps collected, the member of a lodge is entered into a drawing to win a plane ticket to Norway. The winner for 2010 is none other than a District 6 Lodge member from Vegas Viking Lodge #152 in Las Vegas, Nevada. Her name is Lollo Sievert and we send her our congratulations!

Thank you for participating in this humanitarian program by bringing your stamps to the Lodge. Our Tubfrim Chair, Evelyn Robison, weighs and packages, fills out the necessary postcards and makes sure the stamps are delivered to the Norwegian Seamen's Church in San Francisco. Thanks, Evelyn, and good luck to all of our "clippers".

**God Bedring!** We continue to keep **Arnold Mjatveit** in our thoughts and prayers as he recuperates at Kindred Rehabilitation Hospital in Folsom. Hopefully, he will be back up here in Lake County soon. He's had a very long struggle since his heart attack in December. Also, our Secretary, **Elsie Voss**, broke a bone in her left leg and is hobbling around with a walker. It will be a few months before she is fully healed but she keeps going as best she can! .





*Living Your Norwegian Heritage*  
*Language & Heritage Youth Camp*  
*Camp Trollfjell*  
*at*  
*Camp Norge—Alta, California*

[www.campnorge.com](http://www.campnorge.com)—link to Camp Trollfjell for  
Camper & Counselor Applications

Registrar: Shari Frost  
sharee@theunion.net  
530-478-0980



A 14-day Camp from July 10-23, 2011  
\$750.00

Ages 8-13 (at the time Camp begins)

Scholarships are available—check with your local lodge

Daily Activities Include:



- Rosemaling
- Viking History
- Crafts
- Folk Dancing
- Language Lessons
- Foods of Norway
- Building Lasting Friendships



### Camp Norge

#### Rosemaling Seminar

April 30-May 1

For details, visit

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

#### Memorial Day Weekend

Come up to Camp for great fun with fellow Sons of Norway members.

#### Kretsstevne 2011

Friday, September 2-5

Vikings of Lake is again the Host Lodge!

We would love your help and participation.

**Camp Norge is open year-round!**

**Come up and enjoy the wooded ambience and scenic tranquility!**

**Vikings of Lake Lodge has a Camp Scholarship available. A letter of request must be sent to our Lodge Secretary for the Committee's consideration.**

**Elsie Voss , Secretary**

**1495 New Long Valley Road, Clearlake Oaks, CA 95423**

#### **Tusen Takk--You're the best!**

**Elaine Marsh and Mary Beth Ingvoldstad** have renewed their membership since our last newsletter. Thank you for your continued support, ladies!



## February 16th—The Heritage & Culture Night that never was!



### Ode To a Stormy Winter's Night

The Pea Soup was yummy and so was the bread,  
 But there was Carl Peter, who bowed down his head,  
 He felt we were foolish to cancel this night!  
 But those who showed up said that was really all right.  
 Our Zone Director, Carol Francis, came to share her language skills,  
 But she just shared our fare, the next morning —back over the hills.  
 Thanks to all who showed up to give their support,  
 Try again, please, in March.....in the April newsletter,  
 there will be a report !

*Some stayed and ate, some dropped off  
 desserts, took some soup and went home,  
 some just grabbed soup and went home!*

Else/Chuck Rodrigues, Ellen/Kirby Aasen, Joanne Swenson, Anders Salvesson, Claire Grieve, Irene Tisell, Kris Andre, Lourdes Thuesen, Elsie Voss, Joyce Vaughn, Kris Kjera, Elaine Marsh and Mary Beth/Carl Ingvaldstad shared some time!

## They are our Future—Our Heritage Members and Their Friends!



### Adopt-a-School (Project Framtid-Project Future)

In 2010, our lodge received \$250 in matching funds from Sons of Norway Foundation to help with the purchase of backpacks for needy kids throughout Lake County. We will be participating in the same worthy project this year by filling the backpacks, that we purchased last year, with school supplies for the 2011-12 school year. Members can help support this cause by donating any unused school/office supplies they might have laying around the house and bring them to any of the monthly membership meetings. Examples might be: unused pencils, erasers, pens, rulers, binder paper, crayons, markers, spiral notebooks, and calculators. Even if you have protractors and compasses laying around, all of these things will be needed by needy students in the coming school year. If you have any questions, please do not hesitate to contact Sons of Norway member Rebecca Dierssen at 262-2063.



### Riviera Elementary School— by Collin Dierssen

Collin is a Heritage member and a 3rd grader at Riviera Elementary School where he studies in the class of Lodge member, Sharon Lewis. He is asking for help in supporting his school by clipping and collecting Box Tops for Education.

Everyone shops for groceries and now you can turn those shopping trips into easy cash for Riviera Elementary School AND encourage your friends to do the same! Just look for the **Box Tops** logo on hundreds of products like Cheerios, Ziploc, Hamburger Helper and Kleenex, in almost every aisle of the store. All you need to do is clip, save and bring them to the monthly Sons of Norway meetings—each one is worth 10 cents and can be redeemed by Riviera Elementary School.

For questions or more information, call Rebecca Dierssen at 262-2063.

### Membership Promotion

This is a membership application form. Give a gift membership to a family member, neighbor or friend. Gift someone membership and fellowship with Sons of Norway and Vikings of Lake Lodge #6-166.

Joining our membership gives them the Heritage and Culture experience we so cherish. \$47.50 per year/ Spouse \$40.50  
 Fill out & send to our Membership Secretary— Joyce Vaughn, 17135 Blueberry Way, Clearlake Oaks, CA 95423

COMPLETE ONE APPLICATION PER PERSON		PLEASE PRINT CLEARLY	
<b>Membership Category:</b> <input type="checkbox"/> Primary <input type="checkbox"/> Spouse <input type="checkbox"/> Heritage (Ages 0-15) <input type="checkbox"/> Unge Venner (Ages 16-23) <small>(Check only one category)</small>			
1. _____ <small>First Middle Last</small>			
2. <b>Birth Date:</b> _____	3. <input type="checkbox"/> Male <input type="checkbox"/> Female		
4. <b>Norwegian By:</b> <input type="checkbox"/> Birth <input type="checkbox"/> Descent <input type="checkbox"/> Marriage <input type="checkbox"/> Interest / Affiliation			
5. <b>Mailing Address:</b> _____ <small>Street City State Zip</small>			
6. <b>Billing Address:</b> _____ <small>(If different from above) Street City State Zip</small>			
7. <b>Phone:</b> _____		8. <b>E-mail:</b> _____	
<b>SPOUSE INFORMATION</b> <small>(If your spouse is currently a member please complete this section)</small>			
1. _____ <small>Spouse's First Name Middle Last</small>			
2. <b>Spouse's Birth Date:</b> _____		3. <b>Spouse's Member #</b> _____	
<b>HERITAGE/UNGE VENNER MEMBERSHIP INFORMATION</b> <small>(Complete if applicant is ages 0-15 or ages 16-23)</small>			
<input type="checkbox"/> <b>Ages 0-15</b> <small>(This section must be completed to qualify for a free Heritage Membership)</small>			
<b>Check qualifying relationship:</b>			
<input type="checkbox"/> <b>A. Related to a current member</b>		<input type="checkbox"/> <b>B. Living in the same household as a current member</b>	
<input type="checkbox"/> <b>Ages 16-23</b> <small>(This section must be completed to qualify for a Unge Venner Membership)</small>			
<b>Check only one:</b>			
<input type="checkbox"/> <b>C. Parent, grandparent or great grandparent is a current member</b> <small>(Dues Waived)</small>			
<input type="checkbox"/> <b>D. Living in the same household as a current member</b> <small>(Dues Waived)</small>			
<input type="checkbox"/> <b>E. No qualifying relationship</b> <small>(Dues Reduced)</small>			
<b>If A, B, C or D in Heritage/Unge Venner Membership Section is checked, please complete the following :</b>			
1. _____ <small>Current Member's First Name Middle Last</small>			
2. <b>Member #</b> <small>(Of Current Member):</small> _____		3. <b>Relationship:</b> _____	
4. <b>Address</b> <small>(Of Current Member):</small> _____ <small>Street City State Zip</small>			
<b>PAYMENT &amp; LODGE INFORMATION</b>		<b>QUESTIONS? CALL 1-800-945-8851</b>	
1. _____ <small>District # Lodge # Lodge Name (If known)</small>			
2. <b>Membership Approved by:</b> _____ <small>(If Required) Officer Name Member # Date</small>			
3. <b>Membership Referred by:</b> _____ <small>(Print Name and Member #) Member Name Member # Date</small>			
4. <b>F.B.C. Information:</b> _____ <small>(If Applicable) Financial Benefits Counselor's Name F.B.C. #</small>			
5. <b>I apply for membership in Sons of Norway :</b> _____ <small>Signature Date</small>			
6. <b>Application Fee:</b> \$ _____ + <b>Annual Dues:</b> \$ _____ = <b>TOTAL \$</b> _____ <small>(Where Applicable) For info. about dues or lodges call 1-800-945-8851</small>			
7. <b>Payment Type:</b> <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card ( <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> AMEX )			
8. <b>Credit Card #:</b> _____		<b>Exp. Date:</b> _____	
9. <b>Name on card:</b> _____ <small>Please Print</small>		<b>Credit Card Signature:</b> _____	

### 2011 Officers of Vikings of Lake

- President** Mary Beth Ingvaldstad 987-2404
- Vice President /Camp Norge Ambassador** Vale Hanzel 928-1060
- Counselor** Carl Ingvaldstad 987-2404
- Secretary** Elsie Voss 998-1252
- Treasurer** Carl Ingvaldstad
- Membership Secy.** Joyce Vaughn 998-3583
- Social/Cultural Directors:**
- Else Rodrigues 423-4541
- Eva Johnson—Supplies 279-4836
- Joyce Vaughn
- Evelyn & Dennis Robison 279-4385
- Ginny Silvestre 994-5664
- Irene Tisell 263-4836
- Marshals:** Ellen Aasen 279-8699  
Ray Tisell 263-4836
- Librarian:** Dennis Robison
- Editor:** Mary Beth Ingvaldstad
- Asst Editor:** Lillie Hanson 928-5448
- Newsletter Mailers:** The Tisell Family
- Webmaster:** Marvin Hanson 928-5448
- Greeters:** Ellen Aasen  
Joanne Swenson 279-8264  
Lourdes Thuesen 274-2149
- Foundation Director:** Carl Ingvaldstad
- Publicity:** Claire Grieve 263-3575
- Historian:** Sharon Lewis 277-9345
- Sports/Recreation:** Claire Grieve/Ingrid Tisell
- Musician:** Mary Beth Ingvaldstad
- Asst Musician:** Ray Tisell
- Sunshine:** Joanne Swenson
- Youth Director:** Souleah Scarbrough 245-4333
- Tubfrim Chair:** Evelyn Robison
- Adopt-a-School (Project Framtid):** Thelma Dangel 279-1335  
Sharon Lewis, Rebecca Dierrsen 262-2063, Claire Grieve
- Trustees: 2-year — Ellen Aasen  
1 year— Kris Andre 279-8550
- Auditor: Bob Clark 279-8789 Asst Auditor: Irene Tisell 263-4836
- Language Instructor:



### Gratulerer Med Dagen! Happy March Birthday!

- 3-Amber Kay Ingvaldstad
- 9– Floraine Chalk
- 17-Joanne Smith
- 18-Inger Kari Nordskog
- 21-Jack Wall

27– Elizabeth Larson

Unge Venner Member (16-23)  
28-Ingrid Tisell (19)

### Norwegian Proverb

**Drikk alltid oppover elven ifra flokken**

*Always drink upstream from the herd*

*Fra Siri's Avis—Gulldalen #128*

### Our Mission Statement

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.



# SONS OF NORWAY

### DID YOU KNOW?

As a member of Sons of Norway you have access to some of the most competitive life insurance and annuities in the business.



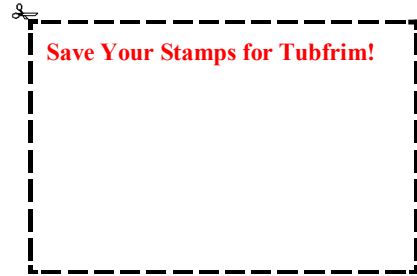
Call me.....Carl Peter Ingvaldstad  
Financial Benefits Counselor  
(707) 987-2404 cingvaldst@aol.com


**Thank you all for your time and  
commitment to our Lodge!**

**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  
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