


LAKE VIEWS

NOVEMBER 2008

Scandinavians United!

Galilee Lutheran Church Community Center
8860 Soda Bay Road....Kelseyville, CA 95451

SONS OF NORWAY



Vikings of Lake Lodge
#6-166

Silver Award-2006, Gold Award-2007, Founders Award for Membership Growth 2007

First Place Editor's Award for 2007

DISTRICT 6 LODGE OF THE YEAR-TIER 2-2007

INTERNATIONAL LODGE OF THE YEAR -TIER 2- 2007

ORD FRA PRESIDENTEN

Earlier this week, a high school friend told us about a paragraph in the *Echoes of the Past*, in my hometown newspaper (Decorah Journal) this past week from (70) years ago. The Kenneth Ingvaldstads were announcing that a bouncing 8 pound boy named Carl Peter had arrived! (As older brother Bill was waiting to say: "How do, Carl Peter!")

Last month in our trip to Scandinavia, we ate a fine Sunday dinner with my fifth cousins on the Ingvaldstad farm near Hamar, Norway from where my great-grandfather, Peter Olson Ingvaldstad left for Decorah, Iowa in 1864. (How do, Peter Olson!) After dinner, we walked down **Ingvaldstadvegen** (see picture to the right) to over 150 years of Ingvaldstad family farmhouses (total of four now).

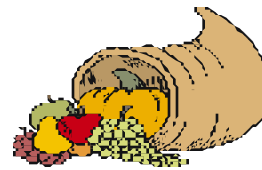
One highlight was actually going in and upstairs where my great-grandfather lived and where my Great Uncle, Rev. Orlando Ingvald-

stad was pictured on the front porch on a visit in 1910. The second highlight was getting another "clod of soil" from the Ingvaldstad farm to join the other soil brought back after our first trip there in 2000. A few more trips over to **Ingvaldstadvegen** and the Ingvaldstad farm will be mine! NOT! How do, Vikings of Lake Lodge #6-166!



Med Vennlig Hilsen,

Carl Peter



all have been. For those continuing in 2009, we appreciate your willingness to serve.

-All members who support our Lodge by attending our "Heritage & Culture Nights", serving as hosts/hostesses and spreading the word about our great lodge!

TUSEN HJERTELIG TAKK TIL— — —

-**Ross Christensen** and his Lamb Soup for our Icelandic Night in October.

-**Souleah Scarbrough** for her delicious dessert for our October event and **Mary Beth Ingvaldstad** for those Icelandic pancakes.

-**Joanne Swenson, Barbara Swanson** and **Mary Beth Ingvaldstad** for bringing a

Proposed Slate of Officers for 2009. **President Carl** called for a vote, due to no meeting in November, and the Slate was adopted. (Watch for those names in the December newsletter.)

-To all those members, listed on page 7, who have served as **Officers in 2008**. You must know how very appreciated you

TIME TO
CELEBRATE—
OUR
HERITAGE &
CULTURE

Wednesday, Oct 29th

4-5pm-Dance Class with
VESTAFOR
Mikkel, Toby & Ginny



7:00pm Norway: Theater,
Music and Dance

Saturday-November 8th

LUTEFISK
AND
MEATBALL
DINNER



3:00pm and 5:00pm

Seatings

\$15.00 Per Person
See Page 5 for reservations
and volunteer signup

Sunday-December 14th

Scandinavian Christmas

Open House

11:30am-2:00pm

BURSDAGER I NOVEMBER

Patty Castillo-1
 Ellen Aasen-12
 Audrey Lindblad-15
 Ruth Decker-16
 John Jensen-22
 Inger Lise Bonomi- 30
Heritage Members
 Lars Tisell-24 12 yrs
 Sean Madsen Ford-26 8 yrs



Velkommen til vår Nye Medlem!!

Ellen Aasen
 3125 Willow Rd.
 Kelseyville, CA 05451
 Ph: 279-8699
 Email:
 kirbyandellen@netscape.net



Also, **Velkommen** to Joanne Swenson's new kitty-*Solje!*

SONS OF NORWAY BLOG

As you may know, Sons of Norway launched a blog (i.e. an online journal that is updated frequently with news and other tidbits) earlier this year. Since then, it has provided real-time coverage of the 2007 Norwegian Experience winner's trip to Norway, Norway's participation in the 2008 Summer Olympics in China and the 60th Biennial International Convention in San Diego.

During the holiday season, the Sons of Norway Blog will host a number of articles on Norwegian Christmas traditions, holiday recipes and links to interesting Norwegian-related websites. Please take a moment to visit the blog and see all the new posts. To view the blog go to: www.sonsofnorwayblog.blogspot.com.

Also, to keep up on all the

newest information and announcements from the Sons of Norway Headquarters, make sure to add sonsofnorway@sofn.com to your "trusted" e-mail list. We've heard from a lot of members who have been missing out on important announcements because they have not done so and the e-mails have been redirected to their spam folder.



MISSION STATEMENT OF SONS OF NORWAY

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.



CARL'S CORNER

Are banks paying over 5% on their CD's?? Sons of Norway's **NEW** Nordic Annuity has a first year rate of return from 5.25% to 6.55%* !! Ask your Financial Benefits Counselor for details. This Single Premium product also enjoys a shorter surrender charge period of only five years. (Interest rates and bonuses are effective 9/1/2008 and are subject to change)

Initial Deposit First Year Rate of Return

\$10,000 - \$24,999 *5.25%
 \$25,000 - \$49,999 *5.45%
 \$50,000 - \$99,999 *5.70%
 \$100,000 - \$249,999 *6.05%
 \$250,000 and over *6.55%

*Rates above reflect first year bonuses from 1.25% to 2.00%



WHAT SOUVENIRS TOURISTS WANT

The Italians love trolls. Germans can't resist anything with a moose. Russians like things with gold. The Spanish want Vikings. The British buy tea-towels and Americans take home T-shirts and caps.

"Actually, as long as you write Oslo or Norway on it, you could probably sell anything," says Stine Steen at Visit Oslo.

Russians and eastern Europeans are coming to Norway in greater numbers than before. Steen thinks the tourist trade could be better at catering to Russian tastes.

"The Russians especially like decorative plates to hang on the wall. The more gold, the better," says Steen.

The French are best known for buying lots of post cards. "They buy as many as 50 in one go. With big French tour groups in town, we often run out of stamps," she says. The Japanese like key-rings.

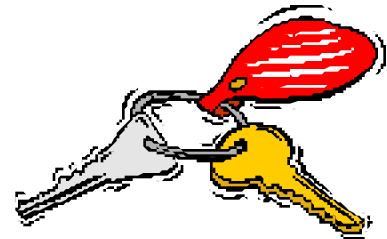
"I once sold NOK 800 (USD 160) worth of key-rings to one man from Japan. I think they hand them out to friends and relatives when they get home."

The latest figures from tax-free sales show that tourists from the United States spend more in Oslo than anyone else.

Even so, Oslo's tourist trade has noticed that American purchasing power is lower. Tax-free sales in Oslo are down 10 percent, compared to 20 percent in the rest of the country.

"Americans are unsure of what will happen to the economy and they are taking holidays in their home country, if they go on holiday at all," says Sissel Guleng at Global Refund. "It looks like the bulk of tourists will increasingly come from Russia and China," she says.

Aftenposten English Web Desk/NTB



HERITAGE AND CULTURE IN OCTOBER-ICELANDIC NIGHT



Gunhild Brown seems to be holding Court in this picture. At her table were friend Glenn, daughter Randi, granddaughter Souleah, brother-in-law Joe and Roger/Nancy.

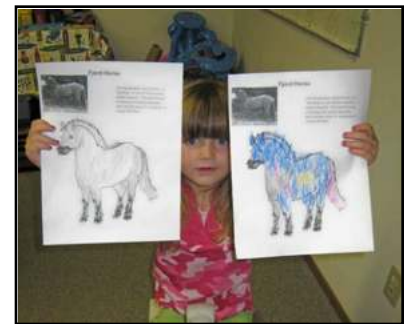
38 members and guests enjoyed the evening of video, music, election and good food! We celebrated Iceland and some history about the connections of all the Nordic countries.

Bob Larsen came visiting from Witter Springs as Joyce Vaughn's guest. Eva Johnson kept him entertained during dinner.



It was great to elect the lodge's new officers for 2009. We still need a Sports Director and one more Caller. Also,

Rebecca would like to step down as Treasurer next year.



Audrey Dierssen colored these beautiful Fjord Horses in the Children's Room with Youth Director, Souleah Scarbrough.

ADOPT A SCHOOL

If you know of a teacher who would like to have a Heritage program in her classroom, or you know of a school having a Heritage Day, or you think even a preschool would like to have a Norwegian story read to them and eat some spritz cookies—please call **Sharon Lewis** or **Thelma Dangel!**

CAMP NORGE



Pete Johnson pulled the RV out of the driveway and invited wife Jenny, Mary Beth Ingvaldstad, Marilyn Allmon and Howard Allmon on board as off they went to spend two days at our District's beautiful bit of paradise in the Sierras. (Carl joined them later due to his job.) They can hardly wait to go again! Talk to them about how relaxing this place is! How about a big group going up next summer?

Cozy Cabin at Camp



Many have asked how the new **Heritage Hall** is coming up at Camp. It's a slow process because it is all being done by volunteers. The money is available for the materials so if you are handy and would enjoy a few days in the mountains to help out, call Carl or Jim, Camp Manager, at 530-389-2508. www.campnorge.com

The District 6 Board had their fall meeting October 17-18 at this "Bit of Norway" and toured the new facility.

If you have a church group, Scout troop, etc. that would like a place for a retreat.....keep Camp in mind!



SCHOLARSHIPS FOR UNGE VENNER-2009

The 6th District will award three \$1,000 scholarships to members in good standing, in any lodge or their children/grandchildren who are Unge Venner members in 6th District. They must attend a 4-year accredited college or university in the USA as a fulltime undergraduate and have a grade point average of 2.5 or better. Applications must be submitted to the scholarship committee by April 1 of the application year.

Also, the 6th District will offer one scholarship to a 2-week Concordia Language Camp Summer Session at the Norwegian Village or "Skogfjorden" in the

amount of \$1,635.00 for a camper over the age of 13 who has attended Camp Norge Language and Heritage Camp. The applicant must be a Heritage or Unge Venner member of a 6th District Lodge. Applications must be submitted to the scholarship committee by May 1 of the application year. Visit www.ConcordiaLanguageVillages.org.

Please contact Vern P. Martin, Chairman, 16985 Kawai Court, Fountain Valley, CA 92708 Ph: (714) 839-2502, vpmartin@dslextereme.com with any questions or concerns.



Undergraduate Student



Skogfjorden
Concordia Language Village

LUTEFISK AND MEATBALL DINNER SATURDAY, NOVEMBER 8
St. John's Lutheran Church in Clearlake

HELPERS: PLEASE CALL MARILYN ALLMON TO VOLUNTEER—277-7442

Reservations: 1. Carl Ingvaldstad
Publicity: 1. Mary Beth Ingvaldstad
Friday Night 6:00pm for set-up—This is fun!!
 Table Setup 1. Howard 2. Carl 3. Pete
 Make meatballs 1. Leah 2. Kris A 3. Jenny 4. Evelyn/Dennis
 Other food prep 1. Mary Beth 2. Marilyn 3. Eva 4. Irene 5. Ingrid

Saturday (12:30pm)

Cooks: Marilyn, Eva, Jenny, Leah, Mary Beth

Boil the fish:

Cook the gravy/pour on bowls of meatballs:

Fill Vegetable bowls:

Make white sauce and melt butter, fill Crock pots:

Fill lefse trays:

Coffee/ Tea/ Punch:

First Seating Group (3:00pm)

Host(ess)/Reservations at the door: Thelma

Servers: 1. Sheila 2. Sharon

Dessert: 1. Kris A

Wine Server: 1. Howard

Second Seating Group (5:00pm)

Host(ess)/Reservations at the door :

Servers: 1. Sheila 2. Sharon

Dessert: 1. Joyce

Wine Server: 1. Kris A

Risikrem (2 batches of Rice Pudding made at home, Mary Beth has the recipe)

1. Mary Beth 2. Tony Smith 3.

Krumkake (one per cup of risikrem)

1. Tony Smith 2. Kris A

Lefse Baking 1. Mary Beth 2.

Kitchen Clean Up: Howard

Seatings Clean up: 3:00 1. 2. 3. 5:00 1. 2. 3.

LUTEFISK AND MEATBALL DINNER—Saturday, November 8

St. John's Lutheran Church— Olympic & Memory Lane—Clearlake



Name _____ # of Adults _____ @ \$15.00PP = \$ _____

of children 12 or under @ \$6.00 = \$ _____

Seating: 3:00pm _____ 5:00pm _____

Mail reservation by November 1st with check payable to Vikings of Lake to: Carl P. Ingvaldstad

Phone Carl at 987-2404

17207 Squirrel Hill Road

Hidden Valley Lake, CA 95467

RESERVATIONS ARE REQUIRED! Only 60 people will be served!

NORSKE FYLKER (NORWEGIAN COUNTIES)

In area, **Finnmark** is Norway's largest county and it is larger than Denmark. However is also the least populated with only 72,000.

The Sami are the indigenous people but Norwegians have lived for hundreds of years. For many years the Sami were victims of the *Norwegianization* policy, which in essence was a deliberate attempt to make them "true" Norwegians and forget about their Sami way of life and religion, which was seen as inferior. In the 1970's, however, instruction of the Sami language started in schools and a new sense of consciousness started to grow. The Sami parliament was opened in Karasjok in 1980.



The nature varies from barren coastal areas to more sheltered fjord areas and river valleys with gullies and tree vegetation. About half of the county is above the tree line and large parts of the other half is covered with small downy birch.

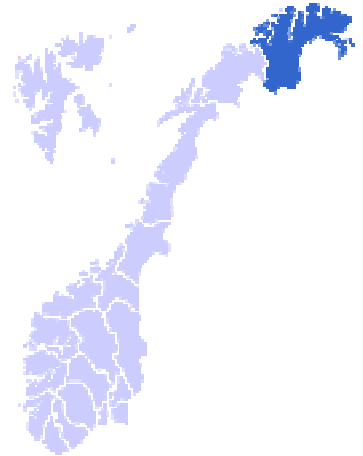
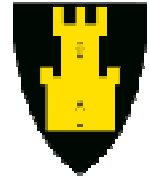


Alta is sometimes referred

to as the city of the northern lights because the county is located in the Aurora Borealis Zone and with dry climate and frequent clear skies this place was chosen as allocation for the study of the strange phenomenon.



Situated far north of the Arctic Circle, it has midnight sun from mid-May to late July. In two months of the winter they have polar nights where the sun is always below the horizon. At midwinter there is only a bluish twilight for a couple of hours around noon.

Finnmark fylke
Finnmárkku fylka (Sami)

Berlevag is located in Finnmark, home of those "Cool and Crazy" choir guys!

FAMOUS SAMI CANADIAN-JONI MITCHELL

Joni Mitchell was born Roberta Joan Anderson in Fort Macleod, Alberta, Canada to Bill and Myrtle Anderson. Her father was of Norwegian Sami background, which is borne out in Joni's Scandinavian appearance. Her mother was Scottish and Irish, so possibly of Viking descent?

She began her singing career in her native Western Canada but left for New York in the 1960's where she was first known as a songwriter ("Chelsea Morning," "Both Sides Now") and then as a singer. She moved to Southern California in

the 1970's and was a big contributor to the "folk rock" movement." While some of her more popular songs were written on the piano, her use of "open-tuning" in writing with the guitar makes her music rich and unique.

Since 1969, she has been nominated for 16 Grammys and won nine. She has been inducted into two music Hall of Fames (US and Canada), Canada's Songwriter Hall of Fame and is on Canada's Walk of Fame.

Rolling Stones magazine says that — "When the dust settles, Joni Mitchell may stand as the most important and influential female recording artist of the late 20th century".

By the end of the century, Mitchell had a profound influence on artists in genres ranging from [R&B](#) to [alternative rock](#) to jazz. Mitchell is also a [visual artist](#). She made the artwork for each of her albums and, in 2000, described herself as a "painter derailed by circumstance." A blunt critic of the music industry, she just painted for the next nine years. Her most recent album, 2007, was album of the year.

She now splits her time between "LA-my workplace" and "BC-my heartbeat", working mostly on her visual arts which she does not sell and displays only on rare occasions.



Joni Mitchell
November 7, 1943-
Singer, Songwriter,
Painter

A Little in English... Genealogy

Genealogy always ranks as one of the biggest interests for Norwegian-Americans. Many sources can only be found in Norwegian, and so it can be useful to get acquainted with the language.

However, you don't need to be a linguistic expert to search for your roots. Here are a few important words about genealogy. Many of them are similar between English and Norwegian. Look at the list in Norwegian and see how many you can guess.

Barn
 bestefar, bestefedre, beste fedrar
bestemor, bestemødre
 bonde, bønder
bror, brødre
 bruk
bruke
 budeie
bygselbrev
 døpt
døde
 dreng
ekte
 ektefelle
elv
 enke /enkemann
far, fedre, fedrar
 fattig
fetter
 fjell
flytter
 foreldre

Litt på norsk.....Slektsforskning

Slektsforskning regnes som en av de største interesser for norsk-amerikanere. Mange kilder finnes bare på norsk, så det kan være nyttig å bli kjent med språket.

Men man trenger ikke å være språkeskspert for å søke etter sine røtter. Her er noen viktige ord innen slektsforskning. Mange ligner de norske ordene – kan du gjette hva de betyr?

child / children
 grand father / grand fathers
grandmother / grandmothers
 farmer / farmers
brother / brothers
 small farm
farmer
 dairy maid
lease
 baptized
died
 boy / hired man
legitimate
 spouse
river
 widow/ widower
father / fathers
 poor
male cousin
 mountain
moves / moving
 parents

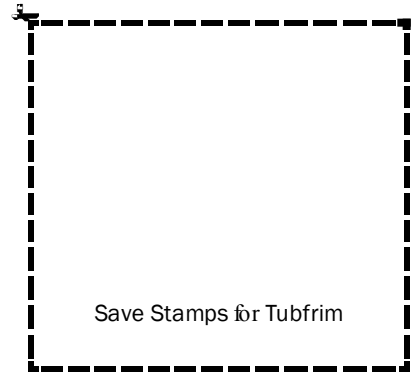
2008 Lodge Officers

PRESIDENT
 Carl P. Ingvaldstad 987-2404
VICE PRESIDENT
 Eva M. Johnson 279-4836
COUNSELOR
 Eva M. Johnson
SECRETARY
 Mary Beth Ingvaldstad 987-2404
MEMBERSHIP SECRETARY
 Joyce Vaughn 998-3583
TREASURER
 Rebecca Dierssen rdierssen@yahoo.com
SOCIAL DIRECTORS
 Kris Andre 279-1610
 Sharon Lewis 277-9345
CULTURAL DIRECTORS
 Evelyn &
 Dennis Robison 279-4385
 Joyce Vaughn
 Lisa Farestveit -Bever 987-1100
MARSHALS
 Jay Swanson 262-0636
 Andy Dierssen
LIBRARIAN
 Dennis Robison
EDITOR
 Mary Beth Ingvaldstad
GREETERS
 Barb Swanson 262-0636
 JoAnne Swenson 279-8264
FOUNDATION DIRECTOR
 Carl P. Ingvaldstad
HISTORIAN
 Sharon Lewis 277-9345
PUBLICITY DIRECTORS
 Thelma Dangel 279-1335
 Eva M. Johnson
SPORTS DIRECTOR
 Sheila Strom 350-7404
MUSICIANS
 Mary Beth Ingvaldstad
 Ray Tissel 263-4632
SUNSHINE
 Joanne Swenson
TUBFRIM
 Evelyn Robison
ADOPT-A-SCHOOL COORDINATORS
 Sharon Lewis
 Thelma Dangel
TRUSTEES 2-year- Henning Rasmussen
 1-year- Kenn McCarty
AUDITOR Bob Clark 279-0763
ASSISTANT AUDITOR Barbara Swanson
LANGUAGE INSTRUCTOR
 Irene Willumsen Tisell 263-4632
YOUTH DIRECTOR
 Souleah Scarbrough 995-0690
CALLING COMMITTEE
 Elsie Voss 998-1252
 June Gloege 279-1366
 Irene Willumsen Tisell


LAKEVIEWS

the official publication of
**VIKINGS OF LAKE
LODGE #6-166
SONS OF NORWAY**

Mary Beth Ingvoldstad, Editor
17207 Squirrel Hill Road
Hidden Valley Lake, CA 95467
mbingvoldst@aol.com



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



**SONS OF
NORWAY**

Carl P. Ingvoldstad
Financial Benefits Counselor
CA License #0F286701

Phone: (707) 987-2604
Cell: (707) 580-8053
Toll Free: (866) 834-1932
E-mail: cingvoldst@aol.com

www.sonsofnorway.com


DO SUPPORT OUR MEMBERS AND FRIENDS

Tranquil Gardens
Swedish Massage and
Reiki



Sharon Lewis
CMT and Reiki Master

707-277-9345
taur12@mchsi.com



Uniquely Nordic
Scandinavian Gifts & Imports

www.UniquelyNordic.com

(330) 528-0289
Valerie@uniquelynordic.com
VALERIE LARSON - WOLFE
owner

LAKE COUNTY NEWS
www.lakeconews.com

Elizabeth Larson, Editor & Publisher
P.O. Box 305, Lakeport, CA 95453-0305
Phone: (707) 243-4550 Fax: (707) 274-8650
E-mail: elarson@lakeconews.com

Kevin Ness Jeweler
of ClearLake



994-2307

Custom Jewelry Design
14114 Lakeshore Dr.
Clearlake, CA 95422



Shaklee
"A Better Life Through Body & Mind"

Joyce Vaughn
Independent Distributor ID #2K07397
a_behealthy2@yahoo.com
(707) 998-3583

www.shaklee.net/jvaughn
www.cinchplan.com/jvaughn

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