



2007— District 6 and
International Lodge of the Year

First Place Newsletter Recipient

OUR
HERITAGE
AND CULTURE



6th Annual—
Scandinavian Christmas
Open House—
Sunday, December 13th
11:00am-1:00pm



The Mission of
Sons of Norway
is to promote
and to preserve
the heritage &
culture of Nor-
way, to celebrate our re-
lationship with other
Nordic Countries and to
provide quality insurance
and financial products to
its members.

Sons of Norways misjon
er å fremme og ivareta
norske kulturtradis-
joner, feire vårt forhold
til andre nordiske land,
og samtidig tilby de
beste forsikrings og
finansprodukter til våre
medlemmer

VOLUME 5 ISSUE 11

LAKE VIEWS

NOVEMBER 2009
SCANDINAVIANS UNITED!

We Meet at:

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

Visit our website: www.vikingsoflakelodge.org



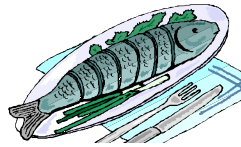
SONS OF NORWAY

Saturday, November 14th

Torsk (Codfish) and Meatball Dinner

St. John's Lutheran Church 5:00pm

Adults \$12.00 Children under 12—\$6.00



(See flyer inside—reservations required by November 10th!)

PLEASE COME AND SUPPORT OUR LODGE'S ANNUAL FUNDRAISER!

Bring a friend, hang the flyer in a local venue....join us!

Special Guest Speaker—Morgan Heffley—"What Camp Trollfjell Means To Me!" The young lady to whom we gave a 1/2 Campership will tell about her experience before we dine. Don't miss it.....she's a 13-year-old joy!

BESKJED FRA PESIDENTEN

October 2009 was truly a "Fun in Foundation" month! It started out on October 11th when our Annual Foundation Walk-a-thon became a pick-a-thon on our Adopted County Road, Spruce Grove Extension. As you'll see on page 4, we had 6 people and 1 dog to pick up the trash on our Adopt-a-Road. Although we only picked up two bags of trash and a few cans, we did manage to dramatize the downed pole that has been in the ditch at the north end of that road for the past year and a-half. Wonder of wonders—within a week after being noti-

fied again, the Lake County Public Works Division has restored it to its rightful vertical position.

Over the next 10 days Mary Beth took on the onerous task of counting the monies in the Sparebøsser and Pass the Piggies. She not only counted coins and rolled them up over a three day period but took the money to bank and got a check for Foundation. She completed the necessary paperwork to exchange what people like Eva, Howard, Gunhild, Connie, Else, Jay, Mary Beth, myself and others have contributed over the past 10 months.



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Finally, to cap off our Foundation month, our special guest at our October H&C Night was none other than Cindy Olson, Sons of Norway International Foundation Director. She made a whirlwind one day trip to share with us the workings of the Foundation and present a King Harald V Medallion... #9 as I recall. All in all, a GREAT Foundation Month 2009.

Regards,
Carl

BURSDAGER I NOVEMBER

FOUNDATION NIGHT
OCTOBER 21ST



- 2— Steven Stocker
- 12—Ellen Aasen
- 15— Audrey Lindblad
- 16— Ruth Decker
- 22—John Jensen

- Heritage Members*
- 24—Lars Tisell (13)
 - 26—Sean M. Ford (9)



Our Social Directors, **Ross and Sarah**, served us our delicious hot fish soup!



Thelma Dangel, Evelyn & Denny Robison, Guest Cynthia Tryk Cranston and John Anderson enjoy their meal.



Kirby & Ellen Aasen, Hans Carmiggelt, Jo Swenson, Barb & Jay Swanson & Claire Grieve are entertained by Biancha.



Our very special Guest Speaker, **Cindy Olson, Sons of Norway International Foundation Director**, tells about the worthwhile projects and support our Sons of Norway Foundation provides for members. Our Lodge has donated annually to the Humanitarian Fund, which helps fund Adopt-a-School Grants!



Audrey & Collin Dierssen & Biancha make Halloween masks with Youth Director Souleah during the meeting.

Lynn Andre, of Lake County's "Healthy Start" Program, thanked the Vikings of Lake for the 55 Book Bags that were donated this year. Because of the matching Grant—"Helping Hands to Children"—from the Sons of Norway International Foundation, \$500 was available for this cause. The book bags were distributed throughout the county to needy children.



DISTRICT SIX MEMBERSHIP PROMOTION

Recruit new members aged 50 and younger by May 31, 2010 and win many times:

1. The winning lodges will receive a prize and recognition at the D-6 Convention in Modesto in 2010.
2. The prize may be utilized within our lodge as a raffle prize!
3. We would also qualify for the Fall Recruitment Blitz with International.
4. Individuals recruiting will be entered into the draw-

ing for the “Norwegian Experience”.

5. We win again by increasing our membership and gaining valuable new members.

How can we do this?

1. Purchase gift memberships for our children and/or grandchildren.
2. Get a prospective new membership packet at the next H & C Night and keep it in your car!

3. Wear Sons of Norway shirts out in the public arena!



FIRST PLACE—An official Sons of Norway pendant, in yellow gold, created by Jostens.



SECOND AND THIRD PLACE

Runescape Jewelry Viking Pendants

TUSEN TAKK TIL.....

-Cindy Olson, Sons of Norway International Foundation Director for flying out from Minneapolis to tell us a bit more about this wonderful arm of our organization. She also brought us another King Harald Medallion as we raised \$255.00 for the Foundation’

Humanitarian Fund which supports our Adopt-a-School Program!

-Ross and Sarah Christensen for the absolutely delicious fish soup (several kinds of seafood and lots of veggies) we had on “Foundation Night”. The yummy desserts were compliments of

Irene Tisell and Souleah Scarbrough.

-Jo Swenson, Claire Grieve and Mary Beth for bringing a full slate of officers for 2010 to our October 21st Heritage & Culture Night! Yes!

All of you who so cheerfully support our Lodge and its Mission!

VIKINGS OF LAKE OFFICERS – 2009

Pres-Carl Ingvaldstad 987-2404
VP- Kris Andre 279-8550
Counselor- Eva Johnson 279-4836
Secretary-Mary Beth Ingvaldstad 987-2404
Membership Secretary-
 Joyce Vaughn 998-3583
Treasurer-Irene Tisell 263-4632
Social Directors-Ross Christensen 998-9550
 Sarah Christensen
 Else Rodrigues 523-4541
 Eva Johnson (Supplies)
Cultural Directors-
 Evelyn Robison 279-4385
 Dennis Robison
 Joyce Vaughn
 Lisa Farestveit-Bever 987-1100
Camp Norge Ambassadors- Chris & Vale
 Hanzel

Marshals-
 Souleah Scarbrough 245-4333
 Sheila Strom 350-7404
Librarian-Dennis Robison
Editor-Mary Beth Ingvaldstad
Asst Editor- Lillie Hanson 279-0974
Newsletter Distributors-
 The Tisell Family
Greeters-Barb Swanson 262-0636
 JoAnne Swenson 279-8264
 Bev Brown 279-4815
Foundation Dir- Carl Ingvaldstad
Historian- Sharon Lewis 279-9345
Publicity Dir --Chris Hanzel-928-1060
Sports Director-Ingrid Tisell
Musicians-Ray Tisell
 Mary Beth Ingvaldstad
Sunshine-JoAnne Swenson

Tubfrim- Evelyn Robison
Adopt-a-School Coordinators
 Sharon Lewis
 Thelma Dangel 279-1335
Trustees- Thelma Dangel
Auditor-Bob Clark 279-0763
Asst Auditor Barb Swanson
Language Instructor-
 Irene Tisell
Youth Director-
 Souleah Scarbrough
Webmaster-
 Marvin Hanzel 279-0974



NEW MEMBER DISCOUNT! BENEFITS FOR YOU!

Beginning this fall, Sons of Norway members will be eligible for a new discount program with Country Inn & Suites! That's right, starting in mid-October all Sons of Norway members will receive a **13% discount** on all reservations with this internationally recognized, family-friendly hotel chain. With more than 480 locations to choose from, Sons of Norway members on-the-go are sure to find this discount to be a welcome addition to the current member-benefits package.

About Country Inn & Suites

Known for its consistently high quality accommodations and personal, warm hospitality, a typical Country Inns & Suites hotel offers excellent value along with upgraded services and amenities within a smaller, informal setting. The properties are strategically located near restaurants, area attractions or business parks to provide convenience and accessibility for business

Most locations feature exercise facilities, swimming pools and whirlpools, and coin-operated laundry facilities.



LEIF ERICKSON WALK-A-THON—ON OUR ADOPTED ROAD!



Carl Ingvoldstad, Bob Clark, Souleah Scarbrough, Sheila Strom, Sharon Lewis & Lokie gear up to head down the road!



Sub sandwiches are enjoyed in the sunshine.



After the two crews gather, trash is piled and the downed sign held up!



Our efforts to keep our road clean FORCED the County to get our sign back in place.

Thanks, Walk-a-thoners!



Carl—Foundation Director

SPRUCE UP YOUR TREE — LIMITED EDITION ORNAMENT

For the first time ever, Sons of Norway is offering a limited-edition Christmas ornament to help you celebrate your Norwegian heritage this holiday season.

Proudly displaying the Sons of Norway logo and colorful Telemark Rosemaling design, the ornament will display your Nordic pride as well as be a cherished, colorful addition to your Christmas tree this year.

About the Design

The ornament is styled with a

Telemark Rosemaling design. Noted for its transparent and lyrical style, Telemark's use of organic shapes and scrolls create a dynamic feeling of movement, which carries the eye rhythmically through the design. Also, its color palettes have historically consisted of earth tones, mostly due to rural painters access to inorganic native elements. This year's ornament design preserves these styles and continues the traditions of Norway's

earliest artisans.

Remember, this year's ornament is a special offer and quantities are limited. If you'd like to order an ornament for yourself or for someone special, contact Sons of Norway at (800) 945-8851. The cost is \$14.99 + tax and shipping per ornament.



DITT OG DATT

-**Dorothy Dahl** fortunately escaped a car accident on Mt. St Helena with only a whole lot of bruises! She was on her way up to Lake County from Hercules to visit her sister, **Eva Johnson**, when she had mechanical problems and went over the embankment. She'll be in good hands with Eva for about a month. God Bedring!

-**Vale Hanzel** had his long-awaited back surgery on October 28th and is doing well.

- **Claire Grieve's** phone number is wrong in the directory...please change to 263-3575. Takk!

-**Vale & Chris Hanzel** had a grand time up at Camp Norge for the Rosemaling Seminar! Let's all visit and support our Camp!

THE "SANDWICH GENERATION" AND LONG TERM CARE

Are you a working parent between the ages of 45-54 and are also a caregiver providing care or financial assistance to parents or other elderly family members? If so, you know about what the financial impact of living in a nursing home facility can be, not to mention the emotional stress. Long Term Care (LTC) insurance helps to pay for long term care services and helps minimize the burden of being a caregiver for a family member while improving the quality of time family members share with those needing long term

care services. While it may be too late to offer LTC insurance to your parents because of health reasons, you, as a member of the sandwich generation, can solve this problem by purchasing LTC insurance on yourself so that your children don't have to become a member of the next sandwich generation .

Carl Peter

987-2404

580-8053

cingvoldst@aol.com



New Sons of Norway CEO

Eivind Heiberg, former Fraternal Officer of Sons of Norway International and Interim CEO, accepted the full-time CEO position. Eivind, a native-born Norwegian, has been with Sons of Norway since 2002. He is married to his lovely and talented wife, Stephanie, and they have 3 children—a set of triplets! Eivind is taking over for Sir John Lund who retired, after nearly 30 years of total service to our organization, due to complications of Multiple Sclerosis. We wish both John and Eivind the very best.

**TORSK AND MEATBALL DINNER
SCHEDULE OF HELPERS FOR THIS FUNDRAISER**

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

Reservations: Carl Ingvaldstad **Publicity:** Chris Hanzel

Friday Night 6:00pm for set-up—This is fun!!

(A little Aquavit helps the rolling of meatballs, ya know!)

Table Setup 1. Carl 2. Pete 3.

Make meatballs (mix by Eva) 1. Souleah 2. Kris A. 3. Jenny 4. Evelyn/Dennis

Other food prep 1. Mary Beth 2. Irene 3. Ingrid 4. 5.

Saturday (12:30pm)

Cooks: 1. Jenny 2. Souleah 3. Mary Beth 4. 5. 6.

Bake the fish:

Cook the gravy/pour on bowls of meatballs:

Fill Vegetable bowls:

Fill lefse trays:

Coffee/ Tea/ Punch:

Dinner Time Help——Be there at 4:00pm

Hostess Reservations at the door: Thelma

Servers: 1. Sheila 2. Sharon

Dessert: 1. Joyce

Wine Server: 1. Kris A.

Riskrem 60 servings

1. Mary Beth (3 batches) 2. Tony Smith (3 batches)

60 Krumkake (one per cup of riskrem)

1. Kris A.

Lefse Baking 1. Mary Beth 2. Lisa Farestveit-Bever

Kitchen Clean Up: 1. Kris K. 2. 3.

OPERATION TANGO MIKE—SUPPORT OUR TROOPS!!

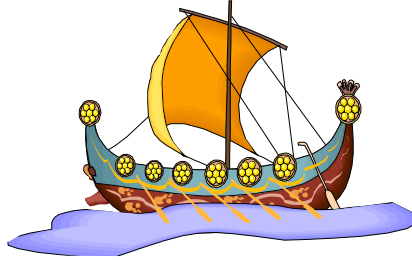


Our Lodge Member, **Ginny Craven**, is the Founder and force behind this wonderful organization. We have several members who regularly contribute to the cause....**Kris Kjera, Denny Robison and Jay Swanson.**

Please remember our soldiers in Iraq and Afghanistan and bring some items to our Heritage & Culture Nights. **Operation Tango Mike** boxes are packed every third Thursday at Umpqua Bank in Lakeport beginning at 6pm. You can join them any time you wish!

Jo Swenson, Barb and Jay Swanson, Marilyn and Howard Allmon, Mary Beth and Carl Ingvaldstad and Hans Carmiggelt joined member, Ginny, at the wonderful talk at the Soper-Reese Theatre by Brian Schul of Marysville. He flew the SR-71 Spy Plane and had some great photographs plus a book to share. This event benefitted Operation Tango Mike and the theatre was filled!

Vikings of Lake Lodge #166



SONS OF NORWAY

TORSK AND MEATBALL DINNER

*Parsleyed Potatoes
Lefse
Cucumber Salad*

*SATURDAY
NOVEMBER 14, 2008
5:00pm*

*Risikrem
Krumkaker
Coffee, Tea, Punch
Wine- \$3.00 glass*

*St John's Lutheran Church
Memory Lane and Olympic Blvd
ClearLake, CA*

*Seating is limited to 60 diners!
Reservations required by November 10th, please call:
Carl Peter at 987-2404*

a little in English...

Norwegian Name Days

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice.

The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages. Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway.

Name days had little meaning in Norway during the 1900s, while growing in popularity in Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29th and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlason, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at <http://www.nordicnames.de/wiki/>

Norwegian_Name_Days

litt på norsk...

Norske Navnedager

En persons navnedag er den dag som ifølge almanakken er tilegnet personens fornavn. Tradisjonen å feire navnedag oppstod i den tidlige kristne kirken, nærmest for å redusere betydningen av fødselsdagsfeiringen, som ble oppfattet som en hedensk skikk.

De gamle navnedagene var hentet fra en liste over helgener og martyrer fra middelalderen. Selv om det religiøse grunnlaget for helgendagene falt bort med reformasjonen, ble de bevart i folketradisjonen. Fra omtrent midten av den 18de århundret til tidlig i 1900-tallet var navnedagene trykket i almanakker. Innen 1912 hadde både navnene og tradisjonene rundt dem dødd ut i Norge.

Navnedager hadde lite betydning i Norge gjennom 1900-tallet, mens feiringen av folks navnedager fikk stor utbredelse i Sverige. Dette vakte en viss oppmerksomhet i norske medier på 1980-tallet, og i 1988 lanserte Almanakkforlaget en ny kalender som etter svensk forbilde inneholdt navnedager.

For hver dato i året, bortsett fra 1. januar, 29. februar og 25. desember, ble to navn valgt ut, basert på statistikk over navn for perioden 1900–1982. Rundt 125 av navnene fra den gamle navnedagskalenderen ble gjeninnført på samme dato som tidligere. Noen få navn ble lagt på datoer knyttet til historiske personer med navnet. Eksempler på dette er Snorre, som fikk navnedag 23. september etter dødsdatoen til Snorre Sturlason, og Håkon og Maud, som begge fikk navnedag 21. juni etter kroningsdagen til kong Haakon VII og dronning Maud i 1906.

I dag er tradisjonen velkjent i Norge. Du kan slå opp din egen navnedag på http://www.nordicnames.de/wiki/Norwegian_

Name_Days



2010 Proposed Slate of Officers

President: Carl P. Ingvaldstad

Vice President: Vale Hanzel

Counselor: Eva Johnson

Secretary: Mary Beth Ingvaldstad

Membership Secretary: Joyce Vaughn

Treasurer: Irene Tisell

Social Directors: Ross Christensen

Sarah Christensen

Else Rodrigues

Eva Johnson—Supplies

Cultural Directors: Evelyn Robison

Dennis Robison

Lisa Farestveit-Bever

Joyce Vaughn

Marshals: Ellen Aasen

Ray Tisell

Librarian: Dennis Robison

Auditor: Bob Clark

Language Instructor: Irene Tisell

Editor: Mary Beth Ingvaldstad **Asst.** Lillie Hanson

Webmaster: Marvin Hanson

Greeters: Barbara Swanson

JoAnne Swenson

Claire Grieve

Foundation Director: Carl Ingvaldstad

Publicity: Chris Hanzel

Historian: Sharon Lewis

Sports/Recreation Directors: Claire Grieve

Ingrid Tisell

Musicians: Ray Tisell

Mary Beth Ingvaldstad

Sunshine: JoAnne Swenson

Youth Director: Souleah Scarbrough

Tubfrim Chair: Evelyn Robison

Adopt-a-School: Thelma Dangel & Sharon Lewis

Trustees: 2-Year-Kris Andre

1-Year– Thelma Dangel

Assistant Auditor: Barbara Swanson

Camp Norge Ambassadors: Chris & Vale Hanzel

“Lakeviews” Snail Mail Distribution: The Tisell Family

**Tusen takk to all these fine members who
will guide us into our 6th year.!**

ADOPT A SCHOOL PROGRAMS



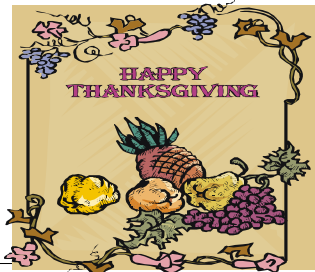
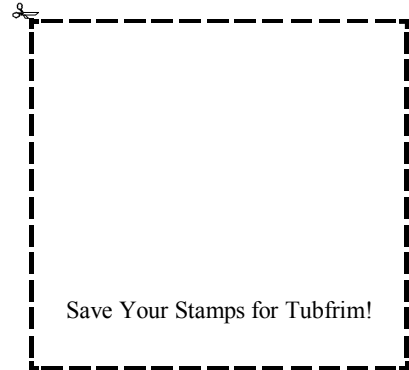
Co-Coordinators, Sharon Lewis & Thelma Dangel pick up the 55 book bags the Lodge purchased from Frank Campos. Lynn Andre’s “Healthy Start” program is the recipient this year. The bags were distributed to needy children throughout the County. Thanks ladies for your efforts and thank you Vikings of Lake Lodge Members for your generous support through 50-50 raffles for this project!



Heritage Member, Collin Dierssen, Kelseyville Elementary School student, eloquently explains the “**Box Tops for Education**” Program to President Carl and the members. He is asking that we save these Box Tops and bring them to our “Heritage & Culture Nights” each month to support his school. Where can you find them? You can Google “Box Tops for Education” to find participating companies or simply check the top of the product and look for the symbol. Support our Schools!

We are on the web!
www.vikingsoflakelodge.org

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