



# Lakeviews

October 2010

Scandinavians United

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

Volume 6, Issue 10

2007—District 6 and International Lodge of the Year

2007 First Place Newsletter

2009 Family Lodge of the Year



Sons of Norway

We Meet at:

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



## “Toward the Unknown” AKA “The Viking World Tour” AKA “Route of the Vikings”.

We have seven prints of Viking themes hanging on walls in our home done by our friend, the “Tahoe Viking” artist, Floyd Johnson. Over our fireplace mantel hangs the haunting print, “Toward the Unknown” shown above. On the left side is a typical Viking ship navigating stormy waters while the entire right side is a “white blank”—be it a cloud, fog, mist, etc., but definitely “Toward the Unknown”.

Several years ago, I was given a clever black T-shirt that has a band of menacing Vikings in black and white brandishing spears, swords and battle axes on the front side. On the back side it has the words “Vikings World Tour” in bold letters followed by the “Tour Dates”:

793	<b>England</b>
795	Wales
799	France
807	<b>Ireland</b>
826	Russia
844	Spain

## Tusen Takk til:

—Our Nominating Committee: Claire Grieve, JoAnne Swenson, Ellen Aasen, Irene Tisell and Mary Beth Ingvaldstad for their hard work in

845	Morocco
860	<b>Iceland</b>
921	Greece
957	Italy
1000	<b>America</b>

Two months ago, Mary Beth and I were privileged and delighted to go on our “Annual Trip of a Lifetime”—a 14-day North Atlantic Cruise entitled “Route of the Vikings” to these “tour places”:

**America**  
Denmark  
Norway  
Shetland Islands  
Faroe Islands  
**Iceland**  
Scotland  
Northern Ireland  
**Ireland**  
**England**  
**America.**

The Viking influence and historical involvement in all of our stops on this tour were still manifest about 10-12 centuries later and cleverly brought to our attention, particularly on our two stops in Iceland. The best part—we were never asked to row, put up or take down the sail (didn’t have one) let alone “rape, pillage or plunder”. Truly a “Stor Eventyr” (Great Adventure)—“Toward the Unknown”!

Med Vennlig Hilsen,  
Carl Peter

bringing forth a slate of officers for 2011.

—IN ADVANCE—to all who volunteer to make our Lutefisk and Meatball Dinner a huge success.! We need lots of helpers!

## Heritage & Culture

**NEW AND FUN!**  
**Lodge Ladies Lunch**  
**October 8—12N-2**  
**Goomba’s Deli**  
**Lower Lake**  
**Page 7**

**Adopt-a-Road**  
**for Foundation**  
**October 10**  
**Page 2**

**October 20th**  
**6:00pm-Dinner**  
**7:00pm—Program**  
**Join in the fun!**  
**\$5.00**  
**Page 7**

**IT’S BACK**  
**Lutefisk &**  
**Meatball Dinner**

**November 13**  
**4:00pm Only**  
**Flyer—Page 4**  
**Post it, Promote**  
**it, help Prep for**  
**it and reserve**  
**YOUR place!**

## Sons of Norway Foundation

Every year the month of October marks a change in season; the days become shorter and leaves fall from their trees, but at Sons of Norway the month of October is special for a different reason. **October is Foundation month.** A month to focus on the many great works that our Foundation, and by extension, our members, have made possible.

The generous contributions made to our Lodge Partnership Grants and General Heritage and Culture Grants are evident in our communities through activities such as rosemaling workshops, folk dance instruction and genealogy clinics. In just 2009, over \$18,000 in Lodge Partnership Grants and Culture and Heritage Grants were awarded to various lodges.

Not only are our grants supporting lodges and culture, we're also supporting youth activities through **Helping Hands to Children Grants**, Adopt A School and the Barnas Norsk Klubb. In just 2009, over \$6700 in grant funds were awarded.

Also, not to be forgotten are the generous donations to our scholarship funds, which help offset the costs of post-high-school education for 25 students annually. Be sure to take a peek at this year's exceptional scholarship recipients in the November issue of *Viking* or online at [sonsofnorway.com/foundation](http://sonsofnorway.com/foundation).

For more information on the Sons of Norway Foun-

ation, or to request a copy of the 2009 annual report visit [sonsofnorway.com/foundation](http://sonsofnorway.com/foundation) or call 1-800-945-8851.

**Sunday, October 10**

**4:00pm**

### 6th Annual Leif Eriksson Day Walkathon to benefit the Foundation!

Join us as we "spruce up" our Adopted Road on Spruce Grove Extension behind the Hidden Valley Realty offices!

We will pick the road and then have sandwiches and drinks!

Bring your kids, bring your dogs and bring your pledges!



Call Foundation Carl for more details! 987-2404

## Bursdager i Oktober (Birthdays)

### Members

- 4—Teana Wall
- 9—Kevin Ness
- 11—Kenn McCarty
- 22—Guri Clark
- 24—Arnold Mjatveit
- 24—George Smith

### Heritage Members

- 13—Tristan Groves
- 28—Morgan Heffley

### Unge Venner

- 9—Kellie Anne Whitchurch
- 20—Mike Castillo

- 23—Kori Lynn Whitchurch

Gratulerer Med Dagen!



**Velkommen Nye Medlemmer  
(Welcome New Members)**

**Thomas Moore  
Synnøve Banchemo**

## A little in English... Culinary Quirks

Every culture has its own food-based traditions. Let's take a look at some of Norway's mealtime customs that could seem a bit different to Americans.

### Mealtimes

Breakfast in Norway usually is typically eaten early in the morning, with cheeses and cold roasted meats, sausages and fish. Because Norwegians tend to be early risers, lunch usually falls between 11:30 a.m. and 12 noon. Lunch usually consists of open-faced sandwiches. Typically

Norwegians will eat one warm meal per day, most often this *middag* meal is prepared for dinner at 4:00 or 5:00 p.m. Dinnertime meals are often simple but hearty, featuring fish or various types of meat and vegetables. It is also not uncommon for Norwegian families to enjoy a light 4th meal after *middag* called *aftens* or *kveldsmat*.

### Coffee

Norwegians are probably the biggest coffee lovers in the world. Norwegians typically drink plain dark coffee, but international coffee trends

like lattes and cappuccinos are becoming more popular. Drinking coffee is so prevalent in Norwegian culture that it is an important part of their social life.

### Seasonal Treats

Norwegians make many special dishes for holidays and celebrations, quite often with local and natural ingredients like fresh fish, lamb and cloudberries. There are also many local variations of Norwegian specialties from certain areas of the country. For example, in Western Norway *lefse* is made without potatoes, while Lofoten has its own version of Norwegian fish soup.

## *litt på norsk...* Spesielle norske mattradisjoner

Alle kulturer har sine mattradisjoner. La oss ta en titt på noen norske mattradisjoner som kan synes som litt annerledes til nordamerikaner.

### Måltider

Frokost i Norge spises typisk tidlig om morgenen, brød, med ost, og kjøttpålegg, pølser og fisk. På grunn av at mange nordmenn står tidlig opp om morgenen, er lunsj vanligvis mellom kl. 11:30 og 12:00. Til lunsj spiser nordmenn veldig ofte smørbrød. De spiser varm mat en gang om dagen, og vanligvis er det middag spist kl. 1600 eller 1700.

Middager er ofte enkle, men sunn med fisk eller diverse kjøtt og grønnsaker. Det er ikke utypisk at norske familier gleder seg til et fjerde måltid etter middag som kalles *aftens* eller *kveldsmat*.

### Kaffe

Nordmenn er trolig de største kaffe-elskerer i verden. Nordmenn drikker vanligvis svart kaffe, men internasjonale kaffe-trender som latte og cappuccino blir stadig mer populære. Kaffe er så utbredt i norsk kultur at det er en viktig del av sosiallivet.

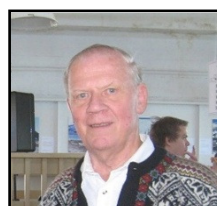


### Festmat

Nordmenn lager mange spesielle retter til merkedager, ganske ofte med lokale og naturlige ingredienser som fersk fisk, får, og multebær. Det finnes også mange lokale variasjoner av norske spesialiteter fra bestemte områder i landet. For eksempel på vestlandet er *lefse* laget uten poteter, mens Lofoten har sin egen versjon av norsk fiske-suppe.



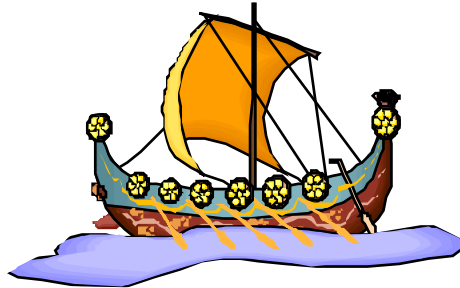
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### Mission Statement of Sons of Norway

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

# *Vikings of Lake Lodge #166*



## SONS OF NORWAY

*Parsleyed Potatoes  
Lefse  
Cucumber Salad*

*Risikrem  
Krumkaker  
Coffee, Tea, Punch*

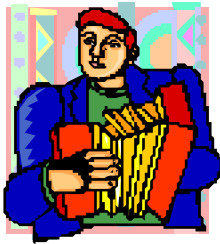
### LUTEFISK AND MEATBALL DINNER

SATURDAY

NOVEMBER 13, 2010

4:00pm

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



Special  
Entertainment:  
**Keith Church**  
playing  
Scandinavian  
Music on the  
Accordion

Only 60 Tickets To Be Sold  
Reservations Required  
Call: Carl Peter at 987-2404

Adults: \$15.00  
Children under 12: \$6.00

Local wines will be available at \$3.00 a glass!

## International Convention—Coeur d'Alene, Idaho



These five District 6 (D-6) members earned their Music and Musicians of Norway Cultural Skills pins (Levels I,II,III) in one grueling day! But it was worth it!



### International Board for 2010-2012

Third from right, standing, is Janie Kelly. She is our former D-6 President and now International

### Our District 6 Delegation

There will be a formal report of the Convention proceedings in November, after the official minutes have been received.



### Newsworthy Notes

Keep **Irene Tisell** in your thoughts and prayers as she recuperates from a fall. She broke her right arm! UFF DA!

**Jim Coomes** has his good days and his bad days. Good wishes are being sent his way.

**Pete Johnson** is having his ups and downs, also. Prayers!

**Else and Chuck Rodrigues** are spending 2 weeks in Germany with family, celebrating Oktoberfest! Skål!

**Pear Festival Parade Participant...Audrey Dierssen** on her Church's AWANAs float! **Aurora Sharp** was helping hand out brochures..but we missed getting a picture. :-)



## Tusen Takk For Your Continued Interest, Support and Help!

The following 13 people have renewed their memberships since July 2010.



*Beverly Brown  
Floraine Chalk  
Guri Clark  
Thelma Dangel*

*Patsy Farstad  
Lorena Fisher  
Gene Hill  
Maria Hill  
Larry Johnson  
Kevin Ness  
Chuck Rodrigues  
Lee Romsos*

*Sheila Strom*

You are so appreciated! The Lodge would be nothing without all of you. Do come to our events and participate! We're a great group! Let us know what we can do for YOU!

*Vale Hanzel  
Vice President*

## Kretsstevne 2010—Vikings of Lake in Charge!



With the wonderful help of members **Chris/Vale Hanzel and Lillie/Marvin Hanson**, our Lodge pulled off a very successful "Gathering of the Clan" at Camp Norge over Labor Day Weekend. **Jared Bjerga** helped with groceries by supplying 18 dozen fresh brown eggs from his

### King Harald for Arnold



President Carl Ingvaldstad presents **Arnold Mjatveit** with his honorary King Harald Medalion. Arnold served as our Lodge's first Counselor and is a great supporter of Vikings of Lake Lodge!

chickens!

About 200 people enjoyed lots of fun with dancing, Karaoke, tossing horseshoes, eating, chatting and just plain enjoying our beautiful Camp Norge! Join us in 2011 as we are in charge again!



**Just a little Yoke!**

Ole and Lars were on their very first train ride. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel. "Have you eaten your banana yet?", Ole asked excitedly. "No," replied Lars. "Vell, don't touch it den," Ole exclaimed. "I yust took vun bite and vent blind!"



To the right is **Baylee**, the Hanzels' Granddaughter, who displays her Kids' Games Medal. Ask her about Camp Norge!



### 2010 OFFICERS OF VIKINGS OF LAKE

President Carl Ingvaldstad 987-2404  
 Vice President Vale Hanzel 928-1060  
 Counselor Eva Johnson 279-4836  
 Secretary Mary Beth Ingvaldstad 987-2404  
 Treasurer Irene Tisell 263-4632  
 Membership Secy. Joyce Vaughn 998-3583  
 Social Directors: Ross Christensen 998-9550  
                           Sarah Christensen  
                           Else Rodrigues 423-4541  
                           Eva Johnson—Supplies  
 Cultural Directors: Joyce Vaughn  
                           Evelyn Robison 279-4385  
                           Dennis Robison  
 Marshals: Ellen Aasen 279-8699  
                           Ray Tisell 263-4836  
 Librarian: Dennis Robison  
 Editor: Mary Beth Ingvaldstad  
 Asst Editor: Lillie Hanson 279-0974  
 Newsletter Mailers: The Tisell Family  
 Webmaster: Marvin Hanson 279-0974  
 Greeters: Barbara Swanson 262-0636  
                           Joanne Swenson 279-8264  
                           Claire Grieve 263-3575  
 Foundation Director: Carl Ingvaldstad  
 Publicity: Chris Hanzel 928-1060  
 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: Thelma Dangel 279-1335  
                           Sharon Lewis  
 Trustees: 2 year—Kris Andre 279-8550  
                           1 year—Thelma Dangel  
 Auditor: Bob Clark 279-8789  
 Asst Auditor: Barbara Swanson  
 Language Instructor: Irene Tisell

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

## Talent in our Lodge!



Our Librarian, **Dennis Robison**, displays his wonderful oil paintings at the Blue Grass Festival in Lower Lake.

Heritage Member, **Lars Tisell**, performs at the Pear Festival with the Konocti Fiddlers. He plays both fiddle AND Banjo!



**Mary Beth Ingvoldstad** was honored to be asked by International President Dan Rude to be the Musician for the International Convention in Idaho!

## “The Heritage Apron” Cultural Program—October



After we’ve eaten a meal so delicious—those wonderful **Open-Faced Sandwiches**—we’ll share our stories (short and sweet) about the aprons we’re wearing. Is yours a **Serving Apron, Anniversary Apron, Wedding Apron, Catch-All Apron, Everyday Apron or a Dishtowel Apron**? These are “**The Basic Six**”! Come learn more!

There will be some cooking demonstrations with the story-telling and, best of all, an Apron Contest with Prizes for the:

- ◆ Favorite Apron
- ◆ Most Worn/Stained
- ◆ Funniest Apron



Men are invited to share their aprons and stories!

Come and meet our new Zone Director, **Carol Francis**.



Wine will be available at \$3.00 glass.

**Footnote:**

The young Mrs. Ole Johnson doesn’t always get her wash done on Mondays, and her neighbor said she’s seen her use a dishtowel as a diaper. Ish da!

## Lodge Ladies Lunch —The Second Friday of the Month

Several ladies of the lodge were at a recent event supporting Eva Johnson’s Alzheimer’s Day Care Program. They decided they just didn’t have enough time at meetings to visit and socialize! So, they decided to start a luncheon group.

The location will change every month, each person will order off of the menu and reservations will be required. Please call Kris Kjera at 994-5766 and leave a mes-

sage or email her at [kkjera@hotmail.com](mailto:kkjera@hotmail.com) to sign up!

Our first event will be at 2 Goomba’s. This Deli is located on Highway 29 just behind the Lower Lake Post Office in Tuscan Village. Great sandwiches and just a fun spot!

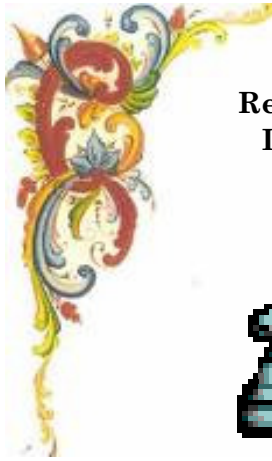
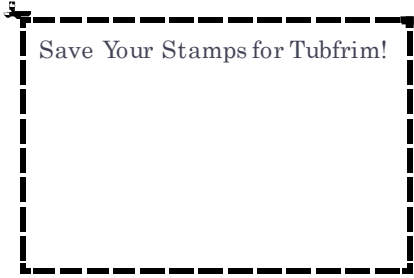


*Join us!!!!*

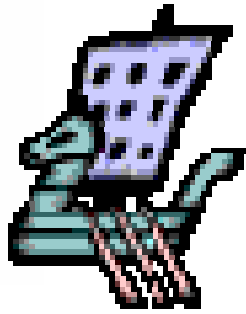
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**Sons of Norway**

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 Email: mbingvoldst@aol.com



**Remember—Leif  
 Landed First!**



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