

October 2011

# Lakeviews Volume 7, Issue 10



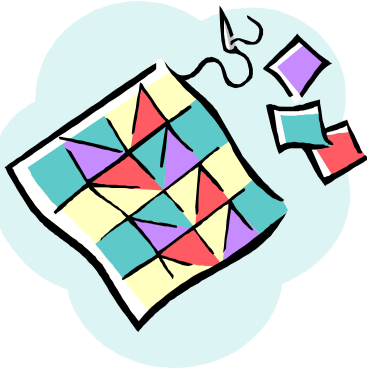
*Scandinavians United!!*

We meet at :

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

**Vikings of Lake Lodge  
#6-166**

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



## Queen Size Quilt for Camperships!

**Ellen Aasen** is designing and making a Queen Size (88 1/2" by 104") Quilt to be raffled off after the Scandinavian Christmas Open House. This is another Scholarship Benefit for our Heritage Members to attend Camp Troll Fjell Language & Heritage Camp at Camp Norge

She is making her own design and it will be ready for your viewing at our October Heritage & Culture Night. We will continue our "Coins and Cans for Campers" also, so do bring them to our monthly events.

**Thank you so much, Ellen, for this wonderful contribution to support ongoing efforts for our young people!**



### Ladies Lunch Bunch

**It's a Hoot!**

Friday, October 14  
1:00pm

**Main Street Grill —ClearLake**

Call Kris Kjera at 994-5766  
for a reservation!

### Wednesday, October 19— Heritage & Culture Night!

**6:00pm—Dinner**  
Salmon Dinner with  
all the trimmings  
\$8.00



### Upcoming Events for our Lodge:

**Lutfisk and Meatball Dinner—  
Saturday, November 12th**  
See Flyer on Page 6

**Scandinavian Christmas Open House—  
Decorate on Saturday, December 3  
Sunday, December 4—11:30-2:00**



**7:00pm—Guest Speaker-**  
Zone 1 Director, Carol Francis  
"Meet and Greet in Norwegian"

Carol is an excellent speaker and teacher of the Norwegian Language. Come and learn!



## Bunad Copies

The Norwegian institute for bunad and folk costumes gives counsel about traditional costume standards which is the basis for today's bunads. The majority of bunads are a result of a painstaking reconstruction process of extinct folk costumes. It is, however, a common misunderstanding that bunads have always existed and that they can therefore be freely copied. Such pirated copies are the closest one can come to being illegal in the context of bunads. In some cases it is (by law) illegal to copy a bunad. But, in the majority of cases, it is not because bunads are poorly copyrighted. There are many reasons for this.



One of them is that those who prepared bunads in their time did not anticipate this issue. Husflid outlets sold fabric packages to people that sewed their own bunads, or who sewed bunads for their company. Another reason lies in the legislation. To obtain protection through design laws or copyright acts, the design must be new and have an individual character. Something that often works against a bunad's character. The marketing law has varying success in that it is difficult to judge what is "contrary to good business practice" (§25) or "an unfair exploitation of another's work or results and creates a risk for confusion" (§30).

*Translated from Aftenposten*



## Cultural Key to Happiness

As Sons of Norway members, there are many benefits that we enjoy on a regular basis, from travel discounts to *Viking* magazine and all the cultural programming in-between. But, did you know that your membership might in fact do much more?

A recent study conducted by the Journal of Epidemiology and Community Health of 50,000 Norwegian men and women uncovered an interesting link between culture and happiness. Participants who attended and engaged in cultural activities were more likely to report a higher satisfaction with life and better health than participants who did not engage in cultural activities. What types of activities you may ask? Study examples included both "receptive" activities like visits to museums, art exhibits, concerts, films and plays, along with attending church and sporting events and "creative" activities like playing sports, dancing, singing, fitness and physical activity and social clubs.

Men in the study saw particularly high benefits, as men who attended cultural activities were 9% more likely to report better health and satisfaction with life than other less engaged men. These same men were also 13% less likely to have anxiety and 12% less likely to be depressed. Women also saw marked benefits in the study, however the results were less pronounced.

Overall, those who either participated in or watched five or more cultural activities per month reported a 91% satisfaction rate with life compared to 84% for those who participated in just one activity per month.

Koenraad Cuypers, Norwegian University of Science and Technology researcher and the study's lead author, says it is possible that these activities may provide a positive effect on the brain and the immune system. It is also suggested in the study that cultural activities may enhance overall health by reducing stress levels.

If you're looking for ways to take advantage of these hidden cultural benefits within your lodge, contact membership coordinator, Joe Eggers, at [jeggers@sofn.com](mailto:jeggers@sofn.com) or (800) 945-8851 ext. 697.

*Adapted from multiple sources*

**Lodge Ladies Lunch Bunch—  
Riviera Country Club—Hosted by Evelyn Robison**



Cheryl, Leah, Kris, Mary Beth, Bev, Ginny and Evelyn enjoy the sunny day for their picnic!

**Minot Flood Relief**

Minot, ND is experiencing historic flooding of the Souris (Mouse) River, which has displaced thousands of citizens. The Sons of Norway Foundation has been in touch with district and local lodge (Thor 4-067) leaders in Minot. They have reported that up to 75 Sons of Norway families may be faced with major damage to their homes due to this catastrophe.

The Sons of Norway Foundation, a 501 c 3 charity, has a Humanitarian Fund from which \$1,000 Helping Hands to Members Grants are awarded to aid members who are victims of natural disasters. The grants assist our members in their time of great need, helping them purchase items, like bottled water, groceries and other severely needed supplies to keep them going during the clean-up and re-build.

In true fraternal spirit, the Foundation is calling on all Sons of Norway members and lodges who can help with this relief effort to making a tax deductible donation\* to the Humanitarian Fund. This will ensure that the Fund stands ready to help with current and future disasters. You may send your checks with “Minot” in the memo line (no cash please) to Sons of Norway Foundation, Att: Minot, 1455 West Lake Street, Minneapolis, MN 55408.

Please accept our heartfelt thanks on behalf of the victims who will benefit from your generosity.

*Dan Rude*  
International President

*Cindy Olson*  
Foundation Director



**Foundation Month**

**October** is Foundation Month for Sons of Norway and it’s a great time to think about all the worthwhile philanthropic opportunities our Foundation offers and how you might want to support them.

For example, did you know that the Sons of Norway Foundation offers six different scholarship opportunities that were awarded to 25 students throughout the organization this year? Also, did you know that the Foundation annually offers four different grants funds to dozens of lodges in the U.S., Canada and Norway? Each is designed to provide assistance for lodge programming and to help Sons of Norway members in need. In fact, the Humanitarian Fund is helping provide assistance to Sons of Norway families who were affected by the severe floods in Minot, ND. ***See related article to the left!***

We are asking all Sons of Norway lodges and members to help raise donations for the Humanitarian Fund in September and October. Because of the great work that the Foundation does and the significant need of members, students and lodges, Sons of Norway is asking all members to consider supporting the Foundation by making a contribution this month.

Your support will ensure that the Sons of Norway Foundation can continue to make a significant positive impact on the communities it serves, while helping lodges and individuals achieve their dreams.

If you’d like to make a contribution to the Sons of Norway Foundation, you may visit us on the web at [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) or call (800) 945-8851.

**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.



## September Heritage & Culture Night—9/19/11

We had delicious lefse made by four ladies. Ginny Silvestre did hers at home, Claire Grieve and Irene Tisell (to the right) cooked with Mary Beth Ingvaldstad at Galilee Fellowship Hall. The very tasty Lapskaus was made by Else Rodrigues! Thanks, gals, for your contributions to our evening.....



Ellen Aasen is sharing her quilt pattern with us as Claire looks on. Irene Tisell is busily paying



Eva Johnson, Thelma Dangel, Sheila Strom, Leah Scarbrough and friend, Cheryl, await the singing of "I Jesu Navn" then "Vær Så God"!

### Special Guest Speakers for the Evening— Our Language & Heritage Camp Attendees— Casper Howland and Baylee McKenney



Vale Hanzel, Mary Beth, Else and Chuck Rodrigues and Carl Peter await the call for dinner! Else prepared all the Lapskaus for us! Yummy!



First, they helped lead us in dancing "Per Spelman", which they learned at Camp Troll Fjell. Then, they spoke of their Camp experience and what their daily activities consisted of. They shared the beautiful rose-maling pieces they did and said some words in Norwegian that they had learned.



Those Campers were a hard act to follow, but Mary Beth presents the "Hvor Er Du Fra?" portion to introduce the counties of Norway and have new members mark the map.



Rosemaled Photo Album each one did.



The President appreciated Casper's help moving the Power Point Slides during the singing of the anthems.

*Vikings of Lake Lodge #6-166*



# SONS OF NORWAY

*Parsleyed Potatoes  
Lefse  
Cucumber Salad*

**LUTEFISK  
AND  
MEATBALL DINNER**

*Riskrem  
Krumkaker*

**SATURDAY  
NOVEMBER 12, 2011**

**Social Hour: 4:00pm**

**Dinner: 5:00pm**

**Only 60 Tickets To Be Sold  
Reservations Required!**

Wines will be available at \$3.00  
a glass!

**Call: Carl Peter at 707-987-2404**

**Adults: \$17.00**

**Children under 12: \$6.00**

**New Location for 2011—**

Galilee Lutheran Church Fellowship Hall  
8860 Soda Bay Road



**Gratulerer Med Dagen  
for our members in  
October!**

- 4—Teana Wall
- 9—Kevin Ness
- 11—Kenn McCarty
- 22—Guri Clark

- 24—Arnold Mjatveit
- 24—George Smith

**Heritage Members**

- 13—Tristan Groves (9)
- 28—Naome Groves (5)

**Unge Venner**

- 9—Kelli Anne Whitchurch (18)
- 23—Kori Lynn Whitchurch (21)

**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 279-0974
- Newsletter Mailers:** The Tisell Family
- Webmaster:** Marvin Hanson 279-0974
- 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:**

**Tusen Takk to Our  
Renewing Members!**



Jared Bjerga  
Larry Johnson  
Kevin Ness  
Lourdes Thuesen  
Joyce Vaughn

*Your continued support of our Lodge is  
very important!*

**GRATULERER!**

Congratulations to Carl Peter Ingvaldstad upon his selection as a member of the International Board of Governors for the Sons of Norway Foundation. He will miss our Lutefisk & Meatball Dinner as he will be in Minneapolis for his first Board Meeting. He asked that no one worry about saving him any fish!



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

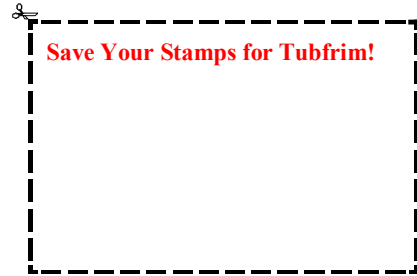
**Sons of Norway  
Vikings of Lake Lodge #6-166**

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**Happy Halloween to  
our Heritage  
Members!**



**Vikings of Lake Lodge—  
the best in District 6!!**  
  
We're on the Web—  
[www.vikingsoflakelodge.org](http://www.vikingsoflakelodge.org)

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Tomorrow by YOUR actions Today!

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