



October Lodge Meeting:

Pilgrimage to Trondheim: Walking St. Olav's Way

Saturday, October 21

Potluck at 5 PM followed by presentation

Norway House

3846 Meredith Dr.

Fairfax, VA 22030 [directions](#)

Sabine Farrer will take us on a virtual journey along St. Olav's Way, a network of ancient pilgrim paths leading to the burial site of St. Olav in Nidaros Cathedral, Trondheim. The paths are named for Olav II Haraldsson, King of Norway from 1015 to 1028. He was declared a martyr and saint after his death in the battle of Stiklestad in 1030. For centuries pilgrims have walked the various routes throughout Scandinavia to his shrine in the Cathedral. Our speaker, founder of Viking Walks, LLC, will guide us along Gudbrandsdalen, the main path from Oslo to Nidaros during the Middle Ages.



Our October speaker, Sabine Farrer, on St. Olav's Way

Non-members and children welcome! Please email programs@norwaydc.org if you plan to bring children so appropriate activities can be planned during the presentation. Come for all or part of the evening!

Membership pins will be awarded at the meeting to Allen Freeman and Odd Ulvestad (20 years) and Nora Howard (40 years). Congratulations and tusen takk for your many years of support!



Sons of Norway Christmas Festival and Bazaar

Fri. Dec. 1 10 AM to 6 PM Sat. Dec. 2 9 AM to 4 PM

Christ Lutheran Church, across street from Norway House * see page 11

All local Scandinavian holiday bazaars — see page 16

Nov. Meeting: Vikings in the Irish Sea November 18 or 19 — date finalized soon

Dr. Jennifer Paxton, Professor and Medieval Historian at Catholic University, returns to the Lodge for another riveting talk on Viking history, this time focusing on the Scandinavian influence in Ireland and Scotland.

To contact us see p. 22

To join Washington Lodge 3-428 visit www.norwaydc.org/membership or email Lodge VP Dave Brown at VP@norwaydc.org or call SON HQ in Minneapolis (800-945-8851). See page 3.

Lodge Calendar

www.norwaydc.org/events

Activities are open to non-members and are at Norway House unless otherwise noted below. Directions: page 22 and www.norwaydc.org/directions.

GIG

Sun., Oct. 15, 2-4 PM. Page 17

Oct. Lodge Meeting

Sat., Oct. 21, 5 PM

Pilgrimage to Trondheim: Walking St. Olav's Way. Page 1

Reading Circle

Tuesday, Oct 24, 7:30 PM
Page 13

Norw. Language & Conversation Classes resume Oct. 18.

Every Wednesday (starting 10/18)
Beginner 6 PM, Interm. 7 PM, Adv. 8 PM
www.norwaydc.org/language Page 10

Oct. Board Meeting

Sun., Oct 15, 6 PM
All members may attend to make suggestions and to learn how Lodge decisions are made.

www.nga.gov/content/ngaweb/press/exh/4998.html.

Norw. Church Service

Sunday, Oct. 8, 3 PM
Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD Norwegian language church service. Sunday School in Norwegian for children during church. Coffee hour after. All are welcome. <https://nosokirken.org/event/worship-fest-gudstjeneste/>

All Things Go Fall Classic

Friday Oct. 6 — Sunday, Oct 8
Union Market, Washington, DC
Performances include two Norwegian natives: DJ Magnus August Høiberg, known as "Cashmere Cat," and Jakob Bjørn-Hansen. See www.allthingsgofallclassic.com for tickets.

NACC-MA Dinner Cruise

Wed., Oct. 6, 6:30 PM
Dinner cruise on "The Odyssey" sponsored by the Norwegian-American Chamber of Commerce Mid-Atlantic Division. Departs 300 Water St. SW, Washington, DC. See page 7. reservations: www.naccma.org/events/annual-dinner-cruise-2/

Nesttun Unge Strykere

Mon., Oct 9, 12 noon
The Youth String Orchestra from Bergen, Norway will perform at noon on the steps of the Lincoln Memorial.

American-Scand.Assoc. (ASA)

Mon., Oct. 16, 8 PM
St. John's Church
6701 Wisconsin Ave Chevy Chase, MD
"John Ericsson and the Engines of Exile" presented by author David Paul www.scandinavian-dc.org/



(Continued on page 3)

Other local events

Scandinavian Dance groups: see page 21 for meeting information for the Nordic Dancers, Mid-Atlantic Norwegian Dancers, and Scandia DC.

Edvard Munch at Nat. Gallery of Art

Sept. 3, 2017 — Jan 28, 2018
"Color in Context" exhibit featuring works from Washington, D.C. collector Sally Epstein.

(Continued from page 2)

NoSo Norsk middag

Sun., Oct 22, 4 to 6 PM

Carderock Swim & Tennis Club

8200 Hamilton Spring Court, Bethesda, MD

Sponsored by the Norwegian Society of Washington, DC. Traditional meal featuring Fårikål (lamb, cabbage, and potatoes) and meatballs. RSVP at <https://nosokirken.org/events/list/>. See flyer page 23.

National Lutheran Choir

Sun., Oct 22, 7 PM

National Shrine of the Immaculate Conception

400 Michigan Ave. NE, Washington, DC 20017
The National Lutheran Choir presents a newly commissioned work for chorus and strings by Norwegian composer Kim André Arnesen.

(202) 526-8300. www.elca500.org/events/holy-spirit-mass-new-choral-mass-premiered-national-lutheran-choir-washington-d-c/.

Norwegian Embassy News & Events

<https://www.norway.no/en/usa/norway-usa/news-and-events/>

SON Wash. Lodge Facebook

www.facebook.com/groups/SonsofNorwayDC



“The Snowman” U.S. movie premier of Nesbo book

Opens Friday, Oct. 20, at area movie theaters. Based on Jo Nesbø's Nordic Noir thriller of the same name (in English), featuring Michael Fassbinder as detective Harry Hole.

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 to provide quality insurance and financial products to its members.

Welcome new members!

Bjørn E Falk of Silver Spring, MD, and
Maryanne Salm of Washington, DC.
Velkommen!



Join Sons of Norway, Renew a Membership, Give a Membership

- ⇒ **To join as a new member** email Dave Brown at vp@norwaydc.org, call SON headquarters in Minneapolis (800-945-8851) or sign up online here: www.norwaydc.org/membership.
- ⇒ **If you need your membership number** or if your membership has lapsed call 800-945-8851 or email database@norwaydc.org.



- ⇒ **Children 15 years of age or under** whose parent or grandparent is a SON member may sign up for a free Heritage Membership. **Youth ages 16-23** who have a parent or grandparent who is a Sons of Norway member may be a free Unge Venner member.

Current Dues: Individual \$56.50 (International = \$32 + District \$14.50 + Lodge \$10), Spouse \$49.50, Youth \$23.25, Your children & grandchildren are FREE!

Leif Erikson Day — October 9

In 1924 President Calvin Coolidge recognized Leif Erikson as the “Discoverer of America.” In 1964, President Lyndon Johnson started the tradition of proclaiming October 9 as Leif Erikson Day, although the impetus at the time appears to have come from Minnesota Senator Hubert Humphry.

Wisconsin was the first state to make Leif Erikson Day an official holiday. By now six states have followed: Minnesota, South Dakota, Illinois, Colorado, Washington, and California.



Recreation of a Norse Long House at L'Anse aux Meadows, Newfoundland, associated with the site of Leif Erikson's settlement in the New World.

New 2018 Dues Structure for SON Members

Starting in 2018, your next membership renewal statement will reflect a new dues structure implemented by SON International. The changes were not made by the Washington Lodge, but rather SON headquarters. Important changes:

- Families of two or more will pay a “family rate” which could result in considerable savings.
- You may pay your dues on a monthly basis and set up automatic withdrawal from a U.S. bank account.
- Families in which spouses have different renewal dates will be assigned a new billing date based on the renewal date that occurs latest in the year.

Membership Type:	Annual Dues	Monthly Dues
Individual		
Regular	\$60	\$5
Golden	\$42	\$3.50
Family		
Regular	\$95	\$8
Both Golden	\$60	\$5
One Golden/One Regular	\$78	\$6.50
One Golden/One Lifetime	\$42	\$3.50
One Regular/One Lifetime	\$60	\$5

SON headquarters set up a dedicated email address for questions about dues. If you have questions, please email them at 2018dues@sofn.com or visit their website: [www.sofn.com/simplified dues structure](http://www.sofn.com/simplified-dues-structure)

Golden membership is conferred on those over age 65 who have been members for at least 30 years. Dues for Lifetime members is shown in the table above, but this membership category is no longer offered.

Taking Note: A Memorable Trip to Iceland

By Lodge Member Ruth Nybro

“Escape... Learn... Explore... Create” This was my invitation to the first annual Iceland Writers Retreat in April 2014. Making my way through a translation of my grandmother’s one hundred year old diaries from the Norwegian to English, I welcomed the option for taking a break, getting a new perspective, meeting other writers, and visiting the history, mystery and magic that is Iceland.

This island nation had invited me before, but I always saw it as a stop-over on the way to Oslo or Copenhagen, Frankfurt or Amsterdam. Ever anxious to get to my final destination, I had never taken the invitation seriously.

Then, in the fall of 2013, I met Erica Green at a meeting of the American Scandinavian Association. Erica was there to announce the launch of a program for writers developed by herself and Eliza Reid in Reykjavik.

Both Erica and Eliza are fanatical about Iceland: they love the country, its history, culture and, perhaps most importantly, its love of literature. Erica, who is a writer herself, lived there while her husband was on assignment with the State Department. While there she met Eliza, originally from Canada, who settled there after meeting



Eerie rock formations along Iceland’s southern coast; Ruth with Pulitzer Prize-winning author Geraldine Brooks.

and marrying Icelandic historian Guðni Jóhannesson. Together Erica and Eliza developed an opportunity for writers, both experienced and new, to meet and work with known authors in the literary and geological setting of Iceland.

To prepare for the trip I read up on Icelandic literature, namely *Iceland’s Bell*, by Halldor Laxness, winner of the Nobel Prize in Literature in 1955. The text is historical fiction that provided the context for my stay in Iceland. Studying the busy IWR agenda, I quickly decided that I needed to front load my trip with a few days’ touring on my own. My first afternoon of walking around Reykjavik brought me to Hallgrímskirkja, with 360 degree views of the city from the steeple, followed by a tour of Harpa, the award-winning Concert Hall that features a colored glass façade inspired by Iceland’s
(Continued on page 6)

(Continued from page 5)

landscape. Walking down the hill from the church to Harpa, I encountered what was to be one of many incongruities in Reykjavik: the “Babalu Café.” Continuing on to the older section of the city, I made my way to a museum called “871 +/1” and there, several stories below street level, I visited an excavation of an early settlement believed to be from 871 CE, give or take a year or two. The next two days brought me to glaciers, islands, and frequent spouts of steam along the southern coast.

Once the retreat began I was joined by close to



Funky to futuristic — Ruth’s walk through Reykjavik took her to Harpa, the sparkling new concert hall whose façade resembles the Icelandic landscape, and the quirky Babalu Café.

eighty registrants and thirteen featured authors at Icelandair’s Natura hotel, on the outskirts of Reykjavik. Presentations, workshops, receptions and group tours filled the next five days. I was thrilled to be able to work with Geraldine Brooks and to meet Icelandic author Sjón. A group tour, led by Guðni Jóhannesson, brought us to Skálholt, one of two Episcopal sees from 1075-1785, to the Geysir Geothermal area, to the Guiffoss waterfall, to Laxness’s home and the Þingvellir National

(Continued on page 7)

IWR attendees were invited to a reception at the home of Iceland’s President, at the time, Ólafur Ragnar Grímsson.



A reminder: check the calendar on pages 2-3 for exciting local events

A sampling:

- Bergen Youth Strings Orchestra at Lincoln Memorial
- Norwegian Society Traditional Dinner
- Premier of Choral Mass by Norwegian composer Kim André Arnesen
- Norwegian contemporary musicians at DC's "All Things Go" Fall Classic



(Continued from page 6)

Park. Each evening marked another reception, including one with Iceland's President at the time, Ólafur Ragnar Grímsson, at his residence.

Iceland's great beauty and fascinating history are easily accessible and rewarding for any visitor. Only a five hour flight from Dulles International Airport, an eager traveler is quickly immersed in the landscape, culture and history of Iceland.

For the writers among us, I'm glad to announce that registration for the fifth annual Iceland Writ-

ers Retreat, April 11-15, 2018 is now open. The faculty to date includes Alice Hoffman, author of *The Marriage of Opposites*; Hallgrímur Helgason, winner of the Icelandic Literary Prize; and Hilton Als, writer for the *New Yorker* magazine and Pulitzer Prize winner. More writers will be added.

A further update is that, since her husband has now become the President of Iceland, Eliza is First Lady! To learn more about IWR visit www.icelandwritersretreat.com.

Annual Dinner Cruise with the Norwegian-American Chamber of Commerce, Oct. 6

Building on the success from last year onboard the glass-enclosed cruise-ship "The Odyssey," The Norwegian-American Chamber of Commerce Mid-Atlantic Chapter will welcome Embassy staff, NACC MA members and affiliated organizations and guests to this year's "Welcome to Washington Annual Dinner Cruise" where guests enjoy a 3-hour cruise on the Potomac River. Drinks will be served onboard followed by a delightful dinner and live entertainment while enjoying the scenery. Honored guest will be National Armaments Director Mr. Morten Tiller, Norwegian Ministry of Defense.



Departs 300 Water St. SW, Washington, DC. 6:30 to 10 PM. \$105 for members of Norwegian-American organizations, \$120 for non-members, and \$55 for Young Associates/students. For more information and to reserve a spot see www.naccma.org/events/annual-dinner-cruise-2/.

Nominations Open for 2018 Officers and Board

We want YOU!

All of the Officer and Board positions below are up for election. Some of the positions have nominees and others don't. The Nominating Committee, lead by VP Dave Brown, is busy trying to fill vacancies. If you are interested in ANY of the positions below please contact Dave Brown at VP@NorwayDC.org, and if the Nominating Committee should call you, please consider lending your support. It's time to think about YOUR goals for our band of Norskies over the next few years, and think about how you can help achieve them. We need you.



Elected Officers:

President
Vice-President
Treasurer
Secretary
Financial Secretary
Counselor
Newsletter Editor
Membership Database Manager

Hospitality Director
Programs Director
Cultural Director
Festival Co-Directors
Youth Director
Foundation Dir.
Sports and Recreation Dir.
Sunshine Director
Building Manager
3-year term Trustee

1st Marshall
2nd Marshall
Musician
Librarian
Historian

Non-elected officers:

Webmaster
Publicity Director

Around the Third District...

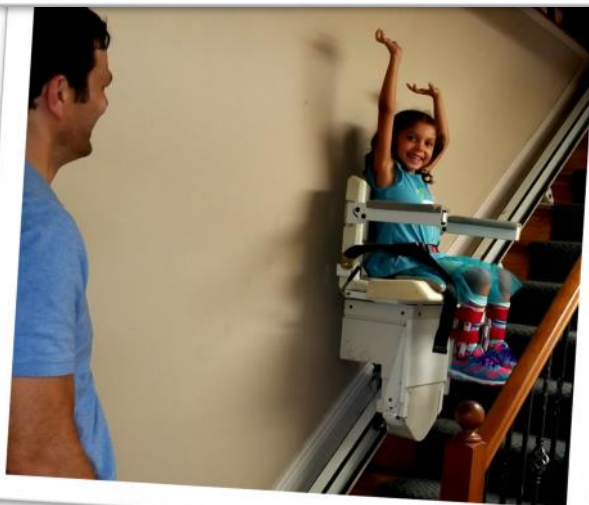
Best wishes and congratulations to the following lodges for their recent anniversaries: **Nor-Bu Lodge**, New Jersey (75th Anniversary) and **Troll Lodge**, Mahopac, NY (50th Anniversary).

Hampton Roads Lodge, Hampton Roads, VA, invites you to their 45th Anniversary Party on October 21, 6 PM. Holiday Inn Virginia Beach / Norfolk Hotel & Conference Center, 5655 Greenwich Rd., Virginia Beach, VA . Accommodations available. Contact Lodge Social Director Vivian Zingarelli at 757-691-0362 for more information.

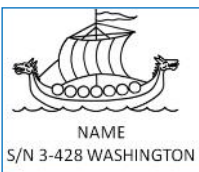
You are cordially invited to **Ole & Lena's Wedding!** Saturday, Nov. 11, 5 PM at Land of the Vikings (LOV). Join other guests for this riotous spoof of a Scandinavian wedding gone awry. LOV is a 150 acre recreational facility run by the SofN 3rd District, nestled in a valley in Northeastern Pennsylvania 35 miles east of Binghamton, NY. Winter and summer recreational activities are available on the grounds or nearby. LOV has reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, etc. Call (516) 791-3983 or see <http://3dsofn.org/land-of-the-vikings/room-rates/>

Congratulations Sports Medal Recipients!

Sports Director Greg Ovrebo awarded Sports Medals to three members last month. Clockwise from top left are Andy Parks (Silver and Gold Medals for Sykkelmerke (cycling)), Svein Ulvedal (Bronze and Silver medals for Sykkelmerke), and Burt Koske (Bronze and Silver medals for Gangmerke (walking)). Andy's charming daughters lent enthusiastic support. If you're interested in the SON Sports Medal program contact Greg at Sports@NorwayDC.org or visit www.sofn.com/member_resources/cultural_programming/sports_medal_program



Name Badges — don't go to meetings incognito!



Washington Lodge Name Badges are available with either a magnetic holder or with a pin on the back. Personalized badges may be ordered from Burt Koske for \$10. (Pin or Magnet). Contact Burt at any Lodge event, or send an email to him at kobur@cox.net.

From Lodge President Doris Goodlett

Hello All,

Kudos to George Edwards for the very interesting program he presented at our last lodge meeting, which approximately forty people attended. Great job, George! Fascinating subject and you did impressive research. Thanks so much. We love to showcase our own talented members for lodge programs. If any other members have a program you'd like to present or other ideas for programs, please let our Programs Director know. Email her at programs@norwaydc.org.

We were happy to welcome the following visitors: Tracy Higgins came from PA especially to hear George's presentation, since her family members built the boat about which George spoke. She found out about the program from her relatives who live in Norway. Small world isn't it? We also were happy to meet Andy Parks' family: his lovely wife, Jessica, and their two beautiful daughters. George brought two friends with him: David Helgerson, and Robin Wright. We were also happy to greet Cindy and Phil Ayliff, and Mike and Margit Taylor. We hope they will all come back again, and consider joining our lodge.

Thank you Susie for doing the cooking for our Pot Luck Supper, and thanks to all who brought food to contribute to the smorgasbord. Merry Molinari generously provided three separate dishes, and helped with set up and clean up too. Thanks so much Merry. Thank you Denise for all the dish washing afterwards. Thanks to all else who helped.



At the next lodge meeting, on October 21, the slate of candidates will be presented, from which we will elect our executive board officers for 2018. Elections will be in November. Anyone who wishes to add their name to the slate is welcome to do so. Job descriptions are being worked on and will be available soon if you are interested in what the jobs entail. Details will be coming soon, regarding where to find those descriptions.

Happy Autumn everyone,

Doris

Norwegian Language Classes Every Wednesday at Norway House (currently on break — classes resume Oct. 18)

Level 1 - Beginners: 6-7 PM ♦ Level 2 - Intermediate 7-8 PM ♦ Level 3 - Advanced 8-9 PM

Students can decide which level works best for them and can attend different classes to find a fit. In the first two levels, students use the book *Norsk, Nordmenn og Norge*, available from Amazon. A workbook accompanies the textbook, but is not mandatory. Classes meet at Norway House. [directions](#).

Cost is a bargain \$10 per hour to the Instructor and \$5 per evening to SON Lodge. The Lodge provides coffee and other beverages.

Contact the instructor, Nina Brambani Smith, at language@norwayDC.org for more information.

Helpers Needed for the Christmas Festival and Bazaar!

Sign up now...

You can sign up here for specific jobs and times:

[Festival Volunteer Link](#)

New members, old members, non-members — all are welcome to join the behind-the-scenes fun before, during, and after the Festival. Festival dates are December 1 and 2, but help is needed before that to price our sale items, help stage displays, and do a little prep work for the café. This is a great way to meet other members. Volunteers will receive discounts and a food voucher.

Contact the Festival volunteer coordinator Marie Hansen at editor@norwaydc.org if you have questions.



2017 Norwegian Festival and Bazaar

Sponsored by Sons of Norway Washington Lodge



Friday December 1 10 a.m. - 6 p.m.
 Saturday December 2 9 a.m. - 4 p.m.
Christ Lutheran Church
3810 Meredith Dr., Fairfax, VA

- Norwegian Cafe
- Cooking & Craft Demos
- Nordic Sweaters
- Imported Norwegian Food
- Gifts / Books - huge selection
- Rosemaling by Tina Keune
- Live Music & Dance

Friday Music: Accordion 10-12, Violin 12-2

Friday Demos: Lefse 10-12, Waffler & Krumkake 10-3, Hardanger Embroidery 10-4, Knitting 10-2, Lundehunds 11-4

Saturday Music: Accordion 9-11, Nordic Dancers 12-12:45, Fiddle 1-3

Saturday Demos: Lefse 9:30-11:30, 1-3, Waffler & Krumkake 9:30-3, Knitting 9-4, Lundehunds 10-4, **Fjord horses** 9-3 weather permitting

www.NorwayDC.org

email us at festival@NorwayDC.org

Book Review

Death of the Demon by Anne Holt

Reviewed by Lodge member Christine Foster Meloni
Reprinted with permission from the
Norwegian American

While Jo Nesbø is usually considered the undisputed King of the Norwegian crime novel, Anne Holt and Karin Fossum are serious contenders for the female crown. Nesbø himself calls Holt “the godmother of the modern Norwegian crime novel.” Both women are prolific writers and continue to turn out engaging books.

Death of the Demon is the third novel in Holt’s bestselling Hanne Wilhelmsen series. The book begins with twelve-year-old Olav Håkonsen arriving at the Spring Sunshine Foster Home and announcing, “I’m the new boy!”

With resolute stride he stomped to the middle of the floor, where he remained standing while the snow from his enormous sneakers formed little puddles around his feet. His stance was wide, as though to cancel the knock-kneed cross formed by his legs, he threw out his arms and repeated, “I’m the new boy!”

His mother has finally reached the conclusion that she can no longer control him and she agrees to let him be taken away. The boy would rather stay with his mother and is very upset about his new situation. He immediately devel-

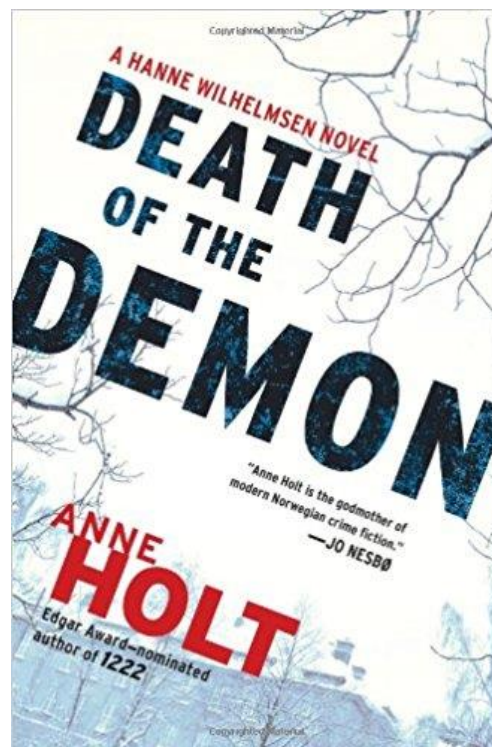
ops a hatred for Agnes Vestavik, the Home’s director, who has house

rules to enforce. He does seem to be drawn to Maren Kalsvik, the deputy director, who shows him some kindness.

But then all hell breaks loose. The director is discovered dead at her desk with a knife buried in her back. And Olav has disappeared. Did he witness the murder and has, therefore, gone into hiding? Or could he be guilty of murder? Would he himself have had the strength to plunge the knife into Agnes?

Other individuals, however, are soon on the list of suspects. Did Maren covet the position of director too strongly? Did Terje Welby, the assistant director, fear that his dishonest dealings with the Home’s finances would come to light?

(Continued on page 13)



Youth activities

Activities for children can be planned during the presentation portions of our monthly meetings. Email programs@norwaydc.org prior to the meeting if you plan to bring your children, to ensure we have enough materials.

(Continued from page 12)

Why does Eirik Vassbunn, the employee who discovered Agnes' body, immediately take sick leave? Does he have something to hide? What about Agnes' husband? Their marriage seemed to be on the rocks and he was in bad financial straits. And Agnes' lover, the car salesman? Did he have a reason to eliminate her?

Chief Inspector Wilhelmsen and her partner Detective Billy T find very little physical evidence at the scene, and they don't feel that any of the suspects have a strong motive for murder. The investigation drags on until a crucial clue is finally discovered. But, in the meantime, other officers are involved in a frantic search for Olav as it is feared he might be in danger.

In this crime novel, Holt also focuses on the shortcomings of Norway's child welfare system.

Like many Scandinavian crime novelists, she often sheds light on pressing social problems in her country. (Swedish Stieg Larsson, author of the hugely successful Millennium Trilogy, is the best known example of a Scandinavian writer highlighting government failures.)

Holt shows the failure of the system to help Olav's mother deal with her difficult and dangerous child. Everything comes to a head when the boy reaches the age of twelve and is finally removed from his home. She writes from experience as she spent many years in her own law practice and also served a term as Norway's Minister of Justice.

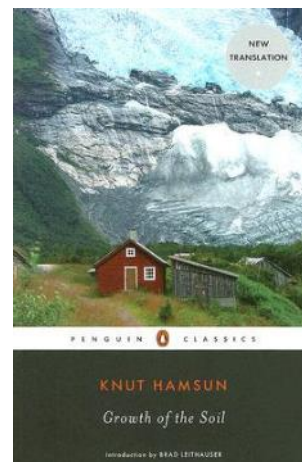
Holt has written ten novels in her Wilhelmsen series, five in her Vik/Stubbø series, and five stand-alone novels. Readers have many of her books to enjoy!

October Reading Circle Selection:

Growth of the Soil by Knut Hamsun

We will discuss *Growth of the Soil*, Knut Hamsun's great epic of the land, for which he won the Nobel Prize for Literature in 1920. We will meet at 7:30 pm on Tuesday, October 24. Location TBA.

The book was published in 1917 so we will celebrate the 100th anniversary of its publication. Everyone is welcome. To RSVP, please contact Christine Meloni at reading@norwaydc.org.



Tubfrim Contest — Win tickets to Norway

For every pound of stamps donated in 2017 you, or Washington Lodge, earns one entry in the 2017 raffle for an airline ticket to Scandinavia. Give your **used stamps from any nation** to Pat DeRoche, or leave them at the front hall table at Norway House. Tubfrim is a charity benefitting children in Norway. Visit their website www.tubfrim.no. The stamp above shows Norwegian Salvation Army pioneer Anna Othilie Tonning, relative of Lodge member Burt Koske.

Sept. Meeting Photos

At right is our speaker, member George Edwards, with Tracy Higgins, whose Norwegian ancestors built the ship featured in George's presentation. And congratulations to Merry Molinari on the award of her 10-year membership pin. For all lodge photos, see www.flickr.com/photos/norwaydc/albums



Sept., continued...



Local Scandinavian Christmas Bazaars

In chronological order:

Swedish Bazaar, Drott Lodge of Vasa

Sat., Nov. 4, 11 AM - 2:30 PM

St. James Episcopal Church,

11815 Seven Locks Rd., Potomac, MD

<http://www.drott-lodge.org/calendar-events/>

Julemarked, Norwegian Seamen's Church

Fri., Nov. 10, 2 - 7 PM

Sat., Nov. 11, 10 AM - 6 PM

Emanuel Lutheran Church

7730 Bradley Blvd., Bethesda, MD.

Email Lasse Syversen at lasse@flagship.com.

Icelandic Bazaar, Icelandic Assoc. DC

Sat., Nov 11, 10 AM - 3 PM

American Legion Post 177,

3939 Oak St., Fairfax, VA

<http://www.icelanddc.com/>

Danish Bazaar, Danish Club of Washington

Sat., Nov. 11, 11 AM - 3 PM

St. Elizabeth's Church,

917 Montrose Rd., Rockville, MD

<http://www.danishclubdc.org/bazaar.shtml>

Finnish Bazaar, Finn Spark, Inc.

Sat., Nov. 18, 11 AM - 3 PM

River Road Unitarian Church,

6301 River Rd., Bethesda, MD

<http://finnspark.wildapricot.org/www.finnish-chirstmas-bazaar.org>



SON Norwegian Festival (our own!)

Fri, Dec. 1, 10 AM — 6 PM

Sat., Dec. 2, 9 AM — 4 PM

Christ Lutheran Church

3810 Meredith Dr., Fairfax, VA

See page 11.

<http://www.norwaydc.org/events/bazaar>

Swedish Bazaar & Saint Lucia, SWEA

Sat, Dec 2, Bazaar 11 AM-5 PM

House of Sweden (Swedish Embassy)

2900 K St. NW, Washington, DC

washingtondc.swea.org/bazaar

Am. Scandinavian Association (ASA) Christmas Festival

Sat., Dec 9, 5:30 — 9 PM

Santa Lucia Pageant 5:30 PM followed by Bazaar at 6 PM

St. James Episcopal Church

11815 Seven Locks Rd., Potomac, MD

www.scandinavian-dc.org/Meet-1.htm





We are sorry to report the passing of two former members

Everett Bierman on July 23, 2017. Everett and his wife, Joyce Lear Bierman, who passed away in 2014, had been active, long-term members of the Lodge. Through his wife, Everett was a member of a large extended SON family, including Judy and Orron Key, Janice Brown, Emilie Pade, Allison Malone, Carolyn Figueiredo, and Brian Kee. Everett was appointed Honorable American Ambassador of Papua New Guinea and the Solomon Islands under President Reagan.

Astrid Ingeborg Karlsen Scott on September 8, 2017. Astrid was born in Oslo and had lived under the German Occupation during WWII. She immigrated to the United States in 1953. Astrid and her husband were active in our Lodge until they moved to Utah to be closer to family. Astrid authored several books, including *Authentic Norwegian Cooking*, which is still available in bookstores and in our Lodge library. Services were held last month in Salt Lake City, Utah.

Genealogy Interest Group (GIG) Update

By Lodge Member Burt Koske

Next meeting Sunday, 15 October 2017, 2 PM to 4 PM

Attendees at the September GIG meeting were Marvin Reed, Dean Jacobson, and Burt Koske. We briefly discussed the recent decision by the Norwegian Sorting to reorganize Norway's 19 fylker into 11 regions in 2020. We assume that there will be several changes before 2020. It will not affect us until the decision is activated. Marvin discussed his family DNA research with several DNA testing kits that he has been using. Marvin and Dean are in the process of writing family stories.



From our Financial Benefits Counselor: Keep it Simple

Most of us have know a friend or family who has gone through the high cost of long term care (LTC). It can financially wipe out a lifetime of work if not covered by insurance. The stand-alone LTC insurance policies have gotten more expensive with less coverage. The good news is you can now have LTC coverage as part of your life insurance with Sons of Norway!

The Chronic Illness Rider is available with our Universal Life and Whole Life products at a very competitive price. The benefits paid to the insured are unrestricted with no administrative charges at the time of a claim. Two percent of the death benefit equals your LTC monthly payments. The death benefit is reduced only by the amount of the claim. So if you don't

need LTC your heirs will receive the money on your passing. Call your Sons of Norway Financial Benefits Counselor see how this can work for you.

Michael Beck, MPA, LUTCF
Email: mike@vavalueins.com
757-716-8813
www.vavalueins.com

Norway Deploys World's First Floating Wind Farm off Scotland

The major advantage of floating wind turbines is that they can be placed in much deeper water than turbines placed directly on the seabed. This allows deployment further off shore, making them feasible for locations like the US West Coast, Japan, and Scotland, where ocean floors plunge too quickly for stationary turbines.

Norway's Statoil has been a pioneer in this technology, and last summer began to slowly float five turbines to Scotland, where they are currently being installed in the North Sea, about 15 miles off the coast. "Hywind," as the farm is called, is expected to be operational this fall, and will power about 20,000 households. The Scottish government hopes this will be the first of several floating wind farms in the North Sea. Hywind is jointly owned by Statoil (75%) and Masdar (25%), a "clean energy" company headquartered in the UAE.

There are several competing builders and designs for this technology. In the case of Hywind, each turbine has a submerged spar filled with sea water and ballast that keeps it upright, and is



*Artist's rendering of a floating wind turbine.
Courtesy Statoil.*

tethered to the seabed by three cables attached to anchors. The design has undergone years of testing by Statoil in high wind and wave conditions prior to deployment in Scottish waters.

For more information see two good articles in British periodicals:

Financial Times www.ft.com/content/2050b1de-72bc-11e7-aca6-c6bd07df1a3c and

The Guardian www.theguardian.com/business/2017/jun/27/hywind-project-scotland-worlds-first-floating-windfarm-norway



Happy October Birthdays! Gratulerer med dagen!

Chase Aldous
Noah Alewine
Thor Alewine
Gerald Bergh
Linda Berti
Denise Bowden
Bennett Bradsher
Greta Dahlman
Sigrid Gastoukian

Brit Nora Gauthier
David Hackett
Joseph Halloran
Lloyd Halvorson
Jeanne Gerda Jacob
Susan Maloof
Ralph Malvik
Arve Michelsen
Katarina Olsen

John Eric Olson
Jason Pade
Michael Plasha
Svanhild Schmidt
Steven Stormoen
Kristin Tucker
Francis Walkuskie



Our members suggest:

DNA Proves Fearsome Viking Warrior was a Woman

www.sciencemag.org/news/2017/09/dna-proves-fearsome-viking-warrior-was-woman

North of Nordic: A Young Bergen Chef invents “Neo-Fjordic” Menu

www.nytimes.com/2017/07/18/dining/norway-food-neo-fjordic-chef-christopher-haatuft.html

Oslo Store Offers Bargains and a Way to Cut Waste

www.theguardian.com/environment/2017/aug/17/how-norway-is-selling-out-of-date-food-to-help-tackle-waste

Valkyrie (1869), Peter Nicolai Arbo (1831–1892), Nasjonalgalleriet, Oslo. Wikimedia Commons

Norwegian Apple Pie (Eplepai)

Makes one 9-inch pie

Although this is called a "pie" in Norway, we would think of it as a cake. So simple to make, it's a perfect last-minute dessert, especially when fresh apples are in season.

1 egg
 ¾ cup sugar
 1 teaspoon vanilla extract
 1 teaspoon baking powder
 ¼ teaspoon salt
 1 teaspoon cinnamon
 ½ cup all-purpose flour
 ½ cup chopped almonds
 3 medium-sized tart apples, peeled, cored and diced

Topping :

1 cup whipping cream
 2 tablespoons powdered sugar



Preheat oven to 350°F. Butter a 9-inch pie pan. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges.

Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.

Courtesy SON Newsletter Service, adapted from The Great Scandinavian Baking Book by Beatrice Ojakangas

3D President's Message:

fra Presidenten, Mary B. Andersen

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

Look at the picture and take a deep breath. Can you smell the fall? The apples? The apple cider? I hope the picture conjures up warm and fuzzy feelings and memories. I hope your mind is taking you down this colorful trail and you can really smell the leaves!

I recently returned from a business meeting in Denver. While there, I joined District 6 Trollheim lodge for a walleye fish dinner. What made it better is that I was able to reconnect with Kaye Wergedal, District 6 Public Relations Officer. Kaye is a former District 3 member who was instrumental in our Albany convention. Kaye went out of her way to point out the beautiful Colorado sights I should see. I felt right at home and would not hesitate to go there again. In fact, I would feel comfortable attending any Sons of Norway lodge event. Why is that?

That feeling of connection is so hard to explain. You have to experience it. How do you experience it? Attend lodge activities, in your lodge, your zone, other zones, the District, other Districts' events and make connections. That feeling

is among the best things about Sons of Norway!

Equally important is how we make our new members feel (and we are getting new members).



Make a special effort with new members; a kind word, a heartfelt welcome, include them. They will never forget how you make them feel.

Always remember what brought us together in the first place and share it with

newcomers. We will be entering the holiday season soon. The time of the year when people turn to family. Let's open our Sons of Norway family to new members!

Høsthilsen,

Mary

P.S. Don't forget, Leif landed first!





Care Committee

Please keep **Care Committee Chair Shelley Berg Mitchell** informed about members who are ill, undergoing surgery, recuperating, or home-bound for an extensive period. She will send them best wishes from the Lodge as a whole. Contact Shelley at care@norwaydc.org

Local Folk Dance in October

Nordic Dancers of Washington, DC

Meets Wednesdays, 7:30 PM
Highland View Elem. School
9010 Providence Ave., Silver Spring, MD

Nordic Dancers meet every Wednesday at 7:30 until June, with the exception of the week of Thanksgiving and December 20 and 27. Learn traditional dances of Norway, Denmark, Finland, Iceland, and Sweden. Newcomers welcome; no prior dance experience necessary. Contact Chris Kalke at 301-864-1596 or ckalke@verizon.net, or visit the website: <https://sites.google.com/site/nordicdancersdc/>.

Mid-Atlantic Norwegian Dancers

Sat., Oct. 14, 6:30 PM pot luck, 8 PM dancing
6212 Twenty Year Chase, Columbia, MD 21045
Norwegian-style house party. Live music. Beginners, watchers, singles/couples welcome. Locations vary but usually are in the Silver Spring / Tacoma Park area of MD. (301) 270-4925 or <http://MAND.fanitull.org>

Scandia DC Dancing

Sat, Oct. 21, 7 pm
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD
Recreational Scand. dance group. No partner needed! Live music. Fiddler Andrea Hoag. \$10..
www.scandiadc.ino/scandia-dc-events. Email Linda Brooks or Ross Schipper at linda@scandiadc.org or 202-333-2826.



NOVA Norsk Language Group

This group is for people interested in practicing/honing their Norwegian language skills in a casual social setting. All levels are welcome but you will need to know more than a few phrases. "We don't teach, we talk!" Meeting places and times vary. Lodge member Inger Dreng coordinates the group. See www.meetup.com/NOVA-Norsk-Language-Group

Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030
www.norwaydc.org/directions

On weekdays, a residential parking permit is required to park on Meredith Dr. You may park in the Christ Lutheran Church parking lot (entrance directly across the street from the Norway House).



From Beltway or I-66: From the Beltway, go West on I-66. Exit I-66 onto Rt. 123 (Chain Bridge Rd.) south toward Fairfax (Exit 60). Go about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). Just after the 3rd traffic light, turn right on Meredith Dr. (between a Merchants Tire store and a Mobil gas station). Norway House is on the right.

From Rt. 50/29: Go west from the Beltway about 5.33 miles. After crossing Rt. 123 (Chain Bridge Rd.), stay in the right lane. Just after the 3rd traffic light, turn right on Meredith Dr. (which is between a Merchants Tire store and a Mobil gas station). Norway House is on the right.

From far western suburbs: From I-66 East, take Exit 52, Rt. 50, east, toward city of Fairfax. Go about one mile. Turn left at Fairfax Blvd., which is where Rt. 29 joins Rt. 50 (which itself angles left). Turn left after a Mobil station onto Meredith Dr. Norway House is on the right.

Metro & bus: From the Dunn Loring/Merrifield Metro station (on the Orange Line), go to Bus Bay E. Take bus 1C toward West Ox Rd. and Alliance Dr. The bus will go down Lee Highway/Fairfax Blvd. (Rt. 50/29). Get off about 30 min. later at Meredith Drive (after Warwick Ave.).

Reusing Capital Viking Content:

Except as noted, newsletter content is licensed under a Creative Commons Attribution-Share Alike 3.0 Unported License. www.creativecommons.org/licenses/by-sa/3.0/

Lodge Leaders and Contacts

Lodge Website:

www.norwaydc.org

President: Doris Goodlett

703-278-8724 or president@norwaydc.org

Vice-President: Dave Brown

703-378-5271 or vp@norwaydc.org

Secretary: Jeffrey Jorgenson

703-503-3061 or secretary@norwaydc.org

Treasurer: Bill DeRoche

304-725-2710 or treasurer@norwaydc.org

Financial Secretary: Henry Hansen

703-815-4945 or financial@norwaydc.org

Hospitality Director: Susie Fosaaen

703-861-4071 or hospitality@norwaydc.org

Librarian: George Edwards

703-220-1681 or librarian@norwaydc.org

Cultural/Programs: Denise Bowden

programs@norwaydc.org

Newsletter Editor: Marie Hansen

703-815-3467 or editor@norwaydc.org

Webmaster: Vacant

webmaster@norwaydc.org

See the website for a full list see

www.norwaydc.org/officers/.

About Capital Viking

Capital Viking is published by Sons of Norway Lodge 3-428, eleven times per year.

Address Changes:

Did your email address, mailing address, or other information change? Please notify database manager Marie Hansen at database@norwaydc.org.

U.S. Mail:

Sons of Norway
 3846 Meredith Dr.,
 Fairfax, VA 22030

Find Us on Facebook:

<https://www.facebook.com/groups/SonsofNorwayDC>

Newsletter Deadline:

Please submit items by the 25th of the month to editor@norwaydc.org.

Norwegian Society Norsk Middag



Location: Carderock Springs Swim & Tennis Club
8200 Hamilton Spring Court
Bethesda, MD 20817

Time: 4-6 pm

Price: \$15 for adult members, \$10 for children/teenagers, children under 5 – free, \$20 for non-members/guests

RSVP: Please sign up on our web site and specify how many in your party in the different categories. nosokirken.org / <https://nosokirken.org/event/norwegian-dinnernorsk-middag/>
We will need your response **by end of business on October 19.**

Give yourself a break on Sunday, October 22, bring your family and friends, and we will do the cooking! On the menu, you will find homemade Norwegian fårikål (lamb and cabbage) as well as homemade kjøttkaker (Norwegian style meatballs).



Norwegian fårikål courtesy of www.farikal.no

In an opinion poll in Norway 40 years ago, fårikål was ranked as Norway's favorite national dish. A few years back, another opinion poll showed that it is still deemed the National Dish of Norway. The dish even has its own day: "Fårikåls dag". It is celebrated nationwide on the last Thursday in September.

For a good recipe, we would recommend that you visit "Fårikåls venner" www.farikal.no

Norske kjøttkaker has a long tradition on Norwegian dinner tables – a sure winner with all ages. It is usually served with boiled potatoes, ertestuing (mashed peas), kålstuing (cabbage in white sauce), or surkål (Norwegian style sauerkraut). Tyttebær syltetøy (cranberry preserves) are also a must. Kjøttkaker came in a good second in both opinion polls mentioned above.



Norske kjøttkaker courtesy of www.matprat.no

We will also serve Norwegian cake and coffee for dessert, as well as water, juice and soda with the main dishes.

Featured speaker will be Sabine Farrar of Viking Walks, speaking on her recent trip to Norway when she walked along the pilgrim path.