



Capital Viking

www.norwaydc.org



Lodge Jultrefest (Christmas Party)

Sunday, Dec. 11, 4 PM — 7 PM

Norway House

3846 Meredith Dr., Fairfax, VA

www.norwaydc.org/directions

Join us for the Jultrefest and Christmas Open House on Sunday, Dec. 11, from 4 to 7 PM. We'll have sweet and savory finger food, sing Norwegian and American Christmas carols, and relax after the preceding weekend's Festival and Bazaar. If you would like to contribute a favorite finger food, please feel free! All are welcome. Contact hospitality@norwaydc.org.



Frozen Lutefisk for your Holiday Table

Call Susie at 703-861-4071 or email hospitality@norwaydc.org to get frozen lutefisk for the

holidays. \$10 per pound for members, \$11 for non-members.

Christmas Festival and Bazaar

Friday, Dec. 2, 10 AM to 6 PM

Saturday, Dec 3, 9 AM to 4 PM

Christ Lutheran Church

3810 Meredith Dr., Fairfax, VA

(across from Norway House)

[directions](#)

Two days of live music, imported foods, unique gift ideas, craft and dancing demonstrations, sweaters, jewelry, cookbooks, and traditional baked goods. Enjoy lefse, krumkaker, and vaffler made on-site. The café will feature open-faced sandwiches, pea soup, Norwegian-styled hot dogs, and baked goods. We're thrilled that Fjord horses "Fia" and "Bella" will join us again on Saturday, as long as it's not raining.

Also on Saturday, the Children's Choir will perform at 10:30 and the Nordic Dancers will entertain at 11:45. Complete schedule on page 3. Visit festival@norwaydc.org.



Lodge Contacts page 23.

To join our Lodge call SON headquarters in Minneapolis (800-945-8851) or sign up online: www.norwaydc.org/membership or email database@norwaydc.org. **Lodge 3-428**

Lodge Calendar

www.norwaydc.org/events

All activities are at Norway House unless otherwise stated. Directions on page 23 and www.norwaydc.org/directions.

SON Christmas Festival & Bazaar

Fri, Dec. 2, 10 AM to 6 PM
Sat, Dec. 3, 9 AM to 4 PM
Christ Lutheran Church
3810 Meredith Dr., Fairfax, VA
(across from Norway House) page 1, 3



Lodge Christmas Party

Sun., Dec. 11, 4 to 7 PM
Page 1



Reading Circle

Tuesday, Dec. 13 7:30 — 9 PM
Page 6

January Lodge Meeting

Sat., January 21, 5 PM
See page 9

Norw. Language & Conversation

New beginning class starts Jan. 4
Every Wednesday
Beginner 6 pm, Interm. 7 pm, Adv. 8 pm.
www.norwaydc.org/language
Page 21

Genealogy Interest Group

January, Date TBA

Other Local Events

Norwegian Christmas Tree Lighting

Wed., Nov. 30, 6 — 7 PM
Union Station Great Hall
50 Massachusetts Ave. NE, Wash, DC
www.norway.org/dctree#.WAAyaOArKUm

Swedish Bazaar & Saint Lucia, SWEA

Sat, Dec 3, Bazaar 11 AM-5 PM
House of Sweden (Swedish Embassy)
2900 K St. NW, Washington, DC
washingtondc.swea.org/bazaar

Mid-Atlantic Norwegian Dancers

Sat., Dec 3, 6:30 PM pot luck, 8 PM dancing
6807 Westmoreland Ave, Takoma Park, MD
Norwegian-style house party. Loretta Kelly, fiddler.
<http://MAND.fanitull.org>

Am. Scan. Assoc (ASA) Christmas Fest

Sat., Dec 10, 5:30 — 9 PM
St. James Episcopal Church
11815 Seven Locks Rd., Potomac, MD
Santa Lucia Pageant followed by Bazaar, Dancing around the Tree, Coffee, Glogg, Cookies, the Nordic Dancers, and Santa
www.scandinavian-dc.org/Meet-1.htm

Nordic Christmas Revels

Dec. 10—18
A Nordic celebration of the Winter Solstice in music, dance, and drama.
GW Lisner Auditorium, Washington, DC
Tickets and information: <http://revelsdc.org/shows-events/christmas-revels>.

Norwegian Church Service

Sunday, Dec, 11, 3-6 PM
Emmanuel Lutheran Church,
7730 Bradley Blvd., Bethesda, MD
Christmas Service / Christmas Party. Norwegian language service. Sunday School in Norwegian for children during church. Coffee hour after. All are welcome. Contact Lasse Syversen, 301-641-7908, lasse@flagship.com

Scandia DC Dancing Holiday Party

Sat, Dec. 17, 7 — 10 PM
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD
Recreational Scand. dance group. Live music. Holiday Party, no teaching. Fiddler Andrea Hoag. \$10. www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

Nordic Christmas Eve Service

Dec. 24, Augustana Lutheran Church
See flyer page 24

(Continued from page 2)

Nordic Dancers of Washington, DC

Meets most Wednesdays, 7:30 PM
Highland View Elem. School,
9010 Providence Ave., Silver Spring, MD
Learn Scan. Dances. Chris Kalke 301-864-1596,
NordicDancers@aol.com, or [https://
sites.google.com/site/nordicdancersdc/](https://sites.google.com/site/nordicdancersdc/)

SON Wash. Lodge Facebook

www.facebook.com/groups/SonsofNorwayDC

Norwegian Embassy Calendar

www.norway.org/News_and_events/Event-Calendar/

Virginia Museum of Fine Arts, Richmond

Jasper Johns and Edvard Munch: Love, Loss,
and the Cycle of Life, Through Feb. 20
<https://vmfa.museum/exhibitions/jasper-johns-and-edvard-munch-love-loss-and-the-cycle-of-life>.

SON Festival Entertainment and Demonstrations

Friday, Dec. 2, 10 AM to 6 pm

- 10-12 – Nordic Accordion Music
- 10-12 – Lefse Demonstration
- 10-2 – Nordic Knitting
- 10-3 – Waffles/Krumkake Demos
- 10-4 – Hardanger Embroidery Demos
- 12-2 – Nordic Violin Music

Saturday, Dec. 3, 9 AM to 4 PM

- **Fjord horses** Fia and Bella - backyard at Norway House 9 AM-3 PM (weather permitting)
- 9-11 – Nordic Accordion Music
- 9-4 – Nordic Knitting Demonstration
- 9-4 – Nordic Weaving Demonstration
- 9:30-11:30, 1 –3, Lefse Demonstration
- 9:30-3 – Waffles/Krumkake Demos
- 10:30—Children's Choir
- 12-12:45 – Nordic Dancers
- 1-3 – Scandinavian Fiddle Music
- **Norwegian Lundehunds**, the world's cutest dogs - church back hallway, (weather permitting)



Fjord Horses Fia and Bella Return to Festival Dec. 3!

As long as it's not raining on December 3, Karen Keith will bring her beautiful fjords "Fia" and "Bella" to the Festival again this year. Visit them at Norway House in the back yard — across the street from the Festival. See page 1 for Festival details.



We've had mugs made with their photos; look for them at the Festival.



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 to provide quality insurance and financial products to its members.

Happy December Birthdays! Gratulerer med dagen!



Miriam Ahladas
Joyce Anderson
Kay Bondehagen
Linda Brooks
Philip Clausen
Erica Gjorven Gilligan
Karin Halverson
Henry Hansen
David Hofstad
Craig Holman
Kimberlie Kanelopoulos

Judith Kee
Orron Kee
Loretta Kelley
Erik Larson
Gordon Moe
Craig Nelson
Rolf Ness
William Louis Peterson
John Rasmus
Marvin Reed
Barbara Taylor



Attention Parents: Youth Activities

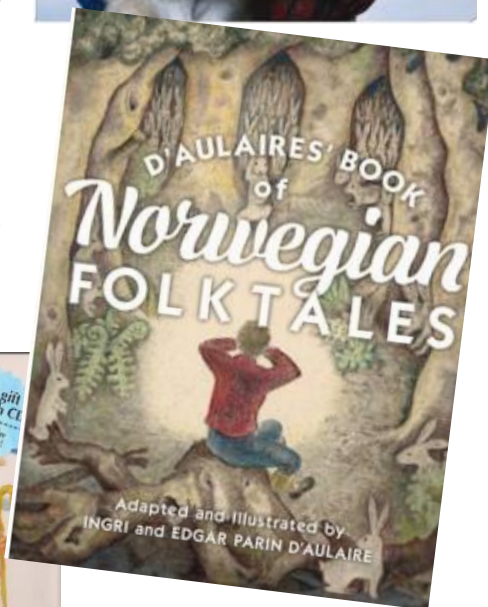
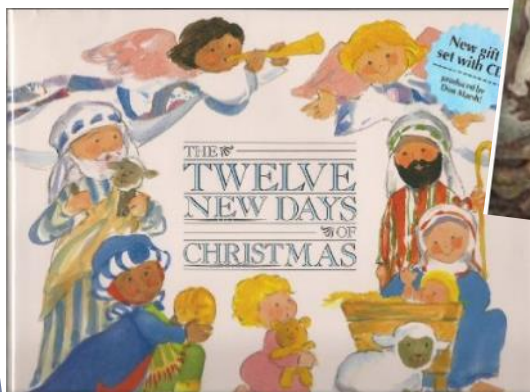
Activities for children are usually planned during the presentation portions of our monthly meetings. If you plan to bring children please email Youth Director Annemarie McCaslin at youth@norwaydc.org before the meeting to ensure enough materials for the planned activity.

Children's Books at the Festival

You'll find a huge selection of books for children and adults at the Festival on Dec 2 and 3. Some will be with the children's toys, but most will be in the Church conference room, tucked away in the back corridor. Tina Keune's rosemaling and our jewelry will also be displayed in this room so you are assured to find treasures there.



New children's books include *The Brave Little Puppy*, the latest in the lushly illustrated "Christmas Wish" series. *The Twelve New Days of Christmas* is by Lodge member Bonnie Fite, and includes the CD of the song recorded by our Youth Choir, in Norwegian. *Norwegian Folktales* is by the D'Aulaires—the same authors/illustrators who gave us *Leif the Lucky* and *Children of the North-lights*.



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



- ⇒ **To join as a new member** call SON headquarters in Minneapolis (800-945-8851) or sign up online at www.norwaydc.org/membership or or email database@norwaydc.org.
- ⇒ **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!

The Julenek - Norwegian Christmas Gift for Birds



The Julenek is a bundle of grain, usually a mix of wheat and oats, posted outside on Christmas Eve as a gift for birds.



The tradition is practiced widely in both rural and urban Norway, but Lodge members have reported difficulty in finding the traditional pre-made and decorated shafts in the US.

The custom can be traced to at least 1753, when a Norwegian clergyman described it as the "Norwegian peasant's hospitality extending to the birds which he invites to be his guests by



Above, siblings with Christmas sheaves of oats and Christmas tree at Kirkeristen in Oslo in 1905. Photo: Anders Beer Wilse / Oslo Museum

placing an unthreshed sheaf of grain on a pole against the barn door."

You could try making a version with decorative shafts of wheat and oats from a florist. An online search for "wheat stalks for sale" also yields some sources, but these bundles are quite small compared to the traditional Julenek. Hopefully they will contain enough seed to keep the birds happy. If not, you could add some peanut butter with birdseed.

Source: "(Nearly) Lost Norwegian Yuletide Traditions"

www.southernminn.com

Reading Circle's December Selection: *The Birds* by Vesaas

The Reading Circle will discuss *The Birds* on Tuesday, December 13, at 7:30 PM. Location TBD. If you plan to attend, email Christine Meloni at reading@norwaydc.org for the location. All are welcome.

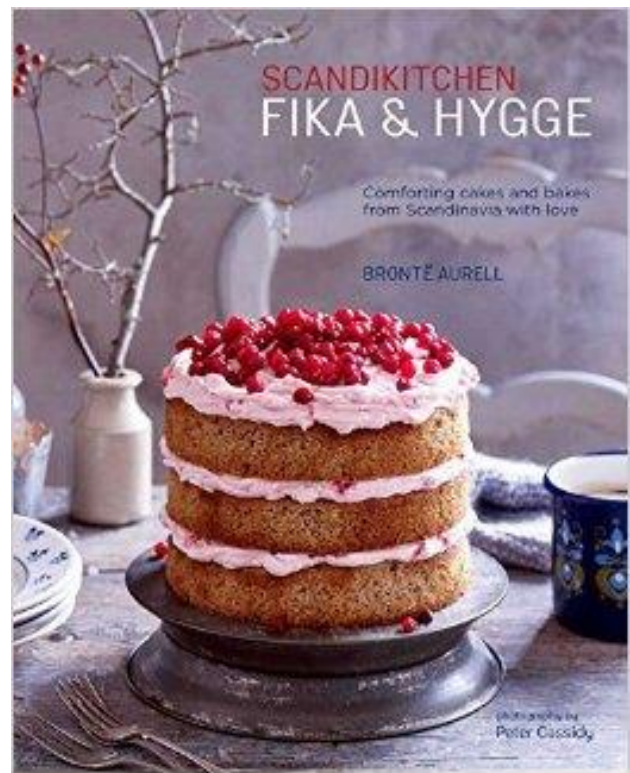
New Cookbooks at the Festival, Priced Well

Our “book store” will be in the Churches’ conference room, which is accessed from a corridor toward the rear of the Church. Most jewelry and Tina Keune’s rosemaling will be in the same room. Most of our books are offered well below the manufacturer’s suggested retail price. Here are a few recipes from the newer cookbooks:



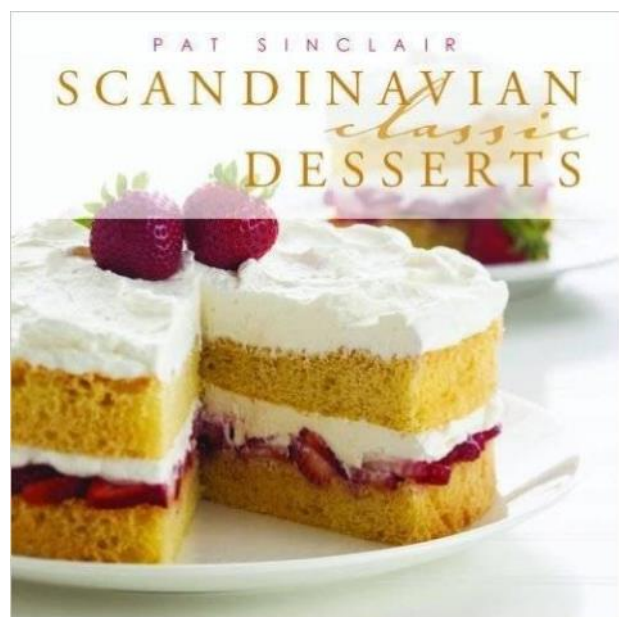
Tina Nordstrom's Weekend Cooking

- Crispy Pork Roast with Red Cabbage and Course-grained mustard
- Lemon-roasted Chicken with Spinnach and Beet Salad
- Overnight Chuck Roast with Morel Sauce and Roasted Root Vegetables
- Mango and Banana Smoothie with Coconut
- Upside Down Apple Cake



ScandiKitchen Fika & Hygge

- Hazelnut and Mocha Squares
- Blondies with Lavender and Lemon
- Rye and Blueberry Flapjack
- Norwegian Apple Cake
- Cloudberry and White Chocolate Cake
- Gingerbread Cake with Lingonberries



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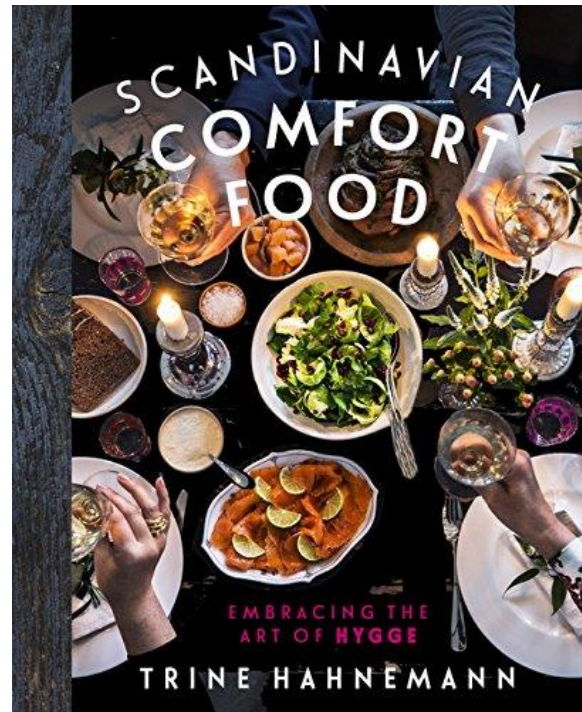
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Scandinavian Classic Deserts

- Chocolate Almond Tort
- Norwegian Bløtkake
- Frystekake (cakes will also be sold at Festival)
- Tosca Mini-Tarts
- Norwegian Kringla
- Baked Rice Pudding
- Poached Pear with Cardamom Cream



Several small, spiral-bound stocking-stuffer recipe collections are offered



Scandinavian Comfort Food (This book has some wonderful vegetarian recipes!)

- Rye-crust Tart with Broccoli and Leeks
- Creamy Barley with Zucchini and Mushroom
- Spelt Tart with Spinach, Jerusalem Artichokes, and Feta
- Potato Soup with Toasted Rye Flakes
- Fishcakes with Herb Sauce and Mint Fried Potatoes
- Spinach and Potatoes Baked with Eggs
- Chicory, Pears, and Grape Salad
- Kale Mash with Sprout and Apple Stir-fry

Membership Pins to be Awarded at the Juletfest, Dec. 11

Congratulations to:

Bill and Pat DeRoche - 45 years,
David Hofstad and Svanhild Schmidt - 30 years,
Jeanne Buster and William Knutson - 25 years,
Anne Sisson - 20 years
Katherine Barnett, Linda Brooks, Beverly Bryce, Sophia Hammer, Katherine Simenson, John Schalow, and Charles Solem - 15 years,
Paul Beddoe and Donna Haralampas - 10 years,
Elling Eidbo and Brian Kee - 5 years



See page 1 for Juletfest information

Toddler-sized Nisse Needs Home for Christmas

This approximately 30-inch-tall nisse, handmade by local fiber artist Karen Richardson, will be raffled at our SON Festival and Bazaar. Enter as many times as you like. Please visit him and purchase raffle tickets at our welcome table at the entrance to the Festival at Christ Lutheran Church, Fairfax, VA, on Dec 2 and 3. More info on the Festival is on page 1 of this newsletter. Karen Richardson will be leading a nisse workshop for the Lodge in February — see upcoming events below.



Upcoming Lodge Events

Saturday, January 21, 5 PM

Lodge Meeting

Installation of Officers, pea soup dinner, and movie "Crown Princess Märtha of Norway." The movie, produced for PBS, focuses on the Norwegian royal family during WWII and on Crown Princess Märtha's stay in the US during the War and her relationship with FDR.

Saturday, February 18

Lodge Meeting

Speaker on the US 99th Infantry Battalion, which was activated by the US War Department in 1942. This elite unit was to consist only of Norwegians and Americans with direct Norwegian descent. Members had to have a working knowledge of the Norwegian language and preferably know how to ski.

Sat., Feb. 25 9 AM to 2 PM

Nisse Workshop

This workshop will be led by one of our Festival artisans, Karen Richardson. Participants will leave with a completed nisse of their own made of natural fibers. Light lunch provided. \$15. Limited space. Email programs@norwaydc.org to reserve your spot. To see Karen's work visit <http://woolshoparts.blogspot.com/2011/11/little-about-me-to-start.html>. Karen made the nisse above, to be raffled at the Festival on Dec. 3.

Festdrakt Workshop by Deb McConaghy in March— Make this happen!

This event depends on YOU. To schedule this event, we need a minimum of 4 people to sign up. See page 13 for more information. Contact Denise Bowden at programs@norwaydc.org to sign up or if you have questions.



Burial Site of St. Olaf Discovered

From LiveScience www.livescience.com/56972-shrine-of-viking-king-discovered.html

The Norwegian Institute for Cultural Heritage Research (NIKU) announced Nov. 11 that its researchers had discovered the foundations of a small wooden church in Trondheim where the body of King Olaf Haraldsson was taken immediately after he was declared a saint in 1031. Olaf's remains were later moved to a larger church in Trondheim, upon which Nidaros Cathedral was built, according to NIKU. St. Olaf, as he is now known, conquered and consolidated Norway in 1016. He died in the Battle of Stiklestad in 1030 and was declared a saint the following year.

Norwegian Gløgg

Urd Milbury, the Cultural and Information Officer from the Norwegian Embassy the Norwegian Embassy in Washington, D.C., shared this holiday recipe with Lynn Neary of National Public Radio in 2011.

Ingredients:

1 cup Aquavit (or brandy or vodka)
 2 cups Burgundy or Pinot Noir wine
 2 cups Port wine
 1/2 cup raisins plus more for garnish
 1/2 cup white sugar
 2 cinnamon sticks
 4 whole cloves
 6 cardamom seeds
 One orange
 One small piece of ginger
 Blanched almonds

Step 1: Soak raisins in the aquavit (brandy or vodka can be used instead). Soak for 30 minutes before Step 2.

Step 2: Put a large pot on the stove, over high heat. Add one cup of water and sugar to the pot, and stir with a wooden spoon until the sugar is completely dissolved.



Step 3: Lower the heat to medium and add the spices - two sticks of cinnamon (each broken in half); four whole cloves; six whole cardamom seeds, crushed by hand; a thinly shaved orange peel; and one small piece of ginger, peeled and cut in half. Stir again with wooden spoon. Do not allow the mix to come to a boil from this point on.

Step 4: Add the aquavit-raisin mixture, the burgundy or pinot noir wine, and the Port wine.

Step 5: Sweeten to taste.

Step 6: Strain, garnish with raisins and slices of blanched almond — and serve hot off the stove.



NAHA Northern Migrations Tour June 9-20, 2017

The Norwegian-American Historical Association (NAHA), a non-profit organization associated with St. Olaf College in Minnesota, is sponsoring this trip, which will focus on issues of migration from, to, and within northern Norway. At the end of the tour, participants may choose to attend the 13th NAHA-Norge Conference, June 21–24, in Stavanger, site of the first emigrant ship to sail from Norway to the United States.

The tour will be lead by St. Olaf College Professor Emerita Solveig Zempel, who has visited our Lodge several times as a guest of the Reading Circle.

She has a keen interest Norwegian-American migration and authored *In Their Own Words: Letters from Norwegian Immigrants*. She is the granddaughter of Norwegian-American writer Ole Edvart Rølvaag. The itinerary and other details can be found here: www.naha.stolaf.edu/. **Photo:** *Trondheim Cathedral, visitnorway.com*

Charitable Donations, Officers Approved for 2017

Last month the membership approved the 2017 slate of officers and directors, and approved the six local organizations researched and proposed by Ardis Morton, the Lodge Foundation Director, for 2017 donations. We also approved continuing support for two charitable funds run by the Sons of Norway



You may want to consider these organizations for your own holiday donations:

Local Organizations:

- Best Kids (DC) www.bestkids.org/index.html
- Children's Inn at NIH (MD) <http://childrensinn.org/>
- Daughter for the Day (MD) www.daughterfortheday.org/
- Food for Others (VA) www.foodforothers.org/
- The Lamb Center (VA) www.thelambcenter.org/
- Martha's Table (DC) <http://marthastable.org/>

SON Charitable Funds:

- Third District Charitable Trust <http://sofn3d.org/charitabletrust/index.html>
- SON Foundation www.sofn.com/foundation

2017 Officers and Directors

Elected Officers:

President - Doris Goodlett
Vice-President - Mark Whited
Treasurer - Bill DeRoche
Secretary - Jeff Jorgenson
Financial Secretary - Henry Hansen
Counselor - Burt Koske
Newsletter Editor/Database Manager - Marie Hansen
Hospitality Director - Susie Fosaaen
Programs and Cultural Dir. - Denise Bowden
Festival Co-Directors — Denise

Bowden and Susie Fosaaen
Foundation Dir. - Ardis Morton with Gary Johnson
Sports and Recreation Dir. - Greg Ovrebo
Sunshine Dir. - Shelley Mitchell
Building Manager - Karon Plasha
Three-year term Trustee - Pat Huber
1st Marshall - Shelley Mitchell
2nd Marshall - Burt Koske
Musician - Marguerite Kause
Librarian - George Edwards
Historian - VACANT
Youth Director - VACANT

Non-elected officers:

One-year Trustee - Queenie Sheldahl
Two-year term Trustee - Karon Plasha
Webmaster - VACANT
Publicity Director - VACANT
Photographers - Bill DeRoche and Shelley Mitchell
Greeter - Marguerite Kause
Greeter - Jinann Larson
Greeter - Pat DeRoche

god jul og godt nytt år



Hard Times — Easy Read

*Book Review by Linda Warren, Reading Circle Member
Excerpted from the [Norwegian-American article](#),
where you can read the full text.*

Reading *Nothing to Do but Stay* is a gift you give yourself. In a charming and uplifting style, author Carrie Young recalls the courage of her Norwegian mother, pioneer Carrine Gafkjen Berg, who could stand beside her husband and “beat off a prairie fire with wet rugs” and “climb a seventy-foot windmill tower to bring down a terrified child.”

Carrine Gafkjen, born in the Hallingdal Valley in Norway, came with her parents to a farm in southern Minnesota in the 1880s. Taken out of school to help on the family farm, Carrine then worked as cook in Minneapolis for 10 years.

In 1904, at age 25, she had saved enough money to buy her own land. Carrine rode the train to the frontier town of Williston, North Dakota. Driving 30 miles northwest in a rented buckboard, she staked her claim for 160 acres of rich farmland.

Young is particularly proud of her mother’s ability to plan and save. She writes that during the

winter Carrine worked for a wealthy farm family and in the summer she went back to farm her own land. After five years, she had set aside enough money to purchase another 160 acres.



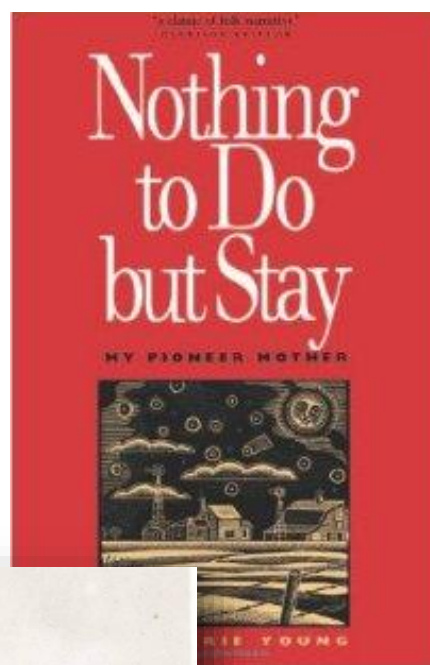
North Dakota homestead. Photo: State Historical Society of North Dakota

Carrine continued to cook for the threshing crews. On an ordinary day in the field, above the whirl of the machines, Carrine heard something that changed her life. It was the voice of Sever Berg, one of the farm workers. Young writes that when her mother recognized “the familiar Halling accent and learned his parents had grown up in the same county in Norway as her own,” she felt they were destined to meet. Carrine Gafkjen married Sever Berg in 1912.

Getting the children to the one room schoolhouse, three miles from the farm, was a challenge, especially in the winter. When the snows started after Thanksgiving, Carrine and Sever sent the children to school with suitcases packed with blankets and enough food to last a week or more.

On weekends, Sever drove the team of horses through the snow—the snow was too deep for the car—and brought sup-

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Now, Young—the youngest of six children born in nine years—switches her focus to tell the story of her parents’ struggle to educate their family during the Dust Bowl and Depression years.

Festdrakt Workshop Tentative for March — Are You Interested?

We have **tentatively** scheduled Deb McConaghy to conduct another Festdrakt Workshop at Norway House mid-March 2017, if there is enough interest. **Please contact programs@dc.org if you are interested.** Festdrakts are generally simpler to make than bunads, and are made from lighter-weight fabrics like cotton.

Several members have made lovely festdrakts for themselves or family members at past workshops with Deb. She can also help repair old bunads and festdrakts and help make or tailor components. She provides all materials needed or, if you prefer, can suggest fabrics and trims to obtain on your own. Photos from the 2015 workshop can be seen here: www.flickr.com/photos/norwaydc/sets/72157651861723559/show/



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plies and surprises. But he did not take the children home. Young recalls that all winter her father's ears were frostbitten and his voice was rough and raw from yelling at the horses.

An easy read of 117 pages, *Nothing to Do but Stay* is full of positive and inspiring stories of Norwegian families loving and encouraging one another.

At one farm or another, the winter holidays of Thanksgiving

and Christmas were lavish feasts. They started at noon and ended at midnight. After the mid-day meal, the men returned to their own farms to milk the cows or tend the livestock, then came back to the party. With everyone gathered at the big tables before midnight, there was another home-cooked meal with cakes and pies and second-go-rounds of cherished traditional dishes.

Then the children would be collected "from various parts of the house" and "bundled into

winter coats and stocking caps" for the "cold moonlight ride home across the prairies."

Because of the terrain, the homesteaders in this part of North Dakota were often treated to a spectacular aurora borealis that reminded them of Norway. Suddenly, her father shouts, "Wake up, children. Northern lights." Proudly, he boasts, "We don't have to go to the old country to see fireworks."



Tubfrim Contest — Win Tickets to Scandinavia, Donate Your Stamps

If you have used stamps from any nation or phone card that you have been saving, please get them to Pat DeRoche by the Christmas Party on Dec. 11, or leave them at the front hall table at Norway House. For every pound of stamps donated in 2016, you, or Washington Lodge, earns one entry in the 2016 raffle for an airline ticket to Scandinavia. Tubfrim is

a charity benefitting children in Norway. You can see their activities at the website www.tubfrim.no.

From Lodge President Doris Goodlett

Our November Lodge Meeting on the afternoon of the 20th was a great success with 75 people in attendance. We were happy to see quite a few visitors, and hope they will come back again. Jennifer Paxton's presentation was outstanding and I think everyone enjoyed it. Tusen takk, Jennifer. Tusen takk also to Marie Hansen for making contact with Jennifer, and setting up the program for us. Thank you Susie for getting the ice cream and to all who helped set up the lodge for the meeting. Thanks also to all who brought desserts to share.

Our Christmas Festival is here! I want to thank everyone for all your invaluable help in working to make this festival successful. Denise Bowden, serving as the Festival Chairperson, has worked very hard since July to make our festival happen. She has done an outstanding job in years past, and again this this year to make this year's festival our best ever. Thank you very much, Denise. Thank you also to Susie Fosaaen, Co-Festival Chairperson, who worked hard on ordering merchandise for the festival and coordinating with Lance Wright who will be our officially certified food handler and manager of the cafe this year. Mange takk, Susie and mange takk, Lance. I will wait until my next newsletter message to thank all the other volunteers and workers and helpers without whom this festival would not be happening. I will have a list of everyone's names by then so I won't leave out anyone.

We will have a Jultrefest on Sunday, December 11th at 4:00 PM at Norway House. It will be a fun time with finger foods and fellowship. We will enjoy the lights on our new slim Christmas tree and sing traditional songs and carols led again by Marguerite Kause and Tim Christenson. Thank you, Marguerite and thank you, Tim. Also, Membership pins for December will be awarded. Pin recipients are listed on page 8—congratulations to all.

In the coming year, I encourage all "Someones" to apprentice themselves to members of the Executive Board, so you can learn what they do. Everyone who is a member is welcome to attend board meetings, so please take this opportunity to learn about the workings of your lodge. Many board members have served for several years and we may find ourselves with vacancies in 2018 unless "Someone" is willing to step up to the challenge and take a turn. It may seem daunting at first, but believe me when I say, "If I could serve as V-P last year, and as Pres. this year and next, then anyone can do it." It takes a little time, but there are plenty of former board members who will share their expertise and will help you, so start thinking about it now, and prepare to serve on the board in 2018. It is a rewarding experience.

The next board meeting will be on Tuesday, January 17th, 2017 at 7:00 PM at N. H.

2018 will be the year of our 75th Lodge Anniversary. Washington Lodge was founded on January 16, 1943. We will have a special Anniversary celebration and will start planning for it in 2017. I hope many will want to be involved in the process, so watch future newsletters and announcements in the coming year to see how you can help. We especially need an Historian to review our records and prepare a brief presentation of the highlights of our lodge's history and its past events and accomplishments. Can "Someone" help with this, please? See you all at the Festival.

Don't forget to send in your donations to the 3rd District Charitable Trust Fund, Sons of Norway Foundation, and LOV, before the end of



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the year, to take advantage of tax deductions. Web links to these organizations are on page 11., where we list the organizations the lodge voted to support financially in 2017. A donation to Washington Lodge is also tax deductible and would be most welcome to help pay for future

programs, events, and maintenance of Norway House. Contact me at President@norwaydc.org for more information on donating to the Lodge.

Wishing you God Jul og Godt Nytt år!

Doris Goodlett



Help Spread Some Sunshine

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

Lodge Represented at Family Discovery Day

By Lodge member Jeff Jorgenson

Washington Lodge was represented at a recent genealogical event held in Frederick, Maryland. Family Discovery Day, an event designed to inform the general public about several genealogical topics, was hosted by The Church of Jesus Christ of Latter-Day Saints, on November 19. Speakers covered such diverse topics as "Mayflower Descendants," "Beginning German Research," and "Molecular Genealogy: Evaluating DNA."

The Church of Jesus Christ of Latter-Day Saints is one of the main facilitators of genealogical research worldwide, and compiles information about church members and non-members alike. Several Washington Lodge members have posted their family trees on Family Search, hosted by this group. You may visit the site at <https://familysearch.org/family-trees>

Lodge members Burt Koske and Jeff Jorgenson, members of the Genealogy Interest Group, answered questions from the public at a stand that included information about a variety of Norwe-



Member Burt Koske helped attendees at Family Discovery Day last month.

gian topics, including farm names, cursive writing, emigration patterns, old and new municipality names, and internet links to databases about Norway. Several people commented that they had Scandinavian ancestors, but had no idea that so much information was available to assist them in identifying these relatives and learning about their family history.

3D President's Message:**fra Presidenten, Mary B. Andersen*****Follow the bread crumbs***

I read an article a while back and the term "success leaves clues" stuck with me. The premise is that if follow the clues and apply them to your situation, you too will be successful. Since this is cookie season, I thought of one of my favorite cookies, krumkake.

I did a search on crumbs/bread crumbs looking for a visual to use. To my amazement I learned it is a term used in website navigation! "Breadcrumb navigation is a tool used in Web searches that allows users to retrace their steps, or go back to a point in time that relates to their original search. Breadcrumb navigation derived its name from the fairy tale "Hansel and Gretel", in which the two main characters used a breadcrumb trail to find their way back home.

The article then goes on to explain three different types of breadcrumb navigation and I will spare you the details but if you want to read more about it, go to www.techopedia.com/definition/1420/breadcrumb-navigation.

Hmmmmmmmmmm, "find your way back home." Home for the holidays – my mind was churning. What if we went back to a point in time

that relates to why we joined a lodge? Does your lodge still fulfill the need you had when you joined? If not, change it!



Courtesy of Ellie Davies, professional photographer, www.elliedavies.co.uk

Volunteer! Do something!

But let's get back to the crumbs. Look at the lodges that have survived and prospered, what crumbs of advice can they offer? Don't be afraid to call and ask. Look at their newsletters, their activities, their social media presence, their advertising. Ask what three things enables your lodge to con-

tinue to keep members engaged and attract new members? I would like to hear what you learned and how it worked for you!

I wish you all a very Merry Christmas!! Be safe!

God Jul
Mary

Third District News:

Our Lodge is part of SON's Third District (3D), which is comprised of lodges from all East Coast states. For news about activities and programs throughout 3D, check the monthly 3D newsletters here: <http://3dsofn.org/news/district-newsletter/>. On the website, select a newsletter from the list on the right side of the page.





Photos from the Nov. Meeting

We had an excellent turnout for the presentation by Jennifer Paxton (left) on the Viking influence on English history. Also at the meeting, President Doris Goodlett awarded several membership pins; recipients George Edwards, Denise Bowden (for son Grant Bowden), Andres Frame, and Ardis Morton are shown below, with Doris.



More Photos from the Nov. Meeting

All photos will be posted on Flickr: www.flickr.com/photos/norwaydc/



Norway's Roads Less Traveled...

Halden, an Idyllic Border Town

*By lodge member Christine Foster Meloni
Reprinted with permission from the [Norwegian-American](#)*

This article is part of Christine's series "Norway's Roads Less Traveled." She asked Eivind Heiberg, Norway's Honorary Consul in Minneapolis, to suggest a special place that the average tourist might miss. Mr. Heiberg replies:

Visit my hometown!

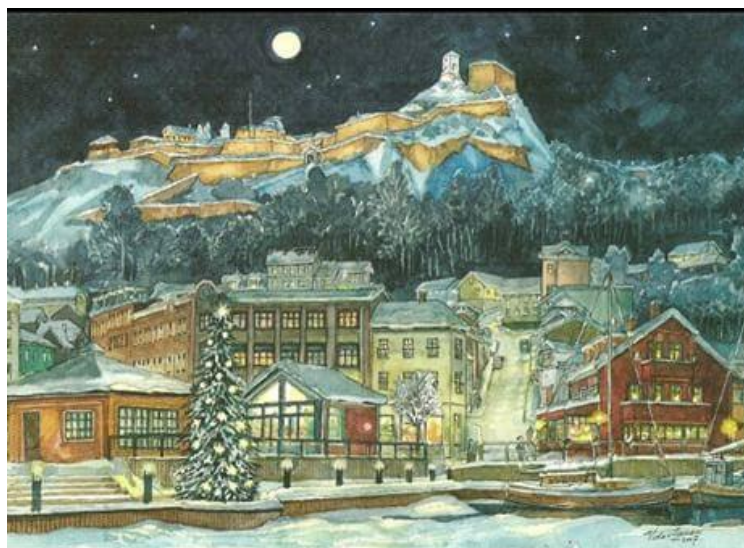
To recommend only one place to visit in Norway is nearly impossible because every place has something unique and wonderful to offer. However, there is one small town that is worth putting on your list – Halden.

You will immediately understand the importance of this charming Norwegian town when you learn that it is one of only two towns named in Norway's national anthem. Bjørnstjerne Bjørnson, the Norwegian author and poet who won the 1903 Nobel Prize in Literature, wrote the anthem's lyrics and mentioned Fredrikshald (Halden's name from 1665 to 1928) in the fourth stanza:

*Husker bare hva som hendte
(Just remember what happened)
Ned på Fredrikshald!
(Down at Fredrikshald!)*

The reference is to an event that happened there on July 4, 1716. The citizens of the town burned down their own houses so that they would not fall into the hands of the forces of King Charles XII of Sweden.

One of the major attractions of Halden is the Fredriksten Fortress, which was built in the 17th century and strategically positioned at the south-east tip of Norway. With an ammunition tower



Halden. Image by Maxmarioso

www.imgrum.netmedia/1041394605620803973_471430

and dark secret passageways, this place tells many stories. Here you can see where the Swedish King Karl XII was shot and killed during the Siege of Fredriksten in 1718.

You can also hear ghost stories about Den Hvite Dame, the White Lady, who is said to live in the fortress. When her lover was killed by a cannon ball shot by the Swedish forces during the siege, she jumped off a fortress wall to her death. It is said that she appears at midnight near the white tower and has been seen sometimes waving and sometimes simply staring at the town.

I have very fond memories of going sledding down one of the major hills at Fredriksten Fortress as a child.

After exploring the fortress, why not relax with a cup of coffee in one of the many cozy cafes found along the charming cobblestoned streets? Or try some delicious Norwegian food in one of the many enchanting restaurants in the area?

Or simply go for a stroll in the beautiful Busterud-park. This park was created about one hundred years ago. The lovely old bandstand was built in 1879 and is frequently used for concerts in the summer.

(Continued on page 20)

Our Members Suggest...



Beautiful moon photo graces Christmas cards sent by Norway' Prime Minister www.facebook.com/ilovesirdal/?hc_ref=PAGES_TIMELINE

U.S Marines train for cold weather survival in Norway, part of the Black Sea Rotational Force
www.marinecorpstimes.com/articles/marines-train-in-norway-survival-pond-frozen-arctic



Norwegian blue cheese "Kraftkar " was the surprise winner as "world's best" at the World Cheese Awards in Spain <http://norwaytoday.info/news/norwegian-kraftkar-worlds-best-cheese/>



The Five Best Christmas Markets in Norway
www.mynewsdesk.com/uk/visitnorway/pressreleases/the-5-best-christmas-markets-in-norway-1072078

(Continued from page 19)

You must visit Rød Herregård, the Red Manor House, one of the best preserved manor houses in Norway. I will always treasure my memories of playing hide and seek with friends here. The property was owned from 1733 to 1829 by the Tank family and consists of the manor house, several other buildings, a baroque garden, and an English garden. Two foundations were established in 1861 to maintain this historic property.

If you are looking to experience Norway's natural beauty, do not worry. Halden has beautiful options, everything from trails in the forests to sailing the islands in the Iddefjord. Or you can go to the Ekås farm, an enjoyable climbing park that has everything from base-jumping to over one hundred exciting platforms of fun in the form of zip lines and a climbing wall.

Don't forget to explore the Halden inland water-

ways, built between 1852 and 1860, one of the two oldest canal systems in Norway.

Halden is an idyllic small town right on the border with Sweden, only two short hours from Oslo. It would certainly be a shame to miss this place while visiting Norway!

Heiberg is Norway's Honorary Consul General for the state of Minnesota. He also serves as the CEO of Sons of Norway and Sons of Norway Foundation. In addition, he plays an active role in the Reciprocal Troop Exchange between the Minnesota National Guard and the Home Guard in Norway.

He earned a Bachelor's degree in Business Administration and Mass Communications, cum laude, from Concordia College and a Master's in Speech Communications from the University of Minnesota.

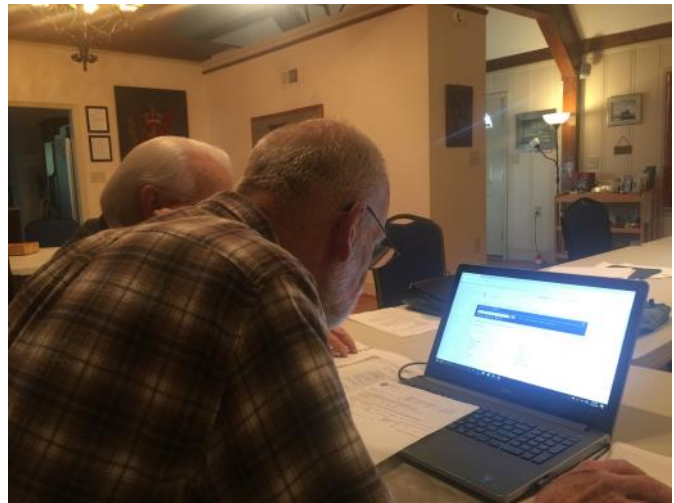
Heiberg is married to Michele and is the proud father of triplets.

Genealogy Interest Group (GIG) Update

By Lodge Member Jeff Jorgenson

The Genealogy Interest Group met at Norway House on Sunday afternoon, November 13. The topic of the meeting was how to address brick walls. For genealogists, a “brick wall” is a person or fact that – although suspected – can’t be readily confirmed or documented despite repeated and extensive effort. For example: date of birth or date of death of a great-great-great grandfather (ca. 1825 in Ringebu, Oppland, Norway). Brick walls occur because the available information is incorrect or incomplete.

At this meeting, Burt Koske, Marvin Reed, and Jeff Jorgenson discussed brick walls that they had encountered. Over the next 2 hours, they poured over various sections of the Digital Archives of Norway. These archives include census records



and parish registers, as well as birth and death information. While at this meeting, the brick walls were not resolved, additional leads were identified and will be pursued.

The next GIG meeting will be in January, 2017. The date will be announced in the January newsletter. Email Burt Koske at kobur@cox.net for more information.

NOVA Norsk Language Group

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

Norwegian Language Classes Every Wednesday

Level 1 - Beginners: 6-7 PM

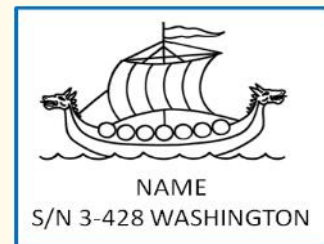
Level 2 - Intermediate 7-8 PM

Level 3 - Advanced 8-9 PM

**New Beginner
Class Starts Jan.4**

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. There is also a workbook that 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 Brambini Smith, at language@norwayDC.org for more information.



Name Badges

Washington Lodge Name Badges are now available with either a magnetic holder or with a pin on the back. Personalized badges may be ordered from Burt Koske for \$10.00 (Pin or Magnet). Contact Burt at any Lodge event, or email him at kobur@cox.net.

2016 Norwegian Festival and Bazaar

Friday December 2 10 am - 6 pm
Saturday December 3 9 am - 4 pm



Christ Lutheran Church
3810 Meredith Dr., Fairfax, VA



Sponsored by Sons of Norway, Washington Lodge

www.NorwayDC.org/events/bazaar

Email: festival@NorwayDC.org



- Imported Foods
- Norwegian Cafe
- Live Music & Folk Dancing
- Cooking / Weaving / Embroidery Demos
- Unique Gifts - Huge Selection
- Nordic Sweaters
- Rosemaling by Tina Keune
- Children's Toys
- Books for All Ages
- Jewelry

Fri. Music: Accordion 10-12, Violin 12-2

Fri. Demos: Lefse 10-12, Vaffler & Krumkaker 10-3,
Hardanger Embroidery 10-4, knitting 10-2

Sat. Music: Accordion 9-11, Children's Choir 10:30, Nordic Dancers 12:00-12:45, Fiddle 1-3

Sat. Demos: Lefse 9:30-11:30, 1-3, Vaffler & Krumkaker 9:30-3,
Weaving 9-4, Knitting 9-3. Fjord Horses and Lundehunds,
weather permitting

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.).

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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.

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 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.



The Swedish Lutheran Church of Washington DC
 The Norwegian Church Service in Washington DC
 The Finnish Lutheran Church Washington DC
 The Icelandic Church Abroad
 The Danish Church Abroad



Invite you to join with us to

Celebrate a Nordic Christmas 9th annual!

Saturday, December 24, 2016 at 2:30 pm
 in Augustana Lutheran Church
 2100 New Hampshire Ave NW and V St NW

- ✦ The Sunday school children will light the Advent wreath.
- ✦ We will hear the familiar texts from Isaiah and St Luke.
- ✦ We will sing lots of hymns and carols, sometimes in Swedish, Norwegian, Finnish, Icelandic, and Danish!
- ✦ Musicians, both singers and instrumentalists, from the local Nordic community will enhance the service with their talents.
- ✦ Swedish Church: Sören Karlström 202.640.8709, soren.m.karlsson@gmail.com
 Norwegian Church: Lasse Syversen, 301.641.7908, lasse@flagship.com
 Danish Church: Eigil Madsen, 301.770.0958, vmadsen@juno.com
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 Finnish Church: Raili Niskanen-Maultsby 703.823.8664, raili.niskanen-maultsby@finnchurch.org



COME AND ENJOY!



Metro: Green Line to Cardoza.

Parking: V St, Vermont Ave, Florida Ave, and 16th St

PARKING (free, covered) is also available in the Frank D. Reeves Municipal Center (DC Gov) on U St NW midway between 14th and 15th Sts

Collect to benefit Martha's Table and Augustana Church

*Parking support graciously provided by U Street Parking
 (Please make checks to Swedish Church)*