



**SONS OF  
NORWAY**

# Capital Viking

## February Lodge Meeting: Then & Now, the Same but Different

**Friday, February 20, 7 :00 p.m.**

**Norway House, 3846 Meredith Dr., Fairfax, VA**

**Potluck — please bring dishes by 6:45 p.m.  
so we may eat promptly at 7.**

Since Viking times, the languages, religions, and traditions of Norway and Sweden have shared similarities, yet each is distinctive.

Please join us for February's richly illustrated program when we will explore the folk art heritage of both countries, and compare Norwegian Rosemaling with Swedish Dalmålning. We will see how folk art and craft differs from Folk Art, and define the latter's five characteristics.

The short periods of each country's folk painting (ca. 1700 – 1860) draw upon bible stories as their primary subject. The program will conclude with the reasons for the demise of Nordic folk art and mention places in the United States with collections of Scandinavian traditional folk art.

There will be examples of related Norwegian and Swedish folk art on display: mangleboards, embroidery, solje and more.

A discussion period will be allotted for those who wish to bring an example of Norwegian or Swedish folk art on painted or carved wood, textiles such as knitting weaving, embroidery, or solje jewelry, to share your story, or perhaps learn more information about the rich esthetic values our Nordic forbearers.

*Continued on next page...*



*The Crown Prince, Norway,  
1831, Dalarna Museum*



*Adam and Eve: Norwegian cabinet door detail, 1796 (left) and Swedish wall-hanging (1785). Images courtesy of Tina Keune.*

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Member/speaker Tina Keune has studied and painted Norwegian and Swedish 18th and 19th Century heritage art since 1983.

Ten work-study tours to Norway granted her firsthand insight to the extraordinary skills of a once flourishing group of artisans who faithfully practiced traditional Nordic hand crafts, but whose numbers are falling and soon only their works will bear witness to our unique folk art traditions.

Tina holds a Bachelor Degree in Fine Arts from the George Washington University, has pursued independent studies with master painters of rosemaling in Norway and the United States, and has toured Scandinavia to research folk art traditions. Her studio in Arlington, VA – featured in *Remodeling Magazine* – provides a workspace for painting and showcases both her own pieces and her collection of original Scandinavian folk art. View Tina's website at [www.rosemalingbychristina.com](http://www.rosemalingbychristina.com) to learn more about her background and the history of Norwegian and Swedish folk art.



## New Beginning Norwegian Class, Tuesdays

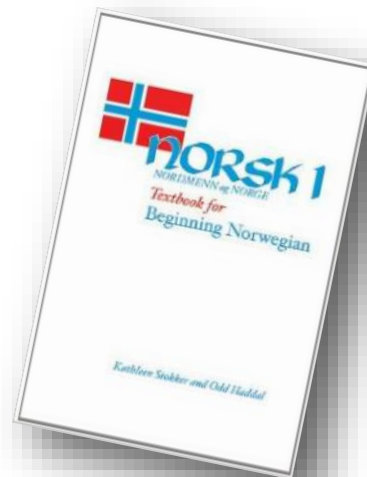
Due to increased interest in learning Norwegian, our teacher, Nina Brambani Smith, started another Beginner's class on Tuesday, January 20. It is not too late to join, but the sooner the better!

This new class meets at Norway House every Tuesday from 7 - 9 p.m. The cost is \$10 per hour = \$20 for two hours, plus \$5 per evening to Norway House. You pay as you go, so if you are unable to come one week you are not

required to pay. This is among the best language bargains around.

The textbooks are *Norsk, Nordmenn og Norge* (textbook and workbook), available from Amazon and University of Wisconsin Press. A few loaner books are available if you can't obtain a book prior to the first class.

For information on all language classes at Norway House see page 16.



## Please Return Overdue Library Materials



Most of you know that the Lodge has a very nice library on the lower floor of Norway House. However, there appear to be many books and movies loaned to Lodge members on the honor system that may have been forgotten and not returned. The check-out period is one month. We plan a library cleaning and inventory in the near future. Please check your shelves for overdue materials. If you are unable to come to the Lodge to return the items, pick up can probably be arranged. Call 703-815-4945.



## 2015 Lodge Officers Are Installed, Golden Membership Conferred

Sons of Norway District 3 President Mary Anderson installed the 2015 officers at the Lodge meeting on January 17th.

At that meeting, our newly installed President Burt Koske (who is *not* new to the job) presented Peter Arntson with a certificate of Golden Membership.

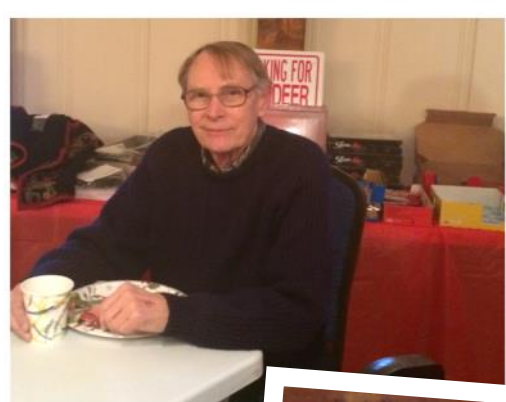
Burt also announced that our membership is growing well, with fourteen new adult members in 2014. We were so happy to have had four new members with us at the meeting, plus a fifth who will be transferring in soon.

Installation was followed by a pot luck supper featuring Debbie Fosaaen's delicious pea soup. The smiling faces say it all!





## More Photos from the January Meeting



# President's Message

Dear Members,

On Saturday, January 17th we installed our elected Officers. Third District President, Mary Andersen, was the Installation Officer. The installation was followed by an excellent pea soup dinner. The new Washington Lodge Officers are listed below.

As described on page 1, Tina Keune will provide an interesting presentation on Norwegian and Swedish folk art on February 20th. March will be a very busy month. Deb McConaghy will have a class on sewing Festdrakt costumes on March 7 & 8 (see attached flyer). On March 21st we will have the annual Zone 6 Memorial Service in Lutherville, MD. More information will follow on this event. Since we could not participate in the annual Memorial Service the past few years, we will include our deceased members from 2012, 2013 & 2014. On Friday, March 27th & Saturday, March 28th the Lodge will host the Third District Board meeting. The 3D Board will meet all day Friday and Saturday at Norway House. On Saturday evening, March 28th we will have a "meet & greet" with the 3D Board members.

Most of you take time to volunteer at a variety of Sons of Norway activities. Sons of Norway International requests the members to provide the time spent on these volunteer activities. SofN has developed a program that we can use to record the hours spent on your volunteer activities. Since we do not yet have the complete details of the program, I encourage you to think about all the volunteer activities that you con-

tribute each month so you can be prepared when we ask for volunteer hours.

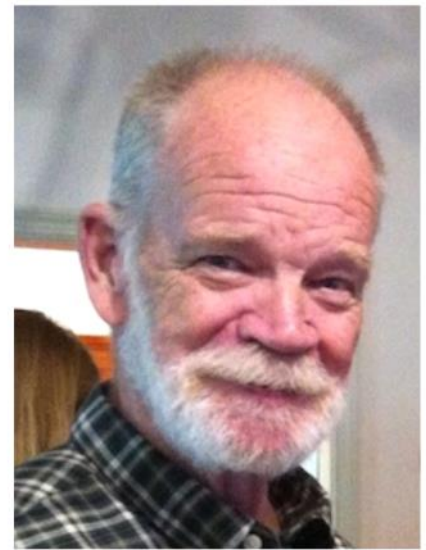
Last month's newsletter had a terrific write-up with thanks to all of you who helped on the Festival/Bazaar.

It was probably the most successful event that we have ever had. We will now need your support for the 2015 Festival, especially with planning. Our success will allow us to make additional improvements to the Lodge that we have been planning. We now have wireless internet and a Large TV in the main room for Programs and other entertainment.

There are several positions still open. I encourage you to seriously consider accepting a position. The Lodge needs your support. We have three key open positions, Program Director, Cultural Director and Publicity Director, which are urgently needed. Additionally, all of our committees need additional members -- please volunteer.

Fraternally,  
Burt Koske

President, Washington Lodge 3-428



## 2015 Lodge Officers and Directors

Burt Koske: President  
Doris Goodlett: Vice President  
Lauren Nilssen: Secretary  
Bill DeRoche: Treasurer  
Henry Hansen: Financial Secretary  
Marie Hansen: Assistant Secretary (Membership)  
Debbie Fosaaen: Hospitality Director  
Kristin Oen Stone: Counselor  
Henry Hansen: Trustee (1 yr)  
Queenie Sheldahl: Trustee (2 yrs)  
Paris von Lockette: Trustee (3 yrs)  
Marie Hansen: Newsletter Editor

Henry Hansen: Librarian and Historian  
Marguerite Kause: Musician  
Annemarie McCaslin: Youth Director  
Greg Ovrebø: Sports/Recreation Director  
Greg Ovrebø: Marshall  
Pat DeRoche: Marshall  
Ardis Morton: Foundation Director  
Clarissa Peterson: Webmaster  
Chris Anderson: Greeter  
Jinann Larson: Greeter  
Karon Plasha: Building/Furnishings





## Genealogy Interest Group (GIG)

I would like to get the GIG going again. Several new Lodge members have expressed an interest in the GIG. I do not want to call a meeting yet, because several current GIG members have stated that Saturday mornings (our usual time) was not good for them. Please suggest a time that would be suitable to you. Because many of us are still working during the week, I would suggest a time on a Saturday or Sunday. Please let me know your preference.

For this first meeting this year I would like to focus on how we can help each other. Some of you are experienced and others are just getting started. Some example ideas include: SofN Genealogy Cultural Skills program, Fairfax Genealogical Society (FxGS), documenting your Sources, brick walls, and the Lodge Roots Project. I am sure you all have other ideas worth discussing.

New and current GIG members, please let me know the suitable times and the interests that you have.

I look forward to seeing you all at the next GIG meeting.

Burt Koske

[kobur@cox.net](mailto:kobur@cox.net)



*Family tree quilt courtesy BattleStar Cerberus, Creative Commons*

## Happy March Birthdays !!



Allan Arneson

Robert Beatrez

Paul Beddoe

John Bennett

Theodore Erickson

Allen Freeman

Nora Howard

Nadine Jones

Toril Mazzuchi

Michelle Mitchell

Sandra Morseth

Barbara Myklebust

Atle Nesheim

Pat Schleicher

Katherine Simenson

Gail Smith

Vigdis Syversen

## Children's Activities at Meetings

Our monthly lodge meetings include youth activities. Parents, please RSVP before each meeting to youth director Annemarie McCaslin ([youth@norwaydc.org](mailto:youth@norwaydc.org)) with your children's names and ages so that activities can be appropriately tailored.



# Gjetost and Banana Sandwich – Culinary Wonder Found in Local Café

By Christine Foster Meloni

*This article appeared in the Norwegian American Weekly. Reprinted with permission.*

I couldn't believe my eyes. There it was on the menu under Grilled Cheese Sandwiches.

*"Gjetost and Banana*

*A culinary wonder! Gjetost (a caramel like Norwegian cheese) and sliced Banana on Cranberry Walnut Bread. The perfect mix of sweet and savory. \$10"*

Gjetost is Norway's most popular cheese. Norwegians may eat it for breakfast, lunch, or dinner. The name means goat (gje) cheese (ost). It was originally made only from goat milk but now it can be made with a combination of goat and cow milk. However, to earn the gjetost designation, it must contain at least 10% goat milk. It is a pasteurized cheese that is aged into small cubes for one to two months.

The Cheesemonger describes this unusual cheese as "sweet as caramel, with the texture of a dense, buttery fudge" ([www.thekitchen.com](http://www.thekitchen.com)). A reviewer on the Murray's Cheese website says that "it may have the firm, smooth texture of fresh fudge and taste like molten caramel, but this confection is 100% cheese." It is a popular energy snack with Nordic skiers and is sometimes called 'ski cheese.'

My choice for lunch was clear: the Gjetost and Banana grilled cheese sandwich. And I was certainly not sorry that I had made this choice. My sandwich was absolutely delicious!

The restaurant offering this Norwegian culinary delight is Cheesetique. It is not located in Minneapolis or Seattle but in the Washington, D.C. suburb of Arlington. Quite amazing to find a Norwegian grilled cheese sandwich in this area.

But Cheesetique is an amazing place. It is a small, intimate restaurant. It is also a cheese shop that offers a selection of more than 200 cheeses. Cheeses

from the U.S., France, and Italy predominate.

If you live in or are visiting the Washington, DC Metro area, stop in at Cheesetique for this special treat. Tell them Christine from the Norwegian American Weekly sent you! It is located at 4056 Campbell Avenue in Shirlington Village,

Arlington, VA.

A word of warning: the manager told me that this sandwich is not to everyone's liking. She called gjetost a "polarizing" cheese because you either like it or you don't. For this reason, my favorite sandwich rotates on and off the menu. You might want to call ahead to check before you go. The telephone number is 703-933-8787. Of course, you will always find other delicious possibilities on the menu. And there is another Cheesetique in the Del Ray section of Alexandria, not too far away.



## News for the Norwegian American Weekly

Christine Foster Meloni is the DC Correspondent for the *Norwegian American Weekly*. If you are aware of any events taking place in the DC Metro area of interest to Norwegian Americans, please contact Christine at [cfmeloni@hotmail.com](mailto:cfmeloni@hotmail.com).

# Festdrakt Workshop Coming in March — Can't Sew? No problem!

The Lodge will offer a festdrakt workshop at Norway House on March 7 and 8, run by Deb McConaghy.

Deb is a talented seamstress and costume historian, and Vice President of the Norsk Carolina Lodge in Charlotte, NC. If you've ever wanted a festdrakt, this is a great opportunity.

Deb started constructing traditional woolen bunads over 17 years ago, but after moving to the warm and humid South her repertoire now includes the lighter weight folk dress (festdrakt), made from cotton or linen.

The workshop offers many possibilities. Deb can help you sew your own festdrakt, including vest, apron, purse, and cap, or help alter or restore existing items including bunads.

She will bring a wide selection of fabrics, trims, and clasps to choose from, or you can bring your own supplies. She can also furnish sewing machines.

Not interested in sewing? Deb will use your fabric selections, take your measurements, and make a festdrakt for you at a very reasonable price.

Deb has run two previous workshops here, well at-



tended by our members. Check the [April 2014 Capital Viking](#) for photos from last year's event and an article by Elizabeth Bruening about her 166 year-old bunad, a family treasure she entrusted to Deb for restoration. Denise Bowden (at left) especially appreciated all the sewing help Deb gave her. Doris Goodlett (below) was thankful for the continuing help she received. After the workshop, Doris realized the fit of her vest could be improved, and sent it to Deb back in NC, who made the alterations to complete satisfaction. Other Lodge members who have participated in past workshops include Sonja Bensen, Debra Fosaaen, Susie Fosaaen, Linda Hurt, Tina Keune, and Karon Plasha.

The workshop flyer on p. 21 in this newsletter shows festdrakts made by Doris, Sonja, and Karen Brandt, a Scandic dancer who drove down from New York for the workshop.

The flyer shows Doris' vest before alteration. The photo at above shows her final, altered ensemble.

The cost is \$35 per day, plus the cost of supplies. Please see the flyer for more information. To sign up or ask questions, email [programs@norwaydc.org](mailto:programs@norwaydc.org).

**Sign up now — space is limited.**



## Norwegian Detective Series on MHz TV

This month MHz will air three multi-episode crime dramas in Norwegian with English subtitles.

**Cato Isaksen** — Feb. 4, 11, 18, and 25, 9 p.m. Based on the mysteries of Unni Lindel. Cato Isaksen is an Oslo homicide detective who juggles a complicated home life with police work.

**Dirty Money, White Lies** — Feb. 5 and 12, 9 p.m. A young police officer is caught between the law and

his conscience, leading to a web of dirty money and white lies.

**Torpedo** — Feb. 19 and 26, 9 p.m. Terje Jonassen enjoyed a perfect existence until the tragic death of his wife, killed with Terje's gun. Terje is involved in a relentless battle to clear his name and keep his family together.

In our area, MHz is on the following channels:

FIOS 451	Comcast 271
Cox 470	DirecTV 972
RCN 30	Dish 8077





# Visit in Northern Norway in the Winter

Northern Norway is known for its natural beauty — the midnight sun, breathtaking aurora borealis and pristine wilderness attract tourists from around the world. Travelers who crave dramatic experiences in

carvings and the artists who created them see [en.wikipedia.org/wiki/Rock\\_carvings\\_at\\_Tennes](http://en.wikipedia.org/wiki/Rock_carvings_at_Tennes)

View northern Norway's natural wonders such as the total solar eclipse on the arctic archipelago of Svalbard (March 20, 2015). Try not to blink- the eclipse will last a mere 2 minutes and 24 seconds. Let the spectacular northern lights wow you during peak season between December to March. The further north and more remote you go, the better your chances are to experience this dramatic natural phenomenon.



natural settings may want to check off a few bucket list items in wintry northern Norway. Below are a few ideas on what to see and do.

Hit the town in Tromsø and try beer made in the world's northernmost brewery, Mack, from nearby Balsfjord.

While you're in town, take in a concert at the modern Arctic Cathedral and tour the older Tromsø Cathedral, the only Norwegian cathedral that is made of wood. Go dancing at one of many thriving dance clubs including salsa, swing, ballroom dance, tango. Hike a trail at Tennes where there are 6,000 year old rock carvings. For more information on the



Embrace the cold and stay in a snow hotel between the months of December and April. The town of Kirkenes is home to the bril-

liantly illuminated Kirkenes Snow Hotel. For more information see [www.kirkenessnowhotel.com/](http://www.kirkenessnowhotel.com/).

The hotel has 20 themed rooms made of snow and ice with thermally-insulated mattresses. Next door to the hotel, wilderness restaurant Gabba is built like a Sámi tent where local specialties such as salmon and arctic char are prepared over an open fire.

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En route to Nordkapp, experience the Sámi culture in the cultural capital of Karasjok in Finnmark. Originally this indigenous people lived as nomadic reindeer herders in the northern parts of Finland, Sweden, Norway and Russia, and around 18% of Sámi people still do. To learn more about the Sámi people, go to Sápmi Culture Park, where you can sample traditional cuisine and listen to a joik performance, the traditional Sámi style of singing. For a more modern cultural experience, visit the Sami Centre for Contemporary Art. More information can be found at [http://www.venturenorway.com/sami\\_center\\_for\\_contemporary\\_art](http://www.venturenorway.com/sami_center_for_contemporary_art)

Have a look at Europe from the top. The northernmost point in Europe is Nordkapp—the North Cape—about 1300 miles from the North Pole. With winter temperatures ranging between 20 and 30 degrees Fahrenheit, you may have to bundle up a bit.



Take in the view of the Barents Sea from the visitor's center atop a 1000 foot cliff. The official visitor's guide is found here: <http://www.nordkapp.no/en/>

*Courtesy Sons of Norway Newsletter Service.*

## Virtual Pilgrimage Progress Report

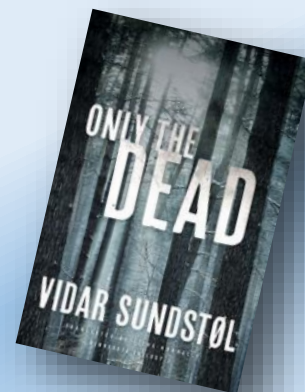
Christine Meloni began walking on St. Olav's Way from Oslo to Trondheim on Nov. 24 and, as of Jan. 19, she has completed 136 of the 387 miles. See the December 2014 *Capital Viking* ("Are you a Virtual Pilgrim Yet?"). Members may log into [www.sofn.com](http://www.sofn.com) for a link to the Virtual Pilgrimage page. For an interesting YouTube video, "Norway — A Pilgrimage Route Goes Ecumenical," see [www.youtube.com/watch?v=KBdm96Rsnw](http://www.youtube.com/watch?v=KBdm96Rsnw)

## Reading Circle February 17th : Sundstøl's *Only the Dead*

The Reading Circle's selection for February is *Only the Dead*, the second book in Vidar Sundstøl's wonderful *Minnesota Trilogy*. We discussed *The Land of Dreams*, the first book, at our June meeting. An interview with the author is found on p. 46 of the February 2015 issue of SofN's *Viking* magazine.

If you plan to attend the discussion, it is highly recommended that you read both books before you come. The second book will not make much sense if you haven't read the first. Unlike Stieg Larsson's *Millennium Trilogy*, the books in this trilogy must be read in order if they are to be understood at all.

We will meet on February 17th at 7:30 p.m. at the home of one of our members. Contact Christine Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org) for the location.





# Lutefisk: A Strange and Beloved Tradition

Whether you love it or you hate it, lutefisk is a closely held tradition among Scandinavian-Americans. A wintertime rite of passage among many Sons of Norway lodges, lutefisk dinners remain a popular and important means of connecting with Nordic culture and heritage.

But how did something as bizarre as fish treated with lye become such a cultural icon? Read on to learn more about this notorious Scandinavian food.

## Unknown Origins

While no one is certain how or where lutefisk originated—whether in Sweden or Norway—there are a couple of legends regarding its creation.

The first suggests that early Viking fishermen hung their cod, an invaluable source of protein for the winter months, to dry on tall birch racks. In a skirmish with neighboring Vikings, the racks of fish were burned but a rainstorm blew in and doused the fire. Left to soak in rainwater and birch ash for months, the reconstituted fish was later discovered by some hungry Vikings who ate it.

The second less plausible tale of lutefisk's origins describes a lye-poisoning attempt on Viking raiders by St. Patrick in Ireland. According to legend, St. Patrick served the raiders lye-soaked fish in the hopes of dispatching them, however the raiders enjoyed the fish and beheld it as a delicacy. Although an entertaining story, the lifetime of St. Patrick precedes known Viking activity in Ireland by more than three centuries.

What is known is that lutefisk gained its popularity in the U.S. after a sharp increase in Scandinavian immigration in the late 19th and early 20th centuries. Originally a food born out of poverty, descendants of immigrants now view it as a connection to their ancestors and their heritage. "These dinners represent important traditions in both families and communities, and for some, they are a valued connection to culture and heritage."

While the food tradition certainly originated in Scandinavia, the immigrant communities—especially their churches and cultural heritage lodges—have played a major role in developing the phenomenon of lutefisk dinners," says Carrie Roy, a Scandinavian cultural scholar and creator of the short documentary 'Where



the Sacred Meets the Quivering Profane: Exploring the Public and Private Spheres of Lutefisk.'

## How it's Made

Modern lutefisk begins its journey from sea to plate as a whitefish, typically cod. Dried and reconstituted in lye brine, the fish is later soaked to remove the causticity and packaged for purchase. Cooked until a seemingly impossible combination of gelatinous and flaky, lutefisk is typically served with butter or cream sauce.

## Facts about Lutefisk

- ♦ The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.
- ♦ The self-proclaimed "lutefisk capital of the world" is in Madison, MN, home to fiberglass codfish, Lou T. Fisk.
- ♦ The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555, who notes that it should be served with salted butter.

*Courtesy Sons of Norway Newsletter Service*

# Solveig Zempel Remembers O.E. Rolvaag, Her Immigrant Grandfather, at Lakselaget-DC

This article appeared in the *Norwegian American Weekly*. Reprinted with permission.

By Christine Foster Meloni

Professor Solveig Zempel was the guest speaker at the January meeting of Lakselaget (Salmon Club) DC Chapter. The title of her talk was "O.E. Rolvaag: Author, Professor, and Immigrant: His Life and Works."

O.E. Rolvaag was Solveig's grandfather. He is best known for his novel *Giants in the Earth* in which he describes the Norwegian immigrant experience in America. This book was followed by *Peder Victorious* and *Their Father's God* to form a trilogy.

Solveig began by describing Rolvaag's early years in Norway which certainly did not foreshadow his future literary career in America. He was born in 1876 on Dønna, an island of fishermen just a few miles south of the Arctic Circle.

Rolvaag was confirmed at the age of 14. His confirmation meant that he had become an adult and that his education was finished. It was time for him to start to work, and he had no choice but to become a fisherman. He was not happy with this life, however. Surprisingly, he told his family that he wanted to become a professor. This seemed a highly unrealistic dream for someone in his situation.

This young man, however, was very determined and he was fortunate in that he had an uncle living in America. When he turned 20, his Uncle Jacob sent him a boat ticket and he eagerly left his family for a new life.

When he arrived in South Dakota, Rolvaag began

work as a farm hand. He had not gone to America to be a farmer, however. After one year of farming, he was able to continue his education. With the help of the pastor of his church, he attended Augustana Academy in Canton, S.D. He graduated in 1901. He then went to St. Olaf College in Northfield, Minnesota, where he earned both a B.A. and an M.A. He also went back to Norway and studied in Oslo for a year.

His improbable dream to become a professor was realized in 1906 when he was invited to become a member of the St. Olaf faculty. He taught Norwegian language and literature as well as the history of immigration. He went on to become head of the Norwegian Department in 1916.

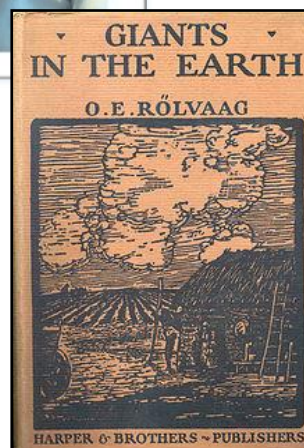
In addition to his teaching, Rolvaag also wrote many novels about the immigrant experience. Since his audience was the Norwegian American community, he wrote in Norwegian and his message was always the same: Hold your Norwegian heritage dear. Do not lose your traditions.

He did not have much success with his early novels. He went to live in Oslo for a while where he finished writing *Giants in the Earth*. It was published in Norway and became an instant success. Rolvaag, therefore, was first recognized in his native land. He also became quite well known throughout Europe. He then finally gained literary fame in the U.S.

In 1926, shortly after the success of *Giants in the Earth*, Rolvaag was knighted in the Order of St. Olav by King Haakon VII of Norway. He was nominated for the Nobel Prize in Literature in 1930. (He did not



Professor Solveig Zempel (center) with daughter Liv and Christine Meloni



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## Lakselaget DC Chapter (The Salmon Club)

Lakselaget is an organization for professional women interested in Norway. The focus is on contemporary Norway and current issues, with an emphasis on economy, science, culture, and politics. See [www.lakselagetdc.org](http://www.lakselagetdc.org).

The DC chapter meets on the first Saturday of every month at 11:30 am at Clyde's of Tysons Corner (October through June). Members network, mentor, eat salmon (and other Norwegian delicacies), and enjoy information from a variety of noteworthy, fascinating and fun speakers. Lunch is \$30 per person. Dues are \$35 for the year. While many members are of Norwegian descent, some are simply fascinated with Norway.

The speaker at the February 7 meeting will be Defense Counselor Bjørn Egenberg from the Royal Norwegian Embassy. He will talk about Norway's role within NATO and the state of the Norwegian military. If you plan to attend, contact Lakselaget DC President Katherine Barnett as soon as possible at [Lakselaget.dc@gmail.com](mailto:Lakselaget.dc@gmail.com). The address of Clyde's is 8332 Leesburg Pike, Vienna, VA.

### *Continued from previous page...*

win the prize, which went to Sinclair Lewis, another Minnesotan.)

St. Olaf College was founded by Norwegian immigrants for Norwegian immigrants. Rolvaag made a significant contribution to the literature on immigration. He did not depict the life of an immigrant as a glamorous adventure. Leaving one's native land and beginning anew in another country was difficult. He admired the Norwegians who settled in America and considered them giants because of the enormous hardships that they had overcome.

He exhorted these Norwegian immigrants not to jump into the American Melting Pot and become assimilated. He believed that they should maintain their language and their culture. He told his fellow immigrants over and over again that they best contributed to their new country by keeping their heritage.

Rolvaag had a very distinguished academic career. It was cut short in 1931 when he died of a heart attack at the age of 55. His memory was honored when the St. Olaf library was named the Rolvaag Memorial Library in 1944.

Rolvaag died before Solveig was born, but he would undoubtedly have been proud of her for her dedication to her heritage. She earned a B.A. at St. Olaf College and M.A. and PhD degrees at the University of Minnesota in Norwegian Studies. She then had a distinguished career as Professor of Norwegian Studies at St. Olaf College and is now Professor Emerita.

Although St. Olaf's mission today is no longer to help Norwegian immigrants adapt to life in the U.S.,

Solveig emphasized that immigration is still very much a concern of faculty and students at the college. Current immigrants are encouraged to live by O.E. Rolvaag's words and maintain their cultures while becoming full members of U.S. society. She also said that it is important for everyone to respect all immigrants by understanding what it is like to begin life in another culture and to help them in their adaptation.

To hear Solveig speak eloquently on this topic, go to a YouTube video to hear her 2009 Opening Convocation Address at [www.youtube.com/watch?v=uv6ggTykxx4](http://www.youtube.com/watch?v=uv6ggTykxx4).

In 2008 His Majesty King Harald V named Solveig to the Royal Norwegian Order of Merit. She received this prestigious honor for her outstanding efforts to strengthen Norway-U.S. relations, for her research on Norwegian language and culture, and for her dedication to educational exchange between the two countries.

Solveig can, of course, be proud of her grandfather for his well-known contributions to American society. All Norwegian Americans, however, can be proud of their immigrant ancestors. They were all giants in enduring hardships, overcoming obstacles, and in contributing in many different ways to American society. And many of these immigrants would be proud of and probably amazed at their descendants who, as Solveig, continue to maintain a strong love for and interest in Norway.

Lodge members Marie Hansen and Christine Meloni attended this event. Lakselaget, the sponsoring organization, is described above.

## District 3 President's Message: fra Presidenten, Mary B. Andersen

*"Reach out and touch somebody's hand"* - Diana Ross

It is installation time! An exciting time for the Order and for each lodge installing officer. As we congratulate each other on taking leadership roles, let's reflect on when each of us started our journey in this wonderful Order of ours. I felt so welcome when I heard:

"You are now surrounded by friends whom you may trust as brothers and sisters. The fraternal chain is a symbol of everlasting friendship. Union of our hands signifies the union of our hearts, aims and efforts. When the Norwegian Constitution was drafted at Eidsvold on the 17th of May, 1814, the members pledged each other unity and fidelity until the Dovre Mountains should fall. We pledge to each other that in our endeavors within Sons of Norway we shall stand united and true until Dovre falls."

At your next lodge meeting, look around the room. Who haven't you seen in a while? Haven't spoken to in a while? Has the fraternal chain become a little strained, a little frayed? Why not take time from your February meeting to reach out and touch someone

who you haven't heard from or seen in a while. It might take some planning. You will have to look at the meeting attendance lists and determine

who has been missing in action. Make a list, ask your members to bring their cellphones and after the initial opening ceremonies, divide the list and take 15 or 20 minutes to call those you haven't seen in a while. You will feel better and the person you call will feel better. Think about how you would feel if you received the call.

February is Valentine's Day month; let's show some love and caring to each other!

Vinter hilsener,

Mary



### Join Sons of Norway, Reinstate a Lapsed Membership, or Give a Gift Membership

Current Dues: Individual \$52.50

(International \$34.00 + District \$8.50 + Lodge \$10.00)

Spouse \$ 45.50, Youth: \$21.25, your children & grandchildren: FREE!

For more information or to join as a new member visit

[www.norwaydc.org/membership](http://www.norwaydc.org/membership) or call 800-945-8851. If your membership has lapsed call 800-945-8851 or email [database@norwaydc.org](mailto:database@norwaydc.org).

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





*a little in English...*

## Norway's Forests are Tripled

In 1925 the volume of all the wood in Norway's forests was 300 million cubic meters. Today the volume adds up to 900 million cubic meters. This year the forest increased 15 million cubic meters. This equates to nearly 100 sacks of firewood for every Norwegian inhabitant.

The main reason why the forest has grown so much in the past decades is clear. In the 1960s there were nearly 100 million spruce trees planted annually in Norway. Much of the planting was done by school children. These forests are now reaching maturity and are in a development phase with plenty of growth.

But the forests are growing much faster than planting could have explained for.

Researchers still have some possibly explanations: higher average temperatures, longer growing seasons, more carbon dioxide in the atmosphere and more nitrogen depositions from the air. Some also point to a decrease of grazing by animals in the forest. "We are conducting a fair

amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås.

What Astrup and his colleagues suspect is that warming climates playing a major role. This suspicion stems from the fact that, in a cold country like Norway, temperature is a strong factor with regard to

growth.

The volume of the forest can be divided into three groups of trees: spruce (44%), pine (31%), deciduous, leafy trees (25%). Current trends are heading towards fewer spruce and more deciduous trees.

When researchers try to "see the forests for the trees," they discover that the woods are not growing at the same rate as the trees. The reason is that each tree now takes up more space. German scientists say that compared to 1960 there are now 20 percent fewer trees in the Central European forests but the volume of the forests have increased. Despite these gains, the Central European forest has not put on volume nearly as much as Norwegian woods.

*litt på norsk...*

## Norges skoger er tredoblet



*Coastal forest in Evenes, Nordland. Predominantly pine with aspen and birch. Courtesy Orcaborealis, Creative Commons*

I 1925 var volumet på alt trevirket i Norges skoger 300 millioner kubikkmeter. I dag er volumet 900 millioner kubikkmeter. I år økte skogen med 15 millioner kubikkmeter. Det tilsvarer nesten 100 sekker ved per nordmann.

Den viktigste årsaken til at skogen har vokst så voldsomt de siste årene er klar. På 1960-tallet ble det hvert år plantet nesten 100 millioner grantrær i Norge. Mye planting ble gjort av skolebarn. Disse skogene holder nå for alvor på å bli voksne og er i en utviklingsfase med stor vekst.

Men skogene vokser mye raskere enn plantingen kan ha ført til.

*Continued on next page...*

## Norwegian Language & Conversation Groups

**Beginner I Class, Tuesdays, 7 p.m. See page 2 for details.**

**Beginner II Class, Wednesdays, 6 p.m.**

**Intermediate and Advanced Classes, Wednesdays, 7 p.m.**

The classes move slowly enough so everybody can keep up and have fun while learning Norwegian. Our teacher is Nina Brambini Smith, a certified Norwegian/English teacher (she has taught for years at State Department Language School) from Oslo. For more information contact Nina at [language@norwaydc.org](mailto:language@norwaydc.org).

**TUESDAY  
CLASS ADDED!**

### *Continued from previous page...*

Forskerne har likevel mulig forklaring: høyere temperatur, lengre vekstsesong, mer CO2 i lufta og mer nitrogennedfall fra lufta. Noen peker også på redusert beiting av dyr i skogen. – Vi driver en god del forskning på dette nå. Å gi noe sikkert svar, er likevel langt fra enkelt, sa Rasmus Astrup hos Norsk institutt for Skog og landskap på Ås

Det Astrup og kolleger av ham har en mistanke om, er at varmere klima kan ha ganske mye å si. Den mistanken skyldes ganske enkelt at i et så kaldt land som Norge, så er temperatur en viktig begrensende faktor for vekst.

Skogvolumet fordeler seg nå sånn på treslagene: gran (44 prosent), furu (31 prosent), løvskog (25 prosent). Utviklingen går mot mindre granskog og mer løvskog.

Når forskerne prøver se på “skogen for bare trær,” så oppdager de at skogen ikke vokser så mye som trærne. Årsaken er at hvert enkelt tre nå tar større



plass. I forhold til i 1960 er det 20 prosent færre trær i den mellomeuropeiske skogen, konstaterer de tyske forskerne men volumet på skogen har økt. Likevel har altså ikke den mellomeuropeiske skogen vokst på langt nær så mye som skogen i Norge.

*Courtesy Sons of Norway Newsletter Service.*

## Spread a Little Sunshine

Please keep our **Care Committee Chair, Debbie Fosaaen**, informed about members who are ill, undergoing surgery, recuperating, or homebound for an extensive period. We will send them best wishes from the Lodge as a whole.

Our members care about each other and like to reach out to their friends who may need a little sunshine in their lives. Contact Debbie at [care@notwaydc.org](mailto:care@notwaydc.org).





# Book Review: Shyness & Dignity

This article appeared in the *Norwegian American Weekly*. Reprinted with permission.

By Christine Foster Meloni

Dag Solstad is considered one of Norway's most important writers. He was born in 1941 and has been making major contributions to literature since the 1960s. He has received numerous literary prizes including the prestigious Norwegian Literary Critics Award in 1969, 1992, and 1999.

Unfortunately, only three of his works have been translated into English so far, three novels from the 1990s. The first one is *Shyness & Dignity*, published in Norway in 1994 and in the U.S. in 2006 by Graywolf Press.

This novel begins on a dreary October morning in Oslo. It was "a grey, oppressive morning, the sky was leaden, with scattered clouds drifting across it like black veils." Senior Master Elias Rukla is in his classroom at Fagerborg High School prepared to continue an in-depth analysis of *The Wild Duck* with his apathetic, actually hostile, students, who find Ibsen entirely irrelevant to their lives.

Rukla is keenly aware that he is "hopelessly old-fashioned" but what can he do about it? He must teach Ibsen! So he plunges ahead without enthusiasm, teaching this play in the same way he has done for the past twenty-five years.

But suddenly something extraordinary happens. As he is reading a section aloud, Rukla sees something new. He sees Dr. Relling, a minor character, in a different light. Dr. Relling is not Ibsen's mouthpiece as he had always believed. He is Ibsen's antagonist! Rukla comes to life! He excitedly asks his students why Ibsen has created Dr. Relling.

As was to be expected, his students do not rise to the occasion. They remain bored to death and long for the bell to end their torture. At the bell Rukla leaves the classroom and heads for home. But he has a meltdown in the schoolyard when his umbrella fails to open. In a white fury, he bangs it over and over again

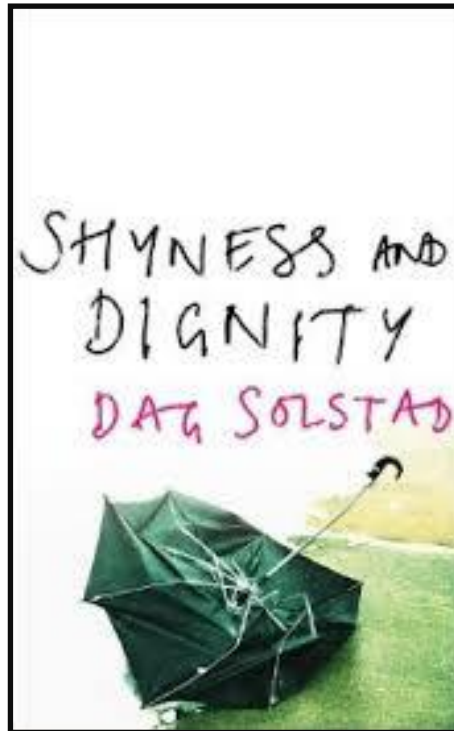
against a fountain, creating a most undignified scene, much to the horrified astonishment of his students.

Rukla then begins a journey of self-discovery. In his anguished mind he looks back over his university years, his marriage, and his teaching career. He realizes that he has been a minor character in his society. He had wanted to make a noteworthy contribution by educating his country's youth. What had happened?

He had been so intellectually alive as a university student. He had been rather shy, but Johan Corneliussen, one of the brightest and most promising students, had chosen him, Elias Rukla, as his best friend. They were inseparable.

Rukla became Corneliussen's shadow, accompanying him to the many stimulating intellectual conversations taking place on campus. He listened enthralled as Corneliussen, the Marxist Kantian (or Kantian Marxist), dazzlingly dominated these discussions.

Even when Corneliussen married Eva Linde, one of the most beautiful women on campus, and became a father, their friendship did not falter. But then Corneliussen suddenly lost his idealistic fervor and went to America for a lucrative career in advertising, leaving his wife and daughter to Rukla. Surprisingly, Eva married her ex-husband's friend but he did not become the love of her life. Their relationship lacked romance but they settled into a more or less satisfactory routine.



*Continued on next page...*

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Rukla realized his goal of becoming a teacher but his career was not as fulfilling as he had anticipated. He understood that he was not preparing his students to become socially conscious members of Norwegian society. He was not instilling in them strong cultural values.

But what does Rukla do after his undignified outburst and introspective reappraisal of his life? The reader is left up in the air and does not know if Rukla is right when he says that he has ruined his life for good. His teaching career is over. There is no turning back. How will he support himself and Eva now without a job?

In this novel, Solstad pulls the reader into the tortured mind of Rukla. One can feel the exhausted teacher's frustration and despair. The reader too may feel frustrated at times. The book is not divided into chapters, some sentences and paragraphs are remarkably long (one thinks of Faulkner), and there tends to be quite a bit of repetition (perfectly normal, of course, for an individual's thoughts). But the narrative flows smoothly, carrying along the reader who is astounded at the brilliance of this author.

Professor Andersen's Night and Novel 11, Book 18 are his other novels available in English. One hopes that more of Dag Solstad's works will soon become available to the English-speaking audience.

## Scandinavian Sweetheart Waffles for Valentine's Day

Adapted from Allrecipes.com, makes 5 servings

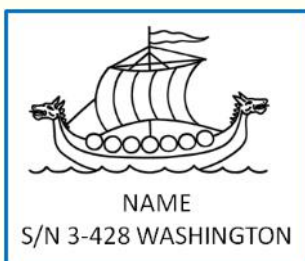
- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt



Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ⅓ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

*Courtesy Sons of Norway Newsletter Service*



### Name Badges — Help put names and faces together!

Personalized Washington Lodge 3-428 name badges may be ordered from Burt Koske for \$10. The badges are made of hard plastic with a pin on the back. Contact Burt at any Lodge event, or email [president@norwaydc.org](mailto:president@norwaydc.org).



## Lodge Calendar

### February Reading Circle

Tuesday, February 17, 2015, at 7:30 p.m.

Norway House

[www.norwaydc.org/reading](http://www.norwaydc.org/reading)

See page 10 for details.

### February Lodge Meeting: Norwegian and Swedish Folk Art

Friday, February 20, 2015, at 7:00 p.m.

Norway House

See page 1 for details.

### Festdrakt Workshop

Saturday & Sunday, March 7 & 6

Norway House

See pages 8 and 21 for more information.

### March Lodge Meeting: Meet the SoN 3D Board Members

Saturday, March 28, Evening, time TBD

### Norw. Language & Conversation Groups

Norway House

Beginner I Class every Tuesday, 7 p.m.

Beginner II Class every Wednesday, 6 p.m.

Intermediate/Advanced Class every Wed., 7 p.m. [www.norwaydc.org/language](http://www.norwaydc.org/language)

See pages 2 and 16 for details.

bowed strings — see [www.HFAA.org](http://www.HFAA.org)). Addictive dances with elements like Swing or Hambo. Beginners, singles/couples, watchers/listeners all welcome. Bring clean shoes to wear, food to share, and \$\$ you can spare. Hosts Loretta & Tony's phone just in case: 301-270-4925. Info/directions: <http://MAND.fanitull.org> or contact Jenny at [pi@xecu.net](mailto:pi@xecu.net) or 301-371-4312.

### Norwegian Church Service

Sunday, February 8, at 3 p.m.

Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD (corner of Seven Locks Rd. & Bradley Blvd.). The service is in Norwegian. All are welcome.

"Kirkekaffee" after the service. For information call

Lasse Syversen at 301-641-7908 or email

[lasse@flagship.com](mailto:lasse@flagship.com)

### Scandia DC 3rd Saturday Dance

Saturday, February 21, 7-10 p.m.

Teaching, 7-8 p.m., open dancing 8-10 p.m.

Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level). \$? payable at door. The featured fiddler is Andrea Hoag.

[www.scandiadc.info/](http://www.scandiadc.info/) or contact Linda Brooks & Ross

Schipper at [linda@scandiadc.org](mailto:linda@scandiadc.org) or 202-333-2826.

### ASA Feb. Meeting: Forest Finns in Sweden

Monday, February 23 at 8 p.m.

St. John's Church, Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD. [www.scandinavian-dc.org](http://www.scandinavian-dc.org).

### ASA March Meeting: Norwegian Wealth Fund

Monday, March 16 at 8 p.m.

Presentation by Michel Papaioannou, IMF

St. John's Church, Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD. [www.scandinavian-dc.org](http://www.scandinavian-dc.org).

### Fairfax Genealogical Society Spring Conf.

Friday & Saturday, March 27 & 28

Fairfax Marriott at Fair Oaks

Each year FxGS holds a 2-day conference in the Spring. These conferences have nationally known speakers, special interest tracks, and various vendor booths. There is an opportunity for one-on-one consultation with some speakers. This year's theme is "Tips and Tricks for Researching the Mid-Atlantic and European Connections." [www.fxgs.org/cpage.php?pt=20](http://www.fxgs.org/cpage.php?pt=20)

## Other Area Events of Interest

### Lakselaget Luncheon Meeting

Saturday, February 7, 11:30 a.m.

Program: Defense Counselor Bjørn Egenberg of the Royal Norwegian Embassy.

Clyde's of Tyson's, 8332 Leesburg Pike, Vienna, VA.

Reservations required. Contact Katherine Barnett at [Lakselaget.dc@gmail.com](mailto:Lakselaget.dc@gmail.com). [www.lakselagetdc.org](http://www.lakselagetdc.org).

### Norwegian Dance & Potluck

Sunday, Feb. 15, potluck 5:30 p.m., dancing 7:00.

6807 Westmoreland Ave, Takoma Park, MD 20912

Norwegian-style house party. Mesmerizing live music by foremost-in-US Loretta Kelley on the unique Hardanger fiddle (w/ sympathetic strings under the

### Golfers, Save the Date...

The John Karlsen Memorial Golf Weekend, normally held at Land of the Vikings, will be held at Sunny Hill Resort and Golf Course this year. **Registration deadline is March 1st.** Golf weekend is May 1-3. See flyer and sign-up form on pp. 22-23.

## Directions to Norway House

### 3846 Meredith Dr., Fairfax, VA 22030

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

#### From Beltway or I-66:

Go west from Beltway on 66. Take Exit 60, Rt. 123 (Chain Bridge Rd.) south toward Fairfax. Proceed about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). 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). Turn left immediately behind the gas station into the church parking lot.



**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). Turn left immediately behind the gas station into the church parking lot.

**From far western suburbs:** From I-66 East, take Exit 52, Rt. 50, east, toward city of Fairfax. Proceed 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. Turn left immediately behind the Mobil gas station into the church parking lot.

**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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## 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](mailto:database@norwaydc.org).

#### U.S. Mail:

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

#### Lodge Website:

[www.norwaydc.org](http://www.norwaydc.org)

#### Find Us on Facebook:

[www.facebook.com/groups/123693707650322/](http://www.facebook.com/groups/123693707650322/)

#### Newsletter Deadline:

Please submit items by the 25th of the month to [editor@norwaydc.org](mailto:editor@norwaydc.org).

## 2015 Lodge Leaders

#### President: Burt Koske

703-573-5943 or [president@norwaydc.org](mailto:president@norwaydc.org)

#### Vice-President: Doris Goodlett

703-278-8724 or [vp@norwaydc.org](mailto:vp@norwaydc.org)

#### Secretary: Lauren Nilssen

571-278-3185 or [secretary@norwaydc.org](mailto:secretary@norwaydc.org)

#### Treasurer: Bill DeRoche

301-537-8309 or [treasurer@norwaydc.org](mailto:treasurer@norwaydc.org)

#### Financial Secretary: Henry Hansen

703-815-4945 or [financial@norwaydc.org](mailto:financial@norwaydc.org)

#### Hospitality Director: Debbie Fosaaen

703-318-8128 or [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org)

#### Librarian/Historian: Henry Hansen

703-815-4945 or [librarian@norwaydc.org](mailto:librarian@norwaydc.org)

#### Newsletter Editor: Marie Hansen

703-815-3467 or [editor@norwaydc.org](mailto:editor@norwaydc.org)

#### Webmaster: Clarissa Peterson

202-285-9585 or [webmaster@norwaydc.org](mailto:webmaster@norwaydc.org)

See the website for a full list of officers and committee chairs:  
[www.norwaydc.org/officers/](http://www.norwaydc.org/officers/)





## Festdrakt Class

**Sponsored by the Washington Lodge  
Saturday March 7 & Sunday March 8**

**9:00 AM to 4:00 PM**

**at Norway House Fairfax, Va**

- **Sew a Festdrakt for you or your child/grandchild**
  - **Sew a Bunad blouse**
  - **Alter a bunad or drakt**
- **Easy instruction (Fabric & supplies available in class)**
  - **\$ 35.00/day plus cost of supplies**

**Class taught by Deb McConaghy**

**Sign up today space limited...contact Program Chair**

**[programs@norwaydc.org](mailto:programs@norwaydc.org)**

**NOW IS THE TIME TO HAVE THE COSTUME YOU HAVE ALWAYS WANTED !!!**

# **Annual Golf Tournament**

## **Sons of Norway**

Spend the Weekend of  
**May 1 – 3, 2015**

at

Sunny Hill Resort and Golf Course Catskills  
352 Sunny Hill Road  
Greenville, NY 12083

For Reservations Call Sunny Hill at 518 - 634 -7642

Mention Sons of Norway

Sunny Hill Reservations and Required \$50 Deposit Per Person, are Due By March 1<sup>st</sup>

**Weekend Lodging Costs for each person**  
**\$218 for Two Nights**

Includes Dinners Friday & Saturday Evening  
Breakfast Saturday & Sunday

Each Golfer, make out a Greens Fee Form on Page 2.

The Form must be received by Audun Gythfeldt by March 1<sup>st</sup>,

So we can make arrangements with the Golf Course.

**It's a Great Weekend!!!**



**GREENS FEE FORM ON NEXT PAGE — DUE MAR 1**





## **Each Golfer Greens Fee Form:-**

**Includes** - Greens Fees, Cart & Prizes



Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone\_\_\_\_\_ E-mail\_\_\_\_\_

Send This Form and a \$55.00 Check for each Golfer,

Payable to:-

**Audun Gythfeldt**  
P.O. Box 702  
Pocono Pines, PA 18350

**Any Questions:-**  
E-mail (Preferred):- [audun99@pdt.net](mailto:audun99@pdt.net)  
Phone:- 570-646-3817



**RETURN THIS FORM BY MARCH 1ST**