



Capital Viking

January Lodge Meeting: Installation of Officers

Saturday, January 23, 6 PM
Norway House
3846 Meredith Dr.
Fairfax, VA 22030 [directions](#)

Please come to the January lodge meeting for a pea soup dinner followed by the installation of our 2016 Lodge officers. Dr. Louis Olsen, President of SON 3D Zone 6, will join us to install our officers. Dr. Olsen is also President of the Nordkap Lodge in Baltimore, MD.



The Lodge will provide the famous Fosaaen pea soup. Please bring a side dish or dessert to share.

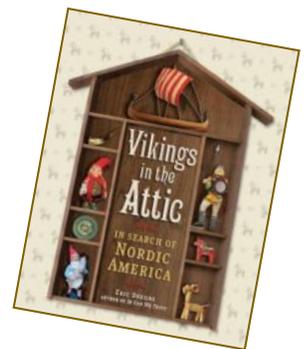
Featured this month:

- Calendar of Events 2
- Virtual Pilgrimage Report 3
- SON Helps You Stay Fit 6
- Join Sons of Norway 6
- Festival Wrap-Up and Photos..... 7
- Reading Circle Books for 2016..... 13
- Norway House Gets New Siding... 14
- Gluten Free Almond Cake 14
- Scholarship Deadlines 15
- Juletrefest Photos 16
- Norwegian Christmas Tree 18
- Solitaire Mystery Review..... 20
- SON Folk Art Exhibition 22
- January Birthdays 22
- Litt på Norsk 24
- Language Class Info 25
- Lodge Information..... 26

Activities for children are planned. If you are bringing children, please RSVP to Youth Director Annemarie McCaslin at youth@norwaydc.org to ensure enough materials are available.

Save the Date — Author Eric Dregni to Speak at Lodge Friday, Feb. 19

Fed pickled herring and gjetost as a toddler, Eric Dregni grew up in Norway’s colony in America: Minnesota. In 2004 Eric was granted a Fulbright Fellowship in Creative Writing, and moved to Trondheim, Norway, where he was able to observe the origins of his Norwegian-American upbringing. Join us for Eric’s presentation based on his two popular and humorous books on Norwegian and Norwegian-American culture: *Vikings in the Attic* and *In Cod We Trust*.



Tusen takk to all who helped with the 2015 Festival & Bazaar!

The Festival was a wonderful experience. Our Lodge should feel very proud, in our modest, Norwegian way, of staging such a huge and successful event. Thank you to all, and especially to Co-Chairs Denise Bowden and Susie Fosaaen who once again dedicated enormous portions of their lives to the success of the Festival. See pages 7-12 for a wrap-up and photos.



Lodge Calendar

All activities are at Norway House unless otherwise stated. Directions on page 26 and www.norwaydc.org/directions.

Genealogy Interest Group

Sunday, January 17, 2 PM

January Meeting - Officer Installation & Pea Soup Dinner

Saturday, January 23, 6 PM

See page 1.

February Meeting - Author Eric Dregni

Friday, Feb. 19, 7 PM

See page 1.

Reading Circle

Tuesday, Feb. 23, 7 PM

See page 19.

Norw. Language & Conversation

Every Wednesday

Beginner 6 pm, Interim. 7 pm, Adv. 8 pm.

www.norwaydc.org/language page 25.

Other Area Events

Lakselaget Jan. Luncheon Meeting

Sat, Jan. 9, 11:30 AM

"Arctic Circle Assembly 2015" by Linda Priebe
Clydes of Tysons, 8332 Leesburg Pike, Vienna, VA
\$30 Members, \$40 Non-members
RSVP required. Contact Katherine Barnett at Lakselaget.dc@gmail.com See www.lakselagetdc.org

Mid-Atlantic Norwegian Dancers

Sat., Jan. 9, Potluck at 6:30 PM, dancing at 8
3600 T St. NW, Washington, DC 20007

Norwegian-style house party. Live music. Beginners, watchers, singles/couples welcome. Contact Jenny at pi@xecu.net or 301-371-4312. <http://MAND.fanitull.org>

Drott Lodge (Vasa Orden) Jan. Meeting

Sun, Jan. 10, 2:30 PM

St. James Episcopal Church

11815 Seven Locks Rd., Potomac, MD

Video about Princess Märtha of Norway and the sculpture of her that was erected at the Norwegian Ambassador's residence. Officer election/installation follows.

Contact adunhem@arielway.com.

Norwegian Church Service

Sunday, Jan. 10, 3 PM

Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD

Norwegian language service. Sunday School in Norwegian for children during church service. Coffee hour after service. All are welcome. Contact Lasse Syversen, 301-641-7908, lasse@flagship.com

Am. Scan. Assoc. January Meeting

Mon, Jan. 25, 8 PM

"Swedishness in Marketing" by Prof. Jacob Ostberg
St. John's Church

Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD

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

Scandia DC—Dancing

Sat, Jan. 16, 7PM

Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level).

Recreational Scand. dance group. Live music.

www.scandiadc.info/ or contact Linda Brooks & Ross

Schipper at linda@scandiadc.org or 202-333-2826.

Nordic Dancers of Washington, DC

Meets most Wednesdays, 7:30 PM

Highland View Elem. School,

9010 Providence Ave., Silver Spring, MD

Learn Scan. Dances. No partner or experience needed.

Chris Kalke 301-864-1596, NordicDancers@aol.com,

or <https://sites.google.com/site/nordicdancersdc/>

Events Elsewhere

John Karlsen Memorial Golf Tournament

Save the Date: May 20-22, 2016

Land of the Vikings in Northeastern PA. More information to come. For info call Bev or Rick 570-461-3500

or email vikingland@tds.net. See <http://3dsofn.org/land-of-the-vikings/lov-events/>

Norwegian Embassy Calendar

Check www.norway.org/

[News_and_events/Event-Calendar/](http://www.norway.org/News_and_events/Event-Calendar/) for local events added after the *Capital Viking* is distributed.



Virtual Pilgrimage: From Oppdal to Segard Hoel

*By Christine Foster Meloni
Reprinted with permission from the Norwegian-American Weekly*

I am moving right along on my virtual trek from Oslo to Trondheim. I have now completed all of the legs of the pilgrimage except the final one. I reached the municipality of Oppdal in Sør-Trøndelag County at the end of Leg G. I then set out from Oppdal on Leg H. I will relate my adventures on this penultimate leg. I traveled 40 miles from Oppdal to Segard Hoel.

Vang Burial Ground

My first stop after leaving Oppdal was the Vang Burial Ground, located about two kilometers outside of Oppdal. This is a very remarkable site. It is the largest pre-Christian burial ground in Norway. It was used from 500 A.D. until around 1000 A.D. There are over 750 burial mounds and also some graves underground here.

Archeologists have excavated 15 of the graves and discovered many interesting items such as swords, axes, spears, knives, bronze jewelry, glass beads, and cooking utensils. Bronze plates from Ireland have also been found here which is evidence of Viking raids to the West. The people buried in these graves were all cremated, and their worldly possessions were buried along with their ashes.

This burial ground is now a park with a marked



Above: Vang Burial Ground, pre-historic site outside Oppdal. Left: Fagerhaug Chapel, originally built for a Baptist congregation in 1921.

path. It took me about half an hour to walk through it.

Oppdalsporten

After leaving the burial ground, I headed for Oppdalsporten, a restaurant/café, located in Fagerhaug. I was hungry when I arrived so I had a light meal in the restaurant. I also visited the gift shop but didn't make any purchases. I need to travel light!

Fagerhaug Chapel

I visited another church, the Fagerhaug Chapel. Yes, churches do seem to be the main attraction along St. Olav's Way.

This wooden church with 150 seats was built in 1921. It has a rather interesting history. It was originally called Elim Chapel and housed a Baptist congregation. Then in 1928 it was converted into a carpentry workshop. The Germans then occupied it from 1943-1945 during World War II.

In 1950 it became Fagerhaug Kapell, a Lutheran parish church. It underwent some modifications which were finished in 1959.

(Continued on page 4)

(Continued from page 3)

Hæverstølen

My next stop was Hæverstølen, a lodge built to resemble a medieval pilgrim center. It has eight timber buildings constructed in the wooden block building style that was used back in the 16th and 17th centuries.

I decided to spend the night here. I stayed in a Sælehus (blessed house). It looked medieval on the outside but inside it had all of the modern comforts including electricity and a kitchen.

I was able to buy some food in the lodge's grocery store – bread, butter, spreads, and drinks. I bought a set of disposable sheets and pillow cases and slept in a bed. Many of the other pilgrims slept in their sleeping bags. I also had access to a shower, a WC, and a washing machine in another building.

Other buildings also had accommodations for pilgrims – a storehouse, smokehouse, cabin, smithy, and barn. I was pleased to find a library here with books on nature, culture, and the pilgrimage. From the farmyard I had a wonderful view of the Pilgrim's Way.

Orkla River

I love rivers, perhaps because the Mississippi River ran through my hometown of Minneapolis. I was happy to see the Orkla River, considered one of the very best rivers in Europe for salmon fishing. It is 179 miles long and goes from the Orkel Lake through Rennebu, Meldal and Orkdal,

and then it empties into the Trondheim Fjord basin at Orkanger.

As I am a vegetarian, I did not buy a fishing license so that I could catch some salmon. It is a popular fishing spot, however, not only for Norwegians but also for fishermen from many other countries. The salmon are supposedly quite large!



Authentic pilgrimage accommodation at Hæverstølen, via VisitNorway

Meslo Herberge (Hostel)

This hostel is very popular and it is open all year round. It is located on a functioning farm owned by Ingrid Meslo. She encourages her guests to interact with her animals - cows, sheep, chickens, and a

barn cat. Pilgrims are also invited to help with the farm work. If you are there at the right time, you can help with lambing or drying hay. I wasn't there at the right time!

The charge per night is 250 kroner per person. You can have breakfast and a packed lunch for 100 kroner and dinner for 150 kroner. At most overnight locations along the route, a packed lunch comes with the breakfast. This is very much appreciated!

This hostel is only half a kilometer away from the Orkla River. In addition to salmon fishing, you can also rent a canoe and enjoy the river in this way.

Berkåk

Berkåk is a village in the Rennebu municipality with a population of 900. As I entered the village

(Continued on page 5)

(Continued from page 4)

from the south, I saw a bright red railway station. It was built in 1921, and it serves the Dovre Line between Oslo and Trondheim. Yes, I was almost tempted to catch a train to Trondheim but pilgrims don't usually take trains so I resisted this urge. And I most certainly would have missed something special.

Berkåk Kirke

On the north side of the village I saw the Berkåk Kirke, a lovely white wooden church constructed in 1878, designed by architect Johannes H. Nissen.

Rennebu Kirke

The Rennebu Kirke is a parish church located on the banks of the Orkla River in the village of Voll, in the municipality of Rennebu. It was built in 1669 and has the Y-shaped form. Only four of these churches remain in Norway, and this is the oldest of the four. The Y-shape was used to bring the pulpit and congregation closer together. Men and women would sit in separate arms of the Y.

The modern coat of arms of the Rennebu municipality, approved in February 1982, depicts this Y-shape form.

Segard Hoel

My last stop on this leg of my pilgrimage was the Segard Hoelen, located between the hamlets of Jerpstad and Meldal. It is a farm that



Top: Rennebu Kirke, one of four Y-shaped churches remaining in Norway. Below: Segard Hoel, traditional farmhouse converted to a pilgrim hostel.



has been converted into a hostel. It offers rooms for rent at 250 kroner a night in a traditional farmhouse and in a smokehouse. The farmhouse has a living room, kitchen, bathroom with a shower, and a loft with several bedrooms. The smokehouse has a common room, a bathroom with shower, a bedroom, and a loft bedroom. A total of 18 beds are available in these two buildings. It is open all year round.

Meals are provided: breakfast for 75 kroner, packed lunches for 50 kroner, and dinner for 150 kroner.

I find the history of these overnight locations for pilgrims quite interesting. Farms started taking in pilgrims as early as 1030 A.D., soon after the death of St. Olav at Stiklestad. Then there were farms that began accommodating pilgrims in the 17th century. When the Pilgrim's Way was clearly marked and made more official in 1997, there was a need for more hostels and, therefore, more farmers opened their farms to the modern-day pilgrims.

Close to My Destination

I have now completed 335 miles of my pilgrimage on St. Olav's Way. My final destination is not too far away. Only 52 miles to go before I reach Trondheim. Then one more progress report. Stay tuned!

SON Helps You Stay Fit

Have you made a New Year's resolution to get more exercise? Or would you just like some recognition for what you're already doing? If so, SON has a program you might find helpful.

SON International offers incentives to get or stay fit through the "Sports Medals" program for:

- Idrettsmerke - General Fitness
- Gangmerke - Walking
- Sykkelmerke - Biking (indoor or outdoor)
- Skimerke - Skiing
- Svømmemrke – Swimming

Medals are awarded to members when they reach certain benchmarks. Four levels of effort for each sport are recognized: Bronze, Silver, Gold, and Enamel. Usually the benchmarks are different depending on your age. For example, if you are 55 years old you have to walk 105 miles to get the Bronze Gangmerke Medal. If you are 35 you have to walk 150 miles. You simply have to download and print some forms to keep track of your progress.



Svain Ulvedal (left) is awarded the Bronze, Silver, and Gold Gangmerke Walking Medals on Dec. 11 by Lodge Sports Director Greg Ovrebo. Svain took advantage of a track near his home to do some serious walking.

If you are a SON member, you can get more information and download all the forms here: www.sofn.com/member_resources/cultural_programming/sports_medal_program/levels_requirements/. If you don't know your SON member number (required to set up an online account) email database@norwaydc.org.



Youth Activities

Activities for children are usually planned during the presentation portions of our monthly meetings. If you plan to bring your children please email Youth Director Annemarie McCaslin at youth@norwaydc.org prior to the meeting so she can make sure we have enough materials for the planned activity.

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

- ⇒ **To join as a new member** visit our Lodge web site www.norwaydc.org/membership or call 800-945-8851 or email vp@norwaydc.org.
- ⇒ **If you need your membership number** 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!

2015 Norwegian Festival — Wrap Up

By Denise Bowden

Our 2015 Norwegian Festival was absolutely wonderful – we received many complements from guests who came to sample Norwegian cuisine in the Café, listen to Norwegian/Scandinavian music including Norwegian vocals by Myron “Buddy” Rundhaugen, dance with the Nordic dancers, and visit the Norwegian Fjord horses, Fia and Bella.

In between all of the cultural activities, there was time to select authentic Norwegian food and merchandise for Christmas gifts. One of the comments overheard a number of times was “You cannot purchase these items at a Mall!” The primary goal of our Festival... to make it fun and unique — a celebration of our Norwegian heritage!

We greatly appreciate the continued support of the Royal Norwegian Embassy of Washington, DC. In addition, VOSS delivered 20 cases of complementary water for guests to sip while enjoying the entertainment and artisans.

Many of you were able to meet representatives from Sons of Norway International: Linda Pederson, Fraternal Director, Jon Tehven, International President, and Marci Larson, International Director for District Three. From District Three: Mary Andersen, District 3 President and Kathy Dollymore, Cultural Director. Customers arriving received a wonderfully personal greeting from this



The Nordic Dancers performing at the Festival. Soon after this photo was taken, the audience got a lesson.

outstanding group of International and 3D representatives.

Tusen takk to all of the wonderful volunteers who contributed on Dec. 3-5. The success of the Festival could not have been accomplished without the dedication of so many who put in countless hours from busy schedules to ensure our outreach to the Norwegian and non-Norwegian community. We had an excellent turnout on Thursday to move merchandise from Norway House to the Church – thank you to all who helped as this is a critical area that when staffed sufficiently helps to kick off the Friday morning festivities more smoothly.



Marci Larson, Mary Andersen, and Kathy Dollymore, representing SON International and 3D.

There were also many volunteers who did whatever was needed - including grocery store runs, putting up signs, moving merchandise/displays and breaking down
(Continued on page 8)

(Continued from page 7)

the festival on Saturday — a huge thank you for the "behind the scenes" workers who contributed to another successful Festival.

Deserving special note (in alphabetical order) are:

- **Bill and Pat DeRoche** for managing the check-out process, and especially to Bill as Treasurer, for handling all the money, analyzing results, etc.,
- **Debbie Fosaaen** for planning and managing the Norwegian Café (a huge undertaking and very successful),
- **Doris Goodlett** for many roles and especially for coordinating the Fjord hester visit,
- **Henry Hansen and the entire Thursday moving crew**, and Henry for being Jack-of-all-trades during the Festival including checkout,
- **Marie Hansen** for many roles including coordinating volunteers,
- **Marguerite Kause** for organizing the Baked Goods section,
- **Burt Koske** for many roles including his leadership as Lodge President,
- **Ardis Morton**, official greeter, riskrem chef extraordinaire, and cookie baker,
- **Karon Plasha** for many roles including Café and coordinating the Lundehunds (with help from **Mike Plasha**).

AND to the many other volunteers who gave their time, ranging from several days to a few hours stolen from a busy schedule: **Joyce Anderson, Sonja Benson, Jim Bratvold-Boyd, Elizabeth Bruening, Chris Bull, Lara Cahow, Linda Cahow, Tim Christenson, Joy Cox, Tor Davidsen, George Edwards, Al Freeman, Linda Freeman, Margie Goergen-Rood, Warren Goodlett, Don Hagen, Mark Hansen, Christine Hart, Pat Huber, Billie Jameson, Gary Johnson, Virginia Jones, Jeff Jorgenson, Lynn Juhl, Burt Koske, Jinann Larson, Joyce Lawrence, Carol McGarry, Shelley Mitchell, Joel Myklebust, Greg Ovrebo, Ann and Arnold Platou, Mary Jo Prouty, Jean Quale, Marvin Reed, Queenie Sheldahl, Kristin Stone, Marga**

Tucker, Jim Turbett, Mary Ann Ullrich, Doug Wright, and Lance Wright.

Thank you also to these crucial team members:

Food Demonstration Teams:

- **Judy Kee/Janice Brown** with help from **Orron Kee, Emilie Pade (w/ Jason & Caroline), Allison Malone, Andrew Malone, Colleen Malone, Carolyn Figueiredo** for the Waffles & Krumkaker demos all day Friday and Saturday,
- **Kristin & Katherine Stone, David Hofstad** and **Lynn Rundhaugen/Erik Larson** for the Lefse Demos (well, Lynn and Erik tried, but their lefse potato dough was inadvertently used in the Café...),
- **Rannveig Fredheim** for the Kransekaker – sold out by again this year!

Artisan Demonstrations:

- **Linda Hurt** for Nordic weaving
- **Solbjorg Jansberg** for Nordic knitting
- **Lynn Rundhaugen** for Nordic knitting
- **Lucy Lyons Willis** for Hardanger

Entertainers:

- **Paul Carlson**, Fiddler
- **Andrea Hoag**, Violinist
- **Karen Keith**, Fjordhester
- **Nordic Dancers** Led by **Chris Kalke** (the audience was packed in to watch & then participate in the dancing...iPhone cameras were everywhere filming)
- **Myron (Buddy) Rundhaugen** Norwegian Accordionist/Vocalist — duet with Jo Storaker
- **Jo Storaker**, Norwegian Accordionist who started off both Friday and Saturday mornings with festive music.

Children's Activity: **Annemarie McCaslin** and **Karina Wright** — the children loved making the crafts.

Artisans/Crafters:

- **Bernice Duvall** – wool ornaments, watercolor prints
- **Harold Halvorsen** – donated his paintings

(Continued on page 9)

(Continued from page 8)

- **Tina Keune** – painted and rosemaled ornaments
- **Karen Richardson** – felted wool nisse
- **Erika Tucker** – Nordic inspired jewelry

Publicity (key to the success of the Festival):

- **Inger Dreng**
- **Tina Keune**
- **Clarissa Peterson** who continues to manage the website from her home in Canada :)

The entertainment, food, café, artisans and variety of authentic Norwegian merchandise were consistently mentioned by customers as part of why they enjoyed the overall experience — so thank you to those mentioned above (and any who might have been inadvertently over-

looked) who contributed to making this a true Norwegian festival. We keep expanding the cultural portion of the Festival – this year was exceptional with the addition of the Fjord Horses ... weather was perfect on Saturday, too.

Each year we solicit suggestions, comments or thoughts on how to improve the Festival, so if you have ideas/thoughts, please send a note/email to festival@norwaydc.org as we welcome inputs to improve the 2016 Festival.

We have a limited amount of food/calendars for sale, discounted at 20%, and other festival merchandise discounted at 10%. These items will be available at the January meeting. We look forward to 2016 being an even better improved Festival – see you all again the first weekend in December 2016.

Sincere thanks to all from Denise Bowden and Susie Fosaaen, 2015 Festival Co-Chairs

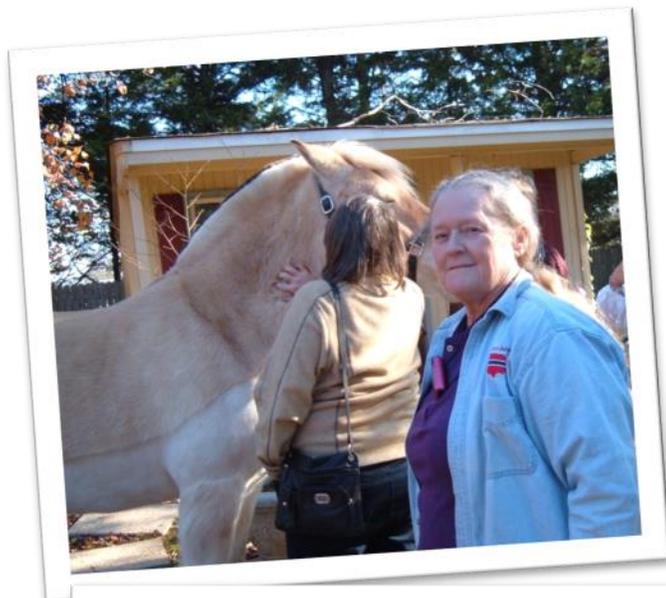


Treasurer Bill DeRoche in the “vault”; Marguerite Kause and Queenie Sheldahl at the Baked Goods table; Lynn Rundhaugen and Erik Larson — the potatoes for their lefse demonstration mysteriously disappeared... into the mashed potatoes served by the Café!

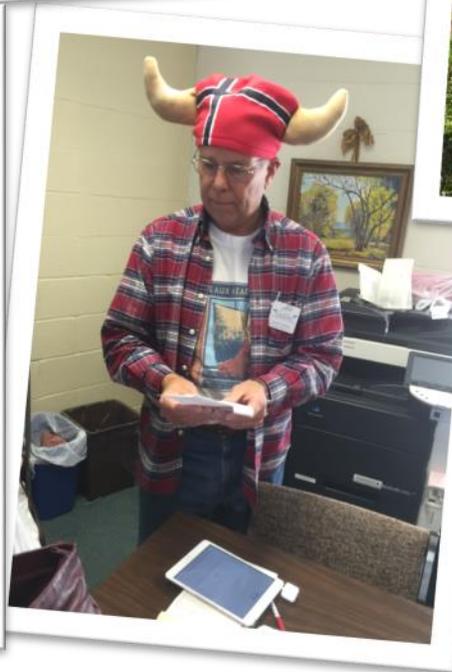
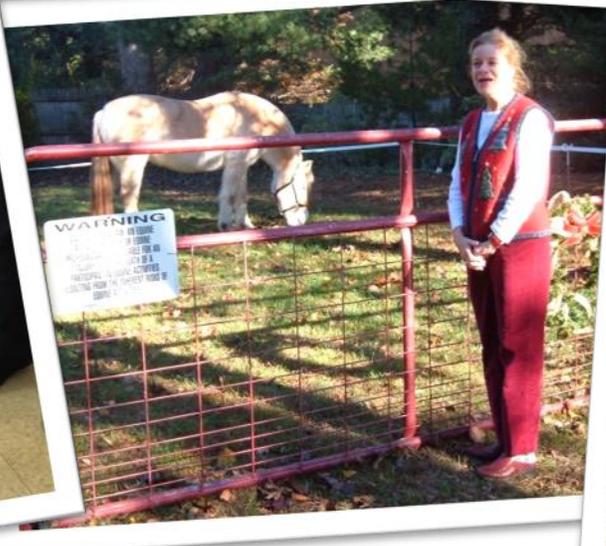
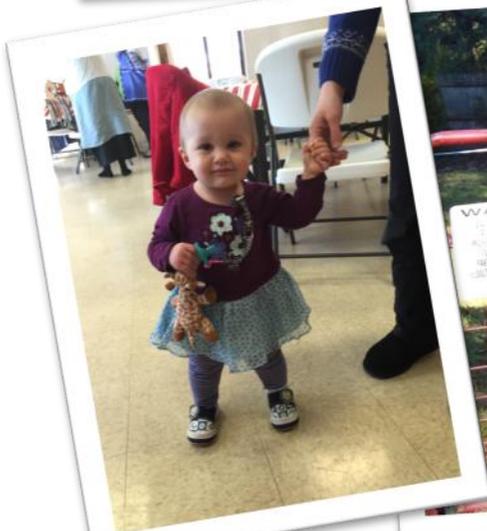


*Tusen
takkk*

More Festival Photos



Festival, Continued...



For a wonderful article on the Fjord horses, by Christine Meloni, see www.na-weekly.com/featured/a-fine-day-for-two-very-fine-horses/



More photos will be posted on the Lodge web site. Check www.norwaydc.org/photos periodically.

Reading Circle Selections for 2016



The Library of Thorvald Boeck by Norwegian artist Harriet Backer (1845-1932). National Gallery, Oslo. Harriet Backer was a Norwegian painter who achieved recognition in her own time and was a pioneer among female artists throughout Europe. She is best known for her detailed interior scenes, communicated with rich colors and moody lighting. https://en.wikipedia.org/wiki/Harriet_Backer

The Reading Circle meets every other month, usually on Tuesdays at Norway House, at 7 PM. Occasionally we meet in members' homes instead. Everyone is welcome to join one or all discussions. Even if you can't join us you may want to explore these books. Titles, dates, and links to Amazon blurbs are below.

It is important to RSVP Christine Meloni if you plan to attend since the meeting place varies and the schedule may change slightly. For information and updates, contact Christine at reading@norwaydc.org or 703-922-7142 or visit the web site www.norwaydc.org/reading.

The selections and dates for 2016 are:

Norwegian by Night by Derek Miller, Feb. 23, [blurb](#)

I Refuse by Per Petterson, April 26, [blurb](#)

The Consorts of Death by Gunnar Staalesen, June 28, [blurb](#)

All That I Hold Dear: A Young Immigrant in New York, 1911-1916 by Helga Hansen, Aug. 23, [blurb](#)

Orkneyinga Saga, Oct. 25, [blurb](#)

The Birds by Tarjei Vesaas, Dec. 13, [blurb](#)

December Reading Circle

Six members of the Reading Circle met at the home of Lynn Juhl on December 22 for a spirited discussion of *The Solitaire Mystery* by Jostein Gaarder. Several members were not able to attend, and were greatly missed. Many thanks to Lynn and his wife Rosalie for sharing their beautifully decorated home and warm hospitality. Christine especially enjoyed the geitost!



Lynn Juhl, Marie Hansen, Christine Meloni, Barbara Myklebust, Joel Myklebust, and Julie Burnett

Norway House Gets New Siding

We are nearing completion of the major improvements needed for Norway House. This year we installed a new, expanded driveway, replaced and extended the railings along the front steps and sidewalk, and in De-

ember we replaced the siding. In some respects it was sad to



see the old wooden board and batten siding go because it had a rustic, Norwegian, accent, but the wood had deteriorated severely. The money and manpower needed to install and maintain wood dictated a thrifter approach, so the new siding is vinyl. But the end result is very attractive and looks much like the original.

Norwegian Almond Cake with Custard Glaze — Gluten Free

Member Susie Fosaaen made this cake for a Lodge meeting several months ago and got many requests for the recipe. It is moist, dense, obviously delicious, and gluten free.



Susie found the recipe on a British website where, as with most European recipes, the measurements were by weight rather than volume, and of course were metric. Measurements below have been converted to US weights. Using a cooking scale and measuring these quantities by weight rather than volume will reproduce Susie's cake more accurately. For example, 125 grams of granulated sugar converts neatly to 4.5 ounces, but the volume equivalent is 0.65 cups. So put on an apron and start your experiment — this will be more fun than the last chemistry class you took.

For the Custard Topping:

5 egg yolks
4.5 ounces granulated sugar
1/2 cup heavy cream
6 ounces unsalted butter

For the Cake:

5 egg whites
7 ounces powdered sugar
1 teaspoon baking powder
7 ounces almond meal

1. Custard Topping: In a saucepan over low heat, or in a metal bowl set over a pan of simmering water, whisk together the egg yolks and sugar. Stir in the cream. Cook and stir until the mixture is very thick. Remove from the heat. Stir in the butter. Cover with plastic wrap and cool for several hours in the refrigerator.
2. Preheat the oven to 400 degrees Fahrenheit. Grease a 9 inch springform pan.
3. In a glass or metal bowl, whip egg whites with electric mixer until stiff peaks form. In a separate bowl, stir together the almond meal, baking powder, and powdered sugar. Fold this into the egg whites until well blended. Pour batter into the prepared pan.
4. Bake for 30 minutes, until the top springs back when pressed. Cool the cake completely before removing from the pan. Spread the cold custard on top and serve.

Scholarships for College, Trade, & High School; Deadlines Approaching

Did you know that the Sons of Norway Foundation offers college, trade school, and high school scholarships starting at \$1,000 for current members and children or grandchildren of current members? This is a great SON benefit. For more information including complete eligibility requirements call (800) 945-8851 or visit https://www.sofn.com/foundation/grants_and_scholarships/

King Olav V Norwegian-American Heritage Fund

Applicants must be 18 or older and be either 1) Americans who plan to explore Norwegian heritage or modern Norway at an institution of higher learning or 2) Norwegians who desire to further their studies in American culture at an institution of higher learning. *Deadline March 1.*

Astrid G. Cates/Myrtle Beinhauer Fund

Eligible applicants are enrolling in post-secondary training or education including trade school, vocational school or college. *Deadline March 1.*

Scholarship to Oslo International Summer School

Two \$1,500 scholarships are awarded for undergraduate and graduate students to attend the Oslo International Summer School, a 6-week program from June to August. *Deadline March 1.*

Helen Tronvold Norwegian Folk High School Scholarship

Up to three \$2,000 scholarships are awarded annually in support of cross-cultural experiences for youth by helping them attend one of Norway's 70 folk high schools for an entire year of study (August-May). *Deadline March 1.*

Nancy Lorraine Jensen Memorial Scholarship

Applicants must be female US citizens aged 17-35



2015 Oslo International Summer School students at the Natural History Museum in Oslo. Each year the SON Foundation awards two scholarships for this program.

majoring in chemistry, physics, or chemical, electrical or mechanical engineering. Must have a parent or grandparent with at least three years of SON membership. Additional requirements exist. The award is for 50% of the tuition of one semester for up to three years. *Deadline April 1.*

Warne - Eng Scholarship

This scholarship creates opportunities to attend educational institutions in Norway and helps with costs of tuition, room and board. Applicants of any age who have completed one full year of college level work, and have been accepted by an educational institution in Norway for undergraduate work are eligible. *Deadline April 1.*

Lund Fund Scholarship

One \$1,500 scholarship is awarded annually for study abroad experiences through accredited, post high school, educational institutions. No preference is given based on country selected for study-abroad experience. High school graduates or equivalent, with special consideration to military veterans. *Deadline May 1.*

Photos from Juletrefest

A jolly time was had by all at the musical Christmas Party on December 11th. Marguerite Kause prepared beautiful booklets of traditional carols and hymns in both English and Norwegian, and accompanied us on the piano. Tim Christenson led the singing, including a rousing verse of "Oh Lutefisk!"



President's Message

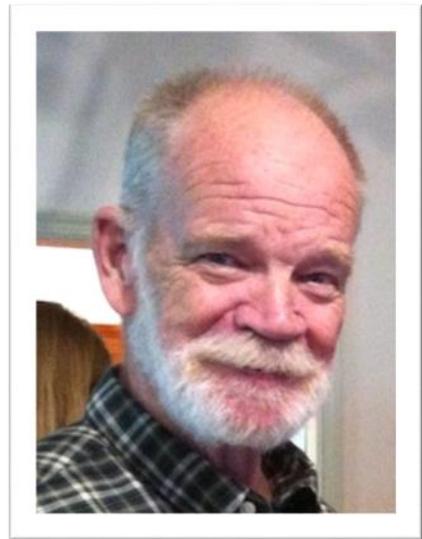
Dear Members,

This is the last letter that I will write for the *Capital Viking*. My 3-year term as President of Washington Lodge is coming to a close. I am very thankful to you for all of the help and support that I received. The lodge has had a terrific team of officers and great response from the membership.

During the past years we had a very difficult time with the loss of our tax-exempt status and being on suspension from SofN International. However, the Lodge pulled together and resolved the tax issue and we were reinstated as a SofN Lodge.

Together we have seen a dramatic improvement to the success of our Festival/Bazaars. Special thanks to our Festival/Bazaar champions, Denise Bowden and Susie Fosaaen, for their hard work to bring it all together, and to the many of you who helped to make the Festivals so successful. At this past December's Festival Jon Tehven, International President; Linda Pederson, International Foundation Director; Marci Larson, 3D International Director; Mary Andersen, 3D President; and Kathy Dollymore, 3D Counselor; all joined us to work at the Festival. It was apparent that they were impressed with Festival/Bazaar.

We have a lot to offer to those interested in their Norwegian heritage. We need to spread the word and increase our membership. We have very active special interest groups including the Norwegian language class, the Reading Circle and the Genealogy Interest Group. Additionally, we have had consistently excellent programs and there are several interesting programs planned for the coming year.



I leave the lodge in very good hands. Doris Goodlett, the President-elect, and the other officers are bringing a lot of enthusiasm and good ideas. With your help, the lodge has a great future. I am looking forward to the upcoming years.

Tusen takk for all the help I received these past three years.

Fraternally,

Burt Koske
 President, Washington Lodge 3-428
president@norwaydc.org



Russel Keune

Our deepest sympathy goes to member Tina Keune on the loss of her husband Russell on December 3rd. Russ was a friend to many in the Lodge, and was always on hand to help Tina set up her extraordinary presentations. As many of you know, Russ had a distinguished career as an architect and specialized in historic preservation. An inspiring account of his professional life, prepared at the request of Goucher College where Russ was a faculty member, can be found at www.adventfuneral.com/services/russell-v-keune.htm.

Family and friends will gather to celebrate his life at a later date. Contributions may be made to the National Building Museum, 401F St. NW, Washington, DC 20001 in the name of Russell V. Keune memorial fund.

Washington, DC's Norwegian Christmas Tree

by Christine Foster Meloni

Every year for the past 19 years, Norway has given a beautifully decorated Christmas tree to the people of the District of Columbia. It is displayed in the city's majestic Union Station for the entire month of December. Its presentation is always a joyous occasion.

This year Norwegians, Norwegian Americans, locals, and tourists gathered in the West Porch of DC's main train terminal on a chilly, rainy December 1st evening. Despite the gloomy weather, the spirits of the many adults and children present were definitely not dampened.

The Carolers of Greater Washington provided holiday music throughout the ceremony. The singers of the group are Meghan Whittier (conductor), Michaela Shelton, Ben Hilgert, Bill Edwards, Mark Huseh, and Heath Sorenson. The trumpeters are Nick Althouse and Ward Yager. Bakken is Norwegian and many of the others have Norwegian ancestors, which makes this event very special for them.

Robert Aubry Davis, a popular Washington media personality, was the Master of Ceremonies. He took the stage with his trademark enthusiasm and introduced the special guests – Norwegian Ambassador Kåre R. Aas, Senator Lisa Ann Murkowski from Alaska, and Secretary of the District of Columbia, Lauren Vaughan.

Davis then invited two members of the Carolers to begin the program. Classical soloists Norwegian

Mezzo Soprano Sissel Bakken and American Tenor Ben Hilgert presented the Norwegian and American National Anthems, respectively, in stirring clear and beautiful tones.



Norwegian songwriter/singer Ida Jenshus was the musical highlight of the evening.

Next Davis introduced Ambassador Aas, who warmly welcomed everyone present before presenting the tree to Secretary Vaughan. She gladly accepted the tree on behalf of the Mayor and the people of the District of Columbia. She thanked the Ambassador not only for the tree which symbolized the strong friendship between the two capital cities but also for the much-appreciated

involvement of the Norwegian embassy in the life of the District.

Norwegian songwriter/singer Ida Jenshus was the musical highlight of the evening. She delighted the audience by singing two of her most popular songs, "Someone to Love" and "Sylvia." Skyrocketing to fame after winning the NRK talent competition Lyden av Lordag in 2007, Jenshus became the first Norwegian solo artist to win the Norwegian Grammy equivalent for her first three albums and established herself as one of Norway's leading country artists.

If you are not yet familiar with her extraordinary
(Continued on page 19)

Check these links for excellent photos and articles

- ◆ Photos of vanishing communities in coastal Norway [link](#)
- ◆ Norway offers lessons to migrants on how to treat women [link](#)
- ◆ London revival of lesser-known Ibsen play [link](#)
- ◆ Viking hoard sheds new light on British King Alfred the Great [link](#)
- ◆ Storm endangers North Sea oil workers [link](#)



Send your interesting links to editor@norwaydc.org

(Continued from page 18)

voice, go to YouTube and search “Ida Jenshus.” You will find numerous videos.

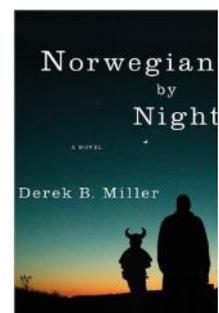
Then Davis asked Senator Murkowski to come forward to throw the switch to light the tree. She made a few brief remarks and emphasized that, because of Alaska, the United States can be considered, along with Norway, an Arctic nation. She added that Norway and Alaska have other commonalities, e.g., fjords, mountains that come out of the water, salmon, and oil.

The audience was very excited when the lovely 32-foot tree was illuminated. In addition to the 20,000 lights and 600 small Norwegian and American flags, there were 1500 sparkling CDs to reflect the tree’s theme, “Celebrating Norwegian Music.”

While the Carolers were singing their final song, Santa Claus suddenly appeared on the stage and invited the children to come up for their gifts. Davis encouraged the adults to mingle and to enjoy the refreshments, Norwegian ginger cookies and gløgg.

Feb. Reading Circle Selection: *Norwegian by Night*, by Derek B. Miller

From the NY Times review: “... the brains of a literary novel and the body of a thriller.” Irascible Sheldon Horowitz moves from Manhattan to Oslo to live with his granddaughter and her Norwegian husband, and finds himself in a strange land, bemused by placid, orderly Norwegians. Life becomes complicated, however, when he witnesses a murder perpetrated by a Kosovar war criminal. The author is director of The Policy Lab and a senior fellow with the UN Institute for Disarmament Research — an American currently living in Oslo.



Save Stamps for TUBFRIM, the Norwegian Charity for Disabled Children

Cut used stamps from any nation, leaving a 1/4 inch paper margin. Give them to Bill or Pat DeRoche at any meeting or leave them in the round tin by the front door. You may turn in any quantity. If you turn in a pound of trimmed stamps, your name will be submitted for the next yearly drawing for air tickets to Norway. One chance for each pound of stamps. Tubfrim also accepts whole postcards. www.norwaydc.org/tubfrim

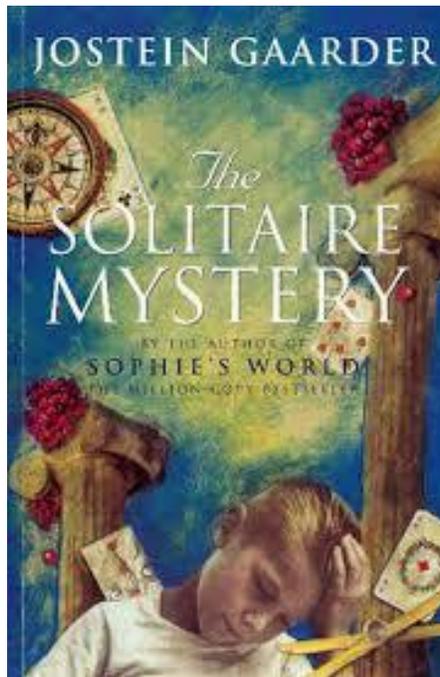
Book Review: The Solitaire Mystery

By Christine Foster Meloni

This review appeared in the Norwegian-American Weekly. Reprinted with permission.

The Norwegian novelist Jostein Gaarder is best known for his hugely popular *Sophie's World: A Novel about the History of Philosophy*. He took the challenging subject of philosophy and made it understandable and interesting to young people. Published in 1991, it was Norway's best seller for three years and then became the Number One global best seller in 1995. It has been translated into 55 languages.

Although Gaarder writes primarily for young adults, his books have enjoyed success among adults as well. Less well known than *Sophie's World*, his *The Solitaire Mystery* is another successful crossover. In fact, Gaarder suspects that it is more widely read among adults. It won both the Norwegian Literary Critics' Award and the Ministry of Cultural and Scientific Affairs' Literary Prize in 1990.



Dad is an amateur philosopher and is constantly asking searching questions, his favorite being "Where do we humans come from?" Dad cannot understand why we humans are so uninterested in our origins, why we aren't in a constant state of awe at the idea that we are alive. He laments that it is very sad "people are made in such a way that they get used to something as extraordinary as living."

Along the way, Hans Thomas becomes immersed in a fantastic adventure (which he doesn't share with Dad). When they stop at a gas station, a midget suddenly appears out of thin air. He gives the boy a small magnifying glass and tells him they must go to the village of Dorf. Hans Thomas succeeds in convincing his father to alter their itinerary. In Dorf he happens to go into a bakery where the baker gives him a bag of sticky buns. He later discovers a miniature book in one of these sticky buns that he can only read with the small magnifying

glass.

Gaarder studied theology at the University of Oslo and taught philosophy in a high school in Bergen for many years. Reading *The Solitaire Mystery*, one soon realizes that the author clearly has a message for the reader: Reflect on the miracle of life. Don't forget that you are alive!

His protagonist is twelve-year-old Hans Thomas. The story begins when his father (Dad) has decided he wants to find his wife who ran away eight years earlier 'to find herself' and hasn't been heard from since. He has had a credible tip: she is working as a fashion model in Athens, which happens to be the cradle of philosophy.

They leave their town of Arendal (County Aust-Agder) in Southern Norway and head for Greece.

Hans Thomas becomes completely enthralled by this book, which he keeps hidden from his father and reads on the sly. The author of this precious book is a sailor by the name of Albert, who recounts his adventure when he was shipwrecked on an island. Initially, Albert thinks this island is uninhabited but then he begins to meet its bizarre residents, a deck of cards. He soon learns that 52 years earlier another sailor had been shipwrecked on this island. This sailor, whose name was Frode, had a deck of cards in his pocket and gradually these cards came to life inside his head. Then they all suddenly tumbled out of his imagination and took on a life of their own.

After meeting the individual cards, Albert meets

(Continued on page 21)

(Continued from page 20)

Frode, their creator. Frode is frustrated with the cards because they are not interested in where they came from, that is, all of them with the exception of the jokers.

"A joker is a little fool who is different from everyone else. He's not a club, diamond, heart, or spade. He's not an eight or a nine, a king or a jack. He is an outsider. He is placed in the same pack as the other cards, but he doesn't belong there. Therefore, he can be removed without anybody missing him."

The jokers think too deeply. They are sensitive to their surroundings. Their senses have not been dulled. This sets them apart.

Dad is also set apart in his world. He is a joker in that he has not lost the sense of wonder at being

alive. He is still like a child in this respect.

"As long as we are children, we have the ability to experience things around us--but then we grow used to the world."

These two stories, the frame story of the journey to Athens and the inside tale of the life of the cards on the magical island, run parallel throughout the novel.

This book is well written and fun to read but it also raises interesting, serious questions for the reader to contemplate.

After reading *Sophie's World* and *The Solitaire Mystery*, one might be curious to know what else this philosopher-turned-novelist has to say. Gaarder is adept at presenting serious philosophical questions in a fairy tale format in order to engage the attention of young adult readers as well as adults.

Lodge Members Working Hard at Cana Winery

The weekend after the Festival, while many of us were still trying to recover, four intrepid Lodge members packed up some bazaar merchandise to sell at the Winter Market at Cana Winery in Middleburg, VA.

It turned out to be a beautiful, balmy day. In the words of Bill DeRoche, "It was a tough job but someone had to do it." Many thanks to Pat and Bill DeRoche, Susie Fosaaen, and Burt Koske for volunteering for this task during a very busy season!



Spread a Little Sunshine

Please keep our new **Care Committee Chair, Shelly Mitchell**, 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. Contact Shelly at care@norwaydc.org.

SON Folk Art Exhibition and Competition: Entries Needed

Every two years the SON Third District (3D) holds a convention attended by delegates from each lodge in the District. This year the convention will be in Myrtle Beach, SC, June 8-12.

An exhibition/competition will be held to showcase Norwegian folk art, inspired by this year's theme "Promote Heritage, Preserve Culture." Each Lodge may submit entries from members for:

- Rosemaling
- Norwegian weaving
- Hardanger embroidery
- Norwegian themed needlework

- Hand knitting/crocheting w/Norw. design
- Figure carving w/Norwegian theme
- Relief carving w/Norwegian theme
- Chip carving
- Photography
- Other w/Norwegian theme (paintings, stained glass, kolrosing, etc.)

We would love to showcase the talent in our Lodge. If you are a member and are interested in having your work submitted for competition or shown in a non-competitive exhibit, please contact Cultural Chair Denise Bowden at programs@norwaydc.org. For more information about the competition / exhibition please see <http://3dsofn.org/wp-content/uploads/3Dculturalexhibitgreetingz.pdf>.

Entrants are not required to attend the Convention. Entries will be grouped by three classes: professional, amateur, and heritage (15 years of age and younger).



Illustration of several weaving entries in the Vesterheim Norwegian-American Museum's [33rd Exhibition of Folk Art in the Norwegian Tradition](#).



Norwegian composer Terje Isungset plays a horn carved from 600-year-old ice from the Jostedalsglacier in Norway. www.pbs.org/newshour/art/thursdays-art-notes-54/

Happy January Birthdays!

Richard Crone-Aamot

Bill De Roche

Katherine DeVito

Inger Dvorak

Tor Eide

Kaara Ettesvold

Margaret Goergen-Rood

Gwyneth Hambley

Donna Haralampus

Jacqueline Hardesty

Gary Johnson

Brian Kee

Joyce Lawrence

Elwood Loh

Inger Maslin

Sylvia Nelson

Raymond Rye

Edwina Sheldahl

Ruth Sowa

Randall Swanson

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

GRATITUDE. JOY. TOGETHERNESS. THE HEART

Our meetings are more empowering than they seem. But you can't write it down as a figure on a piece of paper. You have to feel it." (*Excerpted from Lodge Brooklyn November 2015 President's letter; see the box below for the rest of the excerpt.*)

We have a convention this year in Myrtle Beach. I hope that we can make it the best attended convention in years. We have a lot of business to discuss but just as important we will have some fun. We will experience the joy of togetherness with old and new friends.

Our gratitude of being part of a great organization thrives. Why – because each and every one of us, puts our heart into what we do as a member of Sons of Norway and it shows. It shows in your lodge newsletters. It shows in your faces at your lodge programs. It shows in how members are always willing to lend a helping hand.

The delegates your lodge elects can shape the future of our organization. Our District Board members will be elected from the delegates. I have great expectations for our District Nominating Committee; I know we will have a great slate of prospective Board members. I encourage each and every one of you to think about District level Board involvement, either as a Board member or perhaps a member of a Board Committee. When the Nominating Committee calls, don't

hold back. Let them know what role you would like to play in shaping the future of our District. You are so important to the ongoing success of the District.

Quite simply, the direction of this great 3D Viking ship of ours depends on you. Pick up an oar and get on Board!!! Feel the power of the force of the 3D.

Have a happy and healthy New Year! *Jeg ønsker dere alt godt.*

Mary



Excerpt from Lodge Brooklyn's November 2015 Newsletter:

"Because underneath it all each human being craves what they allow themselves less and less of today—so they are attracted to something that the eyes can't see—but most can FEEL.

GRATITUDE. JOY. TOGETHERNESS. THE HEART.

Our meetings are more empowering than they seem. But you can't write it down as a figure on a piece of paper. You have to feel it."

Land of the Vikings Recreational Facility

Land of the Vikings (LOV) is a 150 acre recreational facility run by the SofN 3rd District. It is nestled in a peaceful valley in Northeastern Pennsylvania, 35 miles east of Binghamton, NY. Winter and summer recreational activities are available on the premises or nearby. LOV has very reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, etc. For more information call (516) 791-3983 or see <http://3dsogn.org/land-of-the-vikings/room-rates/>

a little in English...

Making Bottles Out of Paper

Danish scientists and brewers have developed beer bottles out of paper. But is it possible to produce them quickly enough?

The current beer packaging is made from glass, metal or plastic. If beer could instead be sold in biodegradable bottles made of paper, it could be good for the environment. At the Technical University of Denmark (DTU), packaging researchers have started to collaborate with Carlsberg, one of the largest beer breweries in the world. The packaging company Ecoxpac is also participating in the research. The new biodegradable paper bottle could hypothetically be used for many things. "We have aimed high, so the goal is to also use paper bottles for beer as well," says Thomas J. Howard, a scientist at DTU.

Must be made in six seconds

Pouring orange juice into paper cartons also posed a challenge in its time, which scientists were able to solve. Using a paper bottle for beer requires a cap that can maintain the carbonation, for starters. Paper beer bottles must be stacked, transported and handled without breaking the bottles.

According to the DTU researcher, the biggest challenge no longer lies in making the paper beer bottle, but in making it quickly enough. It needs to be produced in a very short time. This is something that breweries would require in order to use this innovation.

The critical time is six seconds—the speed required to make one bottle—for brewers to be interested in using it. At the same time, paper beer bottles need to be more environmentally friendly than the glass, metal or plastic currently used to bottle beer, which is not a given.



Will cardboard be joining the Carlsberg lineup? Danish scientists are working on it.

Drinking beer from paper bottles within three years

The prototype for the new beer bottle is made from recycled newspaper.

For now, these bottles take much more than six seconds to produce. The scientists are testing out using a vacuum to squeeze out the water from the paper in just seconds. This could cut down the production time.

The scientists have been given three years and almost 28 million Danish kroner (4 million US dollars) to make something completely new. Thomas Howard tells the DTU online newspaper that he is convinced that he will be drinking beer from a paper bottle in three years.

litt på norsk...

Lager ølflasker av papir

Danske forskere og bryggere har utviklet ølflasker av papir. Men går det an å produsere dem raskt nok?

I dag får du det i emballasje av glass, metall eller

(Continued on page 25)

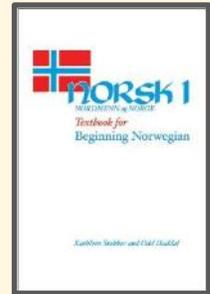
Norwegian Language Classes Every Wednesday

Level 1 - Beginners: 6-7 PM

Level 2 - Intermediate 7-8 PM

Level 3 - Advanced 8-9 PM

Students can decide which level works best for them and can attend different classes to find a fit. In the first two levels, students use the book *Norsk, Nordmenn og Norge*, available from Amazon. 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. For more information contact the instructor, Nina Brambini Smith, at language@norwayDC.org.

(Continued from page 24)

plast. Kunne ølet i stedet selges på nedbrytbare flasker av papir, kan det bli bra for miljøet. Ved Danmarks Tekniske Universitet (DTU) har emballasjeforskere begynt et samarbeide med Carlsberg, et av verdens største ølbryggerier. Også emballasjefirmaet Ecoxpac deltar i forskningen. Den nye bionedbrytbare papirflasken skal kunne brukes til mye. – Men vi har lagt lista høyt. Derfor er ambisjonen at den også skal kunne brukes til øl, sier forsker Thomas J. Howard ved DTU.

Må lages på seks sekunder

Å helle appelsinjuice på pappkartonger bød også i sin tid på utfordringer. Dem klarte forskerne å løse. Men skal en papirflaske brukes til øl, må den for det første ha et lokk som holder kullsyren på plass. Papirølet må også kunne stables, transporteres og håndteres uten at flasken går i stykker.

Ifølge DTU-forskeren er den største utfordringen ikke lenger å kunne lage selve papirølfasken, men å lage den fort nok. Den må kunne produseres i stort antall på svært kort tid.

Akkurat det er nemlig et krav fra ølbryggeriene om de skal bruke denne innovasjonen.

Den kritiske tiden er seks sekunder. Så fort må det nemlig gå å lage en flaske, om bryggeriene skal være interesserte i å bruke den. Samtidig er det også et krav at papirølfasker faktisk er mer miljøvennlige å bruke til øl enn glass, metall eller plast. Det er heller ikke opplagt.

Driker øl av papir om tre år

Prototypen for de nye ølflaskene lages av resirkulert avisepapir.

Inntil videre tar det mye lenger tid enn seks sekunder å lage en slik flaske. Derfor prøver forskerne seg nå fram med vakuum, for å få presset vannet ut av papiret på få sekunder. Det kan kutte produksjonstiden.

Tre år og 28 millioner danske kroner har forskerne fått til å forsøke å lage noe helt nytt. Thomas Howard sier til nettavisen ved DTU at han er overbevist om at han om tre år drikker øl av en papirflaske.

Sons of Norway Newsletter Service



Some January Primstav symbols. From left: New Year's Day, Epiphany (January 6), and St. Paul's Day (January 25).
[www.digitalkunst.com/
 NewFiles/primstav.html](http://www.digitalkunst.com/NewFiles/primstav.html)



Directions to Norway House

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

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



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

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

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

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

Reusing Capital Viking Content:

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

Lodge Leaders and Contacts

Lodge Website:

www.norwaydc.org

President: Burt Koske

703-573-5943 or president@norwaydc.org

Vice-President: Doris Goodlett

703-278-8724 or vp@norwaydc.org

Secretary: Jeffrey Jorgenson

703-503-3061 or secretary@norwaydc.org

Treasurer: Bill DeRoche

304-725-2710 or treasurer@norwaydc.org

Financial Secretary: Henry Hansen

703-815-4945 or financial@norwaydc.org

Hospitality Director: Susie Fosaaen

703-861-4071 or hospitality@norwaydc.org

Librarian/Historian: Henry Hansen

703-815-4945 or librarian@norwaydc.org

Newsletter Editor: Marie Hansen

703-815-3467 or editor@norwaydc.org

Webmaster: Vacant

webmaster@norwaydc.org

See the website for a full list of officers and committee chairs:

www.norwaydc.org/officers/.

About Capital Viking

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

Address Changes:

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

U.S. Mail:

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

Find Us on Facebook:

www.facebook.com/groups/123693707650322/

Newsletter Deadline:

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