



Capital Viking

www.norwaydc.org

July & August Lodge Picnics

Saturday, July 16, 4 — 7 PM

Sunday, August 21, 5 — 7:30 PM

Norway House, 3846 Meredith Dr., Fairfax, VA

Directions: www.norwaydc.org/directions

Please join us for our traditional summer picnics in July and August. Hopefully we can enjoy the patio and screened porch for eating and grilling. The Lodge will provide a meat course and drinks for both picnics. Please bring a dish of your choice to share.

Send RSVPs to programs@NorwayDC.org. If you are bringing children email Youth Director Annemarie McCaslin at youth@NorwayDC.org with their ages of your children so that appropriate activities can be planned.



Greg Ovrebo, grill master of the 2015 picnic.



Example of band you could make at Workshop. See page 8 for more photos.

Nordic Band Weaving Workshop

Saturday, Aug. 13 — yarn and looms provided

Here is your chance to learn Nordic weaving at the novice level from a master of the art. Linda Hurt will lead a workshop in entry-level Nordic band weaving at Norway House on Saturday, August 13, 9 AM to 2 PM. Linda will provide looms, yarns, printed instructions, and resources for continuing beyond the class. All you need to bring are small scissors, paper and pen for taking notes, and a coffee-can sized container to keep yarns tamed. All this plus lunch provided by the Lodge for only \$15.

We'll use inkle looms, which are inexpensive and easy to get if you want to continue weaving. They can be used to weave bands of up to four inches. Ours will be about one-half inch. See page 8 for more photos.

Linda is a gifted and popular teacher of weaving arts at the Alexandria Art League. She has won several prestigious awards in fiber arts. Last month she won first prize in Nordic weaving at the Sons of Norway Third District Convention (see page 5). Class size is limited to 10. RSVPs are required.

RSVP / questions to Denise Bowden at programs@NorwayDC.org.

Lodge Calendar

www.norwaydc.org/events

All activities are at Norway House unless otherwise stated. Directions on page 20 and www.norwaydc.org/directions.

Genealogy Interest Group

Sunday, July 10, 2 — 4 PM
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July Picnic

Sat. July 16, 4 — 7 PM
Page 1. RSVP to programs@norwaydc.org

Nordic Weaving Workshop

Sat., Aug. 13 9 AM — 2 PM
Page 1. RSVP to programs@norwaydc.org

August Picnic

Sun., August 21, 5 — 7:30 PM
Page 1. RSVP to programs@norwaydc.org

Reading Circle

Tuesday, August 23, 7:30 PM
RSVP to reading@norwaydc.org for location.
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Norw. Language & Conversation

Every Wednesday
Beginner 6 pm, Interm. 7 pm, Adv. 8 pm.
www.norwaydc.org/language page 14

Third Annual Day of Genealogy

St. Mary's County Genealogical Society
September 10, 8:30 AM — 4 PM
"You've taken a DNA test — now what?"
Southern Maryland Higher Education Center, 44219
Airport Rd, California, MD
Page 15 and www.smcgsi.org/cpage.php?pt=54

Norwegian Embassy Calendar

Check www.norway.org/News_and_events/Event-Calendar/ for local events that might be added after our calendar is published.

On recess until September:

Lakselaget
Scandia DC Dance
Nordic Dancers of DC
Norwegian Church Service

Out of Town

Nordic Fest

July 28-30 Decorah, IA
Food, crafts, parade, fireworks, family entertainment
www.nordicfest.com/

SON International Convention

August 24-28
Tacoma, WA
Page 15, www.sofn.com/international_convention

Scanfest 2016

Sept 4, 10 AM—6 PM rain or shine
Vasa Park, Budd Lake, NJ
Huge event with music, food, dancing, crafts, gifts, children's activities, lectures. www.scanfest.org

Other Local Events

Mid-Atlantic Norwegian Dancers

Sat., July 9 6:30 PM potluck, 8 PM dancing
6212 Twenty Year Chase, Columbia, MD
Norwegian-style house party. Live music. Beginners, watchers, singles/couples welcome. Fiddler is Loretta Kelly. August meeting tentatively set for Aug. 6. <http://MAND.fanitull.org>

The Mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.



Lodge Cruise on Viking Ship *Sae Hrafn* Sept. 24

"Live your heritage" cruise back by popular demand!

On Saturday, September 24, our Lodge is invited for a voyage on The Longship Company's 39 foot replica Viking boat *Sae Hrafn* (Sea Raven). This trip was very well received and great fun two years ago. We will depart at noon from a private dock in Avenue, Maryland. The trip will last approximately four hours depending on weather and wind, with a short shore break in the middle. RSVPs are required — see contact info below.

As a crew member you will help row the *Sea Hrafn* but no experience is needed. The rowing is not strenuous and we'll get a brief dock-side lesson. Two years ago members of the Longship Company kept us on course despite the SON members' deficit of talent. If the winds are favorable the large square sail will be hoisted; a tow-boat will accompany us at all times.



Sae Hrafn with Lodge members on their 2014 conquest of the Chesapeake Bay.

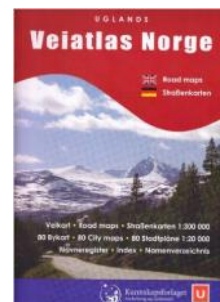
Avenue, Maryland is in southern Maryland, about an hour and 40 minutes from Norway House. Bring along lunch, snacks and of course plenty of water. Space is limited. All are welcome, with priority for Lodge members.

For more information and to RSVP call Henry Hansen at 703-815-4945 or 703-618-3191 or email him at henry.hansen@cox.net. For information on the Longship Company see <http://longshipco.org> and www.youtube.com/watch?v=VsSthLD-DD8.

The September 16th Lodge Meeting will feature a presentation on Arctic issues shared by the US and Norway. Presentation by Linda Priebe, currently a partner in Culhane Meadows PLLC whose practice includes Arctic compliance, and formerly an attorney in White House Offices under three presidents. In her "spare time" she's an award-winning mezzo-soprano whose venues have included the Norwegian Embassy. Details in the September newsletter.

SON Discount on Road Atlas of Norway — *Veiatlas Norge*

Independent travelers to Norway have found this map book to be invaluable. The discounted price for SON members is lower than Amazon's. The spiral bound 9 x 12-inch book covers the entire country, has 80 city maps, a route-planning guide, multilingual key guides, and a place-name index. It also includes ferry routes, tunnels, parish locations, and church and cemetery locations in cities. It does not show farm names. SON members' price is \$41.95 including shipping. See www.sofn.com/member/benefits/member-discounts/norway-map-service/

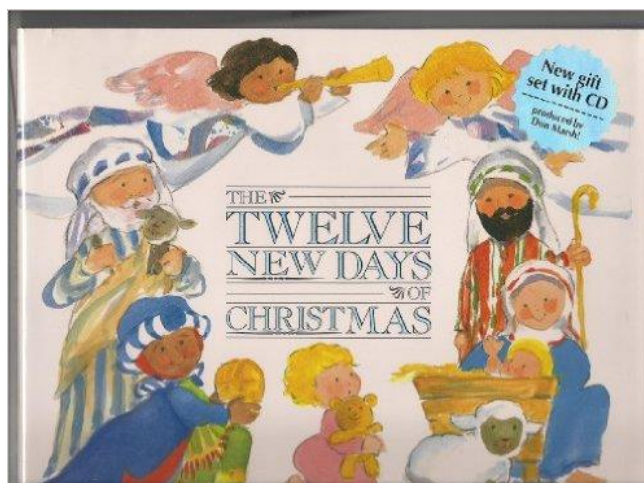


Children's Choir Forming

One of our members, Bonnie Fite, is organizing a children's choir and is actively recruiting members. The goal is to learn and record an original Christmas carol — "De Tolv Nye Juledagene" ("The Twelve New Days of Christmas") — in Norwegian. If the children don't know Norwegian they will have fun learning as Bonnie teaches the song. Bonnie is an enthusiastic and experienced children's choir leader who will make this a great experience for the kids.

She is looking for children ages 6 to 12 and teen girls (sorry, boy's voices are usually changing by age 13). All are welcome — SON membership is not required. Rehearsals and the recording will be in July. Rehearsal dates and location will be chosen to accommodate participants. If there is sufficient interest Bonnie hopes to have performances at local venues over the Christmas holidays. We hope to have them at our Christmas Festival.

For more information contact Bonnie at 703-449-7751 or jbfit@cox.net. Please pass this along to anyone who might be interested.



Member Bonnie Fite published this book based on her lyrics to "The Twelve New Days of Christmas." Bonnie has had the song translated to Norwegian and plans to have the Children's Choir learn and perform it.

Membership Directory

Do you want to opt-out or update your information?

The Lodge will publish a new directory this summer. We hope to have it ready for pick-up at the August 21 picnic. It will be a printed document (not electronic/online) to avoid having information spread outside the Lodge. It will include street address, phone number, and email address for each adult member (age 18 and over) based on current information in our records.

- If you do NOT want all or part of this info in the directory, email database@norwaydc.org or fill out the online [opt-out form](#) by July 15.
- We PROBABLY have your current information. SON HQ notifies us of address/phone changes. But if you are not sure you can update your information using this [link](#) or email database@norwaydc.org by July 15.
- If we do NOT hear from you BY JULY 15, the address, phone number, and email address from our current records will be published. Call Marie at 703-815-3467 if you have any questions.

Congratulations to Our 3D Folk Art Winners!



Lodge members Linda Hurt (weaving), Tina Keune (rosemaling), and Lynn Rundhaugen (knitting) all won firsts in the Third District Folk Art competition last month. In fact Tina won Best in Show and Lynn won both first and second place in knitting! Tusen takk to these artists for their generous contributions of time and talent. Linda will be leading the Band Weaving Workshop in August — see page 1.



St. Olav's Day - July 29

Celebrated across Norway on July 29, Saint Olav's Day is an official Flag Day and Norwegian feast day commemorating the accomplishments, contributions and memory of Olav II Haraldsson, otherwise known as the Patron Saint of Norway, Norway's Eternal King, or Saint Olav.

Olav was the first king to hold effective control over all of Norway, and was responsible for establishing and spreading Christianity in Norway. After spending time as a Viking warrior in the Baltic region during his teenage years, and later discovering Christianity during his time in England, Olav returned home to Norway in 1015 where he fought for control of a country ruled by petty kings.

At just 22 years of age, Olav was accepted as the first king to reign over the entire nation Norway. Under military pressure from the king of Denmark and resistance from some citizens because of his enforcement of Christianity, Olav was forced to flee the country in 1028.

After two years of hiding in Russia, Olav returned to Norway to reclaim his throne. It was at the Battle of Stiklestad near Trondheim in 1030 where he was ultimately killed. The Icelandic tales from historian Snorre Sturlasson speak of mir-

acles that occurred during the battle as well as at the king's grave in Trondheim. In the year following his death, Olav was declared both a martyr and a saint.



St. Olav's Festival, opening procession and ceremony, 2013. Photo by Carl-Erik Eriksson, www.arcworld.org. Left: Statue of St. Olav from Austevoll Church, Hordaland, Norway.

Each year in celebration of Olav, the Saint Olav's Festival or Olavsfestdagene is held in Trondheim. Taking place from July 28 – August 6, festival activities include concerts, lectures, pilgrimage and free events along with celebrations and services at the famous pilgrimage destination Nidaros Cathedral.

As an additional way to celebrate St. Olav's Day this year, take a walk along the pilgrimage routes known as St. Olav Ways. Whether you're able to start the actual pilgrimage to the Nidaros Cathedral in Trondheim, or want to make the journey at home by independently tracking your walking mileage through the Sons of Norway Virtual Pilgrimage and Sports Medals program, beginning the pilgrimage route can be a great way to celebrate Saint Olav this July.

SON Newsletter Service

From Lodge President Doris Goodlett

Hei hei,

We had a wonderful lodge meeting on June 17th with a delicious dinner and a wonderful speaker. Lawyer/Editor, Tim Boyce, from Charlotte, NC, spoke about republishing Odd Nansen's WWII Diary, *From Day to Day*, which was written in secret while Nansen, a Norwegian humanitarian, was held in German prison camps. The diary was last published 65 years ago and since has mostly been forgotten in the US. Tim told how he became aware of the diary, and why he was determined to have it republished. He edited the diary and included detailed annotations. It was a six-year effort which finally came to fruition this year.

It was interesting to hear of the friendship Odd Nansen developed with Tom Buerghenthal, then a six-year old prison camp inmate, and later a fellow humanitarian, and a judge on the International Court of Justice at the Hague. Although life in concentration camps was grim, to say the least, Tim's presentation was informative and interesting. Tim had copies of the book for sale, with all proceeds going to humanitarian causes. He graciously autographed them. There were between 30 and 40 members in attendance.

Our next two lodge meetings will be summer picnics at Norway House: Saturday, July 16, 4 PM and Sunday, August 21 at 5 PM. Put these dates on your calendar and join us for food, fun, and fellowship. Details are on page 1.

Our Financial Advisor, Mike Beck will come from Virginia Beach to our July picnic to talk to interested persons about the excellent and affordable Financial Protection and Insurance Products offered to members through Sons of Norway. Remember, the mission of Sons of Norway, in part, is to *"provide quality insurance and financial products to our members."* Purchasing these products helps protect you and your family, and also helps our International Organization and

SON members in the U.S., Canada, and Norway. It helps SON lodges and communities.

As a Fraternal Life Insurance Company, this has been part of our mission for more than a century. Offered are various kinds of life insurance, Medicare supplemental insurance, and long term health care insurance. Only ten percent of our lodge members are taking advantage of this benefit. Talk to Mike in this informal picnic setting, and learn how this benefit can help your family.

There will be no membership benchmarks reached until September, so no membership pins will be awarded at the summer picnics. The next pin awards will be at our Lodge Meeting on Friday, September 16. Recipients will be: Linda Freeman for 20 years, Burt Koske for 20 years, George Edwards for 5 years, and Linda Hurt for 5 years. If you were due a pin earlier this year and were not able to come to a meeting to pick it up, you can still get your pin at any meeting or event. I carry them in the trunk of my car, so always have them with me. Just ask me for yours. If you are unable to ever attend meetings but would like to have your pin, contact me to arrange for mailing. My contact info. is listed in this newsletter.

Welcome to New Members: David Norem, Kimberlie Kanelopoulos, Jessica Presley, Davonn Wold, and John Olsen.

Hope to see as many of you as possible in July.

Til da, ha det bra

Doris Goodlett



Nordic Woven Bands You will learn how to weave the pattern used for the bands at far left and right at the August Workshop. It is a Telemark border called "Gjeitclauven" ("goat's hoof"). It is considered a beginner's pattern. The center band is advanced and would take much longer to weave. See page 1 of this newsletter for Workshop information. Photos courtesy Linda Hurt, Workshop leader.



Third District News; Land of the Vikings

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

Land of the Vikings (LOV) is a 150 acre recreational facility run by 3D. 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://3dsofn.org/land-of-the-vikings/room-rates/>



Velkommen New Members

Kimberlie Kanelopoulos of Manassas, VA,
David Norem of Bumpass, VA,
Jessica Presley of Manassas, VA,
Davonn Wold of Manassas, VA, and
John Olsen of Springfield, VA

Genealogy Interest Group (GIG) Update

By Jeff Jorgenson

Several members of the Genealogy Interest Group (GIG) met at Norway House on June 12, 2016. The meeting was led by Lodge member Joel Myklebust who commented on his experiences acquired over several years of genealogical research. Taking advantage of the internet and the big wall screen at the Lodge, Joel was able to lead group members through the Digital Archives of Norway, including census records, parish registers, and tax records. Using these types of records, Joel has been able to identify several hundred relatives along with their complete names, family relationships, dates and places of birth, baptisms, weddings, and places of burial. Much of this information has been scanned, digitized, and translated into English to facilitate internet searches.

The next GIG meeting will be at Norway House



Pat Huber, Joel Myklebust, Shelly Berg Mitchell, and Marvin Reed at the June GIG meeting. Not pictured: Jeff Jorgenson.

on Sunday, July 10 2-4 PM when Joel will conduct additional searches and assist group members to fill out their family trees. Interested parties are invited to attend. For more information contact Burt Koske at kobur@cox.net



Spread a little sunshine...

Please keep **Care Committee Chair, Shelley 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 Shelley at care@norwaydc.org.

Lodge Facebook Group

Our Lodge website has a wealth of information, but did you know you can also keep in touch via Facebook? Member Inger Dreng maintains the Facebook group “Sons of Norway, Washington DC.” Inger posts Lodge activities and announcements, plus local activities, news reports from both Norway and the US, photos, and much more.

To see what the group offers, go to www.facebook.com/groups/SonsofNorwayDC. You can browse the information without joining the group, but if you decide to join you may also post, comment, and get emailed notifications. Please check it out – Inger does a great job!

For complete information about our Lodge see www.norwaydc.org.



Photo from “Sons of Norway, Washington DC” Facebook group post about the Oslo 2016 Syttende Mai celebration. Keep in touch via Facebook www.facebook.com/groups/SonsofNorwayDC



Links worth your time:

- **“Founding Vikings” — Scandinavian-Americans prosper quietly in the US:** www.economist.com/news/united-states/21700686-after-prospering-quietly-150-years-scandinavian-americans-and-their-ancestral-lands
- **TED Talk on Norway’s slow TV and why it’s hilariously addictive:** www.ted.com/talks/thomas_hellum_the_world_s_most_boring_television_and_why_it_s_hilariously_addictive
- **Norway builds a highway for bees:** <http://www.smithsonianmag.com/smart-news/norway-has-highway-bees-180955703/?no-ist>

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 At right — Faroe Islands stamp featuring St. Olav.



DC Fifth Graders Visit the Norwegian Embassy

Excerpted from an article by member Christine Meloni

The Royal Norwegian Embassy is a participant, along with more than 60 other embassies in the nation's capital, in the Embassy Adoption Program (EAP). This program, established in 1974, is a partnership between the Washington, DC Public Schools and Washington Performing Arts. Children are exposed to international perspectives and cross-cultural lessons through direct interactions with embassies. They have the opportunity to learn about the language, customs, history and culture of their partner's home country and culture.

The Norwegian Embassy was assigned Leckie Elementary and Urd Berge Millbury, the Cultural Officer, planned various activities for the children throughout the school year. For the grand finale, the class was invited to the Embassy where they presented a marvelous program that highlighted what they had learned about Norway.

Favorite Memories and a Performance

The children began their program by respectfully singing Norway's national anthem by heart in Norwegian. It was a very moving moment. Then

five children shared their favorite memories of the year.

Tavion enjoyed in particular their visit to Baltimore's Inner Harbor where they toured Norway's

Statsraad Lehmkuhl, one of the oldest and largest sailing ships in the world.

Mekhi's favorite memory was the visit to Union Station to see the annual lighting of the Norwegian Christmas tree. The children enjoyed a private program before the main public event. First, Santa Claus gave them all some chocolate and the famous Norwegian singer, Ida Jenshus, sang to them.

Jemoni was most interested in the presentation by the Embassy's Counselor for the Environment, about climate change in Norway and around the world. He learned what steps Norway is taking to prevent climate change from getting worse.



Throughout the school year, students from Leckie Elementary School in Washington, DC have learned about Norway through the Embassy Adoption Program. For the grand finale they visited the Embassy in June.

Gwendolyn really liked the short films that Ms. Millbury showed them. Her favorite was "Sissy" in which a little girl got revenge on her brother after he had called her a sissy.

(Continued on page 12)

(Continued from page 11)

Arjanae thought the visit by the Embassy's Chef Per was the best of all. She learned that Norwegians sometimes eat food differently from how we eat it in the U.S. For example, Norwegians don't eat peanut butter and jelly together.

A performance by the class of the Norwegian classic, "The Three Billy Goats Gruff," followed. It was very well done and should definitely go on the road!

Lunch and Lasting Impressions

In conclusion, two representatives from the class, Amiyah and Miracle, presented Ms. Millbury with gifts to show their gratitude and affection – a bouquet of flowers and a piece of original art created by the students. She in turn told them how much she had enjoyed getting to know them and thanked them for their enthusiasm for her country.

It was then time for lunch. Chef Per prepared Norwegian food for the children and the adults present. The menu included a choice of four different kinds of open-faced sandwiches on homemade whole-grain bread. The children were then treated to classic heart-shaped Norwegian waffles with strawberry jam. (They knew that the Norwegians *never* put syrup on waffles!)

A few days after the visit to the embassy, five students went on to represent Norway very effectively at the EAP's Mini United Nations Simulation where the debate topic was climate change.



Norwegian Embassy Chef Per Olav Hurv showed the class how to prepare open-faced sandwiches when he visited their school in a separate event. An article on the visit appeared in the Norwegian-American:

www.norwegianamerican.com/neighborhood/no-chips-in-norwegian-schools

The Embassy Adoption Program has received many awards including the US Department of Education Award for Outstanding International Education Program. The relationship between the Royal Norwegian Embassy and Leckie Elementary School was definitely outstanding, thanks to the many dedicated individuals involved, especially the bright and enthusiastic fifth graders themselves, their remarkable teacher, Stephanie Thompson, and the very competent Urd Millbury.

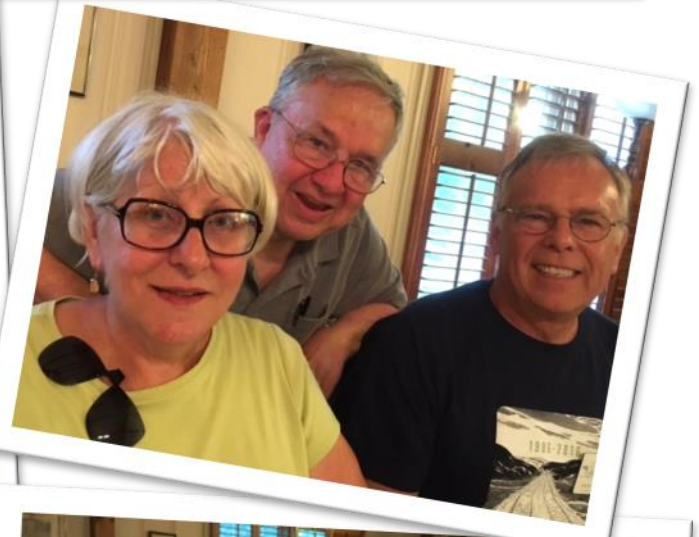
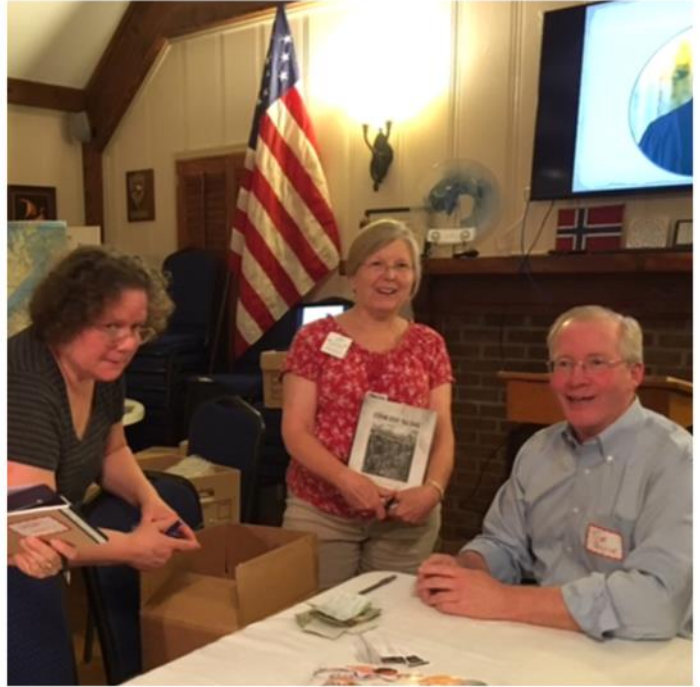


Youth Activities

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 before the meeting to ensure enough materials for the planned activity.

Photos from the June Meeting

The presentation by Timothy Boyce on Odd Nansen's Diary *Day by Day* was one of this year's best offerings. See <http://timothyjboyce.com>. See all Lodge photos on www.flickr.com/photos/norwaydc/



More from the June Meeting



Norwegian Cucumber Salad

If your garden is beginning to look like this, make a refreshing cucumber salad. The crunch and tang go perfectly with summer barbeque.

2 cucumbers

2 TBS salt

Dressing:

1 cup water

1 cup white vinegar

2 TBS sugar

1/2 teaspoon white pepper

Fresh or dried dill to taste



Slice the cucumbers very thinly. Place in colander and toss with the salt. Let stand at least 15 minutes, then press to remove liquid. Give a quick rinse with water to remove some of the salt. Combine the dressing ingredients and pour over cucumbers. For best flavor refrigerate for 1 hour before serving.

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** or if your membership has lapsed call 800-945-8851 or email database@norwaydc.org.
- ⇒ **Children 15 years of age or under** whose parent or grandparent is a SON member may sign up for a free Heritage Membership. **Youth ages 16-23** who have a parent or grandparent who is a Sons of Norway member may be a free Unge Venner member.

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



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

SON Convention, Tacoma WA, Aug. 24 - 27

This is the last month to register for the 2016 International Convention and Innovative Leadership Conference. If you haven't thought about it yet, now is the time! From August 24-27, 2016, members from throughout the organization will be converging on Tacoma, WA, for Sons of Norway's largest event. During this time delegates and guests will meet to discuss important issues for the organization, its progress over the past biennium and learn about important leadership topics.

To register for the convention or the Innovative Leadership Conference (ILC), visit www.sonsofnorway.com/convention. There you will find a link to download the registration form, which must be completed by all delegates and guests. This year's delegate package is \$298, which includes the President's Reception, Grand Banquet, all coffee breaks, and luncheons on both days of the lodge meeting. Convention guests or those who are interested in attending the ILC can also use the form to register for all



events, or just the items of the most interest via an a la carte style menu of options.

The cost to attend the ILC is \$100 and includes registration fees, conference materials, a luncheon and more. Questions about registering should be directed to Dotty Erickson at dortaerick@comcast.net. There will also be a special Golden Jubilee award to commemorate the Sons of Norway Foundation's 50th Anniversary.

SON Newsletter Service

St. Mary's County Genealogical Society Third Annual Day of Genealogy

Saturday, Sept. 10, 8:30 AM to 4:00 PM

Featured speaker: Genetic Genealogist Blaine T. Bettinger, Ph.D., J.D.
You've Taken a DNA Test, Now What?

- Using Y-DNA and mtDNA to Explore Your Ancestry
- Begging for Spit
- Using Autosomal DNA to Explore Your Ancestry
- Using Free Third-Party Tools to Analyze Your Autosomal DNA

Cost: \$40 per person through August 31st, \$45 per person September 1st and later.
Southern Maryland Higher Education Center, 44219 Airport Rd, California, MD 20619
To register and for more information see www.smcgsi.org/cpage.php?pt=54



Donations:

Our lodge is a 501(c)8 tax exempt fraternal organization. We would be honored to accept your tax deductible donations. Contact President@NorwayDC.org.



Happy Summer Birthdays! Gratulerer med dagen!

July Birthdays

John Bauhs
Pat De Roche
Ellen Dockery
Kayla Doty
Susie Fosaaen
Rolf Fredriksen
Kristi Johnson

James Jones
Jeffrey Jorgenson
Astrid Lauter
Rhoda Mac Kenzie
Karon Plasha
Roseanne Price
Fiona Sandi

John Schalow
Erik Severeid
Thomas Skidmore
Nina Brambani
Smith
David Spokely
S Nils Straatveit

C J Walker
Ksenia Maria
Weisz
Mark Whited
Lance Wright

August Birthdays

Anne S Bang
Mitchell Belcher
Lavaughn Bennett
Janice Brown
Chris Bull
Lynn Churchill
Victoria Custer
Gerd Elin Datz

Judith Ellison
Warren Goodlett
Gunnar Grotos
Tallulah Gutierrez
Don Hagen
Patricia Huber
Betty Kelly
Kristian Nesheim

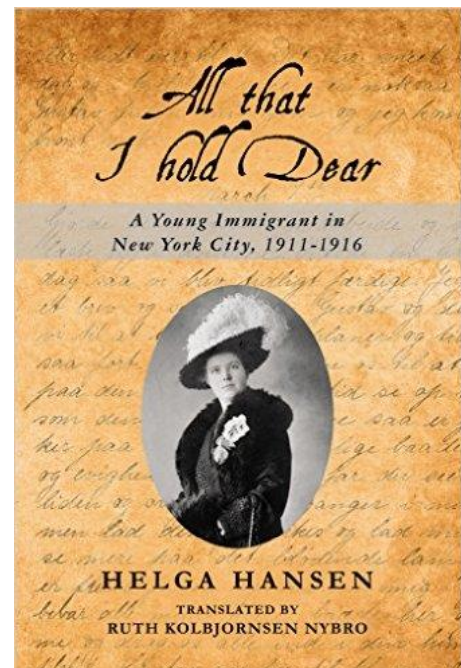
Neil Pedersen
Carl Poteet
Ruth Rognlie
Lynn Rundhaugen
Charles Solem
Julie Strandlie
Philip Thompson
Anne-Marie Turner

Maximilian Tuttle
Richard Vaaler
Anne Van De
Meulebroeck
Evelyn Wierenga

August Reading Circle

The Reading Circle's selection for August is *All that I hold dear: A young immigrant in New York, 1911-1916* by Helga Hansen Hustvedt. Helga Hansen came to New York City from Norway in 1907 at the age of 18. While she was very homesick, she did succeed in settling into her new life in America. She kept a journal which a granddaughter discovered many years later and translated. This book is the fascinating contents of her journal.

We will meet for our discussion on Tuesday, August 23 at 7:30. For more information and to RSVP, please contact Christine Meloni at reading@norwaydc.org. All are welcome.





2016 Norwegian Festival Update

By Denise Bowden

Our 2016 Norwegian Festival is scheduled again at Christ Lutheran Church in Fairfax, VA (across from Norway House on Meredith Drive for December 2 and 3. For those of you counting down the months this is only 5 months away!!

We are in the process of placing our merchandise and Nordic food with our Norwegian wholesalers with the majority of the merchandise arriving in September and October. Of course, we will have assorted cheeses -- especially the very popular Nokkelost which again sold out by early Sat. morning despite doubling our order to 48 lbs; as well as Geitost, Norvegia, Ridderost and other assorted cheeses. We will also feature other Norwegian foods such as fiskeboller, herring, assorted of Norwegian jams and Norwegian Freia and Nidar chocolate candy.

Our Festival would not be the event it has become without our Nordic artists, Erika Tucker (original Nordic Jewelry designs), Karen Richardson (Nisse Wool Arts), Tina Keune (Rosemaling Artist – she won “Best in Show at the recent 3D Convention), and Bernice Duvall (Felted Woolie Ornaments & watercolor paintings).

For the cultural activities this year, we will be showcasing Norwegian Knitting by Solbjorg Jansberg and Lynn Rundhaugen – (Lynn won a Blue Ribbon and a Red Ribbon at the 3D Convention), Linda Hurt - Norwegian weaving (Blue Ribbon at 3D Convention) — if Linda is still in the DC Area as she is preparing to move back to Wisconsin, and Lucy Lyons Willis — Hardanger.

We are coordinating with our musicians, Norwegian accordionist Jo Storaker (and hopefully Buddy Rundhaugen will return with his accordion and Norwegian vocals), Andrea Hoag Scandinavian violinist, the very popular Nordic dancers, and Paul Carlson on his Scandinavian fiddle.

Karen Keith will return with the Fjord Hester (horses) – Fia and Bella – weather permitting – on Saturday. These horses were extremely popular last year so we have fingers crossed for wonderful weather again. Karon and Mike Plasha plan to bring their Norwegian Lundehunds on Saturday – these are some of the sweetest dogs!

Rannveig Fredheim will be in the main room by the Café with a display of her beautiful and delicious kransekake.

We are coordinating some updates on new recipes our authentic Norwegian baked goods as this area was very popular last year with fyrstekaker, julekaker, kannelboller and other items. Of course, Judy Kee and Janice Brown (with help from their families) are returning with Norwegian waffles and krumkaker. There are lefse demonstrations by Kristin Stone on Friday morning and David Hofstad and Lynn Rundhaugen/Erik Larson on Saturday.

We are going to open our “Norwegian Café” again this year as most of our festival guests enjoy a cup of “kaffe” and a Norwegian snack with the cultural entertainment.

We are always looking for additional talent and volunteers. Contact festival@norwaydc.org to volunteer. As an added incentive to make our Festival a success (which cannot happen without our volunteers), volunteers will receive a 5% discount for one shift (3 hours) and 10% discount (2 3-hr shifts) for purchases made during the Festival.

For the Festival this year, we will again accept cash, checks and credit cards for selections you wish to purchase this year.

Festival Dates/ Hours (**New** Hours this Year):

Friday, December 2: 10-6

Saturday, December 3: 9-4

Norway Plans to Expand Bicycle Expressways

Norway has announced its plan to spend NOK 8 billion (almost \$1 billion) developing bicycle expressways in nine of its largest cities. This plan is part of a larger national transit initiative to reduce pollution in Norway and cut greenhouse gas emissions in half by 2030.

The bicycle expressways will serve as commuter tracks linking the outer suburbs with the downtown areas where many people work. The purpose of the project is to help increase the amount of bicycle commuters and diversify transportation in the larger

from the suburbs to the cities easier to manage.

The Oslo area will get two expressways, while eight other major cities will receive one, including: Bergen,



Top: Bicycle lift in Trondheim. Even sturdy Norwegian cyclists need help on some hills. Left: Signpost at intersection of Norwegian National Cycle Routes 2 and 3 By Johannes1024 - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?>

Trondheim, Nord-Jæren, Nedre Glom-

ma, Buskerudbyen, Grenland, Kristiansand and Tromsø.

Because of Norway's mountainous landscape, cold climate and inclement weather conditions, there is some opposition to the project. Some of those opposed claim that Norway's climate and landscape could create unreal-

istic cycling conditions, especially during the winter months. However, proponents believe that the expressway project is a positive step toward Norway's transition away from high-emission forms of transportation. And, if they're successful the expressways could help reduce pressure on other heavily-used transportation systems such as roadways and public transit.

SON Newsletter Service

Directions to Norway House

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

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



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

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

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

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

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