



Capital Viking

July & August Lodge Picnics

Saturday, July 18, & Sunday, August 16,

Both at 5 p.m. at Norway House

3846 Meredith Dr., Fairfax, VA

Directions: www.norwaydc.org/directions



Please join us for both of 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.



If you plan to go to either picnic, send your RSVP to programs@NorwayDC.org. If you plan to bring children please email our Lodge Youth Director at youth@NorwayDC.org with the ages of your children so that appropriate activities can be planned.

*Photos from the 2014
Picnics at Norway
House*

[Link to Calendar & Events](#)22

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Tusen Takk, Debbie

Debbie Fosaaen officially hung up her apron as Hospitality Chair shortly after the elegant dinner at the Lodge on June 18th. But it wasn't really "shortly after" because, as usual, she and her helpers stayed hours after the event, trying to get the Lodge back in order.

Debbie retired from the IRS recently, and is moving back to her home state of Florida.

We are indebted to Debbie for so many contributions over the years. She has been Hospitality Chair for the last five years and as such has ordered and cooked countless pounds of lutefisk, meatballs, and rutabagas for our annual Nordic Feasts. She inaugurated our popular and lucrative Norwegian Café at the 2013 Christmas Bazaar, and of course she ran last year's Café too. She has always prepared delicious accompaniments for our pot lucks, and has researched and executed many purchases for the Lodge, including dinnerware, cookware, flowers, and linens.

She also served as Sunshine Committee Chair for several years, sending cards and making calls to Lodge Members in need of support. Before these roles, Debbie served as Youth Director and Mem-

bership Chair.

Debbie joined Washington Lodge in 1997. She and her sisters Susie Fosaaen and Karon Plasha, who are active members of our Lodge too, grew up in a dedicated Sons of Norway family in Jacksonville FL. Their parents helped establish the Gateway Lodge in Jacksonville.



Debbie Fosaaen, outgoing Hospitality Chair

Always generous with her time, Debbie plans to return in October to help with the next Nordic Feast, and again in December to help with the Norwegian Café. In fact she plans to retain membership at our Lodge for a good while and will stay on as Sunshine Chair.

Safe travels, Debbie. Tusen takk, and we will miss you!



Genealogy Interest Group (GIG) Meetings in July and August

Since this newsletter covers both July and August, and we have decided to have monthly meetings, I have scheduled two meetings. I will send out reminders before each meeting. All members interested in genealogy are welcome. Both meetings will be at Norway House at 2 PM:

- Sunday, July 19
- Sunday, August 9

Five Lodge members attended the June GIG meeting: Pat Huber, Shelley Mitchell, Jeff Jorgenson, Marvin Reed and Burt Koske. We shared ideas about how to use some of the better genealogy links such as "FamilySearch" (Mormon Church) and the "Digitalarkivet.uib.no" (National Archives of Norway) and a few others. I would like to continue to focus on helping each other. I am sure you all have other ideas worth discussing, and look forward to seeing you all at the meetings.

Burt Koske president@norwaydc.org

Ambassador's Speaking Engagement - Almost

By Burt Koske

During the September Dinner Cruise last year, I invited the Ambassador to come to Norway House for dinner and make a presentation. He was very enthusiastic about coming. It only took nine months before his schedule allowed him to come. During that time I was working with the Ambassador's assistant, Storm Horncastle. She was very helpful because she knew that the Ambassador was interested in meeting with us. We finally set a date for Thursday, June 18th.

Unfortunately, it did not work out as planned. Just as I was leaving work, I received an email from Storm. The Ambassador had to meet with former President Clinton at 6:00 PM. This meant that he would not be able to have dinner with us, but would come in time to speak at 8:00 PM and have dessert with us.

Toward the end of dinner I received a call from Storm. She said that former President Clinton's plane was late. They were now on their way but were stuck in rush hour exacerbated by the evening's violent storms, and would not arrive until 8:30 PM at best. Storm said the Ambassador suggested that we could just wait for him or we could attend a dinner at the newly remodeled

Residence, which is expected to be completed the end of August. We took a vote and selected the dinner at the Residence. Storm later suggested a Friday evening in September. Hopefully, they won't pick the Friday before our scheduled Saturday meeting on September 19th. But it

wouldn't be the first time that we had two events in one month. I still plan to get the Ambassador out to see Norway House.

Several of our members had done a lot of work — planning, cleaning, cooking the delicious food, ordering the beautiful cake and flowers, setting out the linen, silverware, and plates, and setting up the displays to showcase our lodge. Also several members traveled quite a distance to get there. In retrospect it

might have been better to discuss the options more carefully, instead of taking the very quick vote. But those who were able to come certainly enjoyed a delicious and elegant dinner. See the photos on the following pages.

We look forward to receiving the invitation to the Residence. Since the number of invitees will be limited, priority will be given to those who attended the dinner on June 18. We will keep everyone posted as soon as we have information to share.



2015 Norwegian Festival & Bazaar Update

The Bazaar Committee is working on placing early orders for the food and merchandise we'll offer at the Bazaar on December 4 & 5. We hope to invite you to a "pricing party" in the early Fall, to help get all the items tagged and ready for sale. Entertainment is also being lined up and promises to be as delightful as last year.

If you would like to help make this year's event as successful as last year's please contact Festival@norwaydc.org

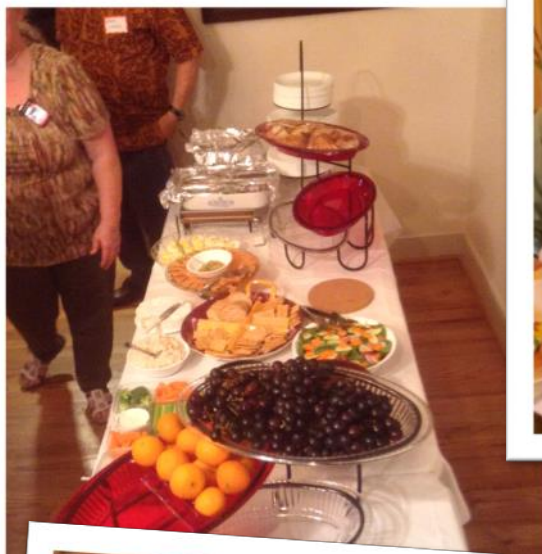
Photos from the June 18 Dinner at Norway House



More Photos from the June Dinner



June 18, Continued



Norwegian Children's Program Now Available on Netflix

The animated TV-series about the little Norwegian rescue boat *Elias*, a long-time favorite of Norwegian children, is currently being launched in English speaking countries by Netflix. English has been dubbed for the original spoken Norwegian.



The program is strongly rooted in the coastal culture of Norway and is the first Norwegian children's series Netflix has acquired. You can view selections from different episodes on YouTube. See <https://www.youtube.com/watch?v=9XKPw1xPdTo>

Day of Genealogy in St. Mary's County, MD

St. Mary's County Genealogical Society is holding its "Second Annual Day of Genealogy" on Saturday, August 8, 8:30 a.m. to 4:30 p.m. The program includes four lectures by Dr. John Philip Colletta:

- Immigration to America — Colonial Times to Post WWII—Where Do Your Ancestors Fit In
- Passenger Arrival Records, Colonial Times to Mid-20th Century
- Discovering the Real Stories of Your Immigrant Ancestors, and
- How to Prepare for Successful Research in European Records.

Southern Maryland Higher Education Center
44219 Airport Rd., California, MD

Advanced registration is required. The fee for the program is \$40. See www.smcgsi.org/eventListings.php?nm=61

Land of the Vikings Is Now Open

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. Hunting, fishing swimming, golf, and hiking are just some of the activities available on the premises or nearby. Land of the Vikings has all-inclusive packages at reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, weddings, or anniversaries. For more information call (516) 791-3983 or see <http://landofthevikings.org/information.html>.





Happy Summer Birthdays!

Gratulerer med dagen!

June *

Christian Anderson
Karen Aro
Elizabeth Bruening
Jeanne Buster
Elling Eidbo
John Eidsness

Robert Garske
Ellen Gulden
Lynn Halverson
Oscar Halverson
Saunders Jacobsen
Jinann Larson

Annemarie McCaslin
Christine Meloni
Joel Myklebust
Ellen Nesheim
Caroline Pade
Emilie Pade

Sharon Stecklein
Lasse Syversen
Borge Ulland

**with apologies for
the mix-up last month!*

July

Carl Anderson
John Bauhs
Sonja Bensen
Pat De Roche
Ellen Dockery
Kayla Doty
Susie Fosaaen

Rebecca Gauthier
Kristi Johnson
James Jones
Jeffrey Jorgenson
Astrid Lauter
Rhoda MacKenzie
Marjorie Olson

Clarissa Peterson
Karon Plasha
Fiona Sandi
John Schalow
Thomas Skidmore
David Spokely
Nils Straatveit

C J Walker
Ksenia Weisz
Mark Whited
Lance Wright

August

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

Judith Ellison
Ezra Erickson
Warren Goodlett
Gunnar Grotos
Tallulah Gutierrez
Don Hagen
Patricia Huber
Betty Kelly
Joseph McMahon

Kristian Nesheim
Neil Pedersen
Carl Poteet
Richard Richter
Ruth Rognlie
Lynn Rundhaugen
Charles Solem
Julie Strandlie
Philip Thompson

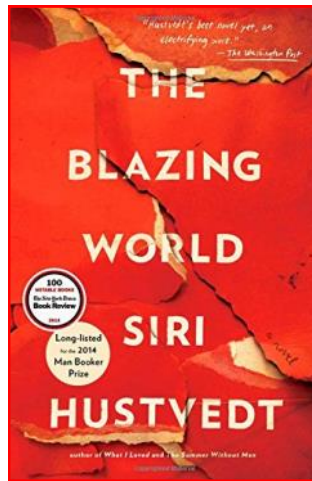
Anne-Marie Turner
Maximilian Tuttle
Richard Vaaler
Anne Van De
Meulebroeck
Evelyn Wierenga

August Reading Circle Selection: *The Blazing World*

The lodge's Reading Circle will meet at 7:30 p.m. on August 18 to discuss Siri Hustvedt's *The Blazing World*. The *Washington Post* named this book one of the ten best novels of 2014, calling it an "electrifying work." The UK *Sunday Times Review* summarized the book as follows: "A brilliant, provocative novel about an artist, Harriet Burden, who after years of being ignored by the art world, conducts an experiment: she conceals her female identity behind three male fronts."

Siri was born in 1955 in Northfield, Minnesota. Her mother was Norwegian and her father third generation Norwegian American. Her father taught Norwegian language and literature at St. Olaf College, and he was the first King Olav V professor of Nor-

wegian studies. Siri attended St. Olaf College and graduated *summa cum laude* and Phi Beta Kappa with a degree in history. She attended Columbia University, where she received a PhD in English. She is married to the well-known writer Paul Auster and they have one daughter Sophie. She has written both fiction and non-fiction. Art is currently one of her major interests



Everyone is invited to join the discussion. Please contact Christine Meloni if you plan to attend at Reading@NorwayDC.org. Discussions are usually held at Norway House in Fairfax but are sometimes held in members' homes.

Ambassador Aas at the NMWA

By Christine Foster Meloni

Ambassador Kåre Aas is an enthusiastic admirer of the National Museum of Women in the Arts (NMWA) in Washington, DC.

He remarked recently, *"In a city filled with incredible museums, the National Museum of Women in the Arts stands out as something unique. It's a fantastic institution with a wonderful collection – a must-see on any visit to Washington, D.C. I have visited the museum several times and have been very impressed by the artwork – all by female artists. It's a special part of this city's cultural landscape. I'm proud to*

say that the Embassy has an excellent working relationship with the museum and its staff and volunteers."

Ambassador Aas attended the museum's Spring 2015 Gala. He is shown in the photo below with NMWA Board President Emerita Carol Lascaris (center) and Climis Lascaris (left).



The NMWA is the only museum in the world dedicated exclusively to art by women artists. It was the dream of Wilhelmina

Cole Holladay. She and her husband Wallace F. Holladay began acquiring art by women in the 1960s. By 1980, they had a very impressive collection. In 1981 they formally incorporated the NMWA as a private, non-profit museum. They operated it out of their home for the first five years.

In 1983, they purchased an extraordinary Washington landmark, a 78,810-square-foot building that had formerly been a Masonic Temple. It was renovated and won many architectural awards. The museum opened its doors in this permanent location in the spring of 1987. For more information about this museum, visit <http://nmwa.org>.

Photo by Yassine El Mansouri; Courtesy the NMWA

Lodge Supports Manna Food Center and Children's Hospital

Each year the Lodge makes donations to five or six charities in the Washington Metropolitan area, and to the Sons of Norway Third District Charitable Trust. Recipients of our 2015 donations will be profiled in the next few issues of *Capital Viking*. First up are Manna Food Center in Maryland and Children's Hospital in Washington, DC.

Manna Food Center

Founded in 1983, Manna Food Center strives to end hunger in Montgomery County through education, advocacy, and food distribution. Through their core distribution program Manna provides food to an average of 3,760 families each month at more than a dozen locations throughout the county. Each family is provided with approximately 70 pounds of fresh fruits and vegetables as well as shelf-stable foods.

Manna also provides food at no charge to dozens of Montgomery County soup kitchens, food pantries, group homes, and emergency shelters.

Manna's Smart Sacks program pairs a business or organization with a nearby elementary school, providing a bag of healthy foods to more than 2,320 children each week at more than 60 partner elementary schools.

For more information see www.mannafood.org/index.cfm?page=about-manna



Children's National Health System—DC

Better known as Children's Hospital, this organization has served children's health needs for more than 140 years, and is the only free-standing children's hospital between Philadelphia and Atlanta. Their internationally recognized team treats more than 300,000 patients each year.

Children's Hospital also serves as an advocate for all childhood health issues, and is a world-renowned leader in the development of innovative treatments for childhood illness and injury.

For more information on Children's Hospital see www.childrensnational.org/about.

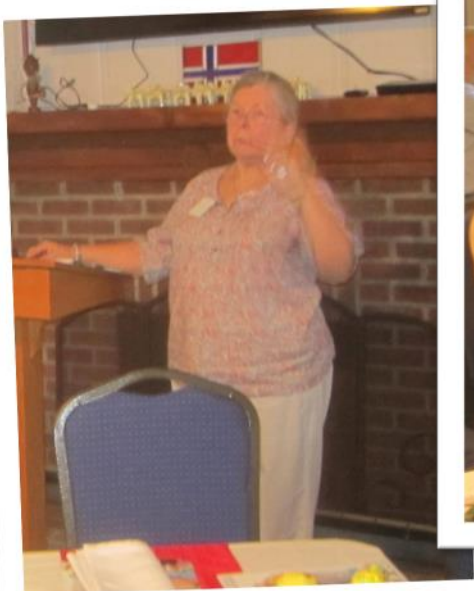
Please Save Stamps and Postcards for TUBFRIM

Cut used stamps leaving a 1/4 inch paper margin. Give them to Bill or Pat DeRoche at any meeting. 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 on IcelandAir—one chance for each pound of stamps. Tubfrim also accepts whole postcards. www.norwaydc.org/tubfrim



Photos from the New Member Brunch

Twenty new members attended the brunch in their honor at Norway House last month. More photos from the Brunch will be available soon via Flickr www.flickr.com/photos/norwaydc/

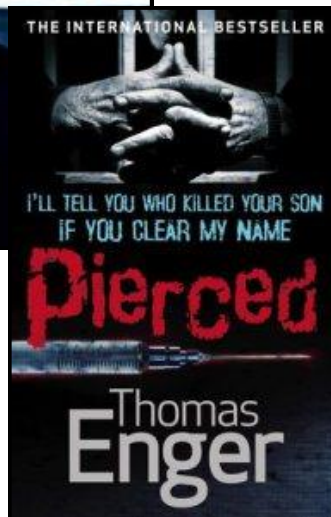
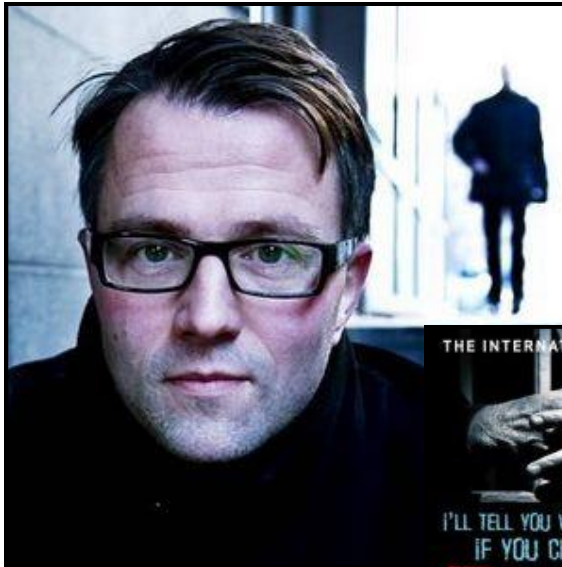


Pierced by Norwegian Author Thomas Enger

By Christine Foster Meloni

Pierced, the second novel in Thomas Enger's Henning Juul series, is just as breathtaking as the first.

In *Burned* investigative reporter Henning Juul has just returned to work after taking an extended leave of absence. He was scarred physically and emotionally by a fire in his apartment and the resultant death of his young son Jonas. Henning suspects the cause of the fire was arson but he has no evidence and no suspects.



His arson theory continues to obsess Henning in *Pierced*. He is surprised and encouraged when he receives a call from Tore Pulli, a man incarcerated for murder in Oslo Prison. "If you clear me, I will tell you who was responsible for your son's death," Tore tells Henning.

Henning desperately wants to know who is responsible but can he trust Tore? Doubt lurks in his mind. If I help Tore, *will* Tore or *can* Tore help me? Who framed Tore? *Was* he framed? Is he actually guilty? Is he simply using me? Henning decides he has no other promising options so he agrees to help Tore.

The novel has a story that runs parallel to Henning's personal quest to find evidence to free

Tore. Torleif Brenden, a cameraman for TV2, is approached by a criminal and ordered to carry out a murder. When Torleif objects, he is told that he had better follow orders unless he wants to see his girlfriend and children dead.

Like Henning, Torleif feels he has no choice. He is given a deadly needle and ordered to pierce the victim with it (hence the title *Pierced*). To his surprise, he gets away with the murder. However, he realizes that he must disappear. He knows the identity of the men responsible for planning the murder and they will certainly want him dead so that he will not talk.

Suddenly, the paths of these parallel stories cross. The man Torleif is ordered to kill is none other than Tore himself, the man who may have key information related to Henning's apartment fire and son's death. Henning is devastated at Tore's death. Now he has yet another case to solve. Enger is very skillful at developing strong, believable characters and at creating plots that engage the reader. We want to know who caused the fire. We want to know who framed Tore. We want to know who killed Tore. We are almost constantly in a state of high anxiety as both men, Henning and Torleif, are being pursued

by very dangerous men. Henning is out in the open and vulnerable; Torleif tries to hide but he too is vulnerable. We find ourselves on the edge of our seats!

Scarred, Enger's third novel in the Henning Juul series, is currently available in English translation. Enger now has a total of six novels in this remarkable series.

This review will also appear in the *Norwegian American Weekly*.

Norwegian Pianist Leif Ove Andsnes at Kennedy Center in November



Leif Ove Andsnes will perform at the Kennedy Center Terrace Theater on November 14 at 7 p.m. He has been hailed by the *New York Times* as “a pianist of magisterial elegance, power, and insight.” The Lodge can get a discounted “group ticket price” with a minimum of 10 people who will commit to buying tickets. However group tickets will not go on sale until early September and the price has not yet been fixed. We expect it to be in the \$60 range. Watch for more information in the September newsletter, and plan to act fast so that we can purchase tickets as soon as they are available. The concert is expected to sell out quickly. For information on his program please see the Washington Performing Arts site www.washingtonperformingarts.org/subscribe/calendar/view.aspx?id=2862.

Skål to Aquavit Made in the USA

When you think of aquavit you probably think of Norway’s Linie Aquavit, the most widely available in the US. Well did you know there are several aquavits on the market distilled right here in the United States? Derived from the words *aqua vitae*, Latin for water of life, aquavit is a popular Scandinavian liquor and Norway’s national drink. Typically distilled with grain or potatoes, the liquor is spiced with a variety of herbs including caraway, cardamom, cumin, anise, fennel, and citrus peel. Here are three of the more prominent American made Aquavits:

Vikre Øvrevann – Based in Duluth, Minnesota, Vikre Distillery creates their liquor with local grains and some Northwood’s love. Øvrevann is a light aquavit with strong caraway and cardamom flavors. Vikre says their “Rich and aromatic, Øvrevann Aquavit is piquant and refreshing to sip alongside smoked fish or to cut the fat after a heavy holiday meal.”



To learn more visit their webpage at www.vikredistillery.com.

Dill Aquavit – Distilled in New Richmond, Wisconsin at the 45th Parallel Distillery for Gamle Ode based in Minneapolis, Minnesota. This spirit is Gamle Ode’s most popular aquavit because of its unique refreshing flavor. Infused with fresh dill, caraway seed and juniper berry this aquavit is sure to catch you by pleasant surprise. Learn more about their products at www.gamleode.com.

Krogstad Aquavit – Distilled by House Spirits Distillery in Portland, Oregon’s famous Distillery Row, Krogstad Aquavit is crafted with ethically sourced ingredients. House Spirits Distillery crafts Krogstad so it can be enjoyed on its own, with ice, or in a cocktail. Get the recipes at www.housespirits.com.

Each having their own distinct flavors, these distilleries are building up a Scandinavian tradition for America to adopt and enjoy.

SofN Newsletter Service

a little in English...

Fjords Catch Loads of Carbon

Fjords comprise only a thousandth of the world's ocean surfaces. But they take on about a tenth of the organic carbon that gets embedded in the Earth's marine sediments. "This is really meaningful if the fjords are really responsible for 11 percent of the carbon that gets buried in the sea," writes Rienk Smittenberg in an e-mail to ScienceNordic's Norwegian partner forskning.no. Smittenberg is a climatologist, biogeographer and geochemist at Stockholm University.

Carbon does not immediately return to the air as carbon dioxide when it is stored deep below the waves. This helps curb the greenhouse effect and the resultant global warming. Carbon burial in the sediments of fjords is an example of natural carbon deposition. The largest natural carbon sinks of the planet are in the seas, bogs and forests.

Steep slopes and a deep bottom

How do fjords capture so much carbon? The answer would be easy to see in vertical crosscut of a fjord – very deep with steep slopes. The walls of a fjord – gouged out of rock by glaciers during the Ice Age – continue to be eroded by weather, water and winds. Organic materials, compounds containing carbon, end up in the fjord.

The steep slopes of the fjord cause any material

sliding down the slopes to get fairly quickly deposited in marine sediments. "It's been known for a long time that these places collect organic matter. In that sense the study is hardly novel," comments Smittenberg. "What's new, however, are the quantities of carbon actually being buried in the fjords, as compared to such deposits along average coasts," he explains. The scientists behind the study have made use of a new model for the speed of sedimentation in such areas. This showed that the fjords take in from double to quadruple the amounts of carbon as shallow coastal waters.

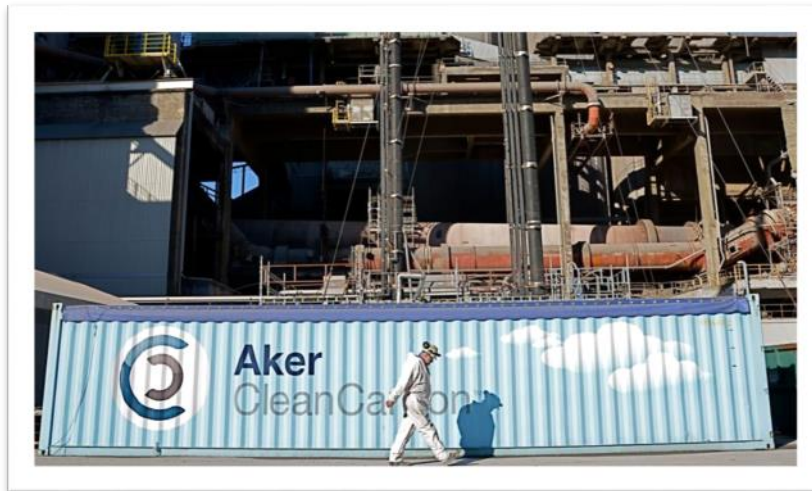
Carbon bank between ice ages

The scientists behind the study launch the idea that fjords act as carbon banks in interglacial periods.

Other studies from Alaska and Greenland show that when glaciers melt after an ice age, organic substances from the ice and the deposits below them get buried in the coastal fjords.

When the next ice age comes, glaciers bulldoze such sediments on the bottom of the fjords into the open sea. There, remineralizations occur in chemical reactions which release the carbon dioxide once again.

Such intermediate storage of carbon can help limit the release of carbon dioxide. This effect should be studied more closely, conclude the scientists behind the study and Smittenberg agrees. "This can partly change views of the mechanism behind the long-term carbon cycles across timespans of thousands of years," he writes.



*A carbon capture and storage project in Brevik, Norway.
Photo by Arthur Neslen via Creative Commons.*

Continued on next page...

Christine Meloni Earns Sports Awards

At the June 18th Lodge Dinner, Sports Director Greg Ov-rebo awarded Christine Meloni both the bronze and silver Gangmerke Walking Sports Medals. Christine earned these medals while following the Sons of Norway Virtual Pilgrimage, which requires participants to walk 387 miles — the length of the Old Kings Highway from Oslo to Nidaros (Trondheim). She has written about this trek for the *Capital Viking* and the *Norwegian-American Weekly* (www.na-weekly.com/travel/are-you-a-virtual-pilgrim-yet/). Watch for new installments in future issues of both.



From previous page...

litt på norsk...

Fjorder fanger mye karbon

Verdens fjorder utgjør bare en tusendel av verdens havflater, men tar til seg rundt en tidel av alt organisk karbon som begravnes på havbunnen. – Hvis fjordene faktisk er ansvarlig for elleve prosent av alt karbon som begravnes i havet, så er dette virkelig betydningsfullt, skriver Rienk Smittenberg i en e-post til forskning. no. Han er klimatolog, biogeograf og geokjemiker ved Stockholms universitet.

Når karbon lagres, kommer det ikke ut i lufta i form av karbondioksid. Dermed blir drivhuseffekten mindre, og klimaet ikke så varmt. Karbonlagringen i fjordene er et eksempel på naturlig karbonlagring. Naturlig karbonlagring skjer for eksempel ved at planter tar opp karbondioksid i fotosyntesen. De største naturlige karbonlagrene på jorda finnes i hav, myr og skog.

Bratte vegger og dyp bunn

Hvorfor virker fjordene som karbonfangere på denne måten? Svaret finnes blant annet i tverrsnittet av en fjord. Fjorder er bratte og dype. Fjordveggene slites ned av vær og vann og vind. Organisk materiale med karbon havner i fjorden.

De bratte fjordsidene og den dype bunnen sikrer at materialet føres raskt ned langs sidene og blir begravet i bunnen. – At disse stedene samler opp mer organisk stoff har vært kjent lenge. Slik sett er ikke denne studien noe nytt, kommenterer Smittenberg. – Det som er nytt er mengden av karbon som faktisk begravnes i fjordene, sammenlignet med langs kysten, fortsetter han. Forskerne har nemlig brukt en ny modell for hvor raskt avleiringene begravnes i slike områder, ifølge studien. Dermed har de funnet ut at fjordene tar opp mellom to og fire ganger så mye karbon som de grunne havområdene utenfor kysten gjør.

Karbonlager mellom istider

I studien lanserer forskerne også idéen om at fjordene virker som et slags karbonlager mellom istidene.

Andre studier fra Alaska og Grønland viser at når isbreene smelter etter en istid, blir organiske stoffer fra isen og løsmassene under begravet i fjorden utenfor.

Når en ny istid kommer, vil iskanten skyve avleiringene fra fjordbunnen ut i åpent hav. Der vil de remineralisere i kjemiske reaksjoner og slippe ut karbondioksid igjen.

En slik mellomlagring av karbon kan virke som en demper på utslipp av karbondioksid. Denne virkningen bør undersøkes nærmere, mener forskerne i studien. Det samme mener Smittenberg. – Dette kan delvis endre synet på mekanismene bak de langsiktige karbonsyklusene over tidsskalaer på tusener av år, skriver han.

Courtesy SofN Newsletter Service

President's Message

Dear Members,

We had invited Ambassador Kåre Aas to speak to us on June 18th. However, there were multiple delays with his schedule, and he did not attend. Please see the details of the event elsewhere in the newsletter. He was very disappointed that he would not attend, but he invited us to have dinner at the newly remodeled Residence sometime in September. We will send out an announcement when they set the date.

The New Member Brunch was very successful. There were about 40 members attending. This is the first New Member Brunch since November 2010. For the future we hope to have a New Member Brunch each year.

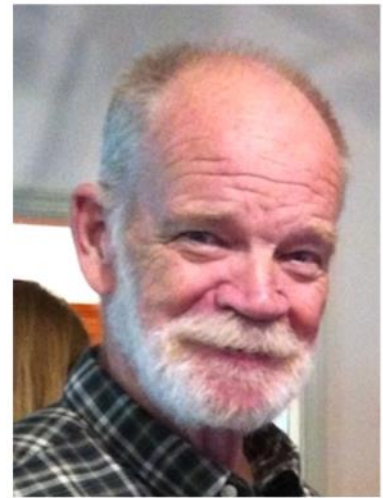
Debbie Fosaaen is moving to Florida. She will be sorely missed. For five years she served as our Hospitality Director and Care Committee Chair for three years. She was always at the Lodge preparing food for several hours before each meeting and stayed for several hours after to clean up. It will probably take several members to replace her. Debbie, Tusen Tusen Takk for all the hard work you did for us.

We are replacing the locks on all five doors so they are keyed to one key. They should be installed by the time you read this.

There are several Lodge positions still open. I encourage you to seriously consider accepting a position. The Lodge needs your support. We know have five key open positions, Hospitality Director, Care Committee Chair, Program Director, Cultural Director and Publicity Director that are urgently needed. Additionally, all of our committees need additional members, especially the Hospitality Committee - please volunteer. If you can help, please email me at president@norwaydc.org.

Fraternally,

Burt Koske
President, Washington Lodge 3-428



Reading Circle Discusses *The Greenlanders*



The lodge's Reading Circle met at Norway House on June 16 to discuss Jane Smiley's epic novel, *The Greenlanders*. Those present were Julie Burnett, Andreas Frame, Marie Hansen, Lynn Juhl, Christine Meloni, Barbara Myklebust, and Joel Myklebust.

Smiley sheds light on the last Norse inhabitants of Greenland. Although the book was a bit long at 558 pages, everyone agreed that it was definitely a book worth reading. It provided an extraordinary picture of the 500 years of colonization in Greenland and the tragic last years. What happened to the final inhabitants is still a mystery but Smiley provides interesting and probable explanations.

Oslo Chamber Choir Performs in Alexandria, VA

The Oslo Chamber Choir was the last of four groups to perform at St. Paul's Episcopal Church in Alexandria on June 26. You could sense the audience confusion when only a handful of singers filed onto the steps of the chancel — could four singers be called a “choir?” But apprehension turned to wonder as a quiet song drifted from above — the rest of the choir had silently filled the balconies. The choir master, who had materialized in the center aisle, was directing from the



middle of the audience *and* the middle of the chorus. It was truly live “surround sound.” After this amazing introduction, the choir made its way to the front of the church for a more traditional presentation.

The performance was sponsored by “Serenade!” which promotes tours throughout the U.S. by pri-

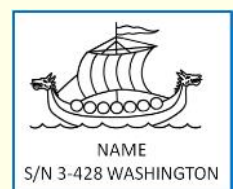
marily international choral groups. Two of the groups preceding the Oslo Choir gave outstanding performances, but the Oslo Choir received, and deserved, the most enthusiastic standing ovation of the night. The next stop for the Choir will be Carnegie Hall in New York.

Most of their program was composed or arranged by Knut Nystedt, whose classical choral works are influenced by traditional hymns, Gregorian and Palestrina chants, and folk songs. He studied under several international masters, including Aaron Copland.

Follow this YouTube link for a video of the group singing in Seoul, Korea — an impromptu performance in a very small grocery store: www.youtube.com/watch?v=p2GPj4lcFgw.

Name Badges

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



A Blessed Norwegian Lundehund Event!

Lodge members Karon and Michael Plasha, with Norwegian Lundehund mother Dottie, are happy to announce the birth of three little puppies on June 27. This event is especially joyful because the breed was on the brink of extinction only 50 years ago and is still at risk today.

Lundehunds originated in Norway, with the first historical records appearing in the Seventeenth Century. They are small, Spitz-type dogs named for their original purpose, hunting puffins (*lunde* in Norwegian) and puffin eggs. But interest in the breed declined as modern hunting methods evolved, and by the early twentieth century only a small number were left in coastal villages. The breed was also beset by an outbreak of distemper. By 1963, only six dogs were known to be alive — one on Værøy and five in Hamar.



But the lovable and unique dogs are making a comeback, following strict breeding protocols. Now there are an estimated 1,500 to 2,000 Lundehunds in the world, with around 1,100 in Norway and 350 in the United States. In 2011 they were officially recognized by the American Kennel Club (AKC).

Lundehunds have some unique adaptations that made them skilled puffin hunters. They have a broad range of motion in their joints, al-

lowing them to fit into narrow passages. They can fold their ears forward or backward to form a near-tight seal. They are able to bend their heads backward along their own spines, and turn their forelegs to the side at a 90-degree angle to their bodies, much like human arms. Instead of the typical four toes per canine foot, Lundehunds usually have six, and their feet are strong and flexible which lets them climb rocky cliffs and grasp small objects.



You may have met the adorable Lundehunds Kari and Penny at last year's Christmas Bazaar. Kari belonged to Lodge member Chris Bull, and we are very sorry to learn that Kari has joined the dogs of the Lodge Eternal, as we say in SON. Penny will soon be one year old, and we hope she, Dottie, and maybe her puppies will come to this year's Bazaar.

News for the Norwegian American Weekly

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

New Study Sheds Light on Viking Era

The first known accounts of Viking raiding took place in the late eighth century in 793 at an English monastery in Lindisfarne. Yet, recently discovered evidence found in Denmark by archeologists from the University of Aarhus and the University of York definitively supports earlier activity among Viking seafarers prior to the Viking age for the purpose of trade, not plunder.

Uncovered in an archaeological dig in Ribe—the oldest known town and commercial market-

place in Denmark—were antlers belonging to Norwegian reindeer dating to before 725 AD. An abundant and easily accessible waste product in Norway used to make combs, needles and small hand tools, deer antlers would have been a valuable commodity to a budding commercial center like Ribe, where the raw material would have been scarce. Archeologists believe early Norwegian Vikings likely capitalized on and prospered from this opportunity.



Replica Viking Ship in Ribe, Denmark, via Creative Commons

Researchers believe that this new evidence provides important context to the development of Viking seafaring culture and helps shed light on how the first Norwegian sailors might have gained the skills, knowledge and wherewithal to embark on extended sea voyages. “We can now show that the famous Scandinavian sea voyages, which eventually lead to the discovery of Iceland

and Greenland, have a history of commercial travel, not just raids. Previously we were inclined to say that yes, once you can sail across open water, you can also sail to commercial towns—now we can turn the equation around and say that trading

towns may have been an important part of the drive behind developing new technologies,” says Professor Søren Sindbæk. “We can see for the first time why they started to invest in ships and develop the technology. It’s interesting that when we have two such significant developments and changes—urbanization and raids across open water—we can then say that they were in fact connected,” said Sindbæk.

SofN Newsletter Service

Spread a Little Sunshine

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



New Locks Installed at Norway House



The locks to all doors at Norway House have been replaced, and are keyed so that the same key will open every door. New keys have been distributed to members who need individual access to the Lodge. Please contact Burt Koske at President@NorwayDC.org if you have any questions or concerns.

Robert Morton Golf Invitational

The Sons of Norway 3rd District is sponsoring a three-day golf event in Myrtle Beach, SC on September 17-19. The event will feature three rounds of golf in a scramble format on three different golf courses. The event will conclude with the award of prizes at a dinner on Saturday night.

Lodging will be provided by the Caravelle Resort, located on the beach in Myrtle Beach. Three rounds of golf, three nights of lodging, breakfasts, and the Saturday dinner will cost \$466 per person, double occupancy. Golfers can attend with non-golfing partners for \$230 per person, double occupancy. The tournament will also charge a separate fee of \$55 per golfer for prizes.

All reservations, payments, and inquiries must be directed to the tournament director:

Keith Lavin
14444 Dover Forest Drive
Orlando, FL 32828-7808
Home phone 407-273-5123
Cell phone 407-908-5529
Beserker56@cfl.rr.com or
keithlavin@americaneagledec.com

A \$150 deposit must be received by July 17, and the balance is due by August 17. Payment by check is strongly recommended, and should be made out to Keith Lavin.

--Greg Ovrebo, Sports Director,
sports@norwaydc.org



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

- Current Dues: Individual \$56.50
(International = \$32 + District \$14.50 + Lodge \$10)
- Spouse \$ 49.50
- Youth \$23.25
- Your children & grandchildren are FREE!
- To join as a new member visit our Lodge web site www.norwaydc.org/membership or call 800-945-8851.

- 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 who have a parent or grandparent who is a Sons of Norway 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.



Recruit to Win Two Tickets to Norway with Norwegian Experience

As you know, new member recruitment is one of the most important things everyone can do to support Sons of Norway and help the organization grow within our communities. It can be as simple as identifying friends, family, neighbors or colleagues who share an interest in Norwegian heritage, volunteerism, or financial protection. Then, when you do, invite them to participate in an upcoming event or attend a lodge meeting. A simple invitation is often the best and most effective way to recruit a new member.

Now, because Sons of Norway wants to encourage a strong recruitment effort, some exciting changes have been made to the Norwegian Experience Recruitment Contest. The 2015 program, which was created by Sons of Norway and our official travel partner, Borton Overseas, will recognize the efforts of members throughout the organization, rather than just one recruiter.

This year Sons of Norway will award two plane tickets to Norway to the top recruiter in **each district**—that means you, or someone in your lodge may be winning a free trip to Norway! All you have to do is focus on recruiting new, adult dues-

paying members* into your lodge—something you are probably doing anyhow. All qualifying members recruited between Jan 1 and Dec 31, 2015 count towards the contest, so good luck!

To get credit for recruiting, make sure your name is listed in the membership application's "Referred By" field. The eligible members in each district who have the highest recruitment numbers will be notified in January of 2016.



If you have any questions about the program, be sure to contact headquarters at 612-821-4623.

Remember, this is a great contest because it's guaranteed that one of the winners is going to be from our district.

What's more, the contest is sponsored by one of our organization's biggest supporters, and our official travel partner, Borton Overseas. They have a long history of helping make Sons of Norway members' dreams come true by planning amazing adventures to Norway. And don't forget—even if you don't win, Borton gives all members a 5% discount on travel booked through their offices. To learn more about this discount, call them at (612) 822-4640.

*Members of HQ staff, FBCs and members of the International Board of Directors are not eligible for this contest.

SofN Newsletter Service

Norwegian Language Classes

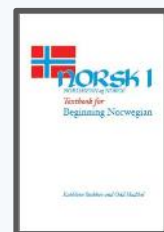
Level 1 - Beginners: 6-7 PM

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.

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.



Lodge Calendar

All meetings and activities are at Norway House unless otherwise indicated.

Genealogy Interest Group

Sunday, July 19, 2 PM

See page 2.

Picnic #1 at Lodge

Saturday, July 18, 5 pm

See page 1.

Genealogy Interest Group

Sunday, August 9, 2 PM

See page 2.

Picnic #2 at Lodge

Sunday, August 16, 5 p.m.

See page 1.

August Reading Circle

Tuesday, August 18, 2015, 7:30 p.m.

www.norwaydc.org/reading

See page 9.

Monthly Lodge Meeting

Saturday, Sept. 19, time TBA

Membership pins will be awarded

Norw. Language & Conversation Groups

Every Wednesday

Beginner I 6 p.m.

Beginner II 7 p.m.

Intermediate/Advanced 8 p.m.

www.norwaydc.org/language

Other Area Events

Norwegian Church Service

The church service is on summer break. The next service will be Sunday, September 13th.

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

"Kirkekaffee" after the service. For information call

Lasse Syversen at 301-641-7908 or email

lasse@flagship.com

Mid-Atlantic Norwegian Dancers

Norwegian Dance & Pot Luck

Sat., July 11, potluck at 6:30, dancing at 8:00 PM

6807 Westmoreland Ave, Takoma Park, MD

Norwegian-style house party; live music by Hardanger fiddle artist Loretta Kelley. All are welcome: beginners, watchers, listeners, singles/couples. Bring clean shoes to wear, food to share, and bucks you can spare.

<http://MAND.fanitull.org> or contact Jenny at

pi@xecu.net or 301-371-4312.

Mid-Atlantic Norwegian Dancers

Norwegian Dance & Pot Luck

Sat., Aug. 1 potluck at 6:30, dancing at 8:00 PM

Note the August location is different from July:

6902 Sycamore Ave., Takoma Park, MD

Norwegian-style house party. See July above.

2nd Annual Day of Genealogy

Saturday, August 8, 8:30 AM-4:30 PM

Southern Maryland Higher Education Center

44219 Airport Rd., California, MD

\$40 Advanced Registration Required.

www.smcgsi.org/eventListings.php?nm=61

See page 7 for more information.

Scandia DC Dance is on break over the summer, resuming in September.

Events Elsewhere

Nordic Fest

July 23-25

Decorah, IA

2015 Theme is "Dancing with the Trolls!" Traditional food and crafts, parade, sporting events, fireworks, family entertainment

www.nordicfest.com/

Scandinavian Fest (ScanFest)

Sunday, September 16, 10 AM-6 PM

Vasa Park at Budd Lake, NJ

Featuring the cultures of Denmark, Estonia, Finland, Iceland, Norway, and Sweden, Rain or Shine.

www.scanfest.org/

Robert Morton Golf Invitational

September 17-19

Deposit due July 17

Myrtle Beach, SC

See page 20.

Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030

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

From Beltway or I-66:

Go west from Beltway on 66. Take Exit 60, Rt. 123 (Chain Bridge Rd.) south toward Fairfax. Proceed about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). Stay in the



right lane. Just after the 3rd traffic light, turn right on Meredith Dr. (which is between a Merchants Tire store and a Mobil gas station). Turn left immediately behind the gas station into the church parking lot.

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

From far western suburbs: From I-66 East, take Exit 52, Rt. 50, east, toward city of Fairfax. Proceed about one mile. Turn left at Fairfax Blvd., which is where Rt. 29 joins Rt. 50 (which itself angles left). Turn left after a Mobil station onto Meredith Dr. Turn left immediately behind the Mobil gas station into the church parking lot.

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

Donations:

Our lodge is a 501(c)8 tax exempt fraternal organization and can accept tax deductible donations.

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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:

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3846 Meredith Dr.,
Fairfax, VA 22030

Lodge Website:

www.norwaydc.org

Find Us on Facebook:

www.facebook.com/groups/123693707650322/

Newsletter Deadline:

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

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703-573-5943 or president@norwaydc.org

Vice-President: Doris Goodlett

703-278-8724 or vp@norwaydc.org

Secretary: Lauren Nilssen

571-278-3185 or secretary@norwaydc.org

Treasurer: Bill DeRoche

301-537-8309 or treasurer@norwaydc.org

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703-815-4945 or financial@norwaydc.org

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703-815-3467 or editor@norwaydc.org

Webmaster: Clarissa Peterson

202-285-9585 or webmaster@norwaydc.org

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

www.norwaydc.org/officers/