



Capital Viking

March Lodge Meeting: Meet & Greet the 3D Board

Saturday, March 28, 7 :00 PM
Norway House, 3846 Meredith Dr., Fairfax, VA

Potluck — please bring dishes by 6:45 so we may start promptly at 7.

The March Lodge meeting will feature a presentation by the Sons of Norway District Three (3D) Board, focusing on new programs and plans for the District and the entire SofN. We'll have a two-way exchange, with a chance to discuss concerns and express hopes for the future. All are welcome, regardless of membership status.

The Third District is comprised of 52 lodges in the Eastern US, from Maine to Florida. Mary Anderson, whom many of you met at January's installation of officers, is Third District Board President. The Board meets periodically at lodges throughout the District. They will conduct closed business meetings on Friday and Saturday, March 27 and 28, and join our Lodge for potluck on the evening of the 28th. More information on 3D is found at www.3dsogn.org/aboutus/.

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Festdrakt Workshop

DATE CHANGE: APRIL 11-12

March in your new festdrakt this Settende Mai! Deb McConaghy will offer her popular two-day Festdrakt Workshop at Norway House April 11-12 where you can make a complete outfit or a component, alter an existing garment, or get measured for an outfit custom-made by Deb at a very reasonable price. Deb will bring a full compliment of fabrics and trims or you can bring your own. Sewing machines can be provided, too.

A festdrakt is made of lighter-weight fabric, compared to a bunad, and is more suitable for our area's hot and humid summers (remember them?). Many members have already made lovely dresses with Deb's help. Shown at left is a festdrakt made at Deb's 2014 workshop and worn in Brooklyn's famous Settende Mai Parade. The "model" is a Nordic dancer who came down from NY for the workshop.

For more information see the flyer on page 19 of this newsletter. A more comprehensive article appeared in last month's *Capital Viking*. Email reservations or questions to programs@norwaydc.org.



Rosemaling Workshop by Tina Keune April 25

The Lodge will sponsor a Rosemaling Workshop at Norway House led by award winning artist Tina Keune on Saturday, April 25, 1-4 PM. Make a keepsake ornament and a bookmark while learning this traditional painting technique from an artist whose work has been purchased by two Scandinavian museums in the US.

Students will receive an Intro to Rosemaling packet containing: a brush, a sheet illustrating the two basic painting strokes of rosemaaling with room to practice, as well as additional combinations of strokes as border ideas, practice paper, a blank book mark, a printed rosemaled bookmark, and a 1/8" thick wooden ornament to decorate. The packet also includes information about the history of rosemaaling and the instructor.

Tina will also provide materials to paint the wooden ornament, including acrylic paint, sandpaper, a choice of designs, transfer paper, acrylic varnish, and ribbon for the masterpiece's final touch.

Your cost? A very modest \$10 for instruction, materi-

als, and your keepsake. Appropriate for ages 8 to 88+. Class size is limited to 10 so Tina can devote time to help all students.

Payment will be required the day of the workshop.

To register, please email

programs@norwaydc.org.

To learn about Tina's art and experience see her website <http://rosemaalingbychristina.com>.



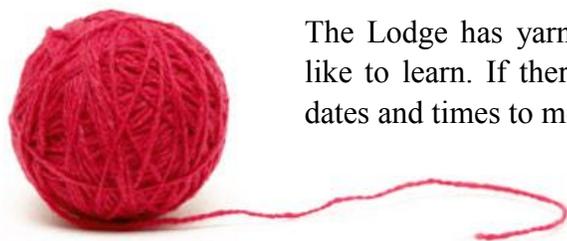
Students' ornaments from one of Tina's recent workshops.

Do You Knit? Do you Crochet?

Or are you interested in learning either of these skills? Would you like to join a friendly group of knitters and crocheters?

We are sending this initial inquiry to determine if there is sufficient interest in forming a Knitter's and Crocheter's Group at our Lodge, which would be a nice complement to our on-going cultural activity groups. If you think you would be interested in joining a congenial needle arts group, please contact Doris Goodlett at vp@norwaydc.org or call 703-278-8724.

The Lodge has yarn and knitting needles available for members who would like to learn. If there is sufficient interest, the group will determine the best dates and times to meet.



Children's Activities at Meetings

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



Photos from the February Meeting

Lodge members who braved sub-zero temperatures on February 20 were richly rewarded with Tina Keune's presentation on Norwegian and Swedish Folk Art. One of the items Tina discussed, a decorated "rigid heddle" used for band weaving, is highlighted on page 5.



More Photos from the February Meeting



The Rigid Heddle: A Gift for Weaving

By Tina Keune

February's program addressed the subject of Norwegian and Swedish folk art and mentioned a particular courting gift known as a rigid heddle. The designs for this loom could be plain, or elaborately carved and painted, with the shapes of animals, plants, hearts, initials, and dates.

Weaving involves a **warp** thread and a **weft** thread. The warp is the lengthwise set of threads held in tension, Weft threads are woven crosswise through the long warp set of threads. See the diagram to the right.

The word warp means "that which is thrown across," from the German *werfen*, and Dutch *werpen*.



Band weaving was a task that could be done outside or inside the home and was demonstrated at our 2014 Holiday Festival and Christmas Bazaar by local weaving artisan, Linda Hurt. The warp threads were traditionally attached

to a wooden knife. The pattern was picked up with the fingers. When the woven band became as long as the reach of the weaver's arms, it was loosened from the belt. The rigid heddle was pushed forward and the woven band with the finished weaving was left hanging from the waist.

The bands can have geometric patterns dating from the Viking Age. There are no pre-drawn pattern motifs. Patterns are memorized by names, such as rose, cat paw, S-hook, or dove.

Experienced weavers can combine designs into long, unique bands and can include their names and year date at the end of the band.



Image above and at right courtesy of Laila Duran



to a tree or wall at one end, and stretched by fastening the other end to a belt worn around the waist. Some warp threads are placed in the space between the slats of the loom, while the remaining threads are drawn through the holes of the slats.

The weft is rolled on a small bobbin, taken through the warp threads, and set into the weaving firmly with a

See the following sites for more information:

- ◆ historicweaving.com/wordpress/rigid-heddle-band-weaving/
- ◆ www.duranpublishing.com
- ◆ <http://weavezine.com/>

For lovely internet images, enter the search terms "Images for Laila Duran Scandinavian Folklore."

President's Message

Dear Members,

On Friday, February 20th, Tina Keune provide an excellent program on Norwegian and Swedish folk art. She also spoke of challenges to create folk art hundreds of years ago. She also discussed the influence of religion and art from other countries on Norway and Sweden.

March will be a very busy month. Deb McConaghy will have a class on sewing Festdrakt costumes on March 7 & 8 (see page 1 and the flyer on page 18). On March 21st we will have the annual Zone 6 Memorial Service in Lutherville, MD. Since we could not participate in the annual Memorial Service the past few years, we will include our deceased members from 2012, 2013 & 2014. On Friday, March 27th and Saturday, March 28th the Lodge will host the Third District Board meeting. The 3D Board will meet all day Friday and Saturday at Norway House. On Saturday evening, March 28th we will have a "meet & greet" with the 3D Board members.

Most of you take time to volunteer at a variety of Sons of Norway activities and events. Sons of Norway International requests that members provide the time spent on these volunteer activities. SofN has developed a new program that we can use to record the hours. We have not yet set up the details of the program for the Lodge. I will be sending out detailed in-

structions.

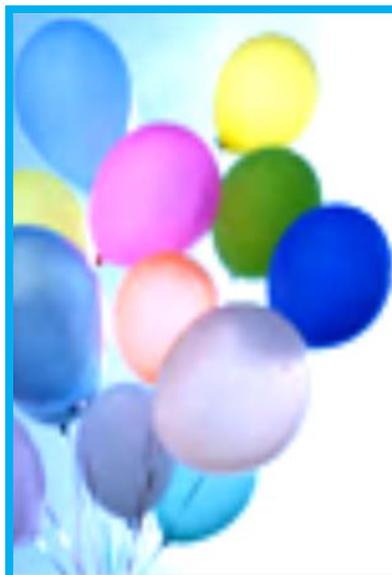
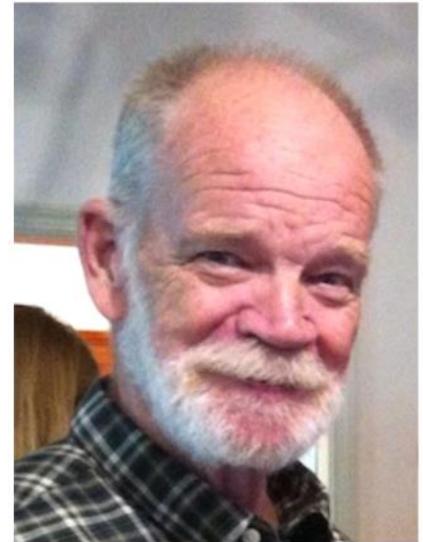
I encourage you to think about all the volunteer activities that you contribute each month so you can be prepared when we ask for volunteer hours.

There are several

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

Fraternally,

Burt Koske
President, Washington Lodge 3-428



**Happy
March
Birthdays!**

Virtual Pilgrimage Progress Report #2: Eidsvoll to Hamar

By Christine Foster Meloni

Reprinted with permission from the Norwegian American Weekly

I am still walking along St. Olav's Way and am gradually drawing closer to my final destination, Nidaros (Trondheim). In my last report I had completed Leg A from Oslo to Eidsvoll, a total of 48.6 miles. Now I have completed Legs B, C, and D for a grand total of 171 miles. Here is a link to a Google Map for my exact location: <https://goo.gl/maps/A3VPI>.

Let me share with you some of the highlights on Leg B between Eidsvoll and Hamar.

Lake Mjøsa

Being a native of the great state of Minnesota, I am a lover of lakes. Therefore, I was thrilled to see Lake Mjøsa come into view. It is Norway's largest lake and stretches 65 miles from Eidsvoll in the south to Lillehammer in the north. It is one of the deepest lakes in Europe. It is very popular with fishermen as it has over 20 species of fish including pike and European perch. It is also popular with sunbathers in the summer.

At this point in the pilgrimage I had a choice. I could follow the path along the right side of the lake or the one along the left. I chose the right and therefore went through the cities of Hamar and Moelv. If I had chosen the other side, I would have passed through Bønsnes, Jevnaker, Gran, Gjøvik, and Vingrom.

I don't like to look at lakes only. I like to be *on* them. I think being *on* them is much better than being *near* them or *in* them. So I decided that I could not pass up the opportunity to have a ride on the Nordic Explorer,

the oldest paddle steamer (*skibladner*) still in operation in the world. It was built in 1856. Onboard it has an elegant saloon and a very fine restaurant. To share this experience with me, go to the online video: www.youtube.com/watch?v=DpkRskry_Ps. For complete information, go to the skibladner website: www.skibladner.no/engelsk/index.htm.

For more beautiful views of the lake, you can access two online videos:

- "HDR Time Lapse-Norway's Largest Lake, Mjøsa" - <http://vimeo.com/23726957>
- "Kayak Fishing - Trolling Lake Mjøsa" - www.youtube.com/watch?v=_BWMsi7BurQ

I spent the night at the Finnsbråten in Espå. It is an

unstaffed, no-service cabin just south of Lysjøen Lake. I reserved a bed in advance and then paid when I arrived. Paying is on the honor system because no one is there to collect the money. Norwegians are exceptionally honest people and they expect foreign tourists to be so as well!



Morskogen

Morskogen is a woods on the Mjøsa Lake located between Eidsvoll and Stange in Hedmark County. It is historically significant as the battlefield where the Norwegian Army fought the invading Germany Army in 1940. The Germans won the battle and occupied Norway for five years.

You can see actual footage from the Battle for Norway in this YouTube video:

www.youtube.com/watch?v=R7blFqE35bY.

The Morskogen area is particularly known today for having one of Norway's most dangerous roads. A high frequency of deaths in car accidents occurs here on Highway E6.

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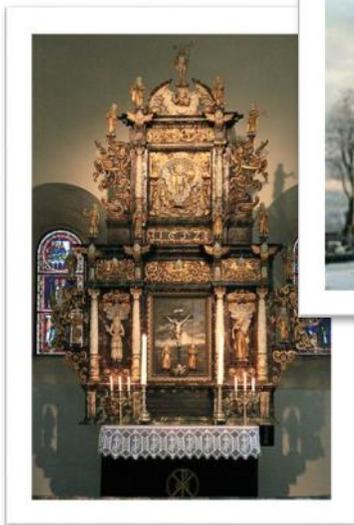
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Stange

Stange is mentioned in the 1225 saga of Håkon Håkonsen (then called Skaun) and is described as “a large village with many churches and large farms.” I visited the very beautiful medieval church here that



dates back to 1250. It is an important church because it is located on one of the main roads traveled by St. Olaf many years ago.



Hulda Garborg (1862-1934) was born in Stange. She wrote novels and plays. What I will especially remember about her, however, is her role in inspiring keen interest in the bunad, Norway’s national costume, during the Romantic National Movement in Norway. She was even knighted by the Royal Order of St. Olav in 1932.



Interesting facts about bunads from the Sons of Norway *Viking* magazine (May 2013):

- Types of bunads: 450
- Number of bunads owned: 2.5 million
- Percentage of women owning a bunad: 55%
- Percentage of men owning a bunad: 7%

Price range: 8000 to 70,000 NOK
Average number of times worn per year: 2.5

Fokhol Farm (overnight location)

This farm, just outside of Stange, receives visitors throughout the year. Pilgrims are always welcome. It is an 1125-acre farm with cattle, horses, grains, vegetables, hayfields, and pastures. It is one of Norway’s largest biodynamic/organic farms. Many farmers in Norway and throughout Europe are opening up their farms to guests who can learn about the daily operations of the farm and can also do some work.

Atlungstad Distillery

This distillery calls itself “a cultural monument of national value” on its website. It was built next to Lake Mjøsa by local farmers in 1855. After 150 years, it was finally placed on Norway’s Cultural Heritage List of Historic Sites. I took a tour and had a sample of its renowned aquavit. In addition to the distillery, its historic brick building includes a museum and a large dining room and offers a beautiful view of the lake.



After my tour, I rented some golf clubs and played a game of golf on the Atlungstad 18-hole golf course. Then I walked over to a nearby farm and went horseback riding. Being active outdoors in such a lovely location was exhilarating!

Hedmark Cultural History Museum

I enjoyed visiting this interesting museum very much. I toured its many open air exhibits. The most spectacular was the ruins of Hamar Cathedral which is now covered with a glass shield to protect it. Church services, concerts, and plays are held here. The museum has 65 other historic buildings that one can explore

Hamar

Hamar is the most important city in Hedmark County with a population of 30,000. When Bishop Nicholas Breakspere, an Englishman, was sent to Norway as a

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papal legate in the late 11th century, he established a diocese in Hamar. The famous cathedral was built here along with a monastery and a school. Nicholas later became Pope Adrian IV.

The city is located on the lake, about half way up on

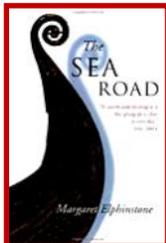
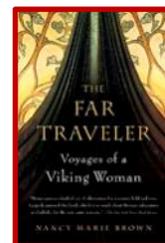
the eastern side. In addition to the cathedral, this city has other tourist attractions: the Kirsten Flagstad Museum, Lake Mjøsa's Skibladner, the Norwegian Railway Museum, and the Olympic arena that was used during the 1994 Olympics in Lillehammer.

This brings me to the end of Leg B. I have much more to share with you but I have run out of space!

APRIL READING CIRCLE SELECTIONS

The Reading Circle will meet at 7:30 pm on Tuesday, April 28. We will be discussing two books. The books have the same subject, an extraordinary Viking woman, but one is non-fiction and the other historical fiction. You may choose to read one or both. The books are:

***The Far Traveler* by Nancy Marie Brown** In *The Far Traveler*, Nancy Marie Brown tries to solve the mystery of a beautiful woman named Gudrid who appears in two Icelandic sagas and crossed the North Atlantic, from Iceland and Greenland to Newfoundland and Norway, eight times. Who was this intrepid woman, and why did she roam off the edge of the known world? – *New York Times*



***The Sea Road* by Margaret Elphinstone** A haunting and compelling historical novel, *The Sea Road* is an ambitious re-telling of the Viking exploration of the North Atlantic from the viewpoint of one extraordinary woman. – *Review by Simon Hall, The Herald.*

Contact Christine Meloni for the location of the discussion at reading@norwaydc.org.

Lodge Reading Circle Discusses *Only the Dead*

The Arctic weather set the tone for the Reading Circle's discussion of *Only the Dead*, the second volume in Vidar Sundstøl's *Minnesota Trilogy*. We met on the evening of February 17 at the home of Lynn and Rosalie Juhl, who warmed our hearts with their gracious hospitality.



Those present in addition to the hosts were Denise Bowden, Tim Christenson, Marie Hansen, Christine Meloni, and Barbara and Joel Myklebust.

This volume continues the investigation into the two murders examined in *Land of Dreams*, the first volume, but the writer still leaves the reader up in the air. This state of affairs left everyone very frustrated and looking forward to resolving all of the loose ends in the final volume, *The Ravens*, due out in April.

Only the Dead is beautifully written, especially the descriptions of the magnificent landscape and the harsh winter weather in northern Minnesota. One also learns much about the Ojibwa Indians, who have inhabited that land for many a moon.

Everyone is always welcome at our discussions. Visit the lodge's website at www.norwaydc.org/reading for the 2015 Reading List and more information or contact Christine Meloni at reading@norwaydc.org.

A Message from Our New Vice-President

Greetings,

My name is Doris Goodlett. I am pleased to serve this year as Vice-President of our Lodge. I have been a member of Sons of Norway since 2003 and have gotten to know many of you already, but hope to get to know many more. I am looking forward to working and celebrating with all of you this year.

My job will be to monitor our lodge membership. Therefore, I want to encourage any of our members who have forgotten to renew their memberships to please renew soon. We value each one of you and don't want to lose anyone. For help with reinstating a lapsed membership see the box below.

I also want to welcome all our new members. We are so glad you have chosen to join us. Eighteen new members joined in 2014, and four more new members have joined so far this year. Velkommen til vårt hytte. Welcome to our lodge.

We will be having a Welcome Brunch later this year to welcome our new members. These events were temporarily suspended during the time our lodge was suspended, but with our reinstatement we will resume them. All new members from November 2010 to the present will be invited to attend and be personally welcomed. Of course, all our members will be invited to come and help greet our new members and get to know them. Details will be coming about this event later.

We will also resume recognition of membership longevity by awarding pins again to members who have been with us for five, ten, fifteen, twenty.....up to 60 years. Yes, we have two members who have earned

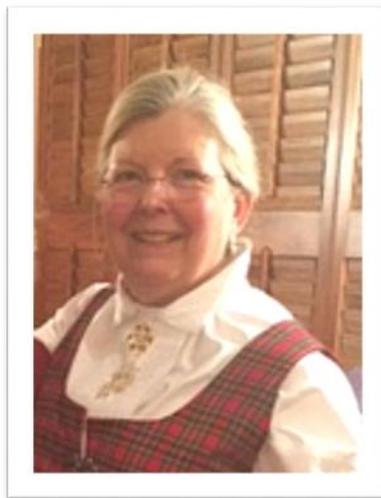
pins for 60 years of membership. Awesome! This also will be retroactive from 2010 to present. Watch for more information about this later.

Sons of Norway is continuing the Recruitment and Retention Challenge in 2015. The goals of the program are to retain our current membership by offering cultural programs and events that will be interesting to all, and to help our lodge grow by actively seeking new members. The lodge in each district that earns the most points for retaining and growing membership will be awarded \$250. Wouldn't it be wonderful if our lodge could be the winner? You can read more about this program in the February *Viking* magazine and at sonsofnorway.com "2015 Recruitment Challenge." Also, individual incentives are offered through the "Norwegian Experience Recruitment Contest" - see page 11 of this newsletter. If you know anyone who might be interested in joining us, invite them to our next meeting. If you have an interest in a particular cultural activity beyond what we already offer, let us know and we will see what we can do.

Looking forward to seeing you at the next lodge meeting on March 28 when we will greet the 3rd District Sons of Norway Board Members with a Pot Luck Supper.

Fraternally,

Doris



Join Sons of Norway, Reinstate a Lapsed Membership, Give a Membership

- Current Dues: Individual \$52.50 (International \$34.00 + District \$8.50 + Lodge \$10.00)
- Spouse \$ 45.50
- Youth \$21.25
- 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 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



Sons of Norway is proud to announce that it is continuing its partnership with Borton Overseas for the 2015 Norwegian Experience Recruitment Contest!

This year, however, there are some new and exciting changes to the contest, in order to raise the stakes

and recognize the great work being done by recruiters in every district.

Unlike the past, where one winner was drawn at random and given an all-expense paid trip to Norway, the 2015 contest will award two plane tickets to the top recruiter in every district! Sons of Norway feels this change better reflects the egalitarian nature of the organization and does a better job of rewarding members throughout the organization for their dedication to their lodge and district.

This is an exciting opportunity for recruiters because their efforts will not only help their local lodge

grow, but it could also result in a trip of a lifetime to Norway.

As in past years, this year's contest is open to Sons of Norway members* who recruit new, dues-paying members, so 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.

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

Courtesy SofN Newsletter Service

Holmenkollen History

In March thousands of spectators will gather in Oslo to support their favorite athletes for the 2015 Holmenkollen Ski Festival. Arranged yearly since the first ski jumping and cross-country skiing competition in 1892, the Holmenkollen Ski Festival includes events in ski jumping, Nordic combined and cross-country skiing. An FIS World Cup Nordic event, the festival draws large crowds and is attended annually by the Royal Family.

Regarded as being among the most famous sports arenas in the world and the center of Norwegian skiing, Holmenkollen has a long and impressive history. In the many years since its inception Holmenkollen and its facilities have existed in multiple separate incarnations, changing dramatically since its first branch and snow ski jump in 1892. Hosting World Championships in 1930, 1966, 1982 and the nordic skiing events of the 1952 Winter Olympic Games—an event that set the arena's all-time attendance record of 120,000—brought advancements like permanent grandstands, a judge's tower and a lift. The war years halted regular events at Holmenkollen until a celebratory liberation event in 1946. Competitors wrote the symbol H7 (King Haakon VII) in the outrun and the events once again commenced as they had prior to the war. Holmenkol-

len received its most dramatic re-development prior to hosting the 2011 World Championships, modernizing by becoming the only ski jump in the world with permanent wind protection and a steel construction. Today it stands alone as the world's most modern ski jump facility.



Holmenkollen, 1934

Physical changes to the facilities aren't the only transformations that Holmenkollen experienced over the many years. Slalom and downhill racing events were added to the program in 1947. Four years later, giant slalom was added and with it came the addition of female competitors. In 2001 the first female ski-jumping event was held.

To learn more about Holmenkollen or to read up on the events happening at 2015 Holmenkollen Ski Festival, held March 13-15, visit:

- ◆ <http://skifest.no/>
- ◆ www.facebook.com/HolmenkollenSkifestival
- ◆ <http://www.holmenkollen.com/>

Image courtesy Anders Wilse, Wikimedia Commons

Article courtesy SofN News Service.

District 3 President's Message from President, Mary B. Andersen

"No winter lasts forever; no spring skips its turn."

Hal Borland

In the February issue of *Fjell-Llom* (Mountain Echoes), Blafjell Lodge 3-646 Vice-President Joann Barfield referred to Sons of Norway membership as a "a passport to all those lodges, anywhere in the U.S., Canada, or Norway." It is easy to forget that we are part of a larger, robust organization with over 60,000 members worldwide. It is easy to forget that we are more than our own lodge but rather we are part of a Zone and District and a worldwide organization! So, what is this all leading up to? You know the expression "think out of the box" how about adding "think out of your lodge" too.

Scandia (3-617) President Pat Rush is quoted in International President Jon Tehven's letter in the February 2015 issue of *Viking*. Pat said "We knew we had to change how we are doing things." Their changes resulted in almost doubling attendance at meetings! Perhaps you might want to send Pat an email and ask her how their lodge got such great results.

I see from your newsletters that there is a lot of great "cross-pollination" going on! (I like reading the lodge newsletters, please make sure I am on your distribution list!) Lodges are inviting members of other lodges to give presentations (e.g., Deb McConaghy of Norsk Carolina is going to Washington DC Lodge for a bunad/festdrakt class; Zone 1 lodges frequently hold joint activities, the Florida lodges come together for regattas).

Look at the 3D Website (hopefully you all remember

to post your events) or the SofN website to see what other lodges are doing. If you see something that would work for your lodge and want more information, reach out to the lodge with the program that intrigued you.

It is not easy to develop a program schedule that is a little bit different than the year before. Always remember that we are one organization. It's OK to call other lodges to get ideas even if they are in another District.

Vinter hilsener,

Mary

P.S. I have been thinking about this letter for some time; trying to find encouraging words to our fraternal brothers and sisters in the Northeast who have been battered by the winter storms. I have searched quotes relating to March winds and found a quote which made me laugh out loud: "A great wind is blowing, and that gives you either imagination or a headache." - Catherine the Great. I removed it from the tag line from this letter but I suspect our brothers and sisters in the Northeast have a pounding headache by now! Use your SofN passport and visit a southern lodge!



Sons of Norway Foundation Scholarships — Deadlines Are Fast Approaching

Do you have a college student in your life? If yes, please go to www.sonsofnorway.com/foundation and check out the seven types of college scholarships offered by Sons of Norway. All applications are done online and the due dates begin March 1, 2015.

Current Sons of Norway members, children and grandchildren of current members qualify.



a little in English...

The Year of Friluftsliv 2015

“Go on a ski trip, hiking trip, sledding trip, camping trip, mountain top trip, berry picking trip, fishing trip, overnight trip - or just get outside for a walk! These can be experiences you remember your whole life,” said H.K.H. Crown Prince Haakon. He opened Friluftslivets år (The year of Outdoor Life) 2015 on January 13th in Tøyenparken. Crown Prince Haakon is the Friluftsårets spokesperson.

“The best thing about being outside and engaged in outdoor activities is that it’s so easy! It’s just about putting clothes on – some skis or some shoes and going out to be in nature. And in Norway we are extremely lucky, because we have nature everywhere,” said Crown Prince.

Friluftsliv provides good opportunities, an improved quality of life, better health and a richer life, writes Friluftslivets Joint Organization on its webpage. The goal is to provide lasting results in the form of increased participation in outdoor recreation in all parts of the population. The year shall increase awareness of outdoor recreation, positive effects on public health and raise awareness about the great opportunities that everyone in Norway has for friluftsliv.

In his New Year’s Speech, His Majesty the King talked about this year that we are entering into, saying, “I think we have a lot to learn from those who live close to nature in order to gain knowledge about how to deal with environmental challenges. 2015 is the year of Friluftsliv. We Norwegians love to be out in nature. We enjoy this fantastic goodness in a long breath – on the mountain, in the forest, on the sea. That is what we will continue

to do, and to teach future generations to appreciate as well. But, together we all must protect everything that lives around us.”

The Crown Prince presented those in attendance with how they can take advantage of this year, and hopefully years to come saying, “To all of you children: pester your parents about getting outside to take a trip as much as you want this year!”

Crown Princess Mette-Marit and Crown Prince Haakon visited the Norwegian Scout Association’s activity area where they were trained in lighting bonfires. From January 13th to the 14th there are many in Norway who will sleep outside to celebrate the year of Friluftsliv – on their balcony, in the backyard, next to the water, in the forest or on a mountain.

litt på norsk...

Friluftslivåret 2015

“Dra på skitur, gåtur, aketur, telttur, topptur, bærtur, fisketur, langtur - eller bare kom dere ut en tur! Det kan bli opplevelser dere husker hele livet,” sa H.K.H. Kronprins Haakon 13. januar i Tøyenparken. Han åpnet Friluftslivets år 2015. Kronprins Haakon er Friluftsårets beskytter.



Skating rink in Oslo. Courtesy Jakob Humer, Creative Commons

“Det beste med det å være ute og drive med friluftsliv, det er at det er så lett! Det er bare å ta på seg noen klær - noen ski eller noen sko og så gå ut og være i naturen. Og i Norge så er vi ganske heldige, for vi har jo natur overalt,” sa Kronprins Haakon.

Friluftsliv gir gode opplevelser, økt livskvalitet, en bedre helse og et rikere liv, skriver Friluftslivets Fellesorganisasjon på sine hjemmesider. Målet er å gi varige resultater i form av økt

deltakelse i friluftsliv i alle deler av befolkningen. Året skal gi økt oppmerksomhet rundt friluftslivets positive effekter for folkehelsen, og øke bevisstheten om de gode mulighetene som alle i Norge har til å utøve friluftsliv.

I Nyttårstalen snakket Hans Majestet Kongen om

Continued on next page...

Norwegian Language & Conversation Groups

Beginner I Class, Tuesdays, 7 PM

Beginner II Class, Wednesdays, 6 PM

Intermediate and Advanced Classes, Wednesdays, 7 PM

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

**TUESDAY
CLASS ADDED!**

Continued from previous page...

dette året som vi nå går inn i: "Jeg tror vi har mye å lære av dem som lever tett på naturen for å få kunnskap om hvordan vi skal håndtere miljøutfordringene. 2015 er Friluftslivets år. Vi nordmenn elsker å være ute i naturen. Vi nyter dette fantastiske godet i langdrag – på fjellet, i skogen, på sjøen. Det skal vi bare fortsette med, og lære nye generasjoner å verdsette. Men da må vi alle også være med å beskytte alt levende rundt oss."

Kronprinsen introduserte de oppmøtte for hvordan de

kan benytte seg av dette året, og forhåpentlig årene som kommer: "Til alle dere barn: Mas på foreldrene deres om å få dra på tur så mye dere vil dette året!"

Kronprinsesse Mette-Marit og Kronprins Haakon besøkte Norges Speiderforbunds aktivitetsområde der de fikk opplæring i å tenne bål, spikke, surre, sage og kappe. Fra 13. - 14. januar er det mange i Norge som skal sove ute som en markering av Friluftslivets år - på balkongen, i bakgården, ved et vann, i skogen eller på fjellet.

Courtesy SofN Newsletter Service.

Special Offer: 10% off National Opera's *The Flying Dutchman*

This March the Washington National Opera will present Richard Wagner's opera, *The Flying Dutchman*, in the Kennedy Center Opera House. This opera, set on the Norwegian coast and based on a famous nautical legend, was inspired by Wagner's own travels through the coastal fjords of Norway. The Kennedy Center is offering 10% off select seats to all performances.

If ordering by phone or in person at the Kennedy Center Box Office, mention offer number **196141** to receive your discount. The Box Office phone number is (202) 467-4600.



Written by Michael B. Burnett
Illustrated by Brian A.R. Washington

Member Julie Burnett's husband, Michael, recently published two children's books based on his experience working with children in Fairfax County Public Schools. The books are geared for kindergarten through 3rd grade, and help answer questions that Mike hears so often from these little tykes who are trying to understand their world. His first book, *Why Me?*, explains why gnats like to buzz around the children's heads during recess. The books are available from Amazon and other outlets. For more information contact Julie at 703-220-9707 or jbjulieturnett@gmail.com.

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.

Tubfrim Winner Announced

Thursday, January 15, 2015 was a lucky day for Violet “Vi” Hills, a member of Jotunheimen 4-499 in Billing, MT. Vi was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Her postcard was drawn from among 2,530 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 2,531 pounds of stamps to Tubfrim in 2014. This was a significant increase from 2013, when 1,216 pounds of stamps were sent.

For the past 29 years, our members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors.

Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim’s efforts, send-

ing nearly 30% of all stamps collected.

While helping children is a great motivation for our members, there is a special incentive to say “thank you.” For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or supply@sofn.com.

If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page on the Sons of Norway website: www.sofn.com/members/showPage.jsp?document=lodgeresources/Tubfrim.htm

For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or genegbrand@aol.com.

Courtesy Sons of Norway Newsletter Service

Spread a Little Sunshine

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

Norwegian Mysteries on MHz Worldview TV in March

Based on novels by Unni Lindell.
Broadcast in Norwegian with English subtitles

The Mourning Cloak — Parts 1 & 2 on Wed.,
March 4 and 11 respectively, 9 PM.

The Night Sister — Parts 1 & 2 on Wed., March 18
and 25, respectively, 9 PM.

In our area, MHz is on the following channels:

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



“The Norwegians”

March 19 – April 19, 2015

Presented by Scena Theater at the Anacostia Playhouse
2020 Shannon Place SE, WDC 20020

Featuring award-winning actors Nanna Ingvarsson,
Brian Hemmingsen, Ron Litman & Nora Achrafi

For more information see www.scenatheater.org/



Program on Norway's Sovereign Wealth Fund

On Monday, March 16, the American Scandinavian Association will present a program on the Norwegian Sovereign Wealth Fund by Michael Papaioannou of the International Monetary Fund.

His talk will cover the institutional structure and investment management of Norway's Government Pension Fund Global, Norway's sovereign wealth fund.

While at the IMF, Mr. Papaioannou has been involved in various surveillance and technical assistance missions to developed and emerging economies.

The meeting will be held at 8 PM at St. John's Church, Wisconsin and Bradley Blvd., Chevy Chase, MD.

For information see www.scandinavian-dc.org.

Please Share Your Interests

The *Capital Viking* is a wonderful way to highlight our member's interests and experiences. Can you help by sharing some of yours?

Please think about writing a little something for the newsletter. Even short articles that fit in a text box (like this one) would be great. No need to aim for a Pulitzer — just share with friends who have common interests.

Here are a few ideas to get you started...

- * Do you have a favorite spot in Norway, off the beaten track?
- * Do you have genealogical research to share — tips or personal stories?
- * Do you have a special family photo or keepsake? What does it mean to you? What's the story behind it?
- * Do you have a passion for Norwegian music, dance, fiber arts, cooking, rosemaling, literature? Could you choose one example like a book, pattern, or instrument, and write a short article about it?

Photos: Many photos from the Internet are copyrighted and thus off-limits to the *Capital Viking*, so before you download an illustration please contact me and we can work together to find copyright-free images.

Want to talk about or send your ideas? Please email me at editor@norwaydc.org.

Tusen takk!

Marie Hansen

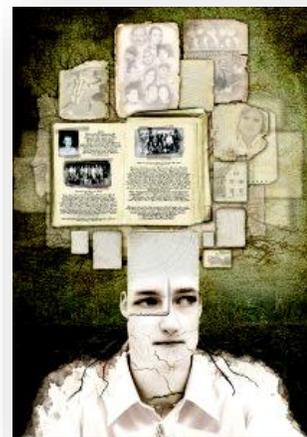
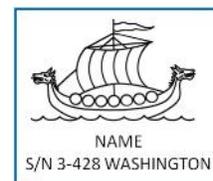


Image courtesy Philip Bitmar, Creative Commons

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 email president@norwaydc.org.



Lodge Calendar

Festdrakt Workshop

April 11-12 (date changed)

Norway House

See page 1 for details

March Lodge Meeting

Saturday, March 28, Evening, 7 PM

Program: "Meet the 3D Board Members"

See page 1 for details

Rosemaling Workshop

Saturday, April 25 1-4 PM

Norway House

See page 2 for details

April Reading Circle

Tuesday, April 28, 2015, at 7:30 p.m.

Location to be announced.

www.norwaydc.org/reading

See page 9 for details

Norw. Language & Conversation Groups

Norway House

Beginner I Class every Tuesday, 7 p.m.

Beginner II Class every Wednesday, 6 p.m.

Intermediate/Advanced Class every Wed., 7 p.m. www.norwaydc.org/language

See page 14 for details.

Other Area Events of Interest

Lakselaget Luncheon Meeting

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

Program: "Norway's Northern Lights" presented by Dr. Lars Dyrud.

Clyde's of Tyson's, 8332 Leesburg Pike, Vienna, VA. Reservations required. Contact Katherine Barnett at Lakselaget.dc@gmail.com. www.lakselagetdc.org.

Norwegian Dance & Potluck

Saturday, March 7, potluck 6:30 p.m., dancing 7:30.

6807 Westmoreland Ave, Takoma Park, MD 20912

4th Annual Rørosmartnan Party streamed live from Norway. **Co-sponsored with Scandia DC.** Bring clean shoes to wear, food to share, and \$\$ you can spare.

Info/directions: <http://MAND.fanitull.org> or contact Jenny at pi@xecu.net or 301-371-4312.

Norwegian Church Service

Sunday, March 8, 3 p.m.

Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD (corner of Seven Locks Rd. & Bradley Blvd.). The service is in Norwegian. All are welcome. "Kirkekaffee" after the service. For information call Lasse Syversen at 301-641-7908 or email lasse@flagship.com

ASA March Meeting: Norwegian Wealth Fund

Monday, March 16 at 8 p.m.

Presentation by Michel Papaioannou, IMF

St. John's Church, Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD. www.scandinavian-dc.org.

The Norwegians

March 19 - April 19

The Anacostia Playhouse

2020 Shannon Place SE, WDC 20020

For more information see www.scenatheater.org/

Scandia DC 3rd Saturday Dance

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

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

Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level). The featured fiddler is Andrea Hoag. www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

Fairfax Genealogical Society Spring Conf.

Friday & Saturday, March 27 & 28

Fairfax Marriott at Fair Oaks

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

Save the Date

2015 Norwegian Festival Dec. 4 & 5

Festival planning starts in early Spring to highlight the cultural aspects of our heritage with dancing, music, artisans, food/baking demonstrations, the Café, etc. If you are interested in participating in the 2015 Festival, please volunteer as the success cannot be accomplished without the support of our members - contact Festival@norwaydc.org

Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030

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

From Beltway or I-66:

Go west from Beltway on 66. Take Exit 60, Rt. 123 (Chain Bridge Rd.) south toward Fairfax. Proceed about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). Stay in the right lane. Just after the 3rd traffic light, turn right on Meredith Dr. (which is between a Merchants Tire store and a Mobil gas station). Turn left immediately behind the gas station into the church parking lot.



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

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

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

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About Capital Viking

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

Address Changes:

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

U.S. Mail:

Sons of Norway
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.

2015 Lodge Leaders

President: Burt Koske

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

Financial Secretary: Henry Hansen

703-815-4945 or financial@norwaydc.org

Hospitality Director: Debbie Fosaaen

703-318-8128 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: 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/.



Festdrakt Class

Sponsored by the Washington Lodge

DATE

CHANGED TO

APRIL 11-12

9:00 AM to 4:00 PM

at Norway House Fairfax, Va

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

Class taught by Deb McConaghy

Sign up today space limited...contact Program Chair

programs@norwaydc.org

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

Annual Golf Tournament

Sons of Norway

Contact by March 1
to say your registra-
tion is in the mail.

Spend the Weekend of

May 1 – 3, 2015

at

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

For Reservations Call Sunny Hill at 518 - 634 -7642

Mention Sons of Norway

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

Weekend Lodging Costs for each person
\$218 for Two Nights
Includes Dinners Friday & Saturday Evening
Breakfast Saturday & Sunday

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

The Form must be received by Audun Gythfeldt by March 1st,

So we can make arrangements with the Golf Course.

It's a Great Weekend!!!



GREENS FEE FORM ON NEXT PAGE — DUE MAR 1

Each Golfer Greens Fee Form:-

Includes - Greens Fees, Cart & Prizes



Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

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

Payable to:-

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

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



RETURN THIS FORM BY MARCH 1ST