



# Capital Viking

## March Lodge Meeting: Membership Brunch

Saturday, March 19, 10 am — 12 noon

Norway House

3846 Meredith Dr.

Fairfax, VA 22030 [directions](#)

Come to Norway House Saturday, March 19th, for a delicious brunch and give a warm welcome to members who have joined the Lodge since last June. **This is not pot luck** — the Lodge will provide all food and beverages. Also, membership pins will be awarded to recognize 5, 10, 15 and more years of membership. **Please read the President's Message on page 13 for the names of the new members we'll be welcoming and those who will be awarded pins.**



## Norwegian Genealogy at Tysons Corner Conference

### Featured this month:

Calendar of Events.....	2
Norwegian TV Series Occupied.....	3
Norw. Minister of Oil & Energy .....	3
Nidaros, My Final Destination!.....	4
More Norw. Video Options.....	6
Wood Ants and Cheese Coffee .....	7
Weekend with Author at LOV.....	8
The Wave — Norwegian Film.....	9
Plan Ahead for Syttende Mai.....	10
US Confirms Ambassador .....	10
Genealogy Interest Group .....	11
Norwegian-American Love Story..	12
President's Message.....	13
Duolingo App for Languages .....	14
Language Classes .....	14
Sympathy.....	15
Reading Circle.....	15
Photos from February Meeting ....	16
3D Pres. Message .....	20
Litt på Norsk .....	21
Nesbø's Midnight Sun .....	23
Lodge Information.....	24

### Discount for early registration ends March 1st.

The Fairfax Genealogical Society will present four special sessions on Scandinavian research at its conference, "Strategies for Researching in the U.S. and Europe." The conference will be on April 1-2 at the The Westin Tysons Corner, 7801 Leesburg Pike, Falls Church, Virginia. Scandinavian breakout sessions are on Friday, April 1st, with one-hour sessions each on Norwegian, Danish, and Swedish/Finnish research, and a session on Nordic languages and scripts.

The breakout session on Norway (Friday, April 1, 6-7 pm) will be based on a case study which highlights Norwegian history, alphabet, language basics, and naming conventions (farm names, patronymics, etc.).



For full schedule and information on costs and registration, see <http://fxgs.org/cpage.php?pt=61>.

Email questions to [conference@fxgs.org](mailto:conference@fxgs.org).

## Lodge Calendar

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

All activities are at Norway House unless otherwise stated. Directions on page 23 and [www.norwaydc.org/directions](http://www.norwaydc.org/directions).

### Genealogy Interest Group

Sunday, March 13, 2 PM  
Page 11

### March Meeting - New Member Brunch

Saturday, March 19, 10 AM — 12 noon  
Page 1

### Reading Circle

Tentatively set for March 29 — details TBA  
Page 15

### Norw. Language & Conversation

Every Wednesday  
Beginner 6 pm, Interm. 7 pm, Adv. 8 pm.  
[www.norwaydc.org/language](http://www.norwaydc.org/language) page 14.



## Other Area Events

### Lakselaget Feb. Luncheon Meeting

Sat, March 5, 11:30 AM  
“Mitigating Climate Change” by Luisa Freeman of DNV GL  
Clydes of Tysons, 8332 Leesburg Pike, Vienna, VA  
\$30 Members, \$40 Non-members  
RSVP required to [Lakselaget.dc@gmail.com](mailto:Lakselaget.dc@gmail.com). See [www.lakselagetdc.org/calendar/](http://www.lakselagetdc.org/calendar/)

### Scania Rørospols Dance Party

Sat., March 5, 5:30—10:30 PM  
3600 T St. NW, Washington, DC  
Page 19, [www.scandiadc.info/new-page-1](http://www.scandiadc.info/new-page-1)

### Mid-Atlantic Norwegian Dancers

Sun., March 13, Potluck at 1 pm, dancing at 3 pm  
6807 Westmorland Ave., Takoma Park, MD 20912  
Norwegian-style house party. Live music. Beginners, watchers, singles/couples welcome. Contact Jenny at

[pi@xecu.net](mailto:pi@xecu.net) or 301-371-4312. <http://MAND.fanitull.org>

### Norwegian Church Service

Sunday, March 13, 3 PM  
Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD  
Holmenkolen Day Celebration. Norwegian language service. Sunday School in Norwegian for children during church service. Coffee hour after service. All are welcome. Contact Lasse Syversen, 301-641-7908, [lasse@flagship.com](mailto:lasse@flagship.com)

### Scandia DC—Dancing

Sat, March 19, 7 pm  
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level).  
Recreational Scand. dance group. Live music.  
[www.scandiadc.info/](http://www.scandiadc.info/) or contact Linda Brooks & Ross Schipper at [linda@scandiadc.org](mailto:linda@scandiadc.org) or 202-333-2826.

### Am. Scan. Assoc. February Meeting

Mon, March 21, 8 PM  
“Åland - Scandinavia's Secret Islands” by Birgitta & Shack Pitcher, St. John's Church  
Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD  
[www.scandinavian-dc.org/Meet-1.htm](http://www.scandinavian-dc.org/Meet-1.htm)

### Norwegian Genealogical Research at Fairfax Genealogical Soc. Spring Conference

Fri. and Sat., April 1-2 (Norw. Session April 1, 6 pm)  
The Westin Tysons Corner  
7801 Leesburg Pike, Falls Church, VA  
“Strategies for Researching in the US and Europe.”  
Page 1 and <http://fxgs.org/cpage.php?pt=61>

### Nordic Dancers of Washington, DC

Meets most Wednesdays, 7:30 PM  
Highland View Elem. School,  
9010 Providence Ave., Silver Spring, MD  
Learn Scan. Dances. No partner or experience needed. Chris Kalke 301-864-1596, [NordicDancers@aol.com](mailto:NordicDancers@aol.com), or <https://sites.google.com/site/nordicdancersdc/>

### Norwegian Embassy Calendar

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

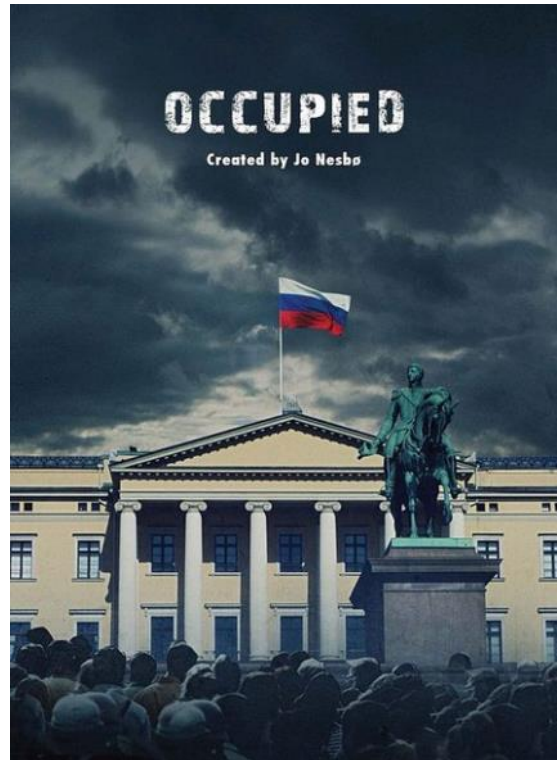


## Norwegian TV Series *Occupied* on Netflix

This geo-political thriller broke all records for TV viewing when it premiered in Norway last fall. It had a huge following throughout Europe, and inspired a denunciation from the Russian Embassy in Oslo.

All ten episodes from the first season are now available in the U.S. via streaming from Netflix (in Norwegian with English subtitles). We may show some episodes at the Lodge in the future, so if you can't stream Netflix or would enjoy watching with fellow Norskies, keep an eye out for an announcement.

*Occupied* ("Okkupert" in Norwegian) takes place in the near future — a future where oil from the Middle East has been cut off and in Norway a newly elected radical branch of the Green Party has stopped all Norwegian oil production. The rest of Europe, starving for oil, is not too upset when Russia invades Norway to "help" restart production. For a REAL WORLD discussion of Norwegian oil please see the article below.



Read this enthusiastic review in *Vogue*: [www.vogue.com/13393458/netflix-occupied-erik-skjoldbjaerg-homeland/](http://www.vogue.com/13393458/netflix-occupied-erik-skjoldbjaerg-homeland/)

For more Norwegian-themed viewing choices, see pages 6 (several videos) and 9 (Norwegian film *The Wave*).



*Photo by Jarle Vines via Wikipedia*

## Norway's Minister of Oil and Energy in DC

Norway could potentially supply Europe with gas for decades to come, which would help diversify the energy market and strengthen European's energy security. Additionally, gas has the benefit of offering cost efficient CO<sub>2</sub>-emission reductions. The Atlantic Council invited Norway's Minister of Petroleum and Energy, Tord Lien to address these issues last month in Washington, DC. Ambassador Kåre As was also in attendance.

The entire presentation, with questions and answers, may be seen on an Atlantic Council webcast. The presentation actually starts about 3.5 minutes into the webcast, so you may want to skip ahead. View it here: [www.atlanticcouncil.org/events/upcoming-events/detail/gas-from-norway-bringing-energy-security-and-opportunities-to-euro](http://www.atlanticcouncil.org/events/upcoming-events/detail/gas-from-norway-bringing-energy-security-and-opportunities-to-euro)



# Nidaros, My Final Destination!

By Christine Foster Meloni

*Reprinted with permission from the Norwegian-American Weekly*

It is hard to believe! I have at last reached my final destination: Nidaros Cathedral. I have walked the 378 miles from Oslo to Trondheim. Let me describe the final leg of my wonderful journey.

## Sundet Gård

The Sundet farm is near the mouth of the Guala River. The name of the farm perhaps comes from the Norwegian word *skipsted* which means *ship's place*. It might have been a ferry's landing that was destroyed by a landslide.

When I arrived at the river, I contacted the ferryman at the farm and he came across the river to



***Sundet Farm has accommodated pilgrims for hundreds of years.***

get me! This was just what the pilgrims in the medieval period did.

This farm has been here since the 1300s and has been accommodating pilgrims for hundreds of years. I decided to stop here to relax and enjoy the wildlife and plants. I also enjoyed traditional foods and had a restful sleep. The next day was going to be momentous!

The next morning I arrived in Trondheim. This was an exciting moment. My first stop was at Ilen Kirke, the

last small church I would visit. I was, of course, looking forward to seeing the great cathedral but I had been enjoying my visits to these small churches along the way



***St. Olav as depicted on the high altar of Nidaros Cathedral***

## Ilen Kirke (Ila Church)

This lovely church is located in the modern Ila neighborhood of Trondheim, located near the Trondheimfjord. It is a Neo-Gothic stone cruciform church that was built in 1889 by the architect Eugene Sissenere.

## Trondheim, the Final Destination!

Trondheim is Norway's third largest city and has a very important history. It was both a Viking capital and a religious capital.

It was originally founded in 997 as a trading post by the Viking king Olav Tryggvason. Between 1030 and 1217 it was the capital of Norway. All of the kings were crowned at the mouth of the Nidelva River.

The city has had various names: Kaupangen (market place), Nidaros (the mouth of the Nid River), and Trondhjem (city in the district of Trondelag).

*(Continued on page 5)*

(Continued from page 4)

## Nidaros Cathedral

This cathedral is our final destination, the goal of our pilgrimage. St. Olav's Way led us to the burial site of St. Olav.

King Olav II was an 11<sup>th</sup> century Viking king who tried to Christianize Norway. After he was killed in 1030 in the Battle of Stiklestad, he was buried on the banks of the Nidelva River. After miraculous events took place at his gravesite, he was declared a saint, first by the Bishop of Nidaros and then by the pope. He became the patron saint of Norway.

The building of the cathedral started in 1070 and was finally finished in 1300. It was designated as the cathedral for the



Catholic Diocese of Nidaros in 1152. After the Reformation, it became the cathedral of the Lutheran bishops of Trondheim in 1537. The Diocese now has 21 churches and some of them are almost 1000 years old.

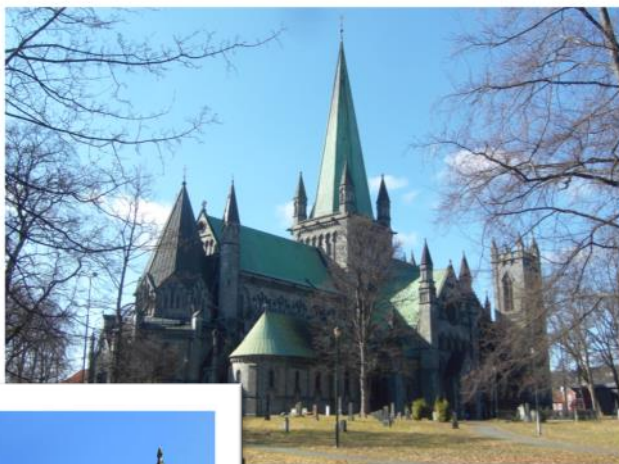
Today pilgrims come from all over the world to visit this medieval cathedral. Since the reopening of the Pilgrim's Way in 1997, there has been increased interest in making this pilgrimage.

The Cathedral remains the major tourist attrac-

tion in Trondheim. It is the site of Olav's Wake, a religious and cultural festival that takes place every year on the anniversary of St. Olav's death, June 29th.

## Nidaros Pilgrim Center (Nidaros Pilegrimsgård)

After visiting the magnificent Cathedral of Nida-



ros, I made my way over to the cathedral's Pilgrim Center. I wanted to collect my Olav Letter (*Olavsbrevet*) or diploma because this would be the proof that I had complet-

ed the pilgrimage. I had to hand in my passport to receive it. (Remember that I had been collecting stamps on my pilgrim passport along the way?)

The diploma shows both St. Olav and St. James, who are the patron saints of all pilgrims. It also includes a map that shows other famous pilgrimage sites in Europe. They are the pilgrim centers in Rome and Santiago de Compostela and other centers such as Vadstena in Sweden, Viborg in Denmark, Canterbury in England, Cologne and Aachen in Germany, and Vezelav in France.

The text on the diploma is written in Latin and Norwegian as follows:

**Latin:** *Notum facimus hanc ecclesiam cathedralem apud Sancti Olavi regis corpus aedificatam atque ad dei gloriam et ipsius Sancti Olavi regis honorem dicatam domum (pilgrim's name) pietatis causa ac peregrinationis visitasse. Datum Nidrosia (date)*

(Continued on page 6)

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**Norwegian:** *Vi gjør kjent at til denne domkirke bygget ved Kong Olav den Helliges grav og viet Guds ære og Kong Olav den Helliges heder, har (pilgrim's name) gudfryktig vandret pilegrimsveien Nidaros (dato)*

**English translation:** *We declare that to this Cathedral built over King Olav the Holy's grave and dedicated to God's glory and the honour of King Olav the Holy (pilgrim's name) has devoutly walked the pilgrims' way. Nidaros (date)*

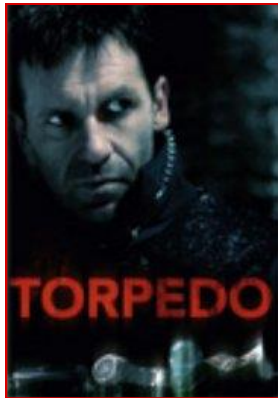
After receiving my diploma, I decided to stay in The Pilgrim Center, which is also a hostel. Since there was a special two-night rate for pilgrims, I opted to stay two nights. I would then cease being a pilgrim and become a tourist!

What a journey! I learned a lot about Norwegian history along the way and am very pleased that I undertook this journey. It was an unforgettable experience.

I hope that you, my dear readers, enjoyed traveling with me on St. Olav's Way. Thank you for sharing this journey with me.

## More Norwegian Video Options!

**Torpedo on MHz1 and MHz Worldview:** Four-part thriller about a torpedo (enforcer) whose life is turned upside down one night when he comes home to find his wife dead.



She was killed with her husband's gun, making him the prime suspect, and leaving him with the responsibility of caring for their five-year-old daughter as he embarks on a harrowing four-day quest find the real killer and clear his name. Directed by Trygve Allister Diesen, 2007. In Norwegian with English subtitles. Tuesdays at 9 p.m., March 1, 8, 15, and 22. On WNVC channel 30.1. On cable find it on Cox 470, Comcast 271, Fios ,0451 and RCN 30!

**The Heavy Water War:** A six episode docu-drama produced in Norway in multiple languages (Norwegian, German and English).

The series depicts the secret campaign to sabotage the Nazi nuclear energy program, executed by the Norwegian resistance and Allied Forces. This series aired on Norwegian TV about one year ago, and is now available in the US via Netflix and is for sale at various outlets including Amazon.



**New Scandinavian Cooking:** This cooking show airs on



MPT2 every Monday-Friday at 3 PM, and features Norwegian chef Andreas Viestad in rotation with Swedish chef Tina Nordstrom. Each episode presents fantastic food and breathtaking scenery from all the Nordic countries. MPT2 is on Comcast 286, Verizon 480, RCN 44, Cox 812, and over the air on channel 22.2.



# Wood Ants and Cheese Coffee: DC Discussion of Nordic Cuisine

By Joel Myklebust

On February 19, Barbara and I were treated to a delightful conversation between two foodies, in an historic setting, about a new cookbook, *Fire + Ice*. This book goes beyond a listing of Scandinavian recipes to explore the roots of culinary traditions of Norway, Denmark, Finland, and Sweden.

As advertised, "... more than a usable cookbook, *Fire + Ice* is a travelogue and love letter to Scandinavia, inviting readers and cooks alike on a guided exploration of this unique region, its people, and its culture." The setting was the Hill Center at the Old Naval Hospital, a landmark on Capitol Hill that was restored by the local community to host numerous cultural and educational events.

The author of *Fire + Ice* is Darra Goldstein. In addition to being a distinguished scholar of Russian, she is a renowned authority on the cuisines of the European north. Two of the many books she has written on cooking and local culture are *A Taste of Russia* and *The Georgian Feast*.

Tim Carman, food writer for the *Washington Post*, led the discussion. Also in attendance was former *Post* food critic, Phyllis Richman. *Newsweek* referred to her as "the most feared woman in Washington," and she was an early source of encouragement for Ms. Goldstein. Ms. Goldstein used a personal approach to the development of the book, relying on contacts



**Author Darra Goldstein discusses her new book *Fire + Ice* with Tim Carman of the Washington Post. Lodge members Barbara and Joel Myklebust attended.**

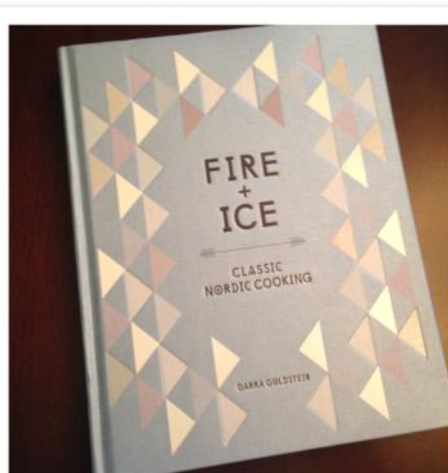
that led, through word of mouth, to numerous other connections, each with favorite recipes. She tested and adapted the recipes for American resources and tastes. Through scholarly study, Ms. Goldstein identified the fascinating roots of

many of our favorite Scandinavian flavors. (She omitted Lutefisk, since "everyone has a favorite way of preparation!")

Mr. Carman led Ms. Goldstein into a discussion of "New Nordic" cuisine. She characterized this approach as relying not on naturally available materials, but rather on "intrinsic" flavors, such as

spices and potatoes introduced to Nordic cuisine over the centuries. In New Nordic cuisine, the flavor of lemon is achieved with wood ants. Nothing like a layer of ants for flavor!

(Continued on page 8)



*(Continued from page 7)*

Much of classic Nordic natural culinary methods rely on various approaches to curing and preservation, including fermentation and smoking. Traditional gravadlox was made by burying salmon in the sand. Ms. Goldstein said it was difficult to adapt some classic recipes to modern American kitchens – for example, there is no substitute for the use of very strong vinegar at a strength (24%) that is illegal in the U.S.

We were surprised that Swedes prefer very strong coffee, while Norwegians prefer it more like tea. We heard about “cheese coffee,” made by pouring strong coffee over “squeaky cheese.” The last taste of cheese at the bottom of the cup is supposed to be delightful!

The evening was topped off by a reception. We had “Wolf’s Paw,” a drink made with vodka, lingonberries, and blueberries, and an assortment of Nordic appetizers provided by Chef Mikko Catering.

## Weekend with Author Jorgen Flood at LOV April 1-3

Lodge members are invited to join Restauration Lodge 3-555 (near Philadelphia) for a long weekend at Land of the Vikings (LOV) April 1-3.

William Taylor, president of Restauration Lodge, writes “Jorgen Flood, a native of Oslo, Norway and a member of Restauration Lodge, is also a historical fiction and non-fiction writer who has published a number of books. He will speak about one or several of his books and how he develops his stories, his research, how he selects topics, etc.” You can find out more about Jorgen and his works at [www.jfloodbooks.net](http://www.jfloodbooks.net).

William continues: “I will also be organizing one

of my famous field trips over the weekend... Spring will have sprung and much of the mountain vegetation should be coming to life so walking should be a fun activity. If you are a fisherman or have grandkids you might want to take them along since the area is known for trout fishing (just obtain proper licensing ahead of time)...”



LOV is a 150 acre recreational facility run by SofN Third District, nestled in a peaceful valley in northeastern Pennsylvania. Rooms may be reserved by individuals and groups; it would be a great spot for a family reunion. More information on LOV can be found at <http://3dsofn.org/land-of-the-vikings/>. Locate LOV on Google Maps here:

<https://goo.gl/maps/EEemQmBF7GP2>

Reservations for the April weekend should be made with Bev Budrick at [vikingland@tds.net](mailto:vikingland@tds.net) or [bbud18847@yahoo.com](mailto:bbud18847@yahoo.com) or 570-461-3500. A \$40 deposit is required.



## Norwegian Disaster Film Screens in DC

*The Wave* (*Bølgen* in Norwegian) was Norway's official submission for Best Foreign Language Film at this year's Academy Awards, and will start its DC run Friday, March 4th at the Landmark E Street Cinema in Washington DC. Streaming and on-demand options begin on March 4th too.

Synopsis from the film's website: *Nestled in Norway's Sunnmøre region, Geiranger is one of the most spectacular tourist draws on the planet. With the mountain Åkerneset overlooking the village — and constantly threatening to collapse*



*into the fjord — it is also a place where cataclysm could strike at any moment. When that mountain begins to crumble, every soul in Geiranger has ten minutes to get to high ground before a tsunami hits...See <http://trustnordisk.com/film/2015-wave>*

For information on tickets and show times at the Landmark E Street Cinema see [www.landmarktheatres.com/washington-d-c/e-street-cinema/film-info/the-wave](http://www.landmarktheatres.com/washington-d-c/e-street-cinema/film-info/the-wave).



## Happy March Birthdays!

Allan Arneson  
Robert Beatrez  
Paul Beddoe  
John Bennett  
Joy Cox  
Theodore Erickson  
Jackson Frank  
Allen Freeman  
Dorothy Grotos  
Nora Howard  
Morgan Jensen  
Nadine Jones  
Lynn Juhl

Olivia Lane  
Toril Mazzuchi  
Evan McCaslin  
Shelley Mitchell  
Sandra Morseth  
Barbara Myklebust  
Atle Nesheim  
Pat Schleicher  
Katherine Simenson  
Gail Smith  
Charles Steensland  
Vigdis Syversen

## St. Patrick's Day in Oslo

Since 2000, The Oslo St Patrick's Day Association has been piping Norwegians and Irish expatriates along Carl Johannsgate for their annual parade. This year's St. Patrick's Day parade will be on March 19. Holmenkolen, Oslo's famous ski jump, will turn green on March 17th—the actual St. Patrick's Day.





## Plan Ahead for Syttende Mai Gala

### Reserve by March 15 for Early Bird Discount



On Saturday, May 13<sup>th</sup> the Norwegian-American Chamber of Commerce Mid-Atlantic Chapter and several local Norwegian-American organizations, including our Lodge, will sponsor an elegant evening of cocktails, dinner, and entertainment to celebrate Norwegian Constitution Day. For more information see [www.naccma.org/events/save-the-date-for-the-annual-dinner-gala-may-13-2016/](http://www.naccma.org/events/save-the-date-for-the-annual-dinner-gala-may-13-2016/). Contact Lasse Syversen, 301-641-7908, [lasse@flagship.com](mailto:lasse@flagship.com)



## US Finally Appoints Ambassador to Norway

On February 12, 2016, the U.S. Senate finally confirmed a well qualified candidate as U.S. ambassador to Norway, filling a vacancy that existed for over two years.

You may remember the embarrassing testimony given by the previous nominee, New York businessman George Tsunis, who bungled several questions during a Senate Foreign Relations Committee hearing in January 2014. Serious concerns were raised in both Norway and the U.S., and in December 2014 Tsunis took himself out of consideration.

In May 2015, eminently qualified lawyer Samuel D. Heins from Minnesota was proposed. However his nomination, along with that of the proposed U.S. ambassador to Sweden, was held up for a variety of reasons, almost none of which included their qualifications as ambassadors (read: politics).

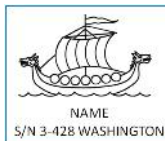
Senator Amy Klobuchar, from Sam Heins' home state of Minnesota, became his most vocal champion. After Heins was confirmed last month, she tweeted "MN's Sam Heins & Azita Raji have finally been confirmed as ambassadors to Norway & Sweden. Time for celebratory lutefisk?" [https://](https://twitter.com/amyklobuchar/status/698184745843191812)



*Samuel D. Heins was recently confirmed as U.S. Ambassador to Norway. Photo courtesy University of Minnesota Law School, where Heins earned his J.D. in 1972.*

[twitter.com/amyklobuchar/status/698184745843191812](https://twitter.com/amyklobuchar/status/698184745843191812).

Norway's Foreign Minister Børge Brende commented "It is gratifying that the U.S. Senate has approved the nomination of Sam Heins as the new ambassador to Norway. Welcome to Oslo." <http://norwaytoday.info/news/human-rights-lawyer-becomes-new-american-ambassador-in-oslo/>



**Lodge Name Tags** may be ordered from Burt Koske for \$10. Contact Burt at [kobur@cox.net](mailto:kobur@cox.net).



## Keep the Care Committee Posted...

Please keep **Care Committee Chair, Shelley Mitchell**, informed about members who are ill, undergoing surgery, recuperating, or homebound for an extensive period. We will send them best wishes from the Lodge as a whole. Contact Shelley at [care@norwaydc.org](mailto:care@norwaydc.org).

## Genealogy Interest Group (GIG) Meeting

The March meeting will be held at Norway House at 2:00PM on Sunday, March 13. All members interested in genealogy are welcome.

Six Lodge members attended the February GIG meeting: Marvin Reed, Joel Myklebust, Jeff Jorgenson, Shelley Berg Mitchell, Dean Jacobson (new member), and Burt Koske.

Last month it was noted that the genealogy software program, Family Tree Maker (FTM), was terminated on the 1<sup>st</sup> of January 2016. It turns out that FTM for both PC & Apple will continue. A new company, <http://mackiev.com/ftm/index.html>, will be providing FTM. They will start shipping on 1 March 2016. Their version is based on the 2014 version with some updates (mostly bug fixes).

The Fairfax Genealogical Society (FxGS) is having their Spring conference on the 1<sup>st</sup> & 2<sup>nd</sup> of April at

the Westin Tysons Corner, 7801 Leesburg Pike, Falls Church, VA. There are a great many worthwhile sessions. Check out the Conference – <http://www.fxgs.org/cpage.php?pt=61>.

The GIG members have made good progress to prepare updates to the Genealogy links for the Lodge website. The list of bygdebøker and other books that have information about Norwegian genealogy and U.S. settlements is nearly complete.

I will send out a reminder before the March meeting. I look forward to seeing you all at the next meeting.

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



## Save Stamps for TUBFRIM, the Norwegian Charity for Disabled Children

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



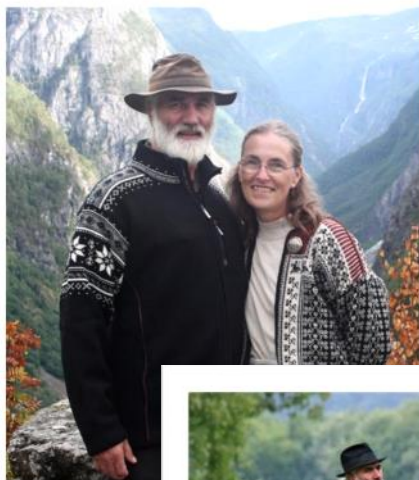
## A Norwegian-American Love Story: Horses, Woodworking, and Travel

Last November the *Capital Viking's* article about Fjord Horses prompted questions from readers — especially “who is that striking man in the wooden carriage?”

Some research revealed he is one half of a most interesting couple — an American who was rather lost until he traveled to Norway in the early 1970's to pursue his love of wood carving, and a young and talented Norwegian wood-carving pike (*girl*) who was willing to accompany him back to the U.S.

Since 1978 Else and Phil Ogden have made a living carving and building traditional Norwegian furniture on their farm near the little town of Barronett, WI.

From their studio they send their art all over the world. Most of their furniture and carvings are one-of-a-kind and are produced on commission. Their work is collected by private individuals and public institutions.



They are equally devoted to Norwegian Fjord Horses, which they raise and train on their farm. Their hand-carved and painted wooden carriage above combines their passions of carving, Fjord Horses, and folk art.

Another passion is travel. Else and Phil share their knowledge of Scandinavian culture by leading study tours to Norway, Sweden, and Iceland. Their tours focus on folk-art, music, and other aspects of rural life in Scandinavia such as horse culture, especially Norwegian Fjord Horses and Icelandic Horses.

For more information visit their website at [www.norskwoodworks.com/](http://www.norskwoodworks.com/)

## President's Message

*Dear Members,*

What a wonderful time we had at the last lodge meeting with such delicious food and a great presentation by renowned author, Eric Dregni, with readings from his book *In Cod We Trust*. The evening was enjoyed by all. We had about 60 people present with many visitors and some new members. We were so pleased to see so many. We hope you will all come again.

A business meeting was held the same evening with members voting for delegates to participate in the Third District Convention in June at Myrtle Beach, SC. The elected representatives are: Burt Koske, Mark Whited, Susie Fosaaen, Karen Plasha, and Queenie Sheldahl. Two alternates were also chosen: Marga Tucker, and Karen Doty. Congratulations, and thank you all for volunteering to represent Washington Lodge. We hope a constructive, successful, informative, and fun time will be had by all. We will be interested in hearing your reports when you return home.

On **Saturday, March 19th** we will have a **special lodge brunch meeting from 10 a.m. to 12 noon.** at Norway House **to welcome all our new members** who joined SON between June 7, 2015 and March 19, 2016. New members will be contacted soon. They are: *Kris Moen, Rolf Fredrikson, Trudy Wastweet, Nina Smith, Robert Fahringer, Christine Benagh, Roseanne Price, Susan Maloof, Charles Steensland, David Musselman, Lee Halverson, Erik Severeid, Walter Miller, Dean Jacobson, Lynn Juhl, and Kellie Rolstad.* Perhaps there will be others, too, who join by March 19th. Mark your calendars everyone. All members, new and long-standing, are invited. Food will be provided by the lodge, so no need to bring anything.

At the same **March 19th** meeting, **we will also honor thirty-seven long-standing members by awarding membership pins** to those who reached benchmarks during 2015:

**5 years:** *Miriam Alhadas, Susie Fosaaen, Joyce Lawrence, James McDonald, Michael Plasha, Mary Jo Prouty, and Richard Vaaler*  
**10 years:** *Robert Beatrez, Charles Haberlein, Erik Larson, Sandra Morseth, and Lynn Rundhaugen*

**15 years:** *Wayne Bowman, Phillip Clausen, and Ruth Khan*

**20 years:** *Conrad Christianson, Carla Daziger, Paul Gordon, Ingrid Hamso, Sherri Holliday, Annemarie McCaslin, and Sylvia Nelson*

**30 years:** *Peter Arnston, Lynn Churchill, Robert Garske, and Sharon Moore*

**35 Years:** *Allan Arneson and John Bennett*

**40 years:** *Jacqueline Hardesty*

**45 years:** *Anne Al-Samarrie, Sigrid Gastoukian, Barbara Taylor, and Borge Ulland*

**50 years:** *Ingebjorg Kaeppel, Ingrid Keune, and Karen Lowman*

**55 years:** *Anne Kloster*



I hope all will be able to come to receive your well-earned membership pins. Congratulations and thank you for your loyalty to Washington Lodge.

Members, please don't forget to report your volunteer hours, both individual and group. They are important to prove we are a benevolent association worthy of tax exempt status.

Looking forward to seeing everyone on March 19th.

*Fraternally,  
Doris Goodlett*

## Newest Norwegian Easter Tradition

Easter is a little early this year—March 27th. Easter is one of Norway's biggest holidays, just as big as Christmas. Norwegians celebrate it all week with parties, family time and mountain hikes. The Norwegian's idea a "god påske" frequently involves hiding away up in the mountains and enjoying the last good snow for skiing.

But the newest Easter tradition in Norway is crime — in novels, TV shows, movies, and even on milk cartons. Sales for crime novels go up 50% during this otherwise peaceful celebration. At right is a children's mystery printed on a milk carton, just for Easter. The upside to this crime spree is that families tend to read or watch the crime stories together, trying to solve the mystery as a family game.



## Duolingo — App for Learning Languages

*Submitted by Julie Burnett*



Recently, I ran across an article about a language App for mobile devices called Duolingo.

I downloaded it on my phone and I have been taking one Norwegian lesson each day. It's been a good experience. The app has various teaching techniques and reinforcements for each lesson, so there are different ways of learning and practicing. It also has several levels and ways to test out to the next level. I am finding it an easy and entertaining way to learn. Considering I took Norwegian in college many years ago, I remember more than I thought I would. Dr. Arne Brekke was the instructor for my college class.

The app has several languages available, and it's free. Happy learning!

## Norwegian Language Classes Every Wednesday

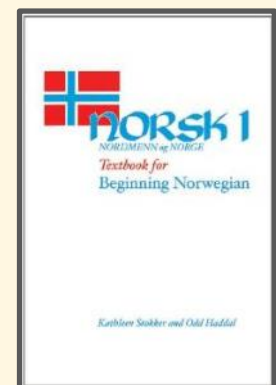
**Level 1** - Beginners: 6-7 PM

**Level 2** - Intermediate 7-8 PM

**Level 3** - Advanced 8-9 PM

Students can decide which level works best for them and can attend different classes to find a fit. In the first two levels, students use the book *Norsk, Nordmenn og Norge*, available from Amazon. There is also a workbook that accompanies the textbook, but is not mandatory. Classes meet at Norway House [directions](#)

Cost is a bargain \$10 per hour to the Instructor and \$5 per evening to SoN Lodge. The Lodge provides coffee and other beverages. For more information contact the instructor, Nina Brambini Smith, at [language@norwayDC.org](mailto:language@norwayDC.org).





## Sympathy

There have been several losses for our Lodge in January and February. Our sincere sympathy goes to the families of Elizabeth, Ellen, and Andrea.

### Elisabeth Beatrez, on January 9th



Elizabeth, born in Roskilde, Denmark, was married to Lodge member Robert Beartez and joined SON in 2005. In addition to SON, Elizabeth was a member of the American Scandinavian Association, the Drott Lodge Vasa Order of America and several other community organizations. To read about Ellen's life, please visit: [www.kalasfuneralhomes.commemsol.cgipage=profile&section=info&user\\_id=1730623](http://www.kalasfuneralhomes.commemsol.cgipage=profile&section=info&user_id=1730623)



### Ellen Nesheim, on February 8th

Ellen was a long-time member of SON, having joined in 1963. She was married to Lodge member Stanley Nesheim, who predeceased her in 2008. In addition to SON, Ellen was a member of the Norwegian Church of Washington DC and the Nordic Dancers, and was active in many other area organizations. Please read about Ellen's life here: [www.legacy.com/obituaries/washingtonpost/obituary.aspx?page=lifestory&pid=177780729](http://www.legacy.com/obituaries/washingtonpost/obituary.aspx?page=lifestory&pid=177780729)

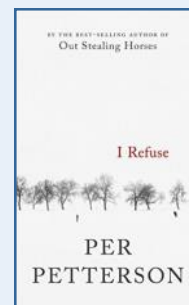


### Andrea Meloni, on February 18th

Andrea was married to long-time Lodge member Christine Meloni. For the past several years we have seen Andrea's warm smile as he helped Christine with books at our Christmas Festivals — setting up, chatting up, and packing up. Please read about Andrea's life here: <http://obits.dignitymemorial.com/dignity-memorial/obituary.aspx?n=Andrea-Meloni&lc=4855&pid=177778362&mid=6809538>

## Reading Circle

The discussion of Derek Miller's *Norwegian by Night* is postponed until late March — probably March 29. All are welcome. Watch for an email to confirm the date and location or check the web site [www.norwaydc.org/](http://www.norwaydc.org/). Our selection for the April 26 meeting is *I Refuse* by Per Petterson, author of *Out Stealing Horses*.



## SON Third District News

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

## Photos from the February Meeting

Last month around 60 members and guests attended the presentation by author Eric Dregni. See more photos from the meeting on Flickr: [www.flickr.com/photos/norwaydc/](http://www.flickr.com/photos/norwaydc/)





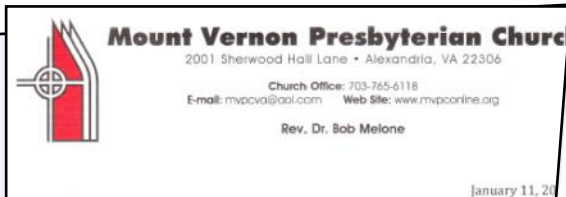
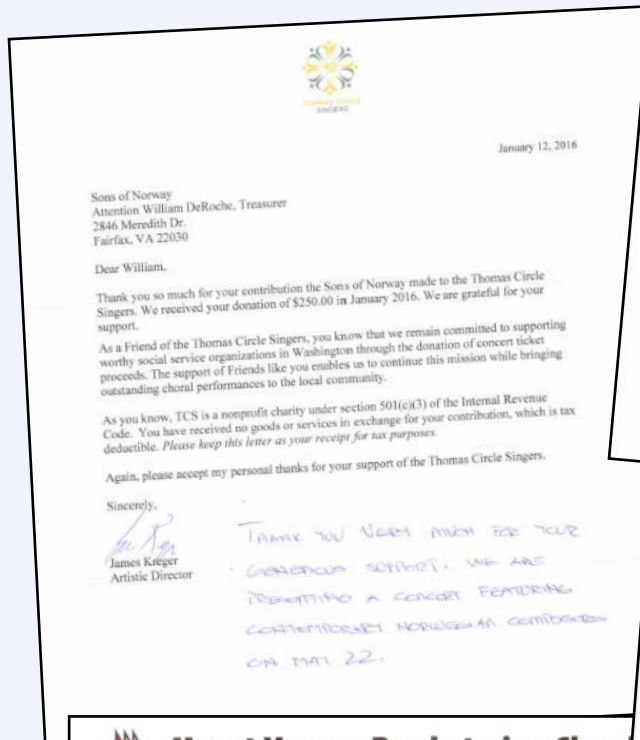
## More Photos from the February Meeting





## Thank You Letters for Lodge Contributions

We received these notes from five of the organizations that received recent donations from our Lodge.



Washington Lodge, Sons of Norway  
3846 Meredith Drive  
Fairfax, VA 22030

Dear Mr. DeRoche,

On behalf of everyone at Mount Vernon Presbyterian Church, I want to sincerely thank you for your contribution to our Agape Ministry. For over sixteen years our church family has sought to reach out to those in our community with special needs, and our Friday night dinners and hospitality are an important part of this mission. We appreciate your help to continue to make this possible.

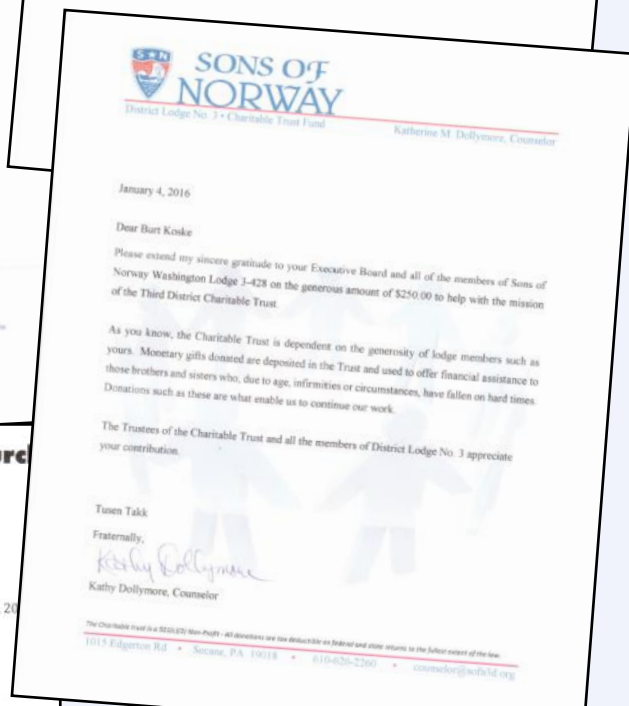
Jesus tells us that when we care for the least among us, we are caring for Him! So thanks for caring!

May the grace and peace of our God be very near to you and yours...

Because of Him,

*Bob*

Rev. Dr. Bob Melone, Jr.



January 25, 2016

Thank you for your donation of \$250.00 to the Sons of Norway Foundation Scholarship and General Fund.

Your gift supports scholarships to Oslo Summer School and funds outreach programs including Ski For Light, the troop exchange between Norwegian Home Guard and the Minnesota National Guard and others.

The Sons of Norway Foundation is a 501C (3). Your donation is eligible for tax-deduction.

Tusen takk,

*Corrie Maki Knudson*

Corrie Maki Knudson  
Director  
Sons of Norway Foundation



## Scania DC Norwegian Rørosmartnan Dance Party, Saturday, March 5th

Rørospols dance lesson at 5:30 PM, Potluck at 6:30 PM, Party 7:30-10:30 PM

3600 T St. NW, Washington, DC

For more information see [www.scandiadc.info/new-page-1](http://www.scandiadc.info/new-page-1)

call (202) 333-2826

email [Linda@ScandiaDC.org](mailto:Linda@ScandiaDC.org) or [Ross@ScandiaDC.org](mailto:Ross@ScandiaDC.org)

## Youth Activities

Activities for children are usually planned during the presentation portions of our monthly meetings. If you plan to bring your children please email Youth Director Annemarie McCaslin at [youth@norwaydc.org](mailto:youth@norwaydc.org) before the meeting to ensure enough materials for the planned activity.



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

- ⇒ **To join as a new member** visit our Lodge web site [www.norwaydc.org/membership](http://www.norwaydc.org/membership) or call 800-945-8851 or email [vp@norwaydc.org](mailto:vp@norwaydc.org).
- ⇒ **If you need your membership number** if your membership has lapsed call 800-945-8851 or email [database@norwaydc.org](mailto:database@norwaydc.org).
- ⇒ **Children 15 years of age or under** whose parent or grandparent is a SON member may sign up for a free Heritage Membership. **Youth ages 16-23** who have a parent or grandparent who is a Sons of Norway member may be a free Unge Venner member.

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

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

*If you want something you've never had, you must be willing to do something you've never done.*

*(Attributed to Thomas Jefferson)*

When I think about the above quotation, I think about membership. If we want to attract new members and keep current members, we must constantly strive to think of new ways to do things. It may take a while (like the 3D twitter and facebook pages) to get going, but over time it will. Whatever new little things we are doing across the Order is paying off and I would like to share some good news with you.

### Our CEO Eivind Heiberg reports:

*"This past year we saw a lot of positive indicators for Sons of Norway in the areas of recruitment and retention. In 2015 3,284 people joined the organization, which was a 2% increase over 2014. And of those, 2,298 were recruited by an existing*

*member—that's 2,298 new connections within our network!*

*What's more, our organization is growing younger. Last year we recruited nearly 1,200 new members under the age of 55. That's more than a third of all new members belonging to a younger generation that is excited to explore its Norwegian roots.*

*But we aren't just doing a good job in bringing new members into the organization, we are also doing very well in keeping them. I'm pleased to report that for the fifth year in a row we have seen a reduction in the number of members leaving the organization, including a decrease by 3.1% from 2014 to 2015."*

We have great news within the Third District. Congratulations to Scandia lodge! Keep up the good work Pat and fellow lodge members.

The winners of the Norwegian Experience are shown in the box



below.

### It is the simple things

I think Jann Dickson from Troll Lodge has an easy simple yet caring approach to membership. The following is an excerpt from their February newsletter.

*Retaining our members is very important to keeping Troll Lodge active and ongoing. We need to keep our membership updated. If we haven't heard from a member in a while, maybe we should contact them so they feel we haven't abandon them. I am especially interested in those who cannot get to our meeting for whatever reasons. We could call or drop them a note. Email me if you would like their address or phone number. JANN*

Nice touch Jann!

Jeg ønsker dere alt godt,

Mary

Dist	Lodge	Lodge Name	Recruiting Member Name	Total Recruited
1	17	Terje Viken	Ralph Edward Jacobson	15
2	1	Leif Erikson	Andrea J Torland	24
2	17	Fritjov	Patricia Sandberg Lund	24
3	617	Scandia	Patricia A Rush	8
4	25	Kringen	Doreen E Grobe	14
5	314	Mandt	Darlene L Arneson	8
6	118	Vesterheim	Cheryle K Kapsak	9
7	76	Nordic	Ole E Kristiansen	17
8	15	Terje Vigen	Helge Bjoern Skjulestad	3



*a little in English...*

## Wedding Gifts that Disappeared

The ancient Norwegian tradition survived until the mid-1800s before it became illegal. Herleik Baklid has investigated sagas, kings' letters, wills, court records, legal documents and old laws to find traces of a certain Norwegian wedding tradition, namely bridal gifts. Baklid has found evidence that this practice dates back to the 1100s. Folk traditions survived the church's marriage traditions and were kept alive until the mid-1800s, when a new Norwegian law abolished the rights the bride had to these gifts.

### Widow's Insurance

When we think of wedding gifts today, we tend to think of kitchenware, silverware and gorgeous designer items that the happy couple receives from friends and family on the big day. But in the Middle Ages the gifts had an entirely different purpose. To understand the idea behind these gifts, it is important to understand why people got married in the past. Economic reasons stood behind the couple's union, for the most part. Throughout history, it turns out that the groom often gave one or more traditional gifts to the bride.

"The bride could take out these gifts if she became a widow. The basic principle behind these gifts was that she would be secure if her husband died," Baklid tells forskning.no. "This was a society without government aid. Therefore the groom and his future in-laws were responsible for providing the bride with economic security," he continued. Throughout history there have been three different categories of gifts that the bride got from her husband-to-be. Probably only



*Kristin Lavransdatter, one of Norway's most famous (and fictional) brides, is a character from Sigrid Undset's trilogy Kransen (The Wreath), Husfrue (The Wife), and Korset (The Cross).*

a few people have heard of festegaven (the engagement gift) and benkegaven (the bunk gift), while morgengaven (the morning gift) lives on. Baklid has found all three of these extending far back into Norwegian history.

### Strengthening the Agreement

Marriage during the Norwegian medieval period until the end of the 17- and 1800s was primarily an economic affair. The marriage was generally agreed upon between the bride and groom's family. When this agreement or betrothal was settled, the future married couple was referred to as betrothed, better known today as engaged. Immediately the flow of gifts started from the future groom. "The betrothal gift was given at the engagement. This was a gift that would strengthen the marriage arrangement," explains Baklid. The gift could be anything from silver spoons, silver jugs and jewelry, to land. The bride was entitled to cash in all of this should she become a widow.

### Entertainment and humor

*(Continued on page 22)*

Before the actual ceremony, the groom had to promise gifts that would convince the bride to leave her parents. This was often negotiated between the various parties on the bride's and groom's behalf, how the bride would "be released from the bunk", i.e. stop sleeping in a bed at her parents. Hence the name of the second traditional gift: benkegave or bunk gift. A bunk gift can most likely be connected to bride purchasing, an even older tradition. Simply put: the gift says what the groom is willing to pay for his future wife. This gift could consist of anything from a horse and saddle to jewelry and property.

### ***litt på norsk...***

## **Bryllupsgavene som forsvant**

Den eldgamle norske tradisjonen overlevde helt fram til midten av 1800-tallet før den ble ulovlig. Herleik Baklid har gransket sagaer, kongebrev, testamenter, rettsprotokoller, skrifteprotokoller og gamle lover for å finne spor etter en bestemt norsk bryllupstradisjon. Nemlig brudegavene. Baklid har funnet tegn til denne skikken helt tilbake til 1100-tallet. Folketradisjonen overlevde kirkens egne ekteskapstradisjoner og ble holdt i live helt fram til midten av 1800-tallet, da en ny norsk lov avskaffet retten bruden hadde på gavene.

### **Enkeforsikring**

Når vi tenker på bryllupsgaver i dag, tenker vi gjerne på kjøkkenutstyr, sølvtøy og lekre design-ervarer som det lykkelige paret får av venner og familie på den store dagen. Men i middelalderen hadde gavene et helt annet formål. Men for å forstå tanken bak disse gavene er det viktig å forstå hvorfor folk giftet seg før i tiden. Stort sett lå det nemlig økonomiske hensikter bak parets union. Gjennom historien viser det seg at brudgommen ofte har gitt én eller flere tradisjonelle gaver til bruden.

Disse gavene kunne bruden ta ut dersom hun ble

enke. Det lå som et grunnleggende prinsipp bak disse gavene at hun skulle sikres dersom mannen falt fra, forteller Baklid til forskning.no. – Dette var et samfunn uten offentlige støtteordninger. Derfor var det brudgommen og hans fremtidige svigerforeldres ansvar å skaffe bruden økonomisk sikkerhet, fortsetter han. Opp gjennom historien har det vært tre ulike kategorier for gavene bruden fikk av sin kommende ektemann. Festegaven og benkegaven er det nok få som har hørt om. Mens morgengaven lever videre i beste velstand. Alle de tre variantene finner Baklid igjen langt tilbake i norsk historie.

### **Styrket avtalen**

Ekteskap i norsk middelalder og fram til slutten av 17- og 1800-tallet var altså først og fremst en økonomisk affære. Ekteskapet ble som regel avtalt mellom bruden og brudgommens slekt. Da avtalen, eller festemålet, var i boks, ble det fremtidige ekteparet omtalt som festefolk, bedre kjent som forloveder i dag. Allerede nå begynner gavedrysset fra den kommende brudgom. – Festegaven ble gitt ved festemålet. Dette var en gave som skulle styrke avtalen om ekteskap, forklarer Baklid. Gaven kunne være alt fra sølvskjeer, sølvkanner og smykker til jordeiendom. Alt dette hadde bruden krav på å få utbetalt dersom hun skulle bli enke.

### **Underholdning og humor**

Før selve vielsen måtte brudgommen komme med løfter om gaver som skulle overbevise bruden om å reise fra foreldrene sine. Dette ble ofte forhandlet fram mellom ulike parter på bruden og brudgommens vegne, hvor bruden skulle «løses fra benken», altså slutte å sove i sengen hos foreldrene sine. Derav navnet på den andre tradisjonelle gaven: benkegave. Benkegaven kan mest sannsynlig koples til brudekjøp, en enda eldre tradisjon. Enkelt sagt: gaven sier hva brudgommen er villig til å betale for sin fremtidige kone. Denne gaven kunne bestå av alt fra hest og sal til smykker og eiendom.

*Sons of Norway Newsletter Service*

## Book Review: Nesbø's *Midnight Sun*

By Christine Foster Meloni,  
Reprinted with Permission from the Norwegian-American Weekly

Although *Midnight Sun* is a sequel to *Blood on Snow*, the connection is tenuous. Both protagonists are Fixers (i.e. hitmen) for powerful drug lords in Oslo, but they have very different personalities and take decidedly different paths.

Jon Hansen is comfortable enough in his role as a petty drug dealer and has no ambition to become a fixer. When the Fisherman calls him up, however, he cannot refuse. He is given the unpleasant job of eliminating Gustavo, a street dealer who has stolen money and drugs from his boss. When Hansen goes to carry out his assignment, he cannot bring himself to pull the trigger.

Hansen comes up with a possible solution. He thinks his finger will obey if he can't see his victim's face. He throws Gustavo his hat and tells him to cover his face. He thus becomes "a soft, blue doll's head with no features."

But Hansen still hesitates. Gustavo senses his discomfort and offers Hansen a way out. He suggests that Hansen spare him and then they can share the money. He promises to disappear so that Hansen can also collect the bonus from the Fisherman. The potential fixer agrees because he will earn a

large sum of money without having to kill his victim.

The plan fails, however, because the Fisherman needs to see the corpse. Therefore, Hansen needs to leave Oslo as fast as he can. He hops a bus and heads north. He goes far beyond the Arctic Circle and jumps off in the town of Kåsund. This town is located in Finnmark, the northernmost and easternmost county of Norway. It is also the largest and the least populated Norwegian county.

Is Hansen now far enough away from the Fisherman's reach? He doubts it because he knows that "The Fisherman always finds what he is looking for. Always. That's why he's called the Fisherman."

Hansen tries to keep a low profile in Kåsund, where he finds himself in a Sami community. He is befriended by Lea and her son Knut, members of the local Laestadian Lutheran church. Laestadianism, a conservative revival movement started among the Samis in the middle of the 19th century, emphasizes forgiveness. Hansen gradually begins to regret his immoral way of life and seems ready to start a new life. But three of the Fisherman's henchmen eventually discover his hiding place and are ready to "fix" him.

Nesbø knows, of course, that the reader will be pulling for Hansen, hoping that Lea and Knut can save him.

This novel is quite different from Nesbø's previous novels. In fact, the reader may not guess it was written by Nesbø if his name were not on the cover because it does not have a large cast of characters and a complex plot. The first *Blood on Snow* does not have these characteristics, either, but it has more action, more tension, and more suspense (and more blood). It would not be a surprise if the reader guessed instead that the author is Karin Fossum, Norway's Queen of Crime. She does in-depth psychological studies of her characters who are frequently like Hansen, decent people who for some reason have gone bad.

Nesbø does not delve into Hansen's mind as Fossum would and does not tell us much about the Sami people, which she might. While not Nesbø's best novel, *Midnight Sun* is a good read and gives readers a break from his lengthy, complicated novels.





## Directions to Norway House

**3846 Meredith Dr., Fairfax, VA 22030**  
[www.norwaydc.org/directions](http://www.norwaydc.org/directions)

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



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

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

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

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

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## Lodge Leaders and Contacts

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

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

## About Capital Viking

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

### Address Changes:

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### Find Us on Facebook:

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

### Newsletter Deadline:

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