



March Lodge Meeting: Fulbright Scholar's Travels in Norway

Saturday, March 18

5 PM potluck followed by presentation

Norway House

3846 Meredith Dr.

Fairfax, VA 22030 [directions](#)

Our March speaker will be Lee Ann Potter, who served as Fulbright Roving Scholar of American Studies in Norway during the 2009-10 school year. Lee Ann was especially excited about the opportunity since she is of Norwegian descent. While there, she, her husband, and two young children lived in Oslo but were able to travel throughout the country.



Her primary role as Roving Scholar was to inspire interest in American history and culture in Norway's secondary schools. She was able to visit dozens of schools in all regions of the country. And like all good educators, Lee Ann made it a two-way exchange, learning much about Norwegian culture and education. On March 18 she will share her impressions of and affinity for Norway. Meanwhile, visit the blog she kept during her year there: <http://leeannpotter.com/Lee Ann Potters Wheel/Blog/Blog.html>

Lee Ann is Director of Educational Outreach at the Library of Congress. During her Fulbright year, she took a leave of absence from the U.S. National Archives, where she was Director of Education and Volunteer Programs.

Email programs@norwaydc.org if you plan to bring children so appropriate activities can be planned during the presentation.

Membership pins to be awarded:

*Bernice Hardy (50 years!), Craig Nelson (25 years), and Rose Marie Oster (5 years).
Congratulations and thank you for your loyalty to the Lodge!*

Festdrakt (folk dress) Workshop March 25-26

If you've ever wanted a Norwegian folk dress for yourself or a family member — a granddaughter perhaps — here is your chance. Deb McConaghy will help you design and construct your own, or she can make one based on measurements she'll take at the Workshop. See page three for more information, or email Denise Bowden at programs@norwaydc.org.

Lodge Contacts: page 24.

To join Washington

Lodge visit

www.norwaydc.org/membership

or call SON

headquarters in Minneapolis

(800-945-8851). Lodge 3-

428. See page 15.

Lodge Calendar

www.norwaydc.org/events

Activities are open to non-members and are at Norway House unless stated otherwise below. Directions are on page 24 and www.norwaydc.org/directions.

March Board Meeting*

Monday, March 13, 7 PM
Members only.

March Lodge Meeting

Saturday, March 18, 5 PM
Page 1

Festdrakt Workshop

March 25 — 26
Page 3

Genealogy Interest Group

Sunday, March 19, 2 — 4 PM
Page 11

New Member Brunch

Saturday, April 29, time TBA

Norw. Language & Conversation

Every Wednesday
Beginner 6 PM, Interm. 7 PM, Adv. 8 PM.
www.norwaydc.org/language
Page 6

*

Note this is the **Board** meeting, not the monthly Lodge meeting. All members may attend to make suggestions and to learn how Lodge decisions are made.



Other local events

Lakselaget March Luncheon Meeting

Sat, March 4, 11:30 — 2:00

Presentation by Lilian Blom, Rockville-based artist of French-Norwegian extraction.

The Capital Grille, Chevy Chase, MD 20850
\$35 Members, \$40 Non-members

RSVP by March 2 to lisaba785@gmail.com.
<http://www.lakselagetdc.org/calendar/>

“The League of Youth” by Henrik Ibsen

Mon., March 6

Rediscovery Reading by the Shakespeare Theatre Company, Lansburgh Theatre, 450 7th St. NW, Washington, DC. Free but reservations are required. **If you plan to attend and would like to meet members of the Reading Circle for dinner near the theater before the reading, contact Christine Meloni at reading@norwaydc.org.** Info on the event: [http://](http://www.shakespearetheatre.org/events/rediscovery-mar-2/)

www.shakespearetheatre.org/events/rediscovery-mar-2/.

Mid-Atlantic Norwegian Dancers

Sat., March 11, potluck at 6 PM, mini-concert 7:30 PM, dancing at 8 PM.

6212 Twenty Year Chase, Columbia, MD
Norwegian-style house party. Guest Vilde Aaslid on the Hardanger fiddle. Vilde will include some beautiful Vossaruls from her ancestors' area of western Norway. Beginners, singles/couples, watchers/listeners all welcome. <http://MAND.fanitull.org>

Norwegian Church Service

Sunday, March 12, 3 PM

Emmanuel Lutheran Church,
7730 Bradley Blvd., Bethesda, MD
Norwegian language church service. Sunday School in Norwegian for children during church. Coffee hour after. All are welcome. Contact Lasse Syversen, 301-641-7908, lasse@flagship.com.

(Continued on page 3)

(Continued from page 2)

Am. Scan. Assoc. (ASA) Meeting

Mon., March 20, 8 PM
St. John's Episcopal Church
6701 Wisconsin Ave, Chevy Chase, MD
Presentation by Lars Bo Møller, Deputy Chief
of Mission, Royal Danish Embassy.
www.scandinavian-dc.org/Meet-1.htm

Scandia DC Dance Party

Sat, March 18, 7 — 10 PM
Greenbelt Community Center
15 Crescent Dr., Greenbelt, MD
Recreational Scand. dance group. Live music.
Teaching dance is Gammalvænster. Fiddler
Paul Carlson. \$10. www.scandiadc.info/ or
contact Linda Brooks & Ross Schipper at lin-da@scandiadc.org or 202-333-2826.

Nordic Dancers of Washington, DC

Meets most Wednesdays, 7:30 PM
Highland View Elem. School,
9010 Providence Ave., Silver Spring, MD
Learn Scan. Dances. Chris Kalke 301-864-
1596, NordicDancers@aol.com, or [https://
sites.google.com/site/nordicdancersdc/](https://sites.google.com/site/nordicdancersdc/)

Fairfax Genealogical Soc. Spring Conf.

March 31 — April 1
The Westin Tysons Corner, Falls Church, VA
Early Registration Discount ends March 15.
<http://www.fxgs.org/cpage.php?pt=61>
See page 13

Norwegian Embassy Calendar

[www.norway.org/News_and_events/Event-
Calendar/](http://www.norway.org/News_and_events/Event-Calendar/)

SON Wash. Lodge Facebook

www.facebook.com/groups/SonsofNorwayDC



Welcome new members!

Jamie Cardillo-Lee of Washington, VA; Conor, Jasmin, and Sophie
Sinclair of Alexandria, VA; and Derik Swee of Fairfax, VA

Festdrakt workshop, March 25-26

The Lodge will offer a festdrakt workshop at Norway House March 25 & 26, run by Deb McConaghy. Deb is a talented seamstress and costume historian, and Vice President of the Norsk Carolina Lodge in Charlotte, NC. Festdrakts are usually made of cotton or other light-weight fabrics and are a bit more casual than bunads. The festdrakt Deb made for Lodge member Denise Bowden is seen at right.

The workshop offers many possibilities. Deb can help you sew your own festdrakt, including vest, apron, purse, and cap, or help create, alter or restore existing components including bunads. Not interested in sewing? Deb can take your measurements and make a festdrakt for you at a very reasonable price. She will bring a wide selection of fabrics, trims, and clasps to choose from, or you can bring your own supplies. She can also furnish sewing machines.

You can see photos and read about our 2015 Workshop with Deb in an article by Lodge member Christine Meloni in the *Norwegian-American*: www.norwegianamerican.com/featured/bunad-v-festdrakt-expert-deb-mcconaghy-explains-and-creates/

Sign up for one or two days. The cost is \$35 per day plus the cost of supplies. Send questions and RSVPs to Denise Bowden at programs@norwaydc.org.



From Lodge President Doris Goodlett

Greetings to all!

There were about fifty-five people at our February 18th Lodge Meeting. We were happy to greet several visitors including:

- Kathy Clark, Co-President, from SON Bla Fjell "Blue Mountain" Lodge #3-646 in Roanoke, VA, and her son, Ed Clark, who lives in Leesburg. We enjoyed meeting you both. Hope Ed will join us often, and if you'd like to become a member, Ed, we will certainly welcome you. Hope to see you again sometime, Kathy.
- Ken Lerwick, of Front Royal, VA, formerly from CA where he was a member of the now disbanded Stillehavet Lodge in San Luis Obispo, CA. We hope you will come again, Ken, and hope you will have your membership transferred to Washington Lodge.
- Cynthia Moore and Blanche Curfman, friends from Washington, DC. They have attended our Christmas Festival for a couple of years. Do come again soon.
- Erik Johnson visited us for the first time. We salute you, a military veteran from a long family line of military

veterans. Thank you for your service to our country. Erik's uncle was in the 99th Infantry Battalion.

- Denise Miller, from Hawaii, but currently working in the DC area, and her friend Shareen. Denise visited our Juletreffest in December. It was good to see you again, Denise. Thanks for bringing your friend. We hope you will both come again.

We also were happy to see long-time member, Jeanne Buster. She does not like to fight Friday night rush-hour traffic, but was happy to come to our Saturday meeting. We hope to see you again soon, Jeanne.

We were also happy to welcome our new members at the meeting: Sonja Killie, Kristina Anderson, and the Sinclair family —Conor, Jasmin, and Sophie.

We gladly welcomed our guest speaker, Erik Brun, and his wife, Heidi. Erik is a Veteran Army Officer, and Heidi is a currently serving Lt. Colonel in the Army. We salute you both for your service to our country. Erik presented an interesting program about the WWII 99th Infantry Battalion, made up of Norwegians and Norwegian



Americans, and the role they played in the war against the Germans. Thank you, Erik, for an informative program.

It was good to see many of our members at the meeting. We enjoyed a sumptuous pot luck supper. Thanks to all who contributed to the Smörgåsbord. Thanks especially to Susie Fosaaen for all the delicious food you prepared in our own Norway House kitchen. Thanks to all who helped to set up the lodge and set out the food: George Edwards for dust mopping the floor, Marie Hansen and Dave Brown for arranging the tables. Marie Hansen for bringing the freshly washed table linens. Denise Bowden for all the various jobs you did to help prepare the meal and the lodge, and for arranging the program. Thanks to Greg Ovrebo and, I think, Henry Hansen who helped to set up the correct cables for use

(Continued on page 5)

(Continued from page 4)

of the TV screen. Thanks, Henry Hansen for fixing the handle on the buffet. So many jobs it takes to put on a lodge meeting, that I cannot know all that was done, and who did it, but please know that all hands are important and you are all

appreciated. If I have not mentioned your name here, please forgive me.

Faternally,

Doris Goodlett

St. Patrick's Day in Oslo, with a side of Thai

In Oslo, St. Patrick's Day has been celebrated for years with a parade on city streets. The celebration this year, like most before it, includes an after-party with Irish storytellers, dancers, and musicians.

But the food offerings are less traditional: "Asian buffet, all you can eat. It's an extensive selection of hot and cold food with Thai, Japanese, Chinese and Mongolian influences." www.irishsociety.no/st-patricks-day/the-st-patricks-day-parade-afterparty-saturday-18th-march/.



The parade is sponsored by the Norwegian-Irish Society, which also sponsors Bloomsday, celebrating James Joyce and his masterpiece, *Ulysses*. Norway's Bloomsday is usually held at the Ibsen Museum in Oslo. See <http://norskfolkemuseum.no/en/Related-units/The-Ibsen-Museum/>



Happy March Birthdays!
Gratulerer med dagen!

Allan Arneson
Robert Beatrez
Paul Beddoe
John Bennett
David Carlson
Joy Cox
Bernice Duvall
Theodore Erickson
Jackson Frank
Al Freeman

Dorothy Grotos
Emma Hart
Nora Howard
Kirk Ingvaldstad
Dean Jacobson
Morgan Jensen
Nadine Jones
Lynn Juhl
Olivia Lane
Toril Mazzuchi

Evan McCaslin
Shelley Berg Mitchell
Sandra Morseth
Barbara Myklebust
Jessica Presley
Pat Schleicher
Katherine Simenson
Gail Smith
Charles Steensland
Vigdis Syversen

Norwegian skrei at Legal Seafood through March 22

Skrei has been a delicacy in Norway for many years and is finally gaining wider recognition in the U.S. It is a mature cod that is harvested as it migrates from the Barents Sea to its traditional spawning grounds along Norway's coast — primarily in the ice-cold winter seas of Lofoten. It is wild-caught for a limited time each year — January through April. Sustainably harvested, it is processed under strict regulations of the Norwegian Seafood Council. The cadre of inspectors devoted to this endeavor is affectionately known as the "skrei patrol."

Last year Norwegian chef Espen Larsen visited American restaurants to teach staff how best to prepare and serve skrei. This year, three locations of Legal Seafood are offering skrei for a limited time — through March 22. You can sample this delicacy at their Washington 7th St, Tysons, and Crystal City locations. Visit their "skrei page" for more information: www.legalseafoods.com/about-really-fresh-fish/



Norwegian chef Espen Larsen at Legal Sea Food in 2016. Photo by Urd Milbury of the Royal Norwegian Embassy in Washington, DC. Left: Legal Seafood's 2017 entrée of roasted skrei, sweet pea mash, and rainbow carrot salad with bacon shallot vinaigrette.

events/skrei-february-23-march-22-402.

The *National Geographic* praises skrei and Norway's sustainable fishing practices here: <http://theplate.nationalgeographic.com/2016/04/07/savor-the-fleeting-season-of-skrei-king-of-cod/>.

Norwegian Language Classes Every Wednesday at Norway House

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](#). A new beginner's class started in January — it's not too late to join!

Cost is a bargain \$10 per hour to the Instructor and \$5 per evening to SoN Lodge. The Lodge provides coffee and other beverages. Contact the instructor, Nina Brambani Smith, at language@norwayDC.org for more information.

U.S. Marines stationed in Norway - first since WWII

In mid-January 330 U.S. Marines arrived for a one-year deployment in Værnes, Norway as part of a bi-lateral agreement between Norway and the US. This is the first time since WWII that Norway has allowed foreign troops to be stationed on its soil.

The move is seen by many as sending a message to Russia, which has protested the deployment. According to the *New York Times*, a spokeswoman for the Russian Foreign Ministry said, "The relationship between Norway and Russia is put to a test now. Instead of developing economic cooperation, Norway is choosing to deploy United States troops on Norwegian soil." See www.nytimes.com/2017/01/16/world/europe/norway-us-russia-marines.html?r=0

The deployment has general support among the Norwegian population, but with some trepidation according to the *NY Times* article, since it conjures images of the Cold War era when the Soviet Union was perceived as a very serious threat.

This deployment came less than one week after a much larger one to Poland and other Baltic nations. Both deployments are part of the U.S. military's Operation Atlantic Resolve, started under the Obama administration and intended to support members of NATO.



A United States Air Force C-5 Galaxy unloading cargo at Værnes Air Station. A snowman signals at the end of the ramp. Photo by M.Sgt., Dave Nolan, USAF via Wikimedia Commons.

Some speculate that the new administration may withdraw some troops early. But according to Michael Mazarr of the RAND Corporation, it would be better to "go to Russia and say: 'Look, we've had a lot of misunderstandings lately, we recognize that some of what the United States and NATO have done may be perceived by you as provocative. Let's find a way to work this out that might lead to some kind of an agreement where in a year, we're pulling some of those troops back, but we're doing it in concert with Russian withdrawals from the western military districts of Russia.'" See www.npr.org/sections/parallels/2017/01/12/509520482/u-s-troops-

"Okkupert" Season Two — U.S. release this fall

The supremely popular and addictive Norwegian TV series *Okkupert* (Occupied) was released in the U.S. about one year ago; Season two will most likely be available in the U.S. this Fall. The political thriller is set in the near future. Norway's Green Party is in control and has stopped the nation's oil production. In response, the European Union "invites" Russia to "help" Norway resume production. The occupation does not stop with the oil rigs. We'll keep you posted about the season two release date.

Lodge members and a First Lady at literary event

Excerpted from an article by Lodge member Christine Meloni which will soon appear in the Norwegian-American. A link to the full article will be in next month's Capital Viking.

The Alan Cheuse International Writers Center at George Mason University, in conjunction with the Embassies of Denmark, Iceland, Norway, and Sweden, and Argos Books, presented "An Evening of Nordic Literature" on February 8th at the Danish Embassy in Washington, DC.

Norway's contribution to the evening was a performance of the opening scene of Jon Fosse's play "Someone is Going to Come." The two actors, Nanna Ingvarsson and David Bryan Jackson, had performed in Scena Theatre's recent Washington, DC's premiere performance, directed by Robert McNamara. The largely Scandinavian audience showed their enthusiasm for the actors' mesmerizing performance.

Iceland was represented by Eliza Reid, a Canadian who met Icelandier Gudni Johannesson at Oxford in 2003 and married him the following year. He was recently elected Iceland's President and she is, therefore, Iceland's First Lady. When she moved to Iceland, she discovered a country whose people were great lovers of the written word. One finds more statues of writers here than politicians. Iceland publishes more books per capita than any other country in the world,

Reid talked of the impressive annual Christmas



Eliza Reid, First Lady of Iceland and co-founder of the Iceland Writers Retreat, extols Iceland's long literary tradition. Photo by John Olsen.

Book Flood (*Jolabokaflod*). Everyone eagerly anticipates this October event in which publishers flood the market with new books. As books are by far the favorite Christmas presents, the people then have ample time to do their holiday shopping. Presents are given on Christmas Eve and people then spend the night reading! This tradition began during World War II.

She pointed out Iceland's long literary history that dates back to medieval times. The *Sagas of the Icelanders* and the *Poetic Edda*

are still widely read and translated in Iceland. And in 2011, Reykjavík, Iceland's capital city, was

(Continued on page 9)



Lodge members Barbara Myklebust, Christine Meloni, and John Olsen at the Danish Embassy.

Norwegian-Icelandic Summit at Norway House

Last month four Lodge members met at Norway house with several members of the Icelandic Association of Washington, DC to compare notes on our programs and Christmas Festivals, and explore mutual interests. One exciting outcome is the possibility of holding a pan-Nordic festival, possibly in Fairfax, VA. In diplomatic-speak, the meeting was cordial and fruitful.

The Icelandic Association holds five annual events, rather than monthly meetings. Their Christmas Festival is less than 1/2 mile from Norway House — at the American Legion Post in Fairfax, VA. Other events include Thorrablot (see www.iceland.is/the-big-picture/people-society/traditions/thorrablot/), a June 17 Independence Day celebration held at the Icelandic Ambassador's Residence, and a family Christmas Party. Visit their web site at www.icelanddc.com.

Members of SON and the Icelandic Association



From left: Denise Bowden (SON), Gunnar Birgisson (IA), Doris Goodlett (SON), Joseph Flaig (IA), Erna Pomrenke (IA), Susie Fosaaen (SON), and Gary Kolomichuk (IA). Also attending were Marie Hansen (SON) and Veronika Kolomichuk (IA).

are likely distant cousins. Iceland was settled in the late ninth century by Norse Viking explorers. Icelandic is the closest of all Scandinavian languages to the Old Norse spoken by our Norwegian ancestors.

Next year we hope SON members will add the Icelandic Christmas Festival to their calendars. As always, it will be announced in the *Capital Viking*.

(Continued from page 8)

designated a UNESCO City of Literature.

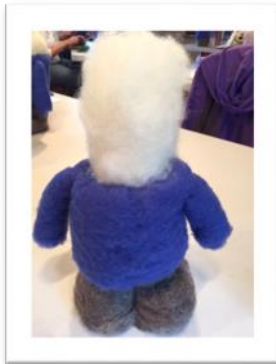
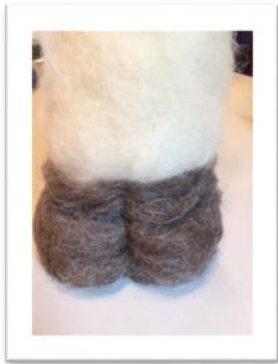
In 2014, Reid co-founded the very successful Iceland Writer's Retreat. She emphasized that it is an event for "everyone who enjoys writing, not just for published authors." Well-known author Geraldine Brooks led a workshop at the retreat's inaugural event. When she was asked about her experience there, she replied,

Iceland is the most creatively stimulating place I have ever set foot. The landscape is so other-worldly that it forces you to see with fresh eyes. And being in a culture that's so rich in literature is remarkable: the depth and breadth of the writing tradition and the modern commitment to literature is breathtaking.

Sweden was represented by poet Johannes Helden and one of his translators, Elizabeth Clark Wessel, who read excerpts from his poem "Astroecology" (Argos Books, 2016), which illustrates the gradual degradation of our world. They alternated their readings - he in Swedish, she in English - while haunting images of the decay of organic matter (e.g. plants, pets) and of inorganic material (e.g. drones, data systems) were projected on a screen behind them.

The poet Katrine Øgaard Jensen represented Denmark. She began by reading one of her own poems, "Time Machine," in which she describes her mother's slow, undignified descent to her death.

The special evening ended with an invitation to the wine and cheese reception offered by the Danish Embassy.

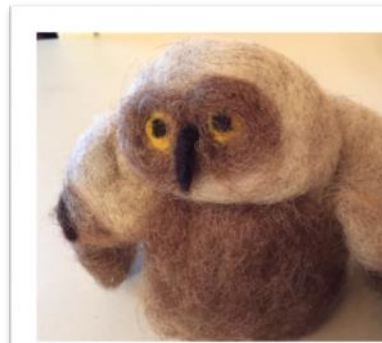


Evolution of a gnome

Last month Lodge members learned how to construct adorable woolen nisser, without sewing a stitch! Our nisser magically took shape under the direction of fiber artist Karen Richardson, whose winsome creatures will be available at our next Christmas Festival. We all learned a lot about wool from Karen — its different sources and properties—and about gnomes of different nationalities. Everyone left the workshop as pleased as a nisse in a warm barn!

In addition to the Scandinavian nisser, Karen makes cuddly rabbits, owls, trolls, and even pumpkins. She explained that making felted creatures is much more popular in Northern Europe, where she has learned advanced techniques — check the expressive face of the troll at right.

You may contact Karen at ka-renprich@gmail.com to adopt one of these critters or to schedule your own workshop. Her website is www.woolshoparts.com.



The new generation of nisser is shown below, with their creators: Georgia Vincent, Nancy Vincent-Johnson, Sarah Sundt, Doris Goodlett, Marie Hansen, Karen Richardson, Margie Goergen-Rood, and Denise Bowden. Tina Keune and Shelley Berg Mitchell also attended and took photos — tusen takk to both — and to Karen for a great day!



GIG update — patience, persistence, and luck

By Lodge member Jeff Jorgenson

On Sunday, February 26, 2017, several members of the Genealogy Interest Group (GIG) were part of a posse – if you will – led by amateur genealogist and guest speaker John Norquist. Based on a name provided by Washington Lodge members JoAnn and David Carlson, the GIG team spent the next 2 hours attempting to locate the birth record and associated information for this Norway-born family member using key internet tools and genealogical tricks.

The initial data set consisted of a name, approximate birth date, some place names in Norway (possible farm name or place of birth?), and some place names in the United States (including Minnesota as a destination point). Feeling lucky, Norquist entered the name into the Family Search database. This search produced some basic information that had already been entered into that database by another person known to the Carlsons, as well as indications that the subject of this search and other family members had spent time in Iowa.

Supported by this additional information, Norquist logged on to the Digital Archives of Norway. The search began at the 1910 and 1900 Census Records, but was not productive. The team then moved on to Parish Birth Records. Norquist explained that in some instances the entire Parish was treated as a single unit, while in other instances the data were segregated or sub-divided

by individual Congregations. In most instances, the names of people were listed chronologically, but in some cases the boys were listed chronologically on the left side of the page while the girls were listed chronologically on the right side. Furthermore, reporting could change over time as Parishes and Congregations merged or separated. To complicate matters even more, geographic names could also change over time. Despite line by line searches through several Parish and Congregation records, no useful information was located about the subject of this search. In response, Norquist suggested repeating the several

searches focusing on the most reliable information and using variations of the search term/name, as well as the various place names passed down through family lore that could in fact be farms or villages or something else.

Having exhausted the most promising leads, Norquist and the GIG team turned to immigration records. These records are searchable by several terms including name, port, departure date, and place names (for example farm, village, or parish). While the search for this missing relative was not clearly successful, this exercise resulted in several data subsets that could in fact include this person. In other searches, Norquist has iden-



From the left: David Carlson, JoAnn Carlson, Gena Norquist, David Brown, John Norquist, Marvin Reed, Burt Koske, Renee Johnson. Photo by member Jeff Jorgenson

(Continued on page 12)

(Continued from page 11)

tified the name of the ship or boat, located copies of the passenger list, and determined that the trip from Norway to the United States included stopovers in Liverpool, England, or Quebec, Canada. Clearly there is much to be learned about your relatives if you are willing to put in the time. In conclusion, Norquist recommended patience

and persistence when conducting genealogical searches. A little bit of luck also helps.

The next GIG meeting is scheduled for Sunday, March 19 at Norway House (2–4 pm). David Brown will talk about the results of his genealogical research. Questions and visitors are always welcome!



The Mission of Sons of Norway

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

Reading Circle Events

March: On Monday, March 6th, the Reading Circle plans to attend a reading of “The League of Youth” by Henrik Ibsen, performed by the Shakespeare Theatre Company, at the Landsburgh Theatre. This play was our reading selection for February. If you would like to attend the reading and meet us for dinner near the theater beforehand, contact Christine Meloni. The reading is free but reservations are required. <http://www.shakespearetheatre.org/events/rediscovery-mar-2/>

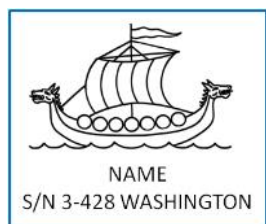
April: The book selection for April is *Before I Burn* by Gaute Heivoll. The author tells the true story of an arsonist who terrorized his small town in Norway for an entire month in the 1970s.

June: The book selection is *Land of Hidden Fires* by Kirk Kjeldsen. The author will speak at the June 24 Lodge Meeting— details forthcoming. We also will discuss the book at our June 21 Reading Circle meeting.

For more information and updates, contact Christine Meloni at reading@norwaydc.org or visit www.norwaydc.org/reading.



Name Badges — don't go to meetings incognito!



Washington Lodge Name Badges are available with either a magnetic holder or with a pin on the back. Personalized badges may be ordered from Burt Koske for \$10. (Pin or Magnet). Contact Burt at any Lodge event, or email him at kobur@cox.net.

Magnus Carlsen is 2016 World Chess Champion!

By lodge members Barbara and Joel Myklebust

Magnus Carlsen (Sven Magnus Øen Carlsen) of Tønsberg, Norway, won the 2016 World Chess Championship in November, 2016. As the reigning world champion, he successfully defended the title in a match with Sergey Karjakin (Russian, formerly representing Ukraine).

Carlsen retained his World Chess Championship title in a twelve-game match, followed by a dramatic tiebreak. Despite the high drawing rate, Carlsen, age 26, and Sergey Karjakin, age 25, played exciting chess throughout the championship. Karjakin is a chess grandmaster and a former chess prodigy.

Carlsen participated in his first tournament — the youngest division of the 1999 Norwegian

Chess Championship — at the age of 8 years and 7 months. A chess prodigy, Carlsen earned his grandmaster title in 2004, at the age of 13 years and 148 days. This made him the second-youngest grandmaster in history at the time. Carlsen's "positional mastery" and "endgame prowess" have been compared to former world champions Bobby Fischer and Anatoly Karpov.



On November 30, his birthday, Norwegian Magnus Carlsen won his third consecutive World Chess Championship.

The March, 2010, the rating list of FIDE (*Fédération Internationale des Échecs*, which governs international chess competition, and is among the biggest sports organizations in the world) showed Carlsen with a new peak, only bettered by Kasparov at that time. In May, 2014, Carlsen achieved an all-time high record.

Fairfax Genealogical Society Spring Conference discounts end soon

The 2017 conference will be held March 31 — April 1 at the Westin Tysons Corner, 7801 Leesburg Pike, Falls Church, Virginia. Discounts for the Fairfax Genealogical Society Spring Conference will end March 15.



This two-day conference features guest speakers and special break-out sessions on topics such as re-searching Irish and German ancestry (Norwegian ancestry was featured last year). Also, experts are available to help with your individual questions. The official web site is <http://fxgs.org/cpage.php?pt=61>

February meeting photos

Our speaker, Erik Brun, is shown at left with member Tordis Briseid Fahringer. Tordis's father served in US 99th Battalion during WWII, which was the subject of Erik's presentation and whose members were Norwegian-Americans and Norwegian nationals. Like many soldiers who see brutal action, Tordis's father rarely talked about his war experience, so she had great personal interest in Erik's presentation. And thank you, Tordis, for sharing his military medals.

Photos from all Lodge events are posted on www.flickr.com/photos/norwaydc/albums



More photos from the February meeting



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

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

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

Members Recommend...



- Viking ship trove in Scotland www.seeker.com/mysterious-viking-ship-burial-yields-a-trove-of-artifacts-2253087356.html
- Testing autonomous cars in Norway <https://cleantechnica.com/2016/12/26/norway-likely-permit-self-driving-vehicle-testing-soon>
- Vikings make cover of National Geographic <http://press.nationalgeographic.com/2017/02/06/national-geographic-magazine-march-2017/>
- New Nordic business incubator in NYC www.nordicinnovation.org/news/green-light-for-new-nordic-incubator-in-new-york/
- Shrinking Arctic reindeer www.abc.net.au/news/2016-12-13/reindeer-shrinking-in-arctic-as-climate-changes/8114750
- Why bestemor never taught you Norwegian www.norwegianamerican.com/featured/why-bestemor-never-taught-you-norwegian

Norgesskolen Summer Program

Norgesskolen is accepting applications for summer programs in Norway for kids age 9 to 18. The three-week summer school offers programs in Norwegian language and culture for children of Norwegian parents or for children who wish to maintain contact with Norway and Norwegian culture, and to learn about the Norwegian school system. It is run by Nordmanns-Forbundet/Norwegians Worldwide, a non-profit which aims to maintain the contact between Norway, Norwegians living abroad and friends of Norway all around the world. More information can be found at <http://norgesskolen.no/english>. Member Inger Dreng alerted us to this opportunity.

A permanent Life Insurance policy is the finest financial instrument ever devised

- | | |
|--|--|
| ⇒ It lasts until you die | ⇒ You decide when and how to use the cash values |
| ⇒ It is tax-sheltered | ⇒ When the stock market goes down, the cash values still go up |
| ⇒ It is portable | ⇒ It can be used to help provide a secure retirement |
| ⇒ It is guaranteed | ⇒ And it's yours. No one can take it away from you |
| ⇒ It contains cash values that can be used for emergencies, opportunities, college, premium payments, etc. | |

For information about Sons of Norway's financial benefits contact:

Michael Beck, LUTCF
(p) 757-716-8830
mike@vavalueins.com
www.vavalueins.com



Ålesund, hidden gem of the west coast

This is part of a series by lodge member Christine Meloni on “Norway’s roads less traveled.” The author is Paul Anderson, Honorary Consul General for Norway to Illinois. Reprinted with permission from the [Norwegian-American](#).

Consul Anderson suggests that you visit the unique town of Ålesund, and he offers several convincing reasons:

Ålesund is often overlooked by U.S. tourists planning a trip to Norway and by many Norwegians as well. Those traveling to Norway, particularly for the first time, typically include Oslo, Bergen, Stavanger, Trondheim, and Tromsø—or combinations of these cities—in their itineraries. Ålesund is not frequently considered when planning that dream excursion.

However, Ålesund is not totally out of the way or an undiscovered destination, as some of the more exotic locations covered in this “Norway’s roads less traveled” series have been. Since Ålesund is one of my favorite Norwegian places to visit, it is my pleasure to describe this beautiful, unique, and somewhat off-the-radar part of Norway.

Located on the west coast of Norway, Ålesund is a town made up of seven islands that are connected by tunnels. The downtown area is widely known for its unique and beautiful Art Nouveau or Jugendstil architecture. After being completely

destroyed by a massive fire in 1904, the city was rebuilt in this new style. Therefore, it has a dramatically different appearance, architecturally speaking, from most other Norwegian cities.

It is a perfect town to take long walks and admire the architecture, to frequent the ubiquitous shops and boutiques, and to have a coffee or drink at a café located along the water. Because

the city is made up of islands, the water is a constant presence and dictates much of the activity in town.

Aside from shops and restaurants, I would highly recommend that those who are adventurous enough should climb

the 400 plus steps to the Fjellstua viewpoint on Aksla Mountain. The climb will be energizing (or worse), but, when you arrive at the top, you will discover the very nice and recently remodeled Fjellstua Restaurant with its tasty cuisine and spectacular view of the town. The walk down the mountain, of course, is significantly easier—but be careful not to trip!

There are many wonderful restaurants in Ålesund in all price ranges and cuisines. Seafood is certainly excellent here and many places specialize in seafood delicacies. Bacalao, a form of dried and salted codfish, is a popular seafood dish and is delicious. It is a major export of the Ålesund area, particularly to Portugal and Spain. In fact, the Norwegian word bacalao comes from bacalhau,

(Continued on page 18)



After being completely destroyed by a massive fire in 1904, the city was rebuilt in the Jugendstil (Art Nouveau) style. Photo by Terje Borud / Visitnorway.com

(Continued from page 17)

the Portuguese word for cod.

Ålesund itself is fascinating and one could walk around town for quite some time without becoming bored. But another reason I am so fond of Ålesund is the many activities found in close proximity. It is easy to take day trips to nearby scenic areas.

It is located in the heart of fjord country and stands near the gateway to the Geiranger fjord. A UNESCO-protected site, this is one of the most scenic and probably the most famous of Norway's fjords. It has two stunningly beautiful waterfalls, the Seven Sisters Waterfall and, across the fjord, the Suitor Waterfall. (The suitor is apparently watching the seven sisters dance!) Hotel Union is a perfect place to stop for lunch with its traditional Norwegian atmosphere and food. In good weather, you will want to make sure you have lunch outside on the terrace; you may never want to leave because of the awe-inspiring view of the fjord.

If you have not had the opportunity to view the fjords in person, I can only say that you must make time to do this at some point in your life. The fjords are perhaps the most magnificent nat-

ural sites in the world and really should not be missed. The only natural formation I have seen in person that could compare to the fjords is the Grand Canyon.

I have always been partial to casting a line in the water for a little fishing, and the smaller fjords around Ålesund are a perfect opportunity for this. Ålesund has many day and half-day charters for fishing. Try your luck and you might even catch your limit of torsk (cod)!

Another popular quick trip is to drive out to the Alnes Lighthouse located on the island of Godøya. The drive alone is breathtaking and, once you have arrived in Alnes, there are wonderful views to be enjoyed.

Also close by is the Atlantic Sea Park, an excellent aquarium. It is first rate and is reputed to be one of the finest aquariums in the world.

I must also add that the people in Ålesund seem to be among the friendliest in Norway, and they are eager to show off their beautiful town to all visitors.

The next time you plan a trip to Norway, make a point of including beautiful Ålesund in your plans.



Kayaking right in the city! Photo: Visitnorway.com

Asparagus and Jarlsberg Cheese Tart

1 Frozen puff pastry sheet, thawed
 2 cups Jarlsberg cheese, shredded
 1 pound Asparagus
 1 tbsp. Olive oil
 1 tbsp. Fresh thyme leaves
 1 salt and pepper, to taste

1. Preheat oven to 400 degrees. Prepare a baking sheet with parchment paper.
2. Roll out the puff pastry into a 16-by-10 inch rectangle, trimming uneven edges. Place on baking sheet. With a knife, lightly score the pastry dough 1-inch from the edges to mark a rectangle. Using a fork, pierce dough inside the markings at ½-inch intervals. Bake until golden, about 15 minutes.
3. Remove the pastry shell from the oven, and sprinkle with the shredded Jarlsberg. Trim the bottoms of the asparagus spears to fit crosswise inside the pastry shell – arrange in a single layer over the Jarlsberg, alternating ends and tips. Brush with oil, sprinkle thyme leaves, and season with salt and pepper. Bake until spears are tender, about 20 minutes.



Source: www.jarlsberg.com/us/about Check this site for other good Jarlsberg recipes. For interesting info on the cheese itself, see www.theguardian.com/lifeandstyle/wordofmouth/2013/sep/09/hole-jarlsberg-cheese-norway

Norwegian Language Meetup in NoVA

Snakker du norsk? If you would like to apply, maintain, or hone your Norwegian speaking skills in a casual social setting, join the Norwegian Meetup Group! You can find more information about us and/or join us by following this link: www.meetup.com/NOVA-Norsk-Language-Group/. Although all levels are welcome, you will need to know more than a few phrases since all our conversation will be in Norwegian. We usually meet once a month in the Arlington area at a restaurant or a pub near a metro stop. There is no charge for the event. We can promise you that there will be great conversation and a chance to share and learn about Norwegian culture.



Tubfrim Contest — Win tickets to Scandinavia

For every pound of stamps donated in 2017 you, or Washington Lodge, earns one entry in the 2017 raffle for an airline ticket to Scandinavia. Give your used stamps from **any nation** to Pat DeRoche, or leave them at the front hall table at Norway House. Tubfrim is a charity benefitting children in Norway. Visit their website www.tubfrim.no.

This stamp shows white water rafting on the Sjoa river in Jotunheim National Park. It was issued by Norway on April 19, 2013 as part of a series on tourist attractions.



Sunshine Committee

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

Around the 3D (SON Third District)

Fredriksten Lodge 105th Anniversary

Sat., March 25 1 — 5 PM

187 State Rd., Bensalem, PA, a suburb of Philadelphia

Dinner and music for dancing, cash bar. \$35 per person. RSVPs to Paul Notwick, 20 Summer La., Levittown, PA 19055. (215) 915-0561 fjordhorse57@gmail.com. If you're interested in carpooling from the DC area contact Doris Goodlett at president@norwaydc.org.

Folk Dance Lessons at Fredriksten Lodge

April 8, 1 PM

187 State Rd., Bensalem, PA 19020.

Fredriksten Lodge in Bensalem, PA, a suburb of Philadelphia, invites you to an afternoon of folk dance instruction by Susan and Ken Olson, with music by Ellen Lindstrom. RSVP by April 1. Contact Doris Beck at 215-542-7374 or email DLB1716@verison.net.

Norden Lodge 80th Anniversary

April 30, 12 — 4 PM

Marconi Manor

333 Moffit Boulevard, Islip, NY.

Festivities include music by Ellen Lindstrom and her 5 piece Swedish Meatballs Band. The Buffet Dinner includes beer, wine & soda with a cash bar for other drinks. \$55.00 per person. Reserve by April 10, 2017. Checks payable to: Norden Lodge 407 and send to Karen Helms, 183 Evergreen Avenue, Bethpage, NY 11714. Contact Karen at 516-935-0751.

John Karlsen Memorial Golf Tournament

May 5 – 7, 2017

Land of the Vikings in Sherman, PA.

Golfers and Non-Golfers Welcome

Reservations: call 570-461-3500 or email viking-land@tds.net (Bev or Rick)

Tournament Fee: \$70.00. Fee Includes: Golf, Greens Fee, Meal and Prizes.

Send checks by April 15th to Audun Gythfeldt, PO Box 702, Pocono Pines, PA 18350. Contact Audun at 570-646-3817 or audun99@ptd.net



Land of the Vikings (LOV) Youth Camp: Camper and counselor applications available

The 3D offers a youth camp this summer at LOV in northeast PA and is soliciting applications for campers (age 8-15), counselors, and a camp director. The sessions run July 9-15, July 16-22, or July 23-29. The camp's focus is on Norwegian culture and language, and outdoor activities. Camp fees are \$300/week. Application deadline is June 15. Contact 3D Youth Director Susan Olson at dancnswede@optonline.net or 631-849-2287 for information about the camp. Email editor@norwaydc.org for applications.

In addition to the camp, LOV offers lodge-type facilities with very reasonable rates. It is ideally suited for group retreats such as family reunions and sports clinics. For more information about reserving space at LOV call 516-791-3983 or see <http://3dsofn.org/land-of-the-vikings/about-lov/>.

Norwegian detective series on MHz TV in March

“Mammon” is a Norwegian detective television series that was broadcast on NRK1 in 2014 and 2016. MHz Worldview began showing the series last month. Unfortunately, we didn’t learn of the broadcast in time for the February newsletter.



But below you’ll find the Wikipedia summary of the first three episodes, and the schedule for the last three. In Norwegian with English subtitles. **Where to find MHz Worldview:** WNVC channel 30.1, Cox 470, Comcast 271, Fios 0451, and RCN 301.

Episode 1 “The Victim” — Journalist Peter Verås receives a tip from an anonymous source about a scandal within the Norwegian financial world. The evidence incriminates his own brother, a senior director within one of Norway’s leading financial companies. In spite of these factors, Peter decides to let the newspaper publish this story. Vibeke Haglund, an investigator of financial crimes, reveals some disturbing information for Peter, and the hunt begins.

Episode 2 “The Awakening” — Peter finds out after 5 years of investigating that his brother Tore was pushed to commit suicide. He and his sister-in-law Eva circle to the top of a financier, who knew about Tore’s secret. He discloses the word “Abraham” before he commits suicide. Despite that, Peter continues his search for the truth, while having the thought of keeping his family out of trouble. The police later don’t believe the statements that Peter made about what happened to his brother, Tore.

Episode 3 “The Descent” — After some investigating, Peter finds a connection between his brother’s suicide and Aage Haugen’s suicide: they both were in possession of paintings that make reference to child sacrifice, according to the Bible. They were both afraid that something awful was going to happen to their own children, and they both committed suicide on the same date. Peter’s theory goes onto saying that someone pushed them to commit suicide, and that the paintings are a cry for help.

Episode 4 “The Pact” — Sunday, March 5 at 9 PM and Monday, March 6 at 12 AM

Episode 5 “The Murder” — Sunday, March 5 at 10 PM, Monday, March 6 at 1 AM, and Sunday, March 12, at 9 PM.

Episode 6 “Doomsday” — Sunday, March 5 at 11 PM, Monday, March 6 at 2 AM, and Sunday, March 19 at 9 PM.

Follow this link for an interesting article on TV watching trends in the Nordic countries:

www.nordicom.gu.se/en/current-topics/news/tv-viewing-nordic-countries-2015



Instructions for recording volunteer hours: for Lodge members only

By lodge member Burt Koske

Sons of Norway collects the number of events, hours and funds that lodges and districts devote to membership and community activities. This information is required by the American Fraternal Alliance (AFA). The AFA uses our data to lobby on the behalf of fraternal benefit societies.

Please contact Burt Koske at kobur@cox.net if you have any questions about the following instructions.

Two Google Forms are available. You can submit Individual hours and Group Event hours electronically, rather than sending paper to the Lodge Secretary. If the member does not have internet access, they should call either Jeff Jorgenson or Burt Koske to enter your hours.

[2017 Individual Hours Form](#)
[2017 Group Event Hours Form](#)

All Group Events and Individual Activities should include round trip travel time hours if travel is involved. If individual travel time is not available for group events, the average travel time I've used is about 1.5 round trip hours.

Activities are either "Membership" or "Community" activities. Nearly all are "Membership" activities. The list of "Community" activities is listed at the end of these Instructions.

When inputting information on the Google Forms:

- Volunteer hours are only for Sons of Norway activities.
- Precision is not important - be generous.
- Members' hours do not have to be recorded

in the month they occurred. They can be submitted at any time during the year. However, it is preferable if entries are made promptly.

The Individual Hours Form or Individual Activity Tracking Sheet

To be used by lodge members to track their individual Sons of Norway volunteer hours, with the exception of group events (see Group Event Hours Form).

- Include Individual member hours for preparation and planning for Group Events.
- If performing similar activities (e.g., Officer Duties) during a month. You can combine the activities into a single entry for the month.
- Members should use the Individual Hours Form (see link above).
- Members submit their hours on the Individual Tracking Forms (monthly if possible)
- Board Members should use "Officer Duties" for most activities, unless it is not part of your assigned duties.
- At the end of the year, the Secretary records the Individual hours on the annual Lodge Achievement Form.

The Group Event Hours Form

To be used for group events (3 or more members). Do not enter individual activities on the Group Event Form. Activities during the Group Event are included in a single entry.

(Continued on page 23)

(Continued from page 22)

- The event leader or Secretary should make the entry for Group events.
- Major Group meeting entries should be made by the Secretary: including lodge meetings, board meetings, and Festival/Bazaar
- Entries for Other Group Events should be made by the Group Leader including: Reading Circle, GIG, Syttende Mai Picnic, Fairfax Fall Festival, and other committee meetings, etc.
- Group Events include total participants (members & non-members). Total number of volunteers are recorded, but only members' hours are recorded.
- **Festival/Bazaar:** This is a group activity (Group Event Form), it involves multiple days and many members. The Lodge sets up a separate Google form for volunteers to determine the times and hours that they plan to work. Then we estimate hours worked over the 3-day period. Hours include: selling, loading and hauling, café with food service, set-up, check out, take-down, clean-up and travel time.
- **Lodge Meetings:** Include preparation hours for homemade potluck items. Store-bought items do not count. Include member hours for set-up, clean-up and food preparation. Members who just attend a lodge meeting will not be recorded unless they participate in the business meeting.
- **New Member Brunch:** New members, lodge officers/directors/committee chairs who contribute.
- **Language Class:** Since members have to pay a fee, volunteer hours for the Language Class are not counted. However, the number of Language Class events during the year is recorded only on the Lodge Achievement Form. Setup and cleanup hours before and after the classes should be recorded on the Individual Tracking form.
- **Generally:** Include hours for members who actively contribute to group events.

Community Service

- **Fairfax Fall Festival** (or other similar community group activity e.g. Lutefisk Dinner).
 - ◇ Planning & Arrangement (hours on Individual Form)
 - ◇ Booth members (# volunteers and member's working hours on Group Event Form)
- **Adopt-a-school** (hours on Individual Form). If 3 or more members are involved in a School Program, use the Group Event Form.
- **Tubfrim** (hours on Individual Form) If 3 or more members are involved in a Tubfrim working meeting, use the Group Event Form.



At least 83 volunteers helped at the 2016 Christmas Festival! These guys really HAD been working hard.

Directions to Norway House

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

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



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

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

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

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

Reusing Capital Viking Content:

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

Lodge Leaders and Contacts

Lodge Website:

www.norwaydc.org

President: Doris Goodlett

703-278-8724 or president@norwaydc.org

Vice-President: Dave Brown

703-378-5271 or vp@norwaydc.org

Secretary: Jeffrey Jorgenson

703-503-3061 or secretary@norwaydc.org

Treasurer: Bill DeRoche

304-725-2710 or treasurer@norwaydc.org

Financial Secretary: Henry Hansen

703-815-4945 or financial@norwaydc.org

Hospitality Director: Susie Fosaaen

703-861-4071 or hospitality@norwaydc.org

Librarian: George Edwards

703-220-1681 or librarian@norwaydc.org

Cultural/Programs: Denise Bowden

programs@norwaydc.org

Newsletter Editor: Marie Hansen

703-815-3467 or editor@norwaydc.org

Webmaster: Vacant

webmaster@norwaydc.org

See the website for a full list see

www.norwaydc.org/officers/.

About Capital Viking

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

Address Changes:

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

U.S. Mail:

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

Find Us on Facebook:

<https://www.facebook.com/groups/SonsofNorwayDC>

Newsletter Deadline:

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