



Capital Viking

www.norwaydc.org

Hurra for Syttende Mai!

The Lodge joins other area organizations each May to celebrate Norwegian Constitution Day. These events traditionally replace the May meeting at Norway House.

Syttende Mai Gala - Friday, May 13, 2016

Cocktail reception at 6:30 PM, followed by dinner & entertainment at 7:30 PM. See flyer, on page 24.

[Capital View Ballroom, Key Bridge Marriott](#)

1401 Lee Highway, Arlington, VA 22209

- **Honorary Guest:** Maj Gen Finn Kristian Hannestad, Defense Attaché, Royal Norwegian Embassy.
- **Tickets:** Regular price \$110. Discount ticket for students/young associates \$45.
- **Reservations:** [Register online](#) or contact office@naccma.org or 202-468-2529.
- **More information:** Lasse Syversen, 301-641-7908 or lasse@flagship.com.
- **Sponsored by:** The Norwegian-American Chamber of Commerce Mid-Atlantic Chapter • The Norwegian Church Service in Washington DC • Norwegian Ladies Club • Lakselaget DC • Sons of Norway, Washington DC Lodge • Norwegian Society of Washington DC

Author and outstanding speaker **Timothy Boyce** will be at Norway House Friday, June 17 for an updated program on Odd Nansen's diary as POW in Nazi concentration camps. See his web site <http://timothyboyce.com/>. Watch for info in June newsletter.

Syttende Mai Picnic - Sunday, May 15, 2016, 1 — 3 PM, Carderock Park on the Potomac River, in Montgomery County, MD. Directions: <https://goo.gl/maps/4yZUMf6saFz>.

Music, parade, free food and drinks, games for children. All are welcome, free admission! See flyer page 25 for details. Contact: Lasse Syversen at lasse@flagship.com or 301-641-7908.

The Lodge always helps with the picnic — if you can lend a hand please call or email Susie Fosaaen at (703) 861-4071 / hospitality@norwaydc.org .



LODGE CALENDAR

www.norwaydc.org/events

All activities are at Norway House unless otherwise stated. Directions on page 23 and www.norwaydc.org/directions.

Syttende Mai Gala Dinner

Friday, May 13, 6:30 — 11 PM
Key Bridge Marriott,
Rosslyn, VA
Page 1 and flyer on page 24

Syttende Mai Family Picnic

Sunday, May 15, 1 — 3 PM
Carderock Park on the Potomac
Montgomery Co, MD
Page 1 and flyer on page 25
[Directions](#)

Genealogy Interest Group

Sunday, May 22, 2 PM
Page 12

June Lodge Meeting

Fri, June 17, 7 PM
Speaker Timothy Boyce — see page 1
<http://timothyboyce.com/>.

Reading Circle

Tuesday, June 28, 7:30 PM
RSVP to reading@norwaydc.org for location.
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Norw. Language & Conversation

Every Wednesday
Beginner 6 PM, Interm. 7 PM, Adv. 8 PM
www.norwaydc.org/language page 22

OTHER AREA EVENTS

Leif Ove Andsnes Film:

“Concerto: A Beethoven Journey”

Wed, May 4, 8 PM
Austrian Cultural Forum,
3524 International Court, NW,
Washington, DC
<http://acfdc.org/upcoming-events/>

Lakselaget May Luncheon Meeting

Sat, May 7, 11:30 AM

“Midnattsol: A Painting Expedition in Arctic Norway”
Clydes of Tysons, 8332 Leesburg Pike, Vienna, VA
\$30 Members / \$40 Non-members
RSVP by May 4 to Lakselaget.dc@gmail.com
See www.lakselagetdc.org/calendar/

Norwegian Church Service

Sunday, May 8, 3 PM
Emmanuel Lutheran Church, 7730 Bradley Blvd.,
Bethesda, MD
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

Hedda Gabler Adaptation

May 11 — June 19
Studio Theater, Washington, DC
www.studiotheatre.org/plays/ See page 5

Am. Scandinavian Assoc. Meeting

Mon, May 16, 8 PM
St. John's Church
Wisconsin Ave. & Bradley Blvd., Chevy Chase, MD
“Jacob Riis: An Immigrant Story” In 1870 Riis, a photographer and Danish-American, published *How the Other Half Lives*, kindling the development of a social reform movement in the US. www.scandinavian-dc.org/Meet-1.htm

TSC Choral Concert, Norwegian Composers

Sun., May 22, 4 PM, Concert
Sat, May 21, 10 AM, Workshop
National City Christian Church
5 Thomas Circle NW, Wash, DC
Featuring works by Ola Gjeilo and Kim Andre Arnesen. Mr. Gjeilo will perform. Reception following.
Tickets \$25 / \$20. See page 5
<http://thomascirclesingers.org/concert-series/>

Scandia DC—Dancing

Sat, May 21 7 pm
Greenbelt Community Center, 15 Crescent Dr.,
Greenbelt, MD
Recreational Scand. dance group. Live music. \$10.
www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@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/>

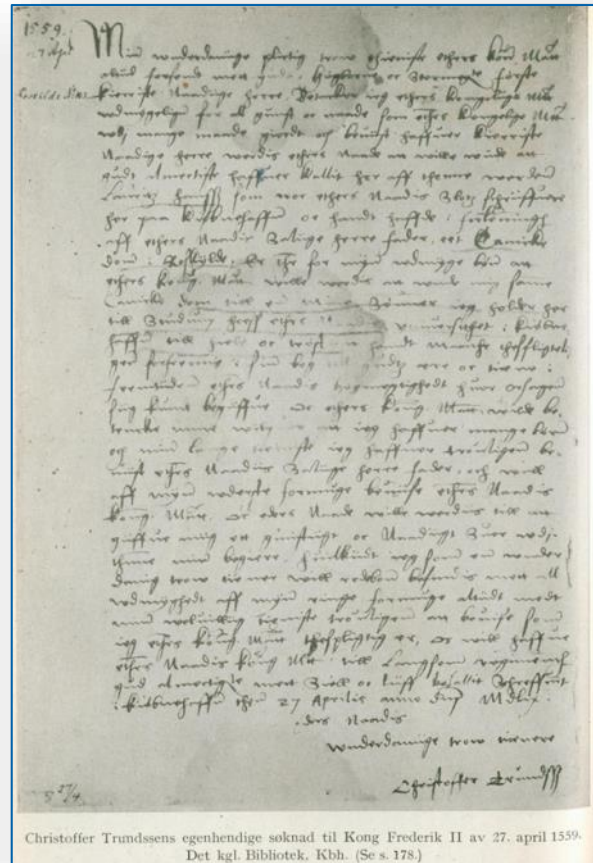
KRISTOFFER TRONDSSON: PIRATE AND ADMIRAL

Lodge Member Joel Myklebust introduces his ancestor from the 16th Century

The Genealogy Interest Group (GIG) of the DC Sons of Norway chapter rekindled my interest in learning more about my ancestry. I was intrigued when I looked closely at a family tree prepared by my uncle for my grandparent's golden wedding anniversary in 1953. He had traced both of my paternal grandparents back nearly 500 years to the same individual, Kristoffer Trondsson (Rustung). I decided to follow both lines, and I learned what I could about the people and their times. This has turned into a fascinating journey of discovery about the family, and a rewarding learning experience about the remarkable resources and genealogical tools available through the Internet.

One of the conclusions that I reached is that every family has heroes and black sheep, and mine has its share of both. However, I think it is rare to find both in one person. The title of a book written about Kristoffer Trondsson sums it up: "Pirate and Admiral."

As a young man Kristoffer worked for Olav Engelbrektsson, possibly his uncle. Olav was the last Catholic Archbishop of Nidaros, the leader of the Catholic Church in Norway. In this position, Olav participated in the political intrigues involving Norwegian nationalists, the exiled Danish King Christian II, and his successors Frederick I and Christian III. In fact, Olav served as the Regent of Norway from 1533-1537, when the Norwegians did not recognize the authority of the Danish King.



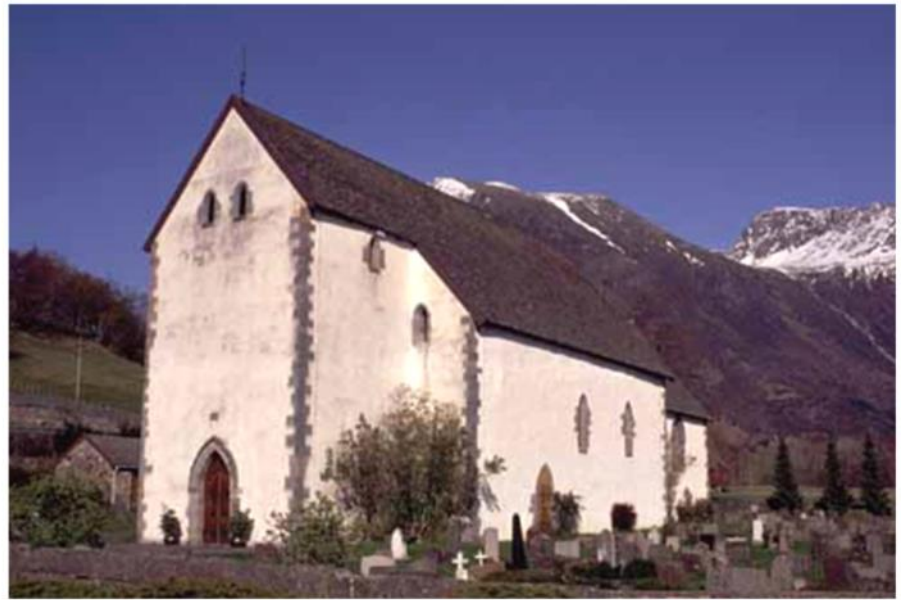
1559 letter to King Christian III from Kristoffer Trondsson, preserved in the Royal Archives of Denmark. Image via Wikipedia.

Kristoffer Trondsson served as a right hand man for Olav, and led a number of campaigns against Olav's enemies, principally one Vincens Lunge and Lunge's mother-in-law Inger Ottesdotter Romer (Lady Inger of Austrått). Along the way, he captured vessels belonging to the Dutch, Scottish, and English, and was branded a pirate.

The high (low?) point of Kristoffer's service to Olav was chronicled in the opera "Olav Engelbrektsson," which is apparently performed biannually in Trondheim. Kristoffer, working at the behest of Olav, arranged the execution of Lunge,
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who had been sent by the Danes to enforce the annexation of Norway as a province of Denmark. Olav was subsequently exiled to the Netherlands as the reformation swept across Scandinavia. Protestant historians vilify him as "... an untrustworthy and scheming prelate."



After Olav's death in the Netherlands, Kristoffer was left without a patron, and he supported himself as a Priva-

The Kvinnherad Church, built in approximately 1275. Kristoffer Trondsson is buried in the vaulted cellar. Wikipedia.

teer. He then wrote a letter to King Christian III of Denmark, shown on the preceding page, asking for pardon. This resulted in his appointment as an Admiral in the Danish Navy. Among his campaigns were a voyage to Iceland to quell a rebellion, and service in the Northern Seven Years war with Sweden. For his service, he was rewarded with a

large number of farms in southwest Norway, principally in what is now Hordaland Fylke (county). He had one son and seven daughters. One of the daughters, Else, traces to my paternal grandmother, and another daughter, Kristine, traces to my paternal grandfather. Kristoffer died in 1565 and was buried under the Kvinnherad Church.

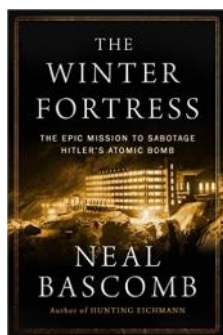
Membership Directory is coming!

Watch for opt-out form in your email

The Lodge will publish a new membership directory this summer. It will be a printed document, rather than electronic, to hopefully avoid having information disseminated outside the Lodge.

We will include street address, phone number, and email address for each adult member (age 18 and over) based on information in our membership records. If you do not want all or part of this information in the directory, you will have a chance to opt-out. You'll also have a chance to update. Watch for the "update/opt-out" email in the next few weeks.

Spy Museum Hosts Program on WWII Vemork Heavy Water Raid May 11



On May 11th author Neal Bascomb will share highlights from his new book, *The Winter Fortress*, about the daring raid on the Nazi heavy water plant in Vemork, Norway. A recep-

tion sponsored by the Norwegian Embassy follows. Wednesday, May 11, 6:30 PM. The Spy Museum, 800 F St. NW, Washington, DC. Tickets \$10. www.spymuseum.org/calendar/detail/the-epic-mission-to-sabotage-hitlers-atomic-bomb-an-evening-with-neal-bascomb/2016-05-11/ or call the museum at 202-393-7798.

Hedda Gabler Adaptation at Studio Theater May 11 — June 19

The Studio Theater will stage a modern adaptation of Ibsen's *Hedda Gabler* by Irish playwright Mark O'Rowe. "*Hedda Gabler* is a touchstone of modern drama — it's endlessly fascinating, particularly in this adaptation, which blows all the dust off and makes the play strikingly modern." says Studio's Artistic Director David Muse. www.studiotheatre.org/plays/play-detail/hedda-gabler

Audition for Nordic-themed Christmas Revels

Fri., May 20 and Sat. May 21—times TBD

531 Dale Dr., Silver

Spring, MD 20910

<http://revelsdc.org/get-involved/audition/#tab-1>



Norwegian Composers in Lodge-supported Concert May 22 & Workshop May 21

On Sunday, May 22nd, the Thomas Circle Singers (TCS) will present a **concert** featuring the music of two Norwegian and two American composers, including the world premiere of a work by Oslo-born Ola Gjeilo. Mr. Gjeilo will also perform. Works by Norwegian Kim André Arnesen and Americans Blake Henson, Daniel Elder will also be offered. A reception follows the concert. Profits from TSC concerts go to N Street Village, which supports homeless and low-income women in Washington, DC. Our Lodge included TSC in our charitable donations this year.

May 22nd at 4 PM, National City Christian Church, 5 Thomas Circle NW, Washington, DC. Tickets in advance: \$25 regular / \$20 seniors and students. <http://thomascirclesingers.org/concert-series/>

Saturday, May 21, 10 AM — 1 PM, a **choral workshop** will be hosted by TSC and the DC/MD American Choral Directors Association at the same location. It will feature an extended reading session of compositions by Ola Gjeilo, with Gjeilo at the piano, and a Q&A with the composer. For fees and registration info see <https://www.eventbrite.com/e/choral-workshop-with-ola-gjeilo-tickets-4900159509>

Norway's Roads Less Traveled...

Spitsbergen, Svalbard

By Lodge Member Christine Foster Meloni
Reprinted with permission from the Norwegian-American www.norwegianamerican.com

When you visit another country, you shouldn't miss the popular sights. They are usually popular for a good reason. But every country has special places that fly below the radar and Norway, of course, is no exception. So we have decided to ask some individuals who are very familiar with Norway to tell us about places Americans should not miss.

We posed the question first to the Norwegian Ambassador to the United States, Kåre R. Aas: ***An American is planning to visit Norway. He/she has skimmed a few tourist guides and is planning to see the usual must-see sites. But he/she also wants to do something special that the average tourist might miss. What would you suggest?***



His response is the subject of this article, which is the first in our new series, "Travel in Norway: Off the Beaten Track." Responses from Norwegian Consuls in the United States will follow in subse-

quent issues.

The Ambassador's Response:

This is a difficult question because there is so much to see and explore in Norway. However, I would specifically recommend travelling to Spitsbergen, the largest and the main island of the Svalbard archipelago.



Svalbard is halfway between the Norwegian mainland and the North Pole.

About 2700 people live here, halfway between the Norwegian mainland and the North Pole. It is a spectacular place – both during winter and summer. I myself have been there several times, and the beautiful scenery up in the Arctic continues to amaze me.

There are many reasons why Svalbard is my choice. There is something about the atmosphere – laid-back, open, a good "community feel."

And the landscape is absolutely amazing! As Svalbard is located 78 degrees north, you are able to enjoy the midnight sun from late April nearly through August. During the dark, magical winter-

time, chances are good of seeing the Northern Lights.

Hiking and riding dog sleds are both wonderful ways to explore the area. But remember there are polar bears in the area, so



Forlandet National Park, Svalbard. Photo by Per Harald Olsen, Wikipedia

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no one should leave the settlements without a guide with a gun!

Svalbard represents the Arctic where people live, work, and go to school. It is an important place for science and research, and it is where the “global seed vault” is located – a seed bank near Longyearbyen that is seeking to preserve a wide variety of the world’s plant seeds.



Ecotourism in Svalbard—tourists viewing a glacier. By Woodwalker - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=5383144>

I could go on and on, but the bottom line is that Svalbard is a place out of the ordinary. I urge everyone to visit – and to bring warm clothes!

Planning a Trip

If you decide to take the Ambassador’s advice and go to Svalbard, Scandinavian Airlines offers flights from either Oslo or Tromsø to Svalbard Airport in Longyear.

Remember the Ambassador’s warning about bringing warm clothes! The average temperatures in July range from 37.4 and 44.6° F (3 and 7° C), and in January between 8.6 and –4.0° F (–13 and –20 °C). I would personally opt for July although it wouldn’t really feel at all like summer despite the midnight sun!

Tourism is becoming an important industry in Svalbard. The Ambassador mentioned the polar bears which are one of the island’s main tourist attractions. Although they are a protected species, anyone leaving the settlements is required to

carry a rifle to be used in self-defense if attacked.

Research is another important industry. An article about the research being carried out by NASA and European Space Agency scientists on the island, entitled “Hunting for Martians on Svalbard,” appeared in the 27 November 2015 issue of the *Norwegian-American Weekly*. Svalbard has similar characteristics to Mars and is, therefore, an ideal place to prepare for future expeditions to Mars.

The Global Seed Vault, built by the Norwegian government, is a very interesting endeavor. The purpose of the vault is to preserve duplicates of all the earth’s plant seeds, protecting them from extinction in the event of catastrophes such as wars, plant disease, climate change, and asteroid strikes. The vault was recently opened for seeds from Syria that were in danger of disappearing because of the current situation in that war-torn country.

To learn more about it and understand why Svalbard was considered an ideal site for the seed

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vault, read the informative article about it in the Spring 2007 issue of *Norway News* at www.norway.org/PageFiles/243249/New_ofNorway1-07.pdf. For more detailed information about its construction, go to NAW's website and read the article "Svalbard Global Seed Vault: Construction of the Year 2008" (March 27 2009).



Entrance to the Global Seed Vault. Photo: Norwegian Ministry of Agriculture and Food.

[doomsday-vault-secure-your-seed school.](#)

Scott Pelley, Correspondent of the popular TV news magazine "60 Minutes," visited the vault in 2008. See www.cbsnews.com/news/a-visit-to-the-doomsday-vault/ for a very interesting article about his visit. An intriguing video of Pelley visiting the interior of the vault can be found at [www.dailymotion.com/video/x50vl3 the-](http://www.dailymotion.com/video/x50vl3_the-)

Looking Ahead

Ms Elin Bergithe Rognlie, Norway's Consul General in New York, will share her recommendation in the next article in our series, "Norway's Roads Less Traveled."

Our Members Recommend...

- ♦ **Frozen attraction at Disney World's Norway Pavilion:** www.visitnorway.com/media/news-from-norway/new-frozen-attraction-takes-shape-at-disney-worlds-norway-pavilion/
- ♦ **Viking movie completely in Old Norse language:** <http://sciencenordic.com/viking-movie-will-be-entirely-old-norwegian>
- ♦ **Munch prints at Tacoma Gallery, on loan from DC collector Sally Epstein:** <http://artdaily.com/news/86385/26-of-Edvard-Munch-s-exceptional-prints-and-a-key-painting-on-view-at-the-Tacoma-Art-Museum#.VyUanvkrKU>
- ♦ **No wool, no Vikings—the fleece that launched 1,000 ships:** www.hakaimagazine.com/article-long/no-wool-no-vikings



SON Members to Greet Norwegian PM on May 13



Norway's Prime Minister Erna Solberg. Photo: Norwegian Government/ Thinkstock

The Norwegian Embassy invited a limited number of members to join other area Norwegian-Americans in welcoming Prime Minister Erna Solberg in the White House Rose Garden on May 13th. Unfortunately, we only had two day's notice for this opportunity. The Embassy had equally last-minute notice from US authorities. Members were notified via email and sign-up was on a first-come, first-served basis. We're looking forward to hearing about the ceremony!

Prime Minister Solberg will attend a U.S.-Nordic Leaders summit hosted by President Obama at the White House on the 13th, to be followed by a State Dinner that night.

SON Folk Art Exhibition and Competition Deadline Approaching

Showcase your talent at the 2016 SON Third District convention in Myrtle Beach, SC, June 8-12. Entrants are not required to attend the Convention.

Each Lodge may submit entries from members for rosemaling, weaving, Hardanger embroidery, Norwegian themed needlework, hand knitting/crocheting, wood carving, photography, and more. Application forms must be submitted by May 20. Contact Cultural Chair Denise Bowden at programs@norwaydc.org.

For more information see <http://3dsofn.org/wp-content/uploads/3Dculturalexhibitgreetingz.pdf>.



Bell strap woven by Lodge member and Nordic fiber artist Linda Hurt

U Street Music Hall Hosts Norwegian Jarle Bernhoft, May 11

Jarle Bernhoft has been called a "retro-soul" singer, but he's also a composer, lyricist, and instrumentalist known for lyrical loops. Catch him on May 11, 7 PM, at the U Street Music Hall, 1115 U Street NW, Washington, DC. Ticket and artist information at www.ustreetmusicall.com/event/1116503-bernhof-shudderbugs-washington/

Photos from the April Lodge Meeting

See all photos at [www.flickr.com/
photos/norwaydc/](http://www.flickr.com/photos/norwaydc/)



More Photos from the Meeting...



Genealogy Interest Group (GIG) Meeting

Four Lodge members attended the April GIG meeting: Marvin Reed, Jeff Jorgenson, Gary Johnson, and Burt Koske.

The Fairfax Genealogical Society (FxGS) held the Spring Conference on the 1st and 2nd of April at the Westin Tysons Corner. Conference attendees included Gary Johnson, Greta Dahlman, Joyce Lawrence, and myself.

The GIG members have been making good progress to prepare updates to the Genealogy links for the Lodge website.

Joel's genealogical article is in this issue of the newsletter on page 3. I hope all of you are considering writing your own genealogy article. These articles can also be included in the Roots Project.

Since Mother's Day is 8 May and the 17 mai picnic on 15 May, the May meeting will be held at Norway House at 2:00PM on Sunday, 22 May. At the April meeting we had decided that we would break up into groups to help each other and possibly break someone's brick wall.

I will send out a reminder before the meeting. All members interested in genealogy are welcome. I look forward to seeing you all at the next meeting.

Burt Koske
kobur@cox.net



An "America Trunk." No doubt some of our ancestors used a similar trunk when journeying to the new land. Photo: Vest-Telemark Museum. http://vest-telemark.itum.com/sider/tekst.asp?side=787&Indexpage=index_stud



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.

Norwegian Embassy Calendar

Check www.norway.org/News_and_events/Event-Calendar/ for events that may be added after the *Capital Viking* is published.



Film review:

Power and The Wave

By Linda Warren

Reprinted with permission from the Norwegian-American www.norwegianamerican.com

A director has the power to keep you in the moment. If he uses it well, you are strapped into the roller-coaster world of the movie and experience the thrilling “ups” and the side-busting screaming “downs.” You can’t escape and don’t want to.

The Wave, directed by Norwegian Roar Uthaug, is set in the Geirangerfjord region of Norway, a UNESCO World Heritage Site.

It is the story of a family’s survival. It is also about the power of expansion and contraction in life.

The father, Kristian, a geologist, prepares to move his family—wife Idun, son Sondre, and daughter Julia—to a new job in a big city.

Kristian has spent his career in Geiranger monitoring the Akerneset mountains to prevent another rockslide and tidal wave. The first rockslide was in 1905. The mountain plates expanded and rocks crashed into the fjord creating a tsunami that killed 60 people in a Norwegian town.

The furrows in Kristian’s forehead tell us that for



The Wave is available to purchase or rent (stream) from Amazon; Netflix lists it as a future release. The run in DC theaters has ended.

a long time he has focused on preventing another disaster. Kristian has struggled. Now he is ready to surrender to his co-workers the responsibility of saving lives.

Son Sondre is not ready to let go of the home he loves. He sinks into a morbid self-absorption that

will have disastrous consequences. Daughter Julia shows an unhealthy compliant lethargy.

Kristian and Idun use different gifts to guide their family through the transition. Kristian is an acute and caring listener. Idun thinks on her feet and solves prob-

lems with fierce confidence. She “runs” through the scenes, the camera racing to keep up with her.

We first see Idun’s strong legs sticking out from under the sink as she works to stop a leak. She asks for another wrench. Kristian does not know

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Filming took place in Geiranger, a UNESCO World Heritage Site in Møre og Romsdal, Norway.

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which is which. Sondre's slow response hints he won't be much use in a crisis.

Could Idun's ability to thrive in a small wet space, without her husband's or son's help, be a skill that could save her life? Watch what she does later with her powerful body to push the water out of the bomb shelter and to eliminate a threat to her son.

While Kristian can't handle a wrench, he can handle data, mountains of it. He is the first one to realize that Akerneset is now collapsing and the resulting rockslide will generate a killer tidal wave at any moment.

Unfortunately, Kristian, overpowered by self-doubt, allows his less-gifted co-workers to talk him out of taking the action he knows will save the town and family he loves.

As the mountain's plates contract, the family is pulled apart. Separated when the rockslide starts, Kristian and Julia race to higher ground while Idun descends into the hotel basement to save skateboarding Sondre. The music in his headphones drowns out her screams.

Sondre's behavior hammers home the power of error. Later, Sondre realizes what enormous consequences his actions have had and wants to die. He gives up at the moment his mother needs him most. We hope he turns his guilt into rage and fights with her for a different outcome.

The director missed an opportunity to tie Julia into this theme of power. She is too passive. She suffers, waits, and does what her father tells her. Fasten your seat belt. Hold on. Run! Even a young person can act in a crisis.

Growing up with her energetic parents, she would have ideas. She might put her stuffed toy under her coat to keep it dry when the water covered the road. After the water receded, she could charm the other children into a game to distract them while they waited to hear how their "lost" parents fared in the wave.

Julia's initiative would have made the reunion at the end of the movie complete. Now, all the family members are heroes—they acted to save one another.

Isn't this what we would all like to say about ourselves: that we are stronger and better after being hit by one of life's waves?

Happy May Birthdays!

Peter Arntson

Wayne Bowman

Peter Churchyard

Aage Ellila

Carolyn Figueiredo

Linda Freeman

Helen Freudenthal

Donald Fry

Doris Goodlett

Lee Halvorsen

Sofia Hammer

Billie Jameson

Ruth Kahn

Larry Lamborn

Christian Meloni

JoLee Michelsen

Charlotte Molinari

Ardis Morton

Brett Nelson

Gregory Ovrebo

Ross Schipper

Ellen Storm

Lauren Thomas

Marga Tucker

Keith Watters





Norwegian cheese-cake with gjetost-pecan caramel topping

Three traditional Norwegian cheeses are called for in this recipe. Gjetost (a variety of brunost, or brown cheese) can usually be found at Wegman's or Giant. Skjørost and snøfrisk are harder to find but substitutes are shown below. There is no substitute for gjetost!

Filling:

300g (11/3 cup) skjørost cheese or cottage cheese
 450g (2 cups) Snøfrisk cheese or cream cheese
 1 3/8 cup sugar
 3 large eggs
 1 TBS lemon juice
 1 tsp lemon zest
 3/4 cup sour cream

Crust:

2 2/3 cup graham crackers
 1/3 cup unsalted butter

Topping:

3/4 cup sugar
 2 3/4 TSP water
 3/4 cup heavy cream
 1 1/4 oz gjetost, sliced
 pecans, roughly chopped

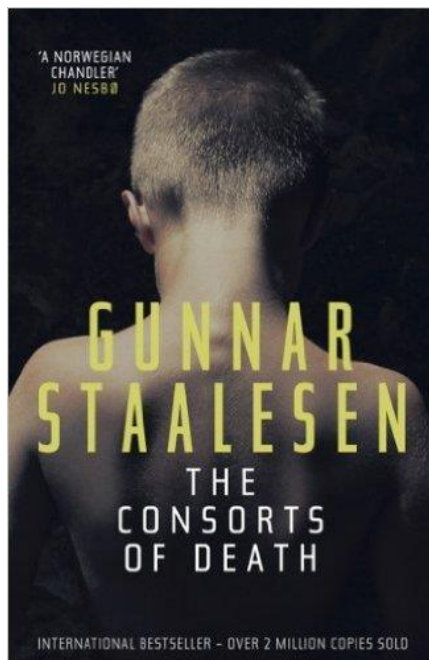
Preheat oven to 325°.

Crust: Crush crackers with a rolling pin or food processor. Pour into a bowl and add melted butter. Mix well. Line bottom of a 9 inch springform pan with baking paper and pour in crumb mixture. Press the crumbs down firmly to create a level base. Bake for ten minutes and let cool on a rack. Reduce oven temp to 300°.

Filling: Put cheeses and sugar in a bowl and blend with an electric mixer until fluffy. Add one egg at a time, mixing as you go. Add lemon juice, zest and sour cream and mix briefly. Use tin foil to wrap the bottom and sides of tin and place in a baking tray filled with 3/4-1 inch of water. Pour the filling onto the top of the cake base. Place in 300° oven and bake for 70 minutes. Turn off the oven and open door slightly, allowing cake to sit in oven for another 30 minutes. Cake should have a slight jiggle at center but be set on sides. Chill in fridge at least 4-5 hours before topping with caramel.

Topping: Heat sugar and water in a pan over medium heat, stirring constantly. Once sugar dissolves, stop stirring and continue heating until mixture turns an amber color. Take off heat so the sugar doesn't get too dark and add the cream and brunost. Stir well. Pour into a measuring cup and put in fridge to cool completely. Pour over chilled cake and top with nuts. For best results chill cake several more hours before serving, or overnight. **Recipe courtesy SON Newsletter Service**





June Reading Circle

We will be discussing Gunnar Staalesen's novel, *The Consorts of Death*, on Tuesday, June 28 (tentatively scheduled for 7:30 PM at Norway House).

Staalesen is one of Norway's top crime writers. He has created Varg Veum, an unforgettable character who was a social worker before turning private detective. In this exciting novel, Veum is on the death list of a troubled individual who blames Veum for sending him to prison. For more information and to RSVP, please contact Christine Meloni at reading@norwaydc.org. All are welcome.

The April meeting was a spirited discussion of Per Petterson's I Refuse. Those who have read the book know that the huge chocolate bar held by leader Christine Meloni has significance beyond snacking at the meeting.

First row: Joel Myklebust, Lynn Juhl. Second row: Christine Meloni, Doris Goodlett, Bonnie Fite, Marie Hansen. Linda Sponsler was also present. Barbara Myklebust joined from WI via Skype.



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

President's Message

Hei hei,

We enjoyed a wonderful meal and a good time at the "Family Night" lodge meeting on April 15th. It was a pleasure to meet Marvin and Betty Reed's son, daughter-in-law, and grandchildren. We hope they will come again. Thank you Marvin and Betty for bringing them.

Membership pins were ready to be awarded to 15 members, none of whom were able to attend. I have mailed pins to six who either live out of the country or out of state or contacted me with requests for mailing.

There will not be a lodge meeting in May, so the next pin awards will be at the June meeting. They will be awarded to: Brett Nelson for 25 years, Peter Churchyard for 20 years, and Brit Nora Gauthier for 15 years. We hope they will be able to attend so we can personally award their pins to them.

We hope to see some of our members at the Syttende Mai Gala Dinner on Friday, May 13th at the Key Bridge Marriott in Arlington. We also hope to see many of our members at the

Syttende Mai Picnic on Sunday, May 15th at Carderock on the Potomac Park in Maryland. It is free and a fun time for all. Come join the parade and experience the pride.



Norwegian Flag magnets for your car or refrigerator are still available from Burt Koske for \$5.00 each. Get yours while they last. Proceeds from the sale goes to Sons of Norway 3rd District to help defray the costs of their organizational operations.

Welcome to new members: Bonnie Fite, and Kristin and Joseph Halloran. Bonnie and her husband John came to our last lodge meeting and we enjoyed meeting them. Hope to meet Kristin and Joseph next time.

Beste hilsen,

Doris Goodlett



Handmade Quilt to be Raffled at 3D Convention

A twin-sized handmade quilt will be raffled at the 3D Convention in Myrtle Beach in June. \$1 per ticket, or \$5 for 6 tickets. The proceeds will go to the Land of the Vikings, the 3D Charitable Trust. If you are interested in purchasing tickets please contact Doris Goodlett at president@norwaydc.org.

Norway's National Day—What do Denmark, Sweden, and Napoleon have to do with it?

It's 1814, let's take a little trip...

It was perhaps Norway's most eventful year. When it started, Norway was ruled by Denmark, an absolute monarchy under King Frederik VI. Norway had been Denmark's "dependency" since 1536 — for almost 300 years. The political entity was called the Kingdom of Denmark-Norway.

But in 1814 Europe was in the final throes of the Napoleonic War. King Frederik VI of Denmark-Norway, on the losing side of the War, ceded Norway to Sweden in the Treaty of Kiel on January 14, 1814.

Norway refused to accept the Treaty, however, maintaining it was an independent nation deserving its own path. This wave of nationalism led to the Constituent Assembly at Eidsvoll, attended by representatives elected by state church congregations, localities, and military units.

Norway's constitution was drafted by these representatives in early May, and signed on May 17. At the time, it was considered one of the most liberal constitutions in the world.

But Sweden firmly supported the January treaty which granted it sovereignty over Norway. In July 1814 Sweden invaded and quickly suppressed the forces for independence. One month later a peace treaty was signed in Moss. By the autumn of 1814 Norway entered into a formal union with Sweden.

Celebrating Syttende Mai (May 17) was at first discouraged by Sweden and in fact was banned for a few years in the 1820's. About 50 years later



The Constituent Assembly at Eidsvoll in May 1814, by Oscar Wergeland - Archives of the Storting

it became a large and sanctioned event when Bjørnstjerne Bjørnson, lyricist of the national anthem, *Ja, vi elsker dette landet*, initiated a children's parade in Oslo (then Christiania).

In 1905 the union between Norway and Sweden was peacefully dissolved, hugely increasing the patriotic fervor of Syttende Mai celebrations. Fast forward to the end of WWII on May 8th, 1945, when the joy of liberation from the Nazi Occupation inspired an even greater celebration.

Today on Syttende Mai, hundreds of thousands of happy patriots throng the streets from Oslo to the smallest hamlets, dressed in their best, waving flags, and looking forward to ice cream and games after the parade. Norway's democracy is truly a gift worth celebrating.

Sources:

www.royalcourt.no/seksjon.html?tid=28691&sek=27320

www.visitnorway.com/about/history-traditions/national-day/



Welcome, Members Bonnie Fite and Kristin & Joseph Halloran, who joined in March

We're starting a new feature this month — introducing members who joined recently. We'll try to contact

new members so we can share a little about their lives and connections to Norway.

Given the difficulty of making connections and delays in getting some membership records, we anticipate a lag of one or two months. If we've omitted someone please accept our apologies and contact editor@norwaydc.org.

New members for March are Bonnie Fite and Kristin & Joseph Halloran. We were not able to contact the Halloran's for this issue, but let us introduce Bonnie.

Bonnie and her husband, John Fite live in Clifton, VA and have three sons and one daughter. Their youngest child, daughter Angela, will be gradu-

ating from Liberty University this month.

Bonnie has two sets of great-grandparents from Norway. Martin Tangen, on her mother's side, left Trondheim for America in 1903 and settled in San Francisco. Martin's wife Christina was also from Norway. Once he earned enough money for her trip, he sent for her to join him in the US. Bonnie's grandfather, son of Martin and Christina, was active in Norwegian-American organizations in San Francisco.

On Bonnie's father's side, her great-grandfather Emil Johannsen left Oslo (Christiana at the time) in 1887 and settled first in Minnesota but soon moved to Spokane WA. After getting established in Spokane, his Norwegian fiancé, Sophie Larson, traveled to Spokane, where they married.

Bonnie is in touch with her Norwegian relatives. An interesting note — the Norwegian last names of both great-grandfathers were changed to Johnson upon arriving in the US.

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

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

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



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

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



It is time to get down to business

"Cumulatively small decisions, choices, actions, make a very big difference" Jane Goodall

As can be expected at this time, your Third District Board and many of your fraternal brothers and sisters serving on convention committees are busy getting ready for the 64th District Lodge meeting to be held in June at Myrtle Beach, South Carolina. This location was specifically chosen to enable as many lodges as possible to attend. Each delegate makes a difference. The delegates set the course for the future direction of the Third District! You have a voice; I hope your lodge will use it by sending delegates.

Lodge delegates will receive a Convention Reports book in late April or early May via email. It is the delegate's job to discuss the various resolutions with his/her respective lodge and understand how the lodge wants the delegate to vote on a particular issue. I can't emphasize enough, this is your lodge's time to officially voice your thoughts and wishes on the future of the Third

District! Please try to take advantage of this opportunity. It only happens once every two years.



After the convention is over, each delegate should report back to his or her respective lodge with a summary of the important decisions made at the District Lodge meeting. The delegate should also announce the new officers and present any other items of interest or news that the lodge may want to know more about.

Yes, there is a serious tone to this letter because the business of running a District is serious. We have so much fun together at our socials that it is easy to forget that we are more than a social organization. It is time to really get down to business.

Jeg ønsker dere alt godt.

Mary

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/>. On the website, select a newsletter from the list on the right side of the page.



a little in English...

Ancient DNA Shows How Vikings Impacted Plants and Animals

Biologists Sanne Boessenkool and Anneleen Kool at the University of Oslo are researching how the Vikings' travels contributed to the spread of genetic material and development of biodiversity. For this purpose, they are using the DNA material of flax, barley and horses from the Viking era.

"The questions we are investigating have not been researched using ancient DNA material," explains Boessenkool. She specializes in evolutionary genetics and has been researching ancient DNA for the past nine years.

Past secrets revealed

"The fascination of old DNA material is that it reveals the secrets of earlier times. We gain insight into areas of life that we otherwise could not become aware of. It's almost like being detectives," says Boessenkool. Anneleen Kool works as a botanist and curator at the University of Oslo Botanical Gardens. She is particularly interested in the interaction between plants and people. Kool has been heavily involved in the planning of the University Botanical Garden's Viking Garden, which was dedicated in August 2014. The facility shows 70 crops that were used in Scandinavia during the Viking era. "It was natural to team up to seek new knowledge, not just about horses, flax and grain, but also about how the Vikings may have helped spread the genetic material to the areas where they settled, thus affecting the genetic composition of plants and



The Viking Garden at the University of Oslo's Botanical Garden. Photo by Axel Dalberg Poulsen, Norwegian Natural History Museum

animals," explains Kool.

Pivotal horses

"We have heard a lot about how exotic spices, silk and other fabrics were imported to Scandinavia during the Viking Era. But we know little about the genetic background of the plants and animals that the Vikings used and how they altered them both consciously and unconsciously," adds Boessenkool. When she chose specifically to research horses from Viking times, there were several reasons. The horse was of great importance for people both in practical matters, transportation and travel - and in religious ceremonies. A total of 26 horses were buried in the ship burials at Oseberg and Gokstad. Vikings from Norway had brought horses along to places such as Iceland and the Orkney Islands.

What similarities and connections we can find between horses from this era that have been found in various places? How did they change genetically and what percentage of Viking Era

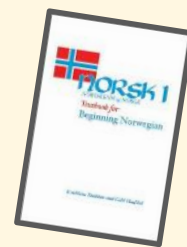
(Continued on page 22)

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.

(Continued from page 21)

genes is found in modern horses? These are some of the questions the two biologists want to answer.

litt på norsk...

Eldgammelt DNA viser hvordan vikingene påvirket dyr og planter

Biologene Sanne Boessenkool og Anneleen Kool ved Universitetet i Oslo, forsker nå på hvordan vikingenes reiser bidro til spredning av genetisk materiale og utvikling av naturmangfoldet. Til dette formålet bruker de DNA-materiale av lin, bygg og hester fra vikingtiden.

Fortidens hemmeligheter avdekkes

Det fascinerende med gammelt DNA-materiale er at det avslører hemmeligheter om tidligere tider. Vi får innsikt i deler av tilværelsen som vi ellers ikke kunne fått kjennskap til. Det er nesten som å være detektiv, sier Boessenkool, som opprinnelig er fra Nederland. Anneleen Kool, også hun opprinnelig fra Nederland, jobber som botaniker og kurator ved Botanisk hage. Hun er spesielt interessert i spillet mellom planter og mennesker. Kool har vært sterkt involvert i planleggingen av Vikinghagen, som ble innviet i august 2014.

Anlegget viser 70 nyttevekster som ble brukt i Skandinavia i vikingtiden. – Hva var da mer naturlig enn å gå sammen om å søke ny kunnskap, ikke bare om hestene, linet og kornet, men også om hvordan vikingene kan ha bidratt til å spre genetisk materiale til områdene der de bosatte seg, og dermed påvirket den genetiske sammensetningen av dyr og planter, forklarer Kool.

De viktige hestene

– Vi har hørt en del om hvordan eksotiske kryddere, silke og andre stoffer ble importert til Skandinavia i vikingtiden. Men vi vet lite om den genetiske bakgrunnen til plantene og dyrene som vikingene brukte og hvordan de endret det både bevisst og ubevisst, supplerer Boessenkool.

Når hun har valgt spesielt å forske på hester fra vikingtiden, har det flere årsaker. Hesten hadde stor betydning for menneskene både i praktiske gjøremål, transport og reiser – og i religiøse seremonier. Til sammen ble 26 hester gravlagt i skipsgravene ved Oseberg og Gokstad. Vikinger fra Norge hadde med seg hester til blant annet Island og Orknøyene.

Hvilke likheter og sammenhenger kan vi finne mellom hester fra vikingtiden funnet på ulike steder? Hvordan forandret de seg genetisk og hvor mye av vikingtidens gener finnes i dagens moderne hester? Dette er noen av spørsmålene de to biologene ønsker å få svar på.

SofN Newsletter Service

Directions to Norway House

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

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



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

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

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

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

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

www.norwaydc.org/officers/.

About Capital Viking

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

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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.



The Norwegian-American Chamber of Commerce
Mid-Atlantic Chapter

together with

*The Norwegian Church Service in Washington DC, Norwegian Ladies Club, Lakselaget DC, Sons of Norway, Washington DC Lodge
and Norwegian Society of Washington DC*

Invites you to join the celebration of the
THE NORWEGIAN CONSTITUTION
Syttende Mai Gala



REGISTER NOW

For this year's Syttende Mai Celebration Gala
Key Bridge Marriott, May 13, 2016 6:30pm-11pm

Cocktail Reception starting at 6:30pm

followed by

Dinner & Entertainment at 7:30pm

Honorary Guest

*Maj Gen Finn Kristian Hannestad
Defense Attaché, Royal Norwegian Embassy*



Register online now at <http://www.naccma.org/events/gala2016>

You can also call / e-mail your reservation to office@naccma.org | 202-468-2529

Tickets include: Welcome drink • 3 course dinner • wine service • entertainment

Attire: Black Tie Optional, Service Uniform, Bunad, Cocktail / Evening Attire

Tickets

Student/Young Associates USD 45

Earlybird Standard Ticket USD 95

(Take advantage of the earlybird rate until April 1st, regular price USD 110)

*Capital View Ballroom at the Key Bridge Marriott in Arlington 1401 Lee Highway, Arlington, VA 22209. Take the Rosslyn Key Bridge
exit off I-66 or Rosslyn Metro stop. Event parking: Complimentary • Hotel information: www.keybridgemarkriott.com*

The Royal Norwegian Embassy • Norwegian Church Service in Washington, DC • Lakselaget DC
• Norwegian Ladies Club • Norwegian Society of Washington DC • Sons of Norway, Washington
DC Lodge • Norwegian-American Chamber of Commerce Mid-Atlantic Chapter



17. mai Family Picnic

Join us in Celebrating Norway's Constitution day!

Sunday, May 15, 2016

1 pm – 3 pm

GUEST SPEAKER

Mr. Jon Åge Øyslebo

Minister Counselor

Royal Norwegian Embassy

All Welcome! Free admission!

Music • Parade • Free Food and Drinks • Games for Children

Carderock Park on the Potomac River
Montgomery County, Maryland

For more information, please contact: Lasse Syversen, lasse@flagship.com, 301-641-7908

From Beltway I-495 take Exit 41 west on Clara Barton Parkway. Right exit before overpass for Carderock Park; left on overpass onto short winding road under the canal. Inside park entrance, turn left for parking (additional parking on the right). Please park only in designated parking areas (you will be ticketed if you park on the grass!)