

SONS OF
NORWAY

Capital Viking

April Lodge Meeting: Lundehunds

Saturday, April 14, 2012 at 4:30 p.m.

Karon and Mike Plasha will bring their Lundehunds and present a multi-media program about Lundehunds (Norwegian Puffin Dogs).

At Christ Lutheran Church:
3810 Meredith Drive, Fairfax, VA.

www.norwaydc.org/directions

Please note that this is a **Saturday** meeting. Following the program, a spaghetti dinner will be served at 5:00 p.m. The suggested donation is \$8 for adults and \$4 for children under 12.



About the Program

Please join us and a few of our Lundehund friends on April 14th.

It's been an exciting year for the Norwegian Lundehund, with a lot going on in the American Kennel Club (AKC) world. Along with all the smaller dog shows around the country, our four legged friends have now shown in both the Eukanuba dog show in Orlando in December 2011, as well as the Westminster dog show in February 2012. There were also several promo spots on national news programs during the week of the Westminster dog show.

For those unfamiliar with the Norwegian Lundehund, they are considered the oldest and rarest breed of dog in the world. Archeological evidence suggests they survived the last ice age and accompanied the Vikings on their journeys. Their six toes on each foot are just one of many specialized characteristics this breed developed to survive the harsh weather and terrain of Norway.

I along with a few other Lundehund owners will be demonstrating all their specialized characteristics and explore why each of those traits helped in their survival.

- Karon Plasha and Lundehund friends

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Holiday Festival & Bazaar Volunteers Needed

We've started the Holiday Festival & Bazaar planning for 2012 and will need volunteers in order for this to be our best Festival ever - culturally as well as benefiting the Lodge financially.

In the months leading up to the bazaar, volunteers can help with: publicity, inventory, ordering, scheduling cultural performers, logistics, pricing items, and many other tasks. If you can spare a little time - or a lot - contact Susie at bazaar@norwaydc.org.

Report from Norway House

- by Karon Plasha

Many THANKS to all those that worked on Norway House in March.

We got a lot accomplished with the purchase and delivery of 100 new chairs along with 4 new tables on Friday the 16th. We now have ample comfortable seating for all our future events that can be easily stacked and rolled out of the way when not in use. The chair cushions are blue with small red and white specs that fit nicely in with the Norwegian decor. My thanks to Kristin Stone, Elizabeth Stone and Marvin Reed who joined me in unpacking and moving the chairs into the lodge from the driveway - a special thanks to the weather for holding back and not raining on our efforts.

Sunday the 18th brought a lot of helpers to Norway House for our Spring Cleaning and Repair day. We were able to accomplish quite a lot in a few hours. All the upstairs windows were cleaned with the little stink bug bodies removed and the windows and sills cleaned, both inside and out. The high rafters were dusted, light bulbs replaced, baseboards and floors swept and mopped. The Kitchen and Bathrooms were also cleaned. We also unwrapped all the packaging from the chairs and hauled 75 of them to the upstairs for our March meeting on Bunads and sewing event.

Outside was not forgotten, with bushes clipped and debris gathered and removed. The gutters were checked, the porch was repaired where we had a squirrel nest in the ceiling and the driveway door was repaired so it closes properly. The upstairs is now complete so our next event will concentrate on the basement.

Many hands really do make lighter work so my thanks go out to all those that joined me on Sunday with a special thanks to Debbie and Ardis who prepared a wonderful dinner of chicken, rice and vegetables for the hungry workers. The work elves weren't quite complete and also finished the light fixture and downstairs bath during the week.

Please give a special thank you to everyone that participated when you next see them for giving their time to the lodge so we didn't have to pay for the services provided.

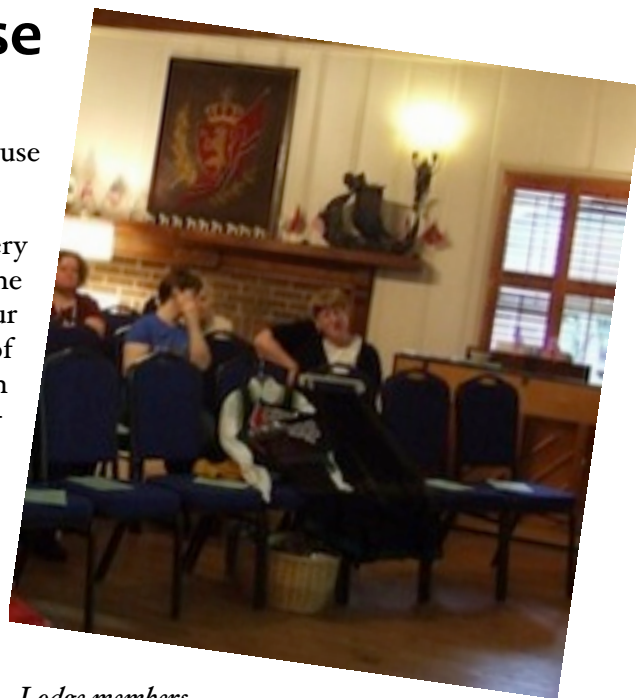
- Karon Plasha

Attendees for our spring cleaning and repair day:

- Henry and Marie Hansen
- Bill and Pat DeRoche
- Nicole Finch

- Norbert Fuegenschuh
- George Edwards
- Ardis Morton
- Kristin Stone
- Marvin Reed

- Denise Bowden
- Susie Fosaaen
- Debbie Fosaaen
- Greg Ovrebo
- Karon Plasha

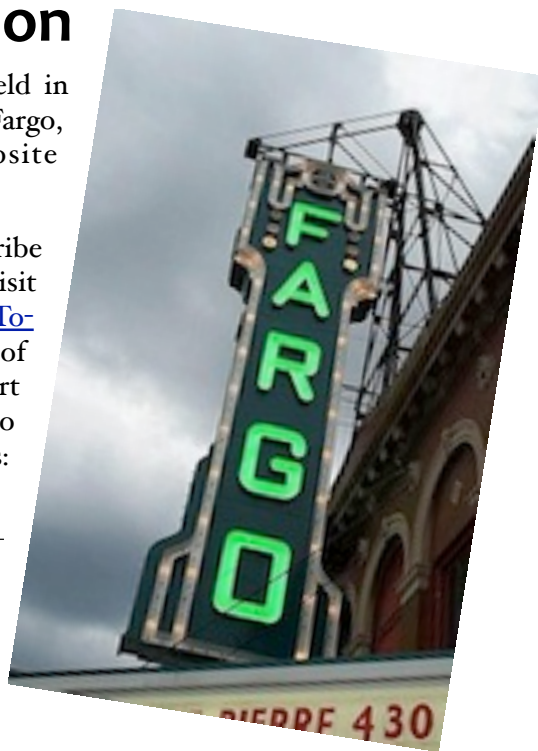


Lodge members certainly enjoyed the new chairs at our March meeting. Of course, since we're Norwegian, nobody wanted to sit in the front row. Maybe we could have saved a few dollars and not bought chairs for the front row....

Sons of Norway Int'l Convention

The 2012 Sons of Norway International Convention will be held in Fargo, ND, from August 22-25. If you're thinking about going to Fargo, you should make sure to check out the convention website (www.sonsofnorway2012.com).

The website has a lot of great info about Fargo, which they describe as one of the friendliest metro areas in the nation. Make sure to visit the "Things to Do" page (www.sonsofnorway2012.com/Things-To-Do.aspx) where you can learn about some of the wide variety of activities you'll find in Fargo: Celebrity Walk of Fame, Plains Art Museum, Red River Zoo, Northern Plains Botanical Garden, Fargo Air Museum, Buffalo River State Park, and for you golfing buffs: Osgood Golf Course and Prairiewood Golf Course.



Syttende Mai Activities



Make your plans now to attend our lodge's May activities in celebration of Norway's Constitution Day!

Syttende Mai Dinner Dance

The 17 May Dinner Dance will be held on **Friday, May 18**, starting at 6:30 p.m. at the Capital View Ballroom at the Key Bridge Marriott in Arlington, VA. The evening will start

with a cocktail jazz reception with music by Sara Jones & Arkitecture. Dinner will follow, with a choice between salmon, chicken, or New York Strip. The evening's speaker will be Col. Helge T. Markussen, Asst. Defense Attaché and Air and Defense Cooperation Attache.

Black tie is optional for the Dinner Dance. Tickets are \$65 for adults (\$75 for the NY strip entree choice) and \$35 for children. Visit our website to download the flyer/reservation form:

www.norwaydc.org/events.

Syttende Mai Family Picnic

The 17 May Family Picnic will be held on **Saturday, May 19**, from 1:00-3:00 p.m. at Carderock Park in Montgomery County, MD. As in previous years, you can be sure to have fun, with music, a parade, free food and drinks, and games for children. Catering will be provided by German Gourmet.

For more information, download the flyer from our website: www.norwaydc.org/events.

Join Sons of Norway or Give a Gift Membership

Current Dues: Individual \$48.50
(International \$30 + District \$8.50 + Lodge \$10.00)

Spouse \$ 41.50

Youth: \$19.25

Your children & grandchildren: FREE!

Children 15 years of age or under who have a parent or grandparent who is a SofN member may sign up for a free Heritage Membership. Youth ages 16 through 23 who have a parent or grandparent who is a SofN member may be a free Unge Venner member.

For more information or to sign up online visit www.norwaydc.org/membership. If you don't have internet access, call (800) 945-8851.

Sons of Norway Cultural Skills Program

Traditional Norwegian Cooking

If you've never participated in Sons of Norway's Cultural Skills Program, now is a great time to start. The Cultural Skills Program, a benefit for members, provides a framework for learning about traditional and contemporary Norwegian culture.

For each unit, you'll complete a few activities, send them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. You can complete the units on your own or as a group (for example, the lodge Reading Circle is working together to meet the requirements for their pins in Reading Norwegian and Norwegian-American Authors).



Balls of lefse dough waiting to be flattened with a rolling pin. Photo credit: [Lance Fisher via Creative Commons](#).

Getting Started

To earn a Cultural Skills pin for cooking in one of the levels listed below, you'll need to prepare a few specific dishes, take pictures, and fill out a recipe review form. Each cooking level also requires you to complete one elective activity. Unlike some of the other cultural skills units, the cooking unit allows you to complete the three levels in any order.

Level 1: Traditional Favorites

You're going to dive right in and prepare five traditional Norwegian dishes. Which items you make is up to you, but be sure to select from a wide variety.

Level 2: Baked Goods & desserts

You will be focusing on traditional Norwegian baked goods and desserts. You will need to make one recipe from each of four categories: Fancy Cake, Bread, Cookie, Dessert or Candy.

Level 3: Meat & Fish dishes

Fresh fish has long been a Norwegian staple, and many seasonal favorites are made from pork, lamb and beef. You will explore some of these by making five meat and fish dishes.

Elective Activities

For each level's elective, you can choose from among a variety of suggested activities, such as preparing a Norwegian meal, researching the history of a recipe, taking a cooking class, interviewing a Scandinavian chef, creating a recipe box of family recipes, or doing a lodge program on traditional Norwegian cooking.

To view the full requirements for the cultural skills pins in cooking, visit the Sons of Norway website:

<http://www.sofn.com/members/showPage.jsp?document=CulturalSkillsProgram.html>



Syttende Mai dinner with lutefisk, rutabaga, meatballs, cranberries, and lefse. Photo credit: [Jonathunder via Creative Commons](#).

Cultural Skills Units

Cultural Skills units are available in:

- cooking
- reading
- stamp collecting
- rosemaling
- genealogy
- knitting
- language
- hardanger
- figure carving
- weaving
- woodcarving
- chip carving
- folk dancing
- music

Youth-specific units are available in:

- folk dancing
- figure carving
- knitting
- stamp collecting

Visit norwaydc.org/cultural-skills to learn more.

~~ Genealogy Update ~~

Genealogy Interest Group Roots Project

Three members of the GIG are working on the second phase of the Roots Project. The current focus is on our ancestors who came from East Norway (Østlandet).

If you have ancestors who emigrated from one or more of the counties in Østlandet and want your ancestors honored in this project, contact the appropriate GIG editor:

- ◆ Marvin Reed (reemar4@verizon.net)
Akershus, Østfold, Vestfold
- ◆ Burt Koske (kobur@cox.net)
Hedmark, Telemark
- ◆ Christine Meloni (cfmeloni@hotmail.com)
Oppland, Buskerud, Oslo

Upcoming Genealogy Events

National Archives Genealogy Fair

Wednesday-Thursday, April 18-19
National Archives Building
700 Pennsylvania Ave., NW, Washington, DC

This two-day program showcases the Federal records located at the National Archives as resources for family history research. The fair provides information and guidance for experienced genealogy professionals and novices alike. The fair is free and open to the public.

<http://www.archives.gov/dc-metro/know-your-records/genealogy-fair/>

FxGS Spring Conference

- by Christine Meloni

I attended the annual spring conference of the Fairfax Genealogical Society on March 23 and 24. The theme was *Find Your National Treasure in the Nation's Capital*. As this theme implies, the focus was on the wealth of resources in our backyard. It was an outstanding conference.

I attended several presentations and I will provide summaries of each in subsequent newsletters. For now I will list the titles of these presentations:

- Newspapers and Periodicals in the Library of Congress
- Using "Correlation" to Reveal Facts that No Record States
- DNA Testing for Genealogy: 3 Different Types
- Patriotic Society Libraries in the DC Area
- Seven Habits of Highly Successful Genealogists
- Integrating Your Genealogy Database with On-line Discoveries
- Ancestors Did Not Live Alone
- Finally Get Organized!

Genealogy Resources

If you're interested in researching your Norwegian and Norwegian-American ancestors, the numerous resources on our lodge website are a good place to start.

<http://www.norwaydc.org/genealogy/resources>

Reading Circle

The lodge's Reading Circle met on Tuesday, March 27, to discuss our ancestors the Vikings. Participants read a variety of books about the Vikings and discussed the contents. A bibliography of books of interest will be posted to the lodge's website.

The Reading Circle will meet again on May 22 to discuss *Hunger* by Knut Hamsun, the winner of the 1920 Nobel Prize for Literature. Check the lodge website for details. www.norwaydc.org/reading.



President's Message

Dear Members,

March was another eventful month for our lodge. I'm proud that many of our members chose to participate in our Spring Cleaning day held on the 18th. Many hands do make light work and we were able to accomplish a great deal inside and out. Special thanks to Henry Hansen and Burt Koske for successfully tackling the installation of a new ceiling fan with lights in the kitchen. This was not an easy assignment given our high ceilings.

Norway House is looking better than ever with the addition of royal blue stacking chairs that enhance our décor as well as provide comfortable seating. Thanks to our many generous members who donated to our building fund and made this acquisition possible!

We enjoyed using the new chairs at our March lodge meeting held on Saturday the 24th. Deb McConaghy of the Norsk Carolina lodge presented an excellent program about bunads. Deb created and presented a power point slide show featuring 85 of the over 400 bunads in Norway. In addition, several lodge members shared information about bunads they wore or brought.

Deb not only presented our March lodge meeting program but also conducted a highly successful folk costume workshop held on March 23rd, 24th and 25th. Deb brought along an extensive collection of fab-

ric and all the sewing notions necessary to complete the project. The back room on the upper level of Norway House looked like a sewing workshop as the six workshop participants busily worked on their projects. The ensembles created by each participant will be unique and lovely. I'm eager to see the finished folk costumes.

Our lodge had another first in March. We participated in the Third District bowling tournament. Thanks to lodge sports director, Greg Ovrebo, for organizing our bowlers and thanks for the bowlers for participating.

I hope to see many of you at our next lodge meeting on April 14th when our own Karon and Mike Plasha will present a program about Lunde-hunds. Plan to come and bring your children and grandchildren.

- Kristin



Deb McConaghy gave a wonderful presentation on bunads at the March meeting. View more pictures or watch a video of the program at:
<http://www.norwaydc.org/programs/bunads>

Spread a Little Sunshine

Please keep our Sunshine Committee Chair, Queenie Sheldahl, 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. Our members care about each other and like to reach out to their friends who may need a little sunshine in their lives. Call Queenie at 703-534-0916 or e-mail her at care@norwaydc.org.

Lodge Calendar

Board Meeting

Saturday, April 14 at 2:30 p.m.
Norway House

April Lodge Meeting: Lundehunds

Saturday, April 14 at 4:30 p.m.
Christ Lutheran Church
Meeting followed by spaghetti dinner at 5:00 p.m.
Suggested donation: \$8 adults, \$4 children under 12.
See page 1 for details.

Norwegian TV Night: Lilyhammer

Monday, April 23 at 7:00 p.m.
Watch episodes 1 and 2 of this original Netflix series. At a lodge member's home in Northeast Washington, DC. Bring a snack and/or drink to share. Call/email Clarissa to RSVP and for address. (202) 285-9585 or editor@norwaydc.org.

Syttende Mai Dinner-Dance

Friday, May 18, 6:30 p.m.
Key Bridge Marriott, Arlington, VA
see page 3 for details

Syttende Mai Picnic

Saturday, May 19, 1-3 p.m.
Carderock Park, Montgomery Co., Maryland
see page 3 for details

May Lodge Meeting

Date TBD

Reading Circle

Tuesday, May 22 at 7:30 p.m.
Norway House

Sons of Norway 3rd District Convention & Centennial Celebration

June 20-23, 2012
Virginia Beach Convention Center
Virginia Beach VA
<http://3dsofn.org/convention/>

Other Area Events of Interest

American Scandinavian Society: Swedish Cinema Abroad

Monday, April 16 at 8:00 p.m.
St. John's Church
Wisconsin Ave. & Bradley Blvd., Bethesda, MD

Todd Hitchcock, Director of Programming at the American Film Institute, Silver Spring, will share with us his perspectives on the success of Swedish film and film makers in America and abroad.

www.scandinavian-dc.org

Scandia DC 3rd Saturday Dance

Saturday, April 21 from 7-10 p.m.
Greenbelt Community Center,
15 Crescent Drive, Greenbelt
No partners necessary. Enjoy a variety of Scandinavian couple dances. Cost \$7. Info: call Linda or Ross at 202-333-2826 or e-mail Linda (linda@scandiadc.org).
www.scandiadc.org

Spring Springar Spree (Norwegian dance/music/folk festival)

Thurs-Sun, April 26-29, attend all or part
Takoma Park, MD (various locations)
Concert, dance parties, dance/song/hardingfele classes, potluck. Norwegian folk costume workshops with Deb McConaghy. VIPs coming from Norway include reigning fiddle champion and master Telespringar dance teacher. Tradition-sharing is planned: can you teach a few words of Norwegian or share a recipe or bring your needlework or whatever? Contact Jenny at 301-371-4312.
<http://MAND.fanitull.org>

Swedish Easter Service (Påskdagen)

Sunday, May 2 at 8:30 a.m.
Augustana Lutheran Church,
2100 New Hampshire Ave NW, Washington, DC
Guest Pastor Cecile Jørgensen Strømmen from the Norwegian Church will be officiating. Sunday School for the children. Kyrkkaffet after the service. Contact Eva Hess at evahess@comcast.net or 301-229-7636.
www.SwedishChurch.org.

Nordic Dancers of Washington, DC

Wednesdays at 7:30 p.m. (through June)
Highland View Elementary School, Silver Spring, MD
Come and learn traditional folk dances of Denmark, Finland, Iceland, Norway, and Sweden. Newcomers are welcome; no prior dance experience is necessary. The Nordic Dancers Children's Group meets with the adult group from 7:30 to 8:30 on the second Wednesday of every month. For more info, contact Chris Kalke at 301-864-1596 or ckalke@verizon.net,
<http://sites.google.com/site/nordicdancersdc/>.

a little in English...

Easter Holiday – Typical Norwegian

There are not many countries like Norway, especially when it comes to Easter holiday!

Easter holiday is largely a distinctly Norwegian phenomenon because Norway is one of the few countries in the world that has a continuous holiday weekend from Maundy Thursday to the second Easter Sunday in Easter. The weekend gives the vast majority a minimum of five consecutive free-days of Easter holiday.

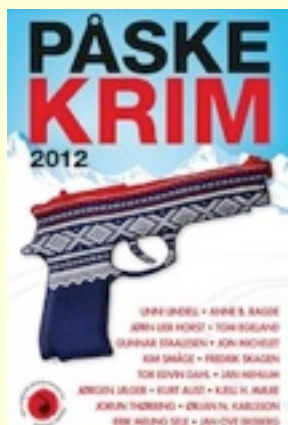
At the same time generous holiday hours and flexible time off at work and in school during the Easter season allows many to take ten consecutive days off – from “Palm Saturday,” the Saturday before Palm Sunday, through the holy week to the second day of Easter.

Through cliché representations in the media and the public sphere impressions are created and reinforced annually that ski, sun, snow, oranges, Kvikk Lunsj and Easter crime novels by the fireplace is the typical Easter for the majority of Norwegians. In reality, the Easter holiday for the vast majority is first and foremost about leisure and mellow days at home – maybe spending time with family or friends.

An Easter Tradition: Crime Novels

An unusual Norwegian tradition for spending leisure time during the Easter holiday is to read crime novels. There's even a word for it:

Påskekrim, or “Easter-crime.”



Visit the Nordic Thrillers page on our lodge's website to get some ideas for your holiday reading.

www.norwaydc.org/reading/nordic-thrillers/

Pictured: One of many collections of short stories released just in time for the Easter Holiday.

The tan skin tone one gets after long days outdoors, sunbathing in the thin high altitude mountain air and in snowy environments is called “Easter brown.” The increased car traffic to and from the mountains is more or less called “Easter traffic.” “Easter snow” is used to refer to the ski conditions over Easter, when the snow is often old, rough and grainy, wet during the day and icy at night.

litt på norsk...

Påskeferie – typisk norsk!

Det er ikke mange land som er som Norge, heller ikke når det gjelder påskeferien!

Påskeferie er i stor grad et særnorsk fenomen siden Norge er ett av de få land i verden som holder sammenhengende helg fra og med skjærtorsdag til og med 2. påskedag i påsken. Selve kjernehelgen gir altså de aller fleste minimum fem sammenhengende fridager eller påskeferie.

Samtidig fører generøse fridags-, flexi- og avspaseringsordninger i arbeidslivet og i skolen til at påskehøytid for mange blir det samme som ti sammenhengende fridager – fra og med "palmelørdag", det vil si lørdagen før palmesøndag, gjennom hele den stille uke til og med 2. påskedag.

Gjennom klisjépregede fremstillinger i media og i de offentlige rom skapes og forsterkes årlig et inntrykk av at ski, sol, snø, appelsiner, Kvikk Lunsj og påskekrim i peiskroken er en del av påsken for folk flest. I virkeligheten er påskeferie for den store majoriteten først og fremst fritid og rolige dager på hjemmebane - kanskje med noe samvær med slekt og venner.

Den brune hudfargen en får etter lange utedager og soling i tynn høyfjellsluft og snørike omgivelser, kalles gjerne "påskebrun", mens den økte biltrafikken til og fra fjellet først og sist i ferien kalles "påsketraffikk". "Påskeføre" brukes vanligvis om skiføret i påska, da snøen ofte er gammel, grov og kornete, våt om dagen og skarp om kvelden.

Text from Radio Ålesund 7. April 2009 by Egil Farstad (http://www.radioalesund.no/modules/module_123/proxy.asp?C=42&I=3214&D=2)

Background picture: Snow and skiing on Hardangervidda, near Veggli fjell, Norway.

Sons of Norway Sports Medal program

Sons of Norway members can reward themselves for staying fit by participating in the Sons of Norway Sports and Fitness Medal Program. Just keep a log of your activities and turn it in to the lodge sports director, and the Sons of Norway will award you a medal, free of charge. Here's how the program works:

The Sons of Norway awards medals in five different categories: walking, cycling, swimming, skiing, and assorted activities. You earn points toward your medal with every mile you walk, cycle, or swim, and every ten minutes you participate in sport or fitness activities. Walking on a treadmill or riding your exercise bike, for instance, count toward your walking and cycling medals.

Almost any physical activity counts toward a medal, including aerobics, hiking, basketball, softball, dancing, golf, bowling, tennis and soccer. The number of points you earn vary with the type of activity and with the age of the participant. Participants must be Sons of Norway members.

Once you have enough points to earn your bronze medal, you start over and begin accumulating

points toward the silver pin, then the gold pin, and finally the enamel pin. Each pin requires more points than the previous pin. You can earn more than one pin each year. You must complete the requirements for each pin within 365 days.

To begin logging your activities, go to www.sonsofnorway.com and log in with your username and password. (Register with the website if you haven't already.)

On the MembersOnly Portal page, click on Programming, then on Sports Medal Program. On the next page you can download a brochure for

the program as well as the record forms you need to start earning your pins. The Idrettsmerke form also has a list of qualifying activities; if your activity isn't on the list, contact your sports director and we can assign points based on a similar activity on the list.

Once you have accumulated enough points for a medal, give your record sheet to the lodge sports director, Greg Ovrebo, and you will receive your medal at a later lodge meeting.

If you have questions, contact your sports director Greg Ovrebo at sports@norwaydc.org.



April Birthdays

Sons of Norway - Washington Lodge
wishes a happy birthday to all
of our members celebrating
their birthdays in April!



District 3 President's Message

Fra Presidenten, Ralph Peterson

Greetings from sunny Virginia Beach. I can handle this weather, just keep it coming. Some of you may have received my email advising that we have had a change in management at LOV. The previous managers did not seek to renew their contract when it expired and the LOV board has employed Nils and Lauren Floden as interim managers. Some of you may remember Nils and Lauren as they were managers at LOV about 30 years ago. We wish them all the best in their endeavors.

In that same email I announced that the Board of Directors voted to become an affiliate member of the American Camp Association (ACA). The board felt that by joining ACA we could improve on an already great camping program by utilizing the legal and training services offered by the ACA. We do not plan on seeking accreditation this year but we will be documenting all the standards that apply to our camp and we will look at seeking accreditation in 2013. There may be some additional costs involved but they will be covered as the plan is to increase the one week camp fee to \$300 in 2013. This will still keep our camp fees in the lower end of the spectrum and allow us to do more for our campers.

I hope that you are familiar with the District 3 Charitable Trust. If not, check out the [D3 District Web Site](#) for more information. You can also read about it in our [District Bylaws page 12](#) (pdf). In addition there is a [donation form](#) on the web site. District 3 is the only SON District that has a charitable trust. It has helped out hundreds of families since it went on line in 1971. The stock market has not kept up with our needs so we could use some help in improving our cash position. One of our 2011/2012 District goals was to have all the lodges in D3 make a donation to the trust. In 2011 only 17 lodges made a donation. I hope that number greatly increases in 2012. The Trust funds come from investment earnings; lodge and individual donations so please keep the Trust in mind when you are planning your annual charity giving. April is designated as Charitable Trust month in District 3. We hope that you will be able to make a donation then, but if not, please think of the Trust sometime during the year. We will shortly provide you with a Charitable Trust form that can be used when planning estate donations to the Trust. The new SON Single Premium Whole Life policy is also another method where you can give a significant donation at a reduced cost.

February was the first month in a very long time that we signed up more new members than left voluntarily. Unfortunately, we had several members enter lodge eternal so while we had a slight loss of membership we may have started turning the corner. Keep up the good work in recruiting. The planning for the 2012 convention continues. The package information should be on the web site by the time you see this note. [Check this site](#) for more information.

For those of you who may be planning on bidding for the 2014 International Convention the International board has engaged Par Avion Inc to assist in planning the Convention. Most of their services are free to the lodge. If you want to utilize the services of a Convention planner for a District event you do not need to utilize Par Avion but you could. If you are interested I would be happy to talk to you about hosting the conventions.

Fraternally,
Ralph Peterson President
District Three Sons of Norway
<http://www.3dsofn.org/>



3D Lov Letter

This land is your land, this land is my land. Come and enjoy, bring your family & friends.
You don't have to be a member to enjoy all that LOV has to offer.

March 2012



Land of the Vikings 2st Lobsterfest June 8-10, 2012



Stay for the weekend and the Lobsterfest is included in your food package.
The Lobsterfest will be held on Saturday the 9th at 1:30
Meal will include potato, corn on the cob, salad and rolls and of course dessert
Extra Lobsters will be \$10 each
Don't eat Lobster?
Ask for a steak or chicken on the BBQ
Hot dogs and Hamburgers available for the kids
Please make your reservations **early**
and let Nils or Lauren know if you want Lobster,
(and how many) Steak or Chicken
Also how many adults or kids are coming

New Managers for Land of th Vikings

Please welcome Nils and Lauren Floden
Many years ago they were managers at LOV and have now returned to help us out. Give them your support and help them out when you come to LOV. Quoting Lauren "You are the E in LOVE that makes LOV work"

Happy Easter



We are ready to do some updates, repairs and new installations. Lov needs workers **during the week as well as weekends**

**Are you available?
Call or e-mail**

Arne Johnsen if you can help.
Phone 845-246-8912
Email- Johnsens@hvc.rr.com
arniejohnsen@hotmail.com



Quilter's Retreat at LOV

With Instructor

Faith Evans

April 27th & 28th



6th Annual Golf Tournament

The "John Karlsen memorial" weekend at LOV

May 4- 6, 2012



Reservations \$20.00 /p payment due now
Each Golfer needs to make out a Greens Fee Form
and send to Ken Gundersen by March 26th **Hurry**
KenGundersen@aol.com
Call Lov for reservations

This year's theme is the 50's so get out your 50's outfits.
Dancing to the 50's music on CD's and contests
Also our own mini Kentucky Derby

Managers: Nils & Lauren Floden

461 Big Valley Road
Susquehanna, Pa 18847
Call - 570-461-3500

Or E-mail to:-
vikingland@tds.net



Arrive on Thursday the 26th and leave Sunday the 29th **\$100** for the class plus lodging and meals at LOV. You can set up Thursday evening and possibly do a small quilting project. Finish things up Sunday morning if needed. Faith has some sewing machines available for \$6/day. Or you can bring your own.

Faith has been doing quilting workshops since 1986. She loves doing custom quilts and is experienced in all types of quilting. All her quilts are machine quilted. She teaches many classes from beginners to advanced. Believe it or not you can do a quilt in a day. What would YOU like to do. Be sure to check out her web page.

www.thedreamquilt.com Call or email Faith with Questions or to reserve a sewing machine or request what you would like to do. Call Bev for reservations.

Faith Evans
802-257-0262 or 233-2986
faith@thedreamquilt.com

Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030

** Please park in the Christ Lutheran Church parking lot (entrance directly across the street from the Norway House).



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

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

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

Metro & bus: From Ballston Metro station (on the Orange Line), take either the 1C or 1Z bus toward Inova Fairfax Hospital. The bus will go down Lee Highway/Fairfax Blvd. (Rt. 50/29). Get off about 40 min. later at Meredith Drive (after Warwick Ave.).

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About Capital Viking

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Address Changes

Did your email address, mailing address, or other information change? Please notify lodge database manager Clarissa Peterson at editor@norwaydc.org or 202-285-9585.

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