



SONS OF  
NORWAY

# Capital Viking

## April Lodge Meeting: The Art of Folk Art

Friday, April 25, 2014 – 7:00 p.m.

Norway House, 3846 Meredith Drive, Fairfax, VA

<http://www.norwaydc.org/directions>

Bring your potluck dishes by 6:45 so we can eat promptly at 7:00.

The presenter for the April meeting is Christina Keune.

Norway's decorative arts heritage employs symbols from the riches of ancient civilizations, Greek, Roman, and Viking. Tina Keune, a Vesterheim Gold Medalist in the art of Rosemaling and a 49-year member of this lodge is eager to illustrate and explain how the meanings in common shapes, colors, and numbers used in carvings, textiles, decorative painting, jewelry, and nature traveled to the Scandinavian countries bringing religious lessons to a major segment of the population who could not read.



You will see the similarities among European and Scandinavian folk arts as well as small differences that make each ethnic style unique. By virtue of the artisan's touch and imagination, the principles of life would be expressed and understood by the viewer.

### Examples of Folk Art

*The Moose and World's Tree* (pictured above) is a mitten that combines mythology with biblical story. The world's tree, "Yggdrasil" is an ash tree

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**Important:** The IRS has reinstated our lodge's tax-exempt status. See page 3 for details.

*Continued from previous page.* with its crown reaching to heaven and its roots in the underworld. The ash tree's trunk was the source of the earth's first man. The moose, deer, and reindeer are symbols of piety as in Psalms 42 "As the deer thirsts for running water, my soul thirsts for you, my Lord".

Icelandic horse harness (pictured right) combin-



ing Viking interlace work with 17th century Italian baroque scrolls and foliage.

Early Telemark style wedding bowl (pictured left) by Tina Keune. Best of Show and Blue Ribbon at Vesterheim Folk Art Competition.

### Presenter's Biography:

Christina Keune, a professional heritage artist since 1983, has demonstrated and lectured about

rosemailing and dalmålning at numerous craft and ethnic festivals and at classes in the Washington, D. C. area, New Jersey, North Carolina and Wisconsin.

She holds a Bachelor Degree in Fine Arts from the George Washington University, has pursued independent studies with master painters of rosemailing in Norway and the United States, and has toured Sweden, Denmark and Finland to research their folk art traditions.

Mrs. Keune received the Gold Medal in Rosemailing from the Vesterheim, Norwegian American Museum (Decorah, IA) and the Crystal Award from Gammelgården Museum (Scandia, MN). Both museums have purchased her work for their collections.

Her studio in Arlington, VA – featured in *Remodeling Magazine* – provides a workspace for painting and showcases both her own pieces and her collection of original Scandinavian folk art. Elements from this collection provide artistic and academic references.

She paints rosemailing and dalmålning on functional wooden objects: bowls, boxes, clocks, desk and kitchen items as well as hanging ornaments for Christmas based on traditional Scandinavian pieces such as trunks, bowls, tankards, and more. Ceramic tile projects, Swedish wall hangings on canvas and trunks join the repertoire available for private commissions.

View Mrs. Keune's website at [rosemailingbychristina.com](http://rosemailingbychristina.com) to learn more about her background and the history of Norwegian and Swedish folk art.



## President's Message

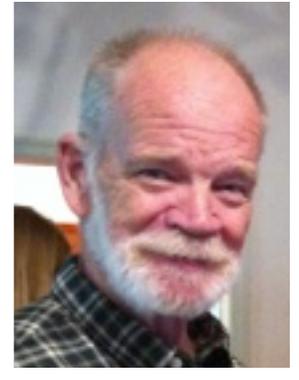
Dear Members,

On 24 March 2014 the IRS approved our application for reinstatement of the Washington Lodge as a 401(c)(8) tax exempt organization. The reinstatement is effective from the date it was revoked, 15 May 2010. Tusen Takk to our task-master Paris von Lockette and his wife Lauren Nilssen, Bill DeRoche, Lori Churchyard, Pat DeRoche, Denise Bowden, Susie Fosaaen, Clarissa Peterson, Kristin Stone, and others I may have missed who have contributed to producing the application.

The next big step is for SofN International to reinstate the Lodge. But we still have a great deal of work to do. Our bylaws for the Lodge and Cultural Center need work. Our important Lodge records need to be found and reorganized so we know where they are. We will need your help to accomplish these and other tasks.

At the March meeting Deb McConaghy made an

excellent presentation about the differences among the regional bunads. Our April program will continue the theme of Norwegian cultural history with Tina Keune discussing folk art and how it was a vital part of the oral history of Norway



We have several open positions. Our urgent needs are Secretary and Financial Secretary. These are very critical positions that are badly needed. Additionally, we need volunteers to serve on various committees. Please contact me or one of the Officers if you can help.

Fraternally,  
Burt Koske,  
Acting President, Washington Lodge

## Photos from March Lodge Meeting



See more photos on the following pages.

# More Photos from March Lodge Meeting



# More Photos from March Lodge Meeting



# More Photos from March Lodge Meeting



## *a little in English...*

### Modern Norwegian Easter

Norway has many long held traditions when it comes to Easter celebrations and the world's longest Easter vacation.

The traditional Norwegian Easter is spent in the mountains and is celebrated with oranges, sun, Kvikk Lunsj and ski trips. The assumption that everyone travels away during Easter is a big myth, many relax at home, and Easter in the city has become a popular idea. The vast majority celebrates Easter at home and in Oslo, it is time to enjoy the first beer of the season outside in the sun. Easter in the city can include hiking trips in the sun, museum visits, shopping on non-holidays, going to the movie theater and much more.

Easter vacation is actually a special Norwegian phenomenon. Norway has a five-day consecutive weekend from Holy Thursday to the second Easter Day, which is always on Monday. With the long Easter holiday, people have more opportunity to travel.

Until recently, Easter was a very quiet time. The Easter week was typically marked with closed shops and shut-down nightclubs because of the holidays. For many, Easter celebrations start on Palm Sunday weekend, which is actually the weekend before Easter actually occurs.

Because it is not a holiday, shops are open on Holy Saturday (Easter Eve). Holy Saturday is typically the day that children receive their Easter eggs filled to the brim with candy. Many people arrange fun ski races and other activities. After the ski races or ski outings many are tempted into enjoying a mug of spiced gløgg. In addition, Holy Saturday includes the great Easter feast. Many serve Easter lamb or chicken. Holy Saturday is without a doubt children's favorite day of Easter.

Easter has many symbols, such as chickens, weeping willows, crosses and so on. Most people decorate with various Easter symbols and Easter colors. Crime is an important Easter tradition in Norway, especially with crime books and Easter crime shows on TV. Easter is a good time to relax, cozy up with family and friends, eat good food and of course get outside. Norwegians love to hike and there is no real Easter without a Easter outing in the fresh air.



## *litt på norsk...*

### Moderne norsk påskefeiring

Norge har lange tradisjoner når det gjelder påskefeiring og verdens lengste påskeferie.

Den tradisjonelle norske påskeferien tilbringes i påskefjellet og feires med appelsiner, sol, Kvikk-Lunsj og skiturer. At alle reiser bort i påsken er faktisk en myte, mange slapper av hjemme, og bypåske har blitt et populært begrep. De aller fleste feirer imidlertid påsken hjemme og i Oslo er det ofte tiden for den første virkelige utepilsen i solskinet. Bypåske kan være turer i solskinet, besøk på museer, shopping når det ikke er heligdager, kinobesøk og mye mye mer.

Påskeferie er faktisk et spesielt norsk fenomen. Norge har en fem dager lang sammenhengende helg fra og med skjærtorsdag til og med andre påskedag som alltid er på mandag. Med lang ferie har man muligheten til å reise litt i påskeferien.

Inntil nylig var påsken en svært stille tid på grunn av alle helligdagene

og mye av påskeuken var preget av stengte butikker og stengte utesteder. Butikkene er fortsatt stengt men påsken er mindre stille enn før og for mange er påskefeiringen en lang fest i våre dager. Påskefeiringen starter for mange med palmehelgen, som er helgen før påsken egentlig starter.

Påskeaften er ikke en helligdag, og butikkene er åpne. Påskeaften er gjerne den dagen barna får påskeegg fylt til randen med godterier. Mange arrangerer morsomme påskeskirenn og andre aktiviteter. Etter skirennet eller skituren, frister det kanskje med et krus krydret gløgg. Påskeaften er dessuten dagen for det store festmåltidet i påsken. Svært mange serverer påskelam eller kylling. Påskeaften er uten tvil barnas favoritt påskedag.

Påsken har mange symboler, som kyllinger, gåsunger, kors og så videre. De fleste pynter med ulike påskesymboler og bruker påskens farger. I Norge er krim en viktig påsketradisjon, spesielt med krimbøker og påskekrim på TV. Påsken er fin tid for å slappe av, til å kose seg sammen med familie og venner, til å spise god mat og ikke minst til å komme seg ut på tur. Nordmenn elsker turer og det blir ingen ordentlig påske uten påsketur i den friske luften.

*Courtesy Sons of Norway Newsletter Service*

## Lodge Calendar

### April Lodge Meeting: Art of Folk Art

Friday, April 25, 2014, at 7:00 p.m.

See page 1 for details.

### April Reading Circle

Tuesday, April 29, at 7:30 p.m. at Norway House

See page 14 for details.

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

### Syttende Mai Dinner/Dance

Friday, May 16, 2014, 6:00-11:00 p.m.

Key Bridge Marriott, Arlington, VA

See page 26 for flyer.

### Syttende Mai Celebration

Saturday, May 17, 2014, at 1:00 p.m.

Carderock Park, Potomac, MD

See page 27 for flyer.

### Sons of Norway 3rd District Convention

June 11-15, 2014 in Albany, NY - save the date

[www.3dsofn.org/convention/](http://www.3dsofn.org/convention/)

### Norw. Language & Conversation Group

Every Wednesday, 7:00-9:00 p.m. at Norway House

Beginner and Intermediate/Advanced classes.

See page 13 for details.

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

## Other Area Events of Interest

### Grieg: Piano Concerto by André Watts

Saturday, April 5 at 8:00 p.m.

Strathmore, 10701 Rockville Pike, Rockville, MD

Baltimore Symphony Orchestra. André Watts returns

on piano with Jakub Hrusa, conducting. Piano playing

doesn't get any better than this. Watts' triumphant

BSO appearance two seasons ago left audiences

standing and cheering. Now, he returns for Grieg's

beloved Piano Concerto. Program: Jandcek – The

Cunning Little Vixen Suite, Grieg – Piano Concerto,

Dvorak – Symphony No. 7. Visit [bsomusic.org](http://bsomusic.org) or call

the BSO Ticket Office at 410-783-8000.

### Tine Ting Helseth & Håvard Gimse

Monday, April 6 at 5:30 p.m.

Shriver Hall, 3400 N Charles St, Baltimore, MD

The Yale Gordon Young Artist Concert. Norwegian trumpet soloist Helseth performs a duo recital with Norwegian pianist Gimse. Purchase tickets at [www.shriverconcerts.org](http://www.shriverconcerts.org). More information, 410-516-7164.

### Norwegian Church Service

Sunday, April 13 at 3:00 p.m.

Emmanuel Lutheran Church, 7730 Bradley Blvd. (at the corner of Seven Locks Rd. & Bradley Blvd.).

April service is Easter. The pastor is Ellen Marie Skillingsstad. The service is in Norwegian. All are welcome.

“Kirkekaffe” after the service. For more information, call Lasse Syversen at 301-641-7908 or email:

[lasse@flagship.com](mailto:lasse@flagship.com).

### Norway in the 21st Century Luncheon

Thursday, April 17, 12:00-2:00 p.m.

Ft Myer Officers Club, Campaign Room

Norwegian Society event. The speaker will be distinguished jurist Judge Thomas Buergeth, who will

pay tribute to Odd Nansen, Norwegian architect and son of Arctic explorer Friedtjof Nansen. Cost is \$33

for non-members. Reservations required. Contact

Oscar Olson at 703-644-5781.

### Scandia DC 3rd Sat. Dance

Saturday, April 19, 7:00-10:00 p.m.

Greenbelt Community Center, 15 Crescent Dr.,

Greenbelt, Maryland (dance studio on lower level)

Teaching: 7:00-8:00 p.m., Waltz Variants - learn several

fun dances that can be done to waltz music, taught by Linda Brooks and Ross Schipper. No partners necessary. This month's live fiddle music will feature

Loretta Kelley, our local treasure and considered to be the most accomplished American born hardanger

fiddle player. There may be some recorded music.

Enjoy a variety of Scandinavian couple dances led by Linda Brooks and Ross Schipper. Cost \$10. For more

information or directions, visit [www.scandadc.org](http://www.scandadc.org) or

contact Linda Brooks & Ross Schipper at

[linda@scandiadc.org](mailto:linda@scandiadc.org) or 202-333-2826.

### ASA Meeting: Sweden Beyond the Fiction

Monday, April 21 at 8:00 p.m.

St. John's Church

Wisconsin Ave & Bradley Blvd, Chevy Chase, MD

The Girl With the Dragon Tattoo makes headlines, but

the Embassy takes crime fiction on a road trip. Pre-

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sented by Gabriella Augustsson, Embassy of Sweden, Public Diplomacy, Press and Communications Counselor. More information: [www.scandinavian-dc.org](http://www.scandinavian-dc.org).

### **Elling on Stage**

April 26-May 18, 2014

Undercroft Theater, 900 Massachusetts Ave NW, DC  
Based on the Norwegian film. A pair of oddly matched roommates must cope with the real world, and each other, as they try to prove they can cope with everyday life. Despite the challenges of their lives, poetry becomes the lifeline that makes independence possible. For more information: [stageguild.org/performances/](http://stageguild.org/performances/).

### **Norwegian Spring Springar Spree**

Friday-Sunday, May 2-4, 2014

Multiple locations in Takoma Park, MD  
The Mid-Atlantic Norwegian Dancers (MAND) invite Sons of Norway members to this 9th annual celebration of Norwegian dance & music, plus various other Norwegian delights to tickle your fancy!  
See page 10 for details.

### **Norwegian Dance & Potluck**

No event this month, but see above for information on the group's Norwegian Spring Springar Spree.

### **Nordic Dancers of Washington, D.C.**

Most 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. For more information, contact Chris Kalke at [ckalke@verizon.net](mailto:ckalke@verizon.net) or 301-864-1596 or visit <http://sites.google.com/site/nordicdancersdc/>

## **Events Elsewhere**

### **Scandinavian Fest (ScanFest)**

Sunday, August 31, 2014, 10:00 a.m.-6:00 p.m.

Vasa Park, New Jersey

A full day of Nordic foods, entertainment, reenactors, dancers, artisans, vikings with viking boats, special kids' activities, a Scandinavian marketplace ... much more ..... For more information, visit:

## **Attention Parents: Lodge Youth Activities**

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



## **Bjørndalen Best Athlete at Sochi**

Norwegian Ole Einar Bjørndalen was voted the best male athlete of the Sochi Olympic Winter Games by a panel of international sports journalists. He won two gold medals in Biathlon, one for the 10 km sprint and the other for the mixed 2 x 6 and 2 x 7.5 km relay. He has earned his nickname, "The King of Biathlon."

Bjørndalen is the most decorated athlete in the history of the Winter Olym-

pics. His Olympic debut was at Lillehammer in 1994. Since then he has won 13 medals and 8 of them have been gold.

The judges voted Belarussian Biathlete Darya Domracheva as the best female athlete at the Sochi Games.

- Christine Foster Meloni

Photo credit: [Vow via Creative Commons](#).



## Spring Springar Spree

Fri May 2 – Sun May 4; attend all or part  
multiple locations in Takoma Park, MD

The Mid-Atlantic Norwegian Dancers (MAND) invite SON members to this 9th annual celebration of Norwegian dance & music, plus various other Norwegian delights to tickle your fancy!

You can attend all or part of the Spree, which runs from Friday afternoon through Sunday afternoon. Everyone is welcome. There's always someone to chat with and something to nibble, whether or not you're taking part in what's scheduled.

**Events:** Parties with mingling and dancing on Friday and Saturday evenings and Sunday afternoon. Delicious Sunday brunch potluck. Saturday dance and music classes with stellar staff. Hardanger embroidery class Friday afternoon, and again Saturday morning. Saturday stitching circle, mustard (*sennep*) tasting, jigsaw puzzle of a Norwegian scene, and an award-winning Scandinavian board game. Maybe a sing-along. Plus whatever else gets planned — would someone like to come cook a favorite dish in a beautiful kitchen (with or without interested helpers), or teach a mini Norwegian language lesson, or display some photos or other materials, or — ?? Let us know...

**Dancing:** This year's dance classes feature HALLINGSRINGAR, the springar from the Hallingdal region. Of the "big three" most popular

springar dances (Telespringar, Valdresspringar, and Hallingspringar), Hallingspringar is the easiest to get into. One reason is that the Hallingspringar rhythm is an *even* 3 beats (like waltz but more springy); the other two big springars have 3 *uneven* beats, so dancing feels uncomfortable until newbies get that rhythm going in their bodies. Also, Hallingspringar is a sequence dance; the dance figures (pieces) are done in a standard sequence. So,

while there's lots of room for embellishment and fine points, the learning threshold is low to "get in the game" of dancing Hallingspringar compared with other springars. Newbies will also enjoy the short class on SETESDALGANGAR (gangar walking dance from Setesdal — an easy mixer dance with hot tunes), plus other easy dances which can be picked up at the parties. And during the harder dances it's pleasant to either watch/listen or move around the floor doing the basic step to the music. Do feel free to ask anyone to dance.

**Dance teachers:** Our Norwegian guests have gotten rave reviews elsewhere, most recently at Scandia Camp in Mendocino, CA in 2013. And they are very nice people! Here's a photo of

them on either side of that camp's director: [www.scandiacampmendocino.org/PastCamps/Photos2013/91.jpg](http://www.scandiacampmendocino.org/PastCamps/Photos2013/91.jpg)

**Music:** The weekend will be saturated with fabulous all-live Hardanger fiddle music by two top US fiddlers: Paul Morrisett and our own Loretta Kel-



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ley. (What's a Hardanger fiddle? See [www.HFAA.org](http://www.HFAA.org).) Dance parties will have a good variety of Norwegian Springars and Gammaldans...plus a little Swedish music for Hambo and other dances, if somebody lets those feisty nyckelharpas in again!

**Hardanger (*hardingfele*) fiddlers:** Classes/lessons for all levels are available. Please contact us by April 15th (or later) for planning. You can easily pop in & out of the dancing — fiddle jam/practice space is only a few steps away.

**Singing:** Plans are afoot for a sing-along of easy, familiar songs. Please let us know if you're interested and what you like/know.

**Hardanger embroidery:** Expert local stitcher/teacher Fran Kilty will have items displayed and teach this distinctive style: after doing fancy hand stitching, including some stitches where the fabric is pulled tight, some of the fabric is cut away for a lace-like effect. This style is used in certain costumes, as well as decorative table

scarves and other items. Fran will have kits to do small hanging ornaments, which can be completed at the Friday afternoon or Saturday morning workshop. She will share other patterns and a resource list, and sell kits and materials and scissors (limited quantities). If you'd like to do the workshop or just get a kit, please contact us beforehand, preferably by April 15.

**Stitching circle:** Bring your needlework to stitch and chat any time. Especially on Saturday where there will be a designated space, plus there will be an interesting fiber arts exhibit in the building to see.

**Locations and Schedule:** Friday afternoon Har-

danger embroidery workshop location TBD. Friday evening party at Loretta and Tony's lovely house in Takoma Park; dancing in their Great Room. Saturday workshops/programs and evening dance at beautiful Seekers Church a few blocks away, across street from Metro station. Sunday brunch potluck and afternoon party back at Loretta and Tony's. See website for details.

**Details:** Beginners/listeners/watchers of all ages will be "welcomed, encouraged, and assimilated." Come experience the famous cozy atmosphere of our monthly Norwegian-style potluck house parties. If you can, please bring something tasty to share at one or more events. Please bring clean

shoes for dancing; a wide low heel is best. No need to bring a dance partner — we mix well — and if the gender balance is uneven some enjoy the challenge of "switching teams" so all can dance. Attend all or part of the weekend. No advance registration, except for fiddlers & embroiderers. Spare beds & crash space available. Comfortable prices — don't let your budget keep you away.



For lots more info, including locations, schedule, and suggested donations, please see <http://MAND.fanitull.org>. Or contact Jenny, [pi@xecu.net](mailto:pi@xecu.net) or 301-371-4312.

See you at the Spree??

(Publicity note: If you'd like to help publicize by mentioning this event on a website, please, please check with us first for a very important detail in the wording. Thanks!)

*Photo credit, Hardanger fiddle: [Stephen Jesse Taylor via Creative Commons](#). Hardanger embroidery: [Nic McPhee via Creative Commons](#).*

## Norway's Easter Thrillers

Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of Påskekrim. Literally translated as “Easter crime,” this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series. Even Tine, a Norwegian dairy product company, gets in on Easter crime festivities by printing crime-related cartoons on their milk cartons (see photo).

While it is uncertain exactly how Påskekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* (“Bergen Train Robbed Tonight”). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym “Jonathan Jerv” and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper’s masthead, featured the novel’s title “BERGEN TRAIN ROBBED TONIGHT” and caused a sensation among readers who believed it to be a real headline. Readers — concerned for the welfare of passengers on the train — had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the



novel’s Eastertime sales success and Påskekrim became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate Påskekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.

To learn more about Norway’s popular crime writers or to find recommended titles, log in to the digital edition of *Viking* magazine and check out these issues:

April 2010 – Curl Up with an Easter Thriller  
<http://msp.imirus.com/Mpowered/book/vvk10/i4/p12>

April 2011 – Easter Thrillers  
<http://msp.imirus.com/Mpowered/book/vvk11/i3/p8>

July 2011 – Summer Reading: Scandinavian Style  
<http://msp.imirus.com/Mpowered/book/vvk11/i7/p12>

March 2013 – The Golden Touch  
<http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>

*Courtesy Sons of Norway Newsletter Service*

### Norwegian Language & Conversation Group

The language group meets on Wednesday nights with a Beginner class at 6 p.m., followed by Intermediate and Advanced at 7 p.m. The class moves at a slow pace so everybody can keep up, and you will have fun while learning Norwegian.

Our teacher is Nina Brambini Smith, a certified Norwegian/English teacher (she has taught for years at State Department Language School) from Oslo. If you’re interested in language classes, you can contact Nina at [language@norwaydc.org](mailto:language@norwaydc.org).

## District 3 President's Message

### Fra Presidenten, Gail Ekloff

The Third District is the only district in Sons of Norway with a charitable trust Fund. This exemplifies the true meaning of Sons of Norway.... helping our fellow members. This fund was established in 1971, so this is the 43rd year! To date we have helped brothers and sisters who, without this assistance, might not be able to meet their bills, buy adequate food, or purchase medicine they need to live. Never understate the good this fund does!

The "circle of friends" is the logo the Third District chose to represent this trust with the Counselors of each lodge being the Charitable Trust Advocates. A district goal for 2014 is to have lodges donate to the Charitable Trust. A banner will be on display at the 2014 convention with the names of Lodge's who gave during our designated "Charitable Trust month of April". The goal is to see 52 names added to the 20 names of our Lodges that supported the Third District Charitable Trust in 2013.

This April, along with all the lodges, we hope each individual member feels they can make a donation. The dollar amount is not important, it is the fact that we as individuals are joining together for the greater good and true purpose of the order. Individual names will be on the banner as well.

Thanks to everyone who supported The Third District Charitable Trust in the past. Together, let's make sure this great legacy has a bright future!

We are preparing for the Convention with all the delegates and resolutions received by the secretary Julia. The business will be tenuous but the Convention committee is making sure that the atmosphere at the convention is refreshing and gives us all a chance to revive ourselves.

Rolf and I wish you a very blessed Paske.

Mange Takk — Alt for denne gangen  
Gail



Ask & Advertise ----- Mentor and Mingle.

### April is Third District Charitable Trust Month

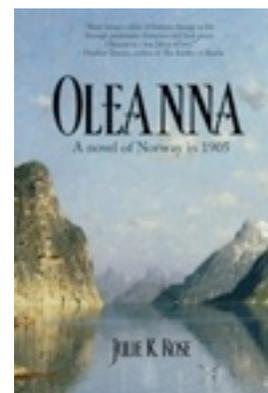
PLEASE HELP THE THIRD DISTRICT CHARITABLE TRUST FUND and the District with our raffle — 1,000 tickets were printed so your chances of winning the TOP PRIZE of A TRIP OF A LIFE TIME (value \$3,500) is better than ever. The cost is \$20.00 per ticket with 2nd and 3rd places paying cash of \$1,000 and \$500.00. Help us boost the 3D Charitable Trust bottom line to continue its help to our fellow members.

## April Reading Circle

Please join us for a discussion of *Oleanna: A Novel of Norway in 1905* by Julie K. Rose. This book is readily available from [amazon.com](http://amazon.com).

Many books have been published, both fiction and non-fiction, about Norwegians who emigrated from Norway but this book is about a family that stayed on their farm in the western fjordland.

We will meet at the Norway House on Tuesday, April 29, at 7:30 pm. If you are planning to come, please contact Christine Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org).



## District 3 Vice President's Message

### Mary B. Andersen, VP Voice

**Hear ye, hear ye, hear ye.....**  
**SPRING is in the air!**

How can I be so sure? Little green shoots are popping up through the ground, ahhhhhhhhhh. I planted a lot of new bulbs last year and can't wait to see the flowers!

What have you planted in terms of your Lodge? Have you:

- Utilized the 3D calendar? The International web-site calendar?
- Advertised in local free newspapers?
- Encouraged inclusivity?
- Reached out to members you haven't seen in awhile?

The feeling of belonging is an intangible benefit of being a member of Sons of Norway. Consistency of messaging is another; we must all get the word out about our lodges and our wonderful organization.

Have you established your "brand" in the community and if so, how are you "marketing" your brand?

I know, it sounds like a broken record but often times it is the little things that count. I was at a Restauration Lodge meeting the other night and met a new member and heard about someone else who was interested in learning more. Restauration advertised in three local free newspapers for a few months and it is starting to pay off. They are also building their "brand" in the community by collecting pop tops for Ronald McDonald house and clothes for the local Veteran's group. Many of our lodges do similar things, let's remember to get the word out, it isn't bragging even though some of us might think it is. (please see the call out box for some ideas to get you thinking about tactics to enhance your brand)

One of our brand attributes is the 3D Charitable Trust. Anything you can do to support the Charitable Trust is always greatly appreciated; especially in April, our Charitable Trust month (see President Ekloff's April message).

All the best and  
 God Påske!  
 Mary

### Developing a strategy to market your brand

First decide on what you want to achieve. Is it

- attract new members,
- retain existing members;
- get more members involved;
- all of the above?

Have you developed a strategy to meet your objectives? If not, think about it. Your strategy could sound as simple as improving communications but there are many facets to communications.

What tactics will you use to support your strategy? Let's stick with an improved communication strategy and list some potential tactics.

- Local media advertising; you already do it? do more!
- Community projects wearing your Sons of Norway tee shirts/shirts
- Obtain email addresses from all lodge members
- Institute a phone chain for last minute changes
- Just say thank you using the emails you obtained!

How will you measure success?

- Advertise each month or every other month or.....
- Participate in one community event/effort a year; two times per year or.....
- Set up a facebook page? A website? if you don't already have one? (make sure you keep it current)

Whatever you decide, plan your work and work your plan!!! It will pay off!



## Repaired Statue of Resistance Hero Relocated

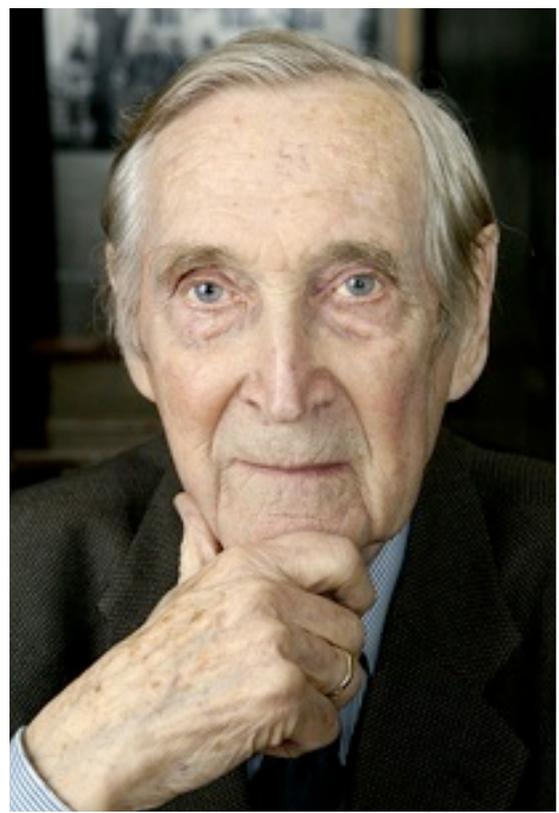
A newly repaired statue of Norway's most highly decorated WWII resistance hero, Gunnar Sønsteby, has found a new, more historically significant, home. Coinciding with what would have been Sønsteby's 96th birthday on January 11, the statue is now situated across from the University of Oslo's downtown campus on Karl Johans Gate.

Unveiled at Solli Pass in Oslo's Frogner district by King Harald V of Norway in 2007 and created by artist Per Ung, the statue depicts a young Sønsteby with his bicycle. Revelers damaged the bronze statue during a rowdy Syttende Mai celebration last year, breaking off the statue's front wheel. Shortly after, the statue was found broken and lying on the ground after an enthusiastic young child attempted to climb it.

In an effort to provide a more secure and historically accurate location, the repaired statue now sits at a pivotal location for both Sønsteby and Norway itself — where German soldiers marched through Oslo on April 9, 1940, and where a young Sønsteby watched on from the sidelines. A crucial moment for Sønsteby, he recalled in his memoirs the resentment "the humiliation of seeing those green-uniformed creatures trampling our streets" at that moment caused.

To learn more about the wartime efforts of Gunnar Sønsteby, be sure to read Viking magazine's interview with the hero in the April 2011 issue. Also available is the feature film "Max Manus" from Sons of Norway's Media Lending Library at 800-945-8851.

*Courtesy Sons of Norway Newsletter Service. Photo credit: [Arne Flaaten via Creative Commons](#).*



### Join Sons of Norway or Give a Gift Membership

Current Dues: Individual \$52.50  
(International \$34.00 + District \$8.50 + Lodge \$10.00)  
Spouse \$ 45.50, Youth: \$21.25, your children & grandchildren: FREE!

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

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



# Skolebrød (School Bread)

Adapted from <http://fiveandspice.com>, makes 20 buns

## Buns:

- 1 stick (8 tbsp) melted butter
- 3 cups warm whole milk
- 1 cup sugar
- 1 ½ tbsp yeast
- 2 tsp ground cardamom
- 1 tsp salt
- 6 cups flour, plus more for kneading
- 1 egg, lightly beaten, for egg wash

## Custard filling:

- 1 cup heavy cream
- 1 cup whole milk
- 1 egg
- 2 egg yolks
- 1 tbsp cornstarch
- ½ cup plus 2 tbsp granulated sugar
- 1 tsp vanilla extract

## Icing:

- powdered sugar glaze  
(1 tbsp milk + 1 tsp vanilla extract blended with powdered sugar until it reaches icing consistency – probably close to a cup)
- 1 cup unsweetened shredded coconut

Mix melted butter, warm milk and sugar in a bowl. Sprinkle yeast over mixture and let stand for 5-10 minutes or until yeast is frothy. Stir in salt and cardamom. Carefully add flour, stirring between additions, until you create a sticky dough. Knead dough on a floured surface for 5 minutes. Dough consistency should be sticky (dry dough will not yield good texture) yet workable. Place dough inside a lightly greased bowl and cover with a damp cloth. Leave in a warm place to rise for 1 hour or until dough doubles in size.

To make the custard filling, whisk egg, egg yolks, cornstarch and sugar. Bring milk and heavy cream to a light simmer in saucepan. Add ¼ cup of hot mix-

ture to the egg mixture and stir to prevent curdling. Repeat last step with another ¼ cup. Pour the eggs back into the saucepan and cook at a medium-low temperature, stir constantly until mixture is nearly the texture of pudding. Remove from heat and add vanilla extract. Set aside to cool.

After dough has risen, punch it down and place on a



floured surface. Separate into 20 equal pieces. Form each into a ball and then pulling gently, form into a thick disk. Create an indent in the center of each with your fingers and place on a parchment lined baking sheet. Cover with cloth and allow to rise for 30 more minutes.

Preheat oven to 350°F. Add a spoonful of the cooled custard to the center of each bun. Brush the edges of each bun with egg glaze. Bake on a baking sheet until golden brown, roughly 15 minutes. Remove to cooling rack.

Once buns are cooled, place shredded coconut in a shallow bowl. Make icing and spread onto bun, avoiding the custard center. Gently dip iced bun into coconut and set aside to dry. Repeat the process with remaining buns.

Courtesy Sons of Norway Newsletter Service. Photo credit: [Andreas Solberg via Creative Commons](#).

## Bunad Restoration

*By Elizabeth Bruening*

This is the bunad my great-grandmother Svanaug Olavsdatter Vasstveit wore at her wedding to Gregar Halvorson Stordahl in 1848. Both were from Seljord in Telemark, Norway. In 1858 with their four children they immigrated to America, first to Iowa and then to Minnesota where they found homestead land.

My grandmother, Lisa Halvorson Fiskerbeck was born in 1862 in Princeton, Minnesota, where the family had fled during the Sioux uprising of 1861. Gregar had been cutting trees in the woods and was unaware that the family had to leave. Svanaug had left a note pinned to

a loaf of bread in a wooden chest telling where the family had gone. The Sioux chopped a hole in the lid, took the bread but left the note. The trunk is now in the Pope County Museum in Glenwood, Minnesota.

The photograph of my grandmother Lisa wearing the bunad, was taken sometime before her death in

1941.

Thanks to Deb McConnaghy, the instructor of the Festdrakt class, this 166-year old bunad is being lovingly restored

*View more photos from the Festdrakt workshop on the next page.*



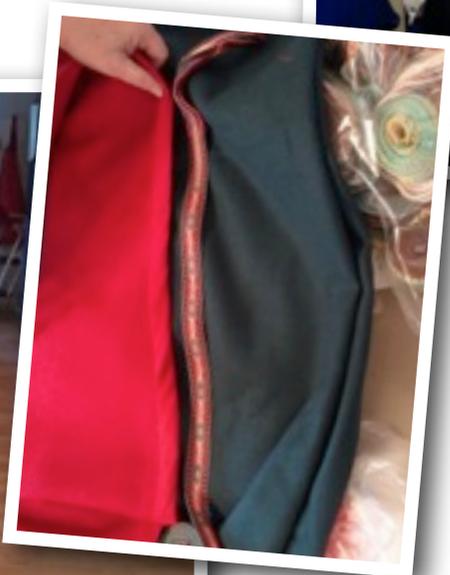
# Photos from the Festdrakt Workshop



The workshop was led by Deb McConaghy of the Sons of Norway Charlotte Lodge.

Above and top right: Doris Goodlett sewing a Festdrakt vest.

Right: Karen Brandt, a Scandic dancer who drove down from New York for the workshop.



Left: Linda Hurt is a renowned specialist in Norwegian weaving and wove a special band to be attached to her finished festdrakt to complement the fabric choices.

## Siamese by Stig Sæterbakken

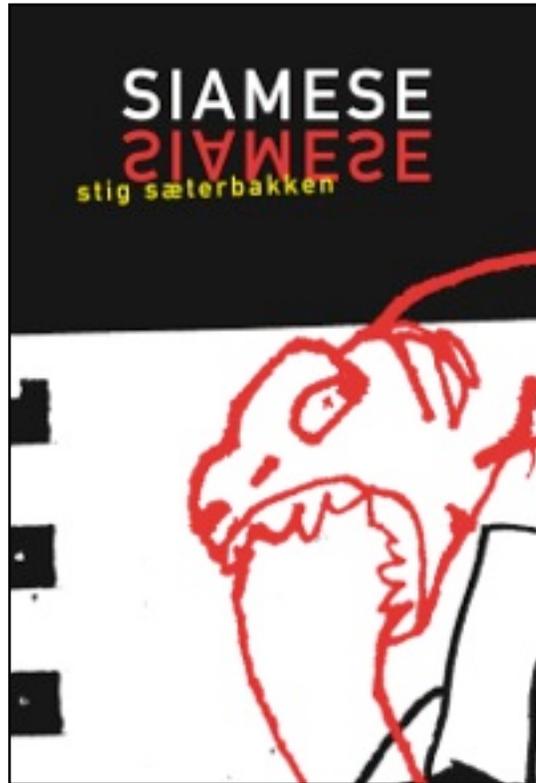
by Christine Foster Meloni

Nordic thrillers are all the rage and the Norwegians are writing their share of this popular genre. I try, however, to keep up with Norwegian literature other than crime novels. In my search I have found many very strange novels and *Siamese* is no exception.

*Siamese* was written by Stig Sæterbakken, who is one of the best-known and controversial Norwegian authors today. He was born in 1966. He studied Scandinavian Languages and Literature at the University of Wisconsin, the University of Minnesota, and the Norwegian University of Science and Technology in Trondheim. He wrote a collection of poems, several novels (three have been translated into English), and a collection of essays. He died in 2012.

In this novel Sæterbakken presents Edwin and his wife Sweetie who are reaching the end of their lives and are experiencing frustration and dissatisfaction. What

makes their situation even more unbearable is that they cannot tolerate each other. Throughout



the book, they alternate chapters, each speaking in the first person. Edwin is blind, incontinent, bored, angry, and nasty, a thoroughly disagreeable person. He lives in their bathroom, sit-

ting on a special chair that accommodates all of his physical needs so that he doesn't need to leave the room. His only pleasure seems to be giving his wife a hard time by insulting her and making demands on her. Also he likes to think and seems reasonably intelligent. Sweetie, on the other hand, is hard of hearing, relatively patient, bored with very little to do, and resentful of her husband's attitude. She is less thoughtful than Edwin, her thoughts being quite superficial and simplistic.

The book has no plot as the characters simply plod through their dreary existence day by day, getting ever closer to their final days on earth. It sounds like a very uninteresting book but it is frequently surprisingly amusing and also amazingly insightful at times. It is, in my opinion, worth reading to get an idea of the literary scene in Norway and to learn what might be going on in the minds of older people who are frightened at the idea of aging, as they age, and at the idea of death, as their own deaths come ever closer.

## Spread a Little Sunshine

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

Our members care about each other and like to reach out to their friends who may need a little sunshine in their lives. Contact Debbie at [care@norwaydc.org](mailto:care@norwaydc.org).



## Norway's Population Passes 5 Million

The current population of Norway is 5,109,000, an increase of 57,800 over 2012.

Foreign nationals make up 9.3% of the total population. Polish nationals represent the largest group with 85,600, followed by Sweden with 44,200 and Lithuania with 35,800.

And there is a surplus of men in Norway today. This is due to immigration.

One hundred years ago the population of Norway was half of what it is today.

- Christine Foster Meloni

### Save the Date: 2014 Norwegian Festival & Bazaar

Mark your calendars, as the Lodge is making plans for the 2014 Norwegian Festival and Bazaar on the first weekend in December. This event will again be held at Christ Lutheran Church (across the street from Norway House). We are planning on ordering additional items that were requested by a number of customers, plus expanding our Norwegian Cafe. If you would like to volunteer to help with ordering/purchasing, contact [festival@norwaydc.org](mailto:festival@norwaydc.org).

## Proud Norwegians

Since 1985 the *Norsk Monitor* survey has been questioning roughly 4,000 Norwegians on their values and attitudes regarding social issues in their home country. Recent results indicate noticeable changes from years past on subjects ranging in focus from national pride, taxes, happiness and more.

One of the most marked changes from nearly 30 years ago is that Norwegians are becoming increasingly more proud of their nationality, jumping from 68 percent in 1985 to 90 percent in the latest survey. What is behind this surge in pride? Erik Dalen, director of the public opinion research institute, MMI, draws a correlation between pride and Norway's oil wealth in an interview with *Aftenposten* saying, "We're not so proud that we've become wealthy. But the wealth gives reason to

believe that the way we have organized our society is correct and good. The wealth therefore contributes indirectly to the Norwegian pride."



Survey results also point to a steady increase in the number of respondents who believe they earn more money than they need. Similarly, Norwegians also responded favorably to supporting a high level of taxes as a means of ensuring social equality and funding the welfare state, increasing from 50 percent in

1985 to 70 percent in the most recent survey. "The feeling seems to be that the higher level of income we have, the more able we are to pay taxes. As long as the tax levels don't ruin individuals' own personal finances, they find value in the taxes that support the social welfare state," said Dalen.

Happiness also seems to be on the increase in Norway. Respondents indicated that they were less worried about their personal finances than ever before and were enjoying life more.

"There's a clear connection between good personal finances and happiness. Rising affluence has had a positive effect on levels of personal happiness and satisfaction," said Professor Ottar Hellevik of the University of Oslo, an administrator of the survey.

*Courtesy Sons of Norway Newsletter Service*

## Directions to Norway House

### 3846 Meredith Dr., Fairfax, VA 22030

\*\* Please park in the Christ Lutheran Church parking lot (entrance directly across the street from the Norway House). On weekdays, you can't park on Meredith Drive without a permit.

**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 iC or iZ 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

Capital Viking is published by Sons of Norway - Lodge 3-888, ten 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](mailto:database@norwaydc.org).

### Contact Us

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3846 Meredith Dr., Fairfax, VA 22030

### Lodge Website

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

### Find Us on Facebook

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

### Newsletter Deadline

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

## 2013 Acting Lodge Leaders

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**Vice-President:** Lori Churchyard

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**Secretary:** Pat DeRoche

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**Librarian/Historian:** Henry Hansen

703-815-4945 or [librarian@norwaydc.org](mailto:librarian@norwaydc.org)

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301-854-4950 or [webmaster@norwaydc.org](mailto:webmaster@norwaydc.org)

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

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

The Royal Norwegian Embassy • The Norwegian Church Service in Washington, DC • Lakselaget DC  
Den norske dameklubben • The Norwegian Society of Washington DC • Sons of Norway  
The Norwegian-American Chamber of Commerce, Mid Atlantic Chapter

**Join us in Celebrating the  
Bicentennial of Norway's Constitution Day!**

# *17. mai Family Picnic*

Saturday, May 17, 2014

1pm – 3pm

Guest Speaker: To be Announced



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

**All Welcome! Free Admission!**

Carderock Park on the Potomac River

Montgomery County, Maryland

We look forward to seeing you in Carderock Park for a

Norwegian celebration of 17. mai!

For more information, please contact:

Lasse Syversen, [lasse@flagship.com](mailto: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!)

The Royal Norwegian Embassy • The Norwegian Church Service in Washington, DC • Lakselaget DC  
Den norske dameklubben • The Norwegian Society of Washington DC • Sons of Norway  
The Norwegian-American Chamber of Commerce, Mid Atlantic Chapter

## *Save the Date*

*Please Join Us in Celebrating the*



BICENTENARY  
NORWEGIAN CONSTITUTION  
1814-2014

# *Syttende mai Gala*

*Friday, May 16, 2013*

*Capital View Ballroom*

*Key Bridge Marriott, Arlington VA*

Guest Speaker: TBD

Cocktail Reception at 6:30 p.m.

*followed by*

Dinner & Entertainment at 7:30 pm



Registration opens 03.17.14 • Early bird pricing will be available • [www.naccma.org](http://www.naccma.org)

Formal Business Attire or Bunad

**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.  
Phone (703) 524-6400. Event parking: complementary. Hotel info: [www.keybridgemarkriott.com](http://www.keybridgemarkriott.com)