

SONS OF
NORWAY

Capital Viking

February Lodge Meeting: Researching Your Family History

Friday, February 21, 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.

For the February program, we will have an expert on genealogy, Will White, who will have an exciting presentation on how members can easily write a narrative on their family ancestry. He will provide examples of narratives that members can use in researching their genealogy. The February Program will be a lead-in to the March Program, led by Deb McConaghy..."Who Do You Think You Are"

Presenter bio:



Willis H. White, CG, is founder and coordinator of the Family History Writing Group of the Fairfax Genealogical Society.

Continually promoting more interesting genealogical narratives, White won the 2002 National Genealogical Society Family History Writing Contest for his story, "A Tuthill Family Success."

His book, *The Tillotson Family, Long Island Cordwood, and the Decline of East Coast Sail* won the 2011 American Society of Genealogist's Donald Lines Jacobus Award of Excellence.

White's primary research interest is Long Island, New York.

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Photo: January lodge meeting. See more photos on page 6.

President's Message

Dear Members,

We had a very good social event in January with several varieties of pea soup. It was very pleasant to have a fraternal get together with a minimum of business. Tusen Takk to Denise and Susie for coordinating our very successful Bazaar/Festival, and all the others who helped out. Please see their description of the results elsewhere in the Newsletter.

Status of the IRS reinstatement application.

We have a letter from SofN that states that the senior officers, President, Vice President, Secretary and Treasurer have the authority to sign the contract with our tax consultant and the IRS reinstatement application as Washington Lodge 428, Sons of Norway. We have our tax consultant on board and are collecting the documents needed. We have discovered that we have been very lax about keeping signed copies of all important lodge documents. If any of you have copies of important Lodge documents please let me know. Additionally, as we get close to the submittal date (end of February) we may be asking for help on specific issues as they arise.

Planning has started for the Celebration of the 200th Anniversary of Norway's Constitution.

The participants of the planning committee are: Norwegian Church in Washington, D.C., Norwegian Society, Norwegian Ladies' Club, Norwegian American Chamber of Commerce (NACC), Lakselaget D.C. Washington Lodge Sons of Norway and The Royal Norwegian Embassy.

For the dinner, the Key Bridge Marriott top floor

restaurant has been reserved for Friday, May 16th 2014 from 6:00 to 11:00 PM. with dinner starting at 7:00 PM. The menu has not been decided. A Dessert table of homemade Norwegian treats will be coordinated and led by Dameklubben. (Will save on the price of the meal.) Roaming actors — in costume

— will be present, representing Norway's 1814 constitutional committee. The price of event has yet to be determined. NACC will handle reservations and handling money for the dinner. NACC and The Norwegian Church will search for sponsors from the Norwegian business community. Any sponsor from other businesses would not be turned down.

The Picnic will be at Carderock Park on May 17th. Food arrangements expected to be the same as last year — catered by German Gourmet.

Open Officer Positions: We have several open positions. Our Secretary, Pat DeRoche, recently resigned for personal reasons and we still need a 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.

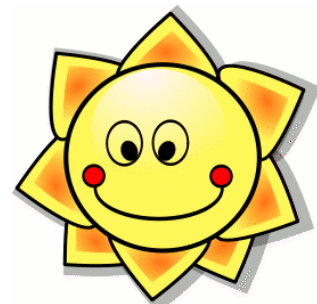
Fraternally,
Burt Koske,
Acting President, Washington Lodge



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.



“Thank YOU” from the Norwegian Festival Chairs

Tusen takk for all of our members who helped our Norwegian Festival be a huge success in 2013. Our Lodge could not put this event on each year without the dedication of our volunteers. The Festival provides an outreach to the Norwegian community who are interested in the Norwegian culture which is critical to Sons of Norway continuing to be a viable organization.

A special thank you to the Royal Norwegian Embassy in Washington DC for their help in publicizing the Festival plus providing Norway brochures for our customers to take home.

Even though we held the festival in a new location this year — the Norwegian community found us and we had extremely heavy rain on Friday there was still a huge turnout for the Festival!! (We Norwegians are historically known for being excellent explorers). Thank you to all who came out to support the Festival by purchasing merchandise, experiencing our first Norwegian cafe, sampling wonderful traditional Norwegian foods — including freshly made lefse, vaffler and krumkaker.

There were many volunteers that did whatever was needed — including meeting delivery trucks with merchandise, making grocery store runs, putting up signs, baking/cooking, setting up merchandise/displays on Thursday and breaking down the festival on Sat. — our heartfelt thank you for the "behind the scenes" work that made this year a true success — Marilyn Holbeck, Henry Hansen, Burt Koske, Marga Tucker, Tim Christenson, Joyce Lawrence, Liz Bruening, Doris Goodlett, Marvin Reed, Jinann Larson, Sonja Bensen. If we have left off someone that should be thanked, our profuse apologies.

Our Festival entertainment was again well received with traditional violinists/fiddlers, accordionist and the Nordic Dancers. We had hardangersom and knitting demonstrations, plus Tina Keune with her

award winning rosemaling. The entertainment was provided by the following:

- Nordic fiddler: Paul Carlson
- Nordic violinist: Andrea Hoag
- Nordic accordionist: Jo Storaker
- Nordic Harndangersom: Lucy Lyons Wilis
- Nordic Knitting: Lynn Rundhaugen
- Lefse Bakers: Kristin/Elizabeth Stone; David Hofstad; Bill Knutson; Lynn Rundhaugen/Erik Larson
- Vaffler/Krumkaker Team: Lead by Judy Kee/Janice Brown (with help by Carolyn Figueiredo, Emilie Pade, Orron Kee, Allison Malone, Colleen Malone)

Special thanks to the following members:

- Book Co-Chairs: Christine Meloni/Marie Hansen
- Bakery Chair: Marguerite Kaus — with help from Joyce & Christian Anderson, Diana Rodum,
- Cafe' Chair: Debbie Fosaaen (with a team of great helpers, Betty Reed, Marie Hansen, Karon Plasha)
- Festival Greeter: Ardis Morton
- Checkout/Treasurer Chairs: Bill & Pat DeRoche
- Publicity: Tina Keune

The smell of the freshly baked foods and the entertainment created the ambience of an overall wonderful festival to celebrate our heritage.

Based on preliminary numbers, we cleared about \$20,000 from the festival this year.

2014 will be a special year for Norwegian culture — it is the 200th anniversary of Norway's Constitution Day celebrating independence from Denmark — so we look forward to a very special festival next year.

Denise and Susie - 2013 Festival Co-Chairs

February Reading Circle

The next meeting of the Reading Circle will take place at Norway House at 7:30 pm on Tuesday, February 18. The selection is Nobel Prize winner Knut Hamsun's *Victoria*. A summary of this novel from Amazon follows.

If you plan to attend, please contact Christine Meloni at reading@norwaydc.org or 703-922-7142. The time and location of the discussions are subject to change, especially during the winter months when inclement weather is possible.

The Reading Circle meets every other month. You will find the 2014 schedule at www.norwaydc.org/reading.

Victoria by Knut Hamsun

When it first appeared in 1898, this fourth novel by celebrated Norwegian writer Knut Hamsun captured instant acclaim for its poetic, psychologically

intense portrayal of love's predicament in a class-bound society.

Set in a coastal village of late nineteenth-century Norway, *Victoria* follows two doomed lovers through their thwarted lifelong romance. Johannes, the son of a miller, finds inspiration for his writing in his passionate devotion to Victoria, an impoverished aristocrat constrained by family loyalty. Separated by class barriers and social pressure, the fated pair parts ways, only to realize — too late — the grave misfortune of their lost opportunity.

Elegantly rendered in this brand-new translation by Sverre Lyngstad, *Victoria*'s haunting lyricism and emotional depth remain as timeless as ever.



Nesbø Projects in the Making

If you've read your March issue of *Viking* or if you are a fan of Nordic writers, you're probably already familiar with writing sensation, Jo Nesbø. Considered one of Europe's best authors and with worldwide sales of his novels approaching NOK 1.5 billion, Nesbø's popularity is quickly on the rise. So much so, that a number of his books are inspiring film and television projects here in the U.S.

The latest project, an American TV series adaptation of Nesbø's popular 2008 book "Headhunters," is in the works by HBO and writer/executive producer Alexander Woo (*True Blood*) and executive producer Carolyn Strauss (*Game of Thrones*). The series will replace an earlier plan to cre-

ate an English feature film of the book starring Mark Wahlberg and Sacha Gervasi.

Another of Nesbø's books that is slated to receive major attention is "Blood on the Snow." The new series, written under Nesbø's pen-name Tom Johansen, isn't set to be published until autumn 2014, yet Warner Brothers Films is already in negotiations to acquire the film rights to the book. Rumored to be tied to the project is Leonardo DiCaprio, who is said to be both producing as well as potentially starring in the film adaptation.

Film plans dating back to 2011 also include an adaptation of Nesbø's "The Snowman" directed by Martin Scorsese. Since then,



Scorsese has had to back out of the project due to his busy schedule but Universal is currently on the lookout for his replacement.

To learn more about Jo Nesbø and his books, visit www.jonesbo.com/

Courtesy of Sons of Norway Newsletter Service. Photo credit: Jo Nesbø © Håkon Eikesdal via jonesbo.com

Remember the Classics

Finding an old Norwegian novel by Hamsun inspires a Norwegian-American to revisit this classic romance

*Bill Asplund (Sons of Norway Epleдалen Lodge)
Wenatchee, Wash.*

As I was looking through the pile of used paperback books on the table, a small book with an aged brown cover caught my eye. I picked it up. The cover read: "Victoria - Knut Hamsun."

I began thumbing through the book stopping to read a passage here and there. It was then that I realized that I was reading a very descriptive Norwegian novel. The first page begins:

"The miller's son was thinking as he walked. He was fourteen, big for his age, brown from the sun and wind, and bursting with ideals...in the abandoned granite quarry no stone was a stranger to him: he had cut letters and symbols on them all, lifted them up and arranged them like a congregation round a priest."

This story begins as Hamsun describes the setting for this 1895 platonic love story between a grain miller's son, Johannes, and a Lord of the manor's beautiful daughter, Victoria. They see each other frequently throughout their lifetime, while each going in their own direction. Their moment of ecstasy is only brief, as their dreams: they prove to be very cruel to each other; she out of a daughter's loyalty to family, and he out of resentment of her rejection. They lead incomplete lives. In the twilight of their lives, Victoria confesses she cannot live without Johannes.

This is a beautiful Norwegian love story of fantasies, full of descriptive scenes. The plot becomes complex at times.

I sincerely recommend reading this book. Perhaps it will remind us of our spent youthful fantasizing directions. Maybe you know of a person who has had a platonic relationship with another human being, through a lifetime experience.

When openly discussing Hamsun's writings, one should be aware of Hamsun's political activities in the sunset of his life. Many Norwegian people have much to say about Hamsun's participation with Nazi Germany.

He was at one time, however, one of Norway's greatest heroes, along with King Haakon VII, Nansen and Amundsen. Hamsun was a great Norwegian writer, earning the Nobel Prize for literature (1920). We should read Hamsun's books for what they are, not for Hamsun's political views in his later life.

Let me invite you to read his books for what they describe: human behavior. This is a simple, highly emotional love story: "Victoria" by Knut Hamsun.

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Note: The lodge reading circle will be discussing Hamsun's *Victoria* at their next meeting on Tuesday, February 18. See page 4 for details.



More photos from the January meeting





More photos from the January meeting



More photos from the January meeting



Mother's Day in Norway Celebrated on February 9

Mother's Day is a celebration that honors mothers, motherhood and maternal bonds. One day a year countries around the world take time to give thanks for the mothers in their life. The day is celebrated on various dates in different countries around the world.

In Norway, Mother's Day is celebrated on the second Sunday in February, this year the celebration will take place on Sunday, February 9. The United Kingdom celebrates Mothering Sunday in March, Luxembourg honors their mothers in June and Russia rejoices for moms in November. However, Norway is the only country to celebrate Mother's day in February, and although the day lies so closely to Valentine's Day, Mother's Day remains the most important holiday of the month.

The day is an American invention, but it has taken root in Norway, probably because it's hard to say no such a wonderful holiday. In recent years, Mother's Day has become a commercial holiday in line with Valentine's Day and stores actively market gifts and cakes. Fortunately kindergartens and elementary schools have kept the old tradition alive and chil-

dren make cards and gifts for the occasion. February is undoubtedly the busiest month of the year for flower shops in Norway, and some women will be lucky enough to get flowers twice!

The holiday takes roots in the US when, in 1907 Anna Jarvis began the work of establishing the modern Mother's Day. Her mother, Ann Marie Reeves Jarvis had died two years before, and Anna Jarvis devoted her life to establishing a day to honor mothers, living and dead. May 10th, 1908 was the first celebrated Mother's Day. The custom spread to 45 states around the U.S., and was declared an official holiday in 1912. Former President Woodrow Wilson declared the first national Mother's Day in 1914. And since then the day has been reserved for the second Sunday of May.

In Norway, Mother's Day was first celebrated in Bergen on February 9th, 1919, and was initially organized by religious organizations. Since then Mother's Day has evolved into more of a family day. There are no specific traditions associated with the day, but in many homes mothers are typically served with breakfast in bed and accompanied with gifts, flowers and cake.

Courtesy of Sons of Norway Newsletter Service



Happy February Birthdays!

Photo credit: [Eliza Adam via Creative Commons](#)

Sámi National Day Celebrated on February 6

Sámi National Day was enacted on February 6, 1992 in order to recognize the native Northerners and their central customs of reindeer herding, unique language and music, colorful dress and strong desire to keep their traditions alive. These warm-blooded Northerners have stood resilient and remained longer in their homeland than most other indigenous groups around the world.

“Decades of assimilation has lead to a new era of self-determination for the indigenous people of the North,” stated a September 2012 Viking Magazine article about the Sami. The Sámi people have inhabited a stretch of land called Sápmi for the past 10,000 years. The land covers parts of Northern Norway, Sweden, Finland and Russia. However, they have only just recently been accepted and recognized as an independent cultural group with their own language and government.



holiday was made official. In 1988, the Norwegian Constitution approved new language that recognized the Sami and proved the country is taking great steps to embrace their Northern natives. The Constitution says, “It is the responsibility of the authorities of the State to create conditions enabling the Sami people to preserve and develop its language, culture and way of life.”

Today Sami National Day is recognized and celebrated across regions of Northern Europe where nearly 100,000 Sami reside. Reindeer races and a Sami market fill the streets of Tromsø, municipal buildings around Norway fly the Sami flag and Oslo City Hall plays the Sami national anthem to recognize a once forgotten people.

Schools across Finnmark celebrate with all day cultural activities while listening to the interesting music of Sami joiking and of course, delight in traditional Sami food.

Courtesy of Sons of Norway Newsletter Service

Their National Holiday on February 6 signifies the date of the first Sami National Convention in Trondheim in 1917. Since then, the Sami have struggled to protect their legacy for future generations. The Sami people (also called Lapps) were forced to assimilate into the Norwegian culture in a government sanctioned program called the “Norwegianization” Policy that began in the late 19th century. After years of persecution the Sami are still facing the challenges of recovering from a painful past.

The Alta Conference (1968-1982), as part of a worldwide movement to protect the rights of the indigenous Sami, stemmed from a hydroelectric dam project that would ultimately suppress Sami villages across the region. The awareness for minority rights and the livelihood of the Sami communities caused major media attention and forced changes to take place. The Sami flag and national anthem were sanctioned at the Nordic Sami Convention in 1986, a Sami Parliament (Samediggi) was formed in 1989 in the Sami capital of Karasjok in Finnmark, Norway and in 1992, the official Sami



Homeland of the Sámi people. Credit: [Rogper via Creative Commons](#).

District 3 President's Message

Fra Presidenten, Gail Ekloff

Time to think convention!

Has your lodge secured its delegates; reviewed district by laws; Made resolutions?

Are more than just the lodge delegates attending the convention? Hopefully the answer is YES. This is a great opportunity for our members to see how Sons of Norway conducts its business...think of it as a look at how Congress operates. Getting to meet members from outside your zone is what our fraternal organization is all about.

The convention committee is working hard to show New York's unique lifestyle! We'll enjoy "For the Love of NORWAY" A New York cocktail party... a night of Norwegian garb, culinary delights and MUSIC... WE'LL HAVE IT ALL. With the close proximity to the city, people can take a bus to north Albany to the races in Saratoga or take a boat up the Hudson River... there is just too much to tell you about !!!!! Bring the kids and grand-kids, there is so much history for them to experience... make it a family time to share about their ancestry... and experience the country their forefathers choose to make their new homeland.

Join us in Albany June 11-15th at the Desmond hotel "For the Love of Norway!" ... you'll be glad you came.

With most of the installation of officers complete, the business of starting lodge volunteerism should be under way. Have you notified your zone director which worthwhile cause your members have chosen? If not, please do! We need to establish how many lodges are participating.

What decision did you arrive at to start informing members how Sons of Norway operates and the duties and responsibilities of each officer in the lodge? Give the board members feedback on how

this is going or if you have found an interesting way to incorporate it into your meeting. This is a learning experience for us all; the board members are hop-

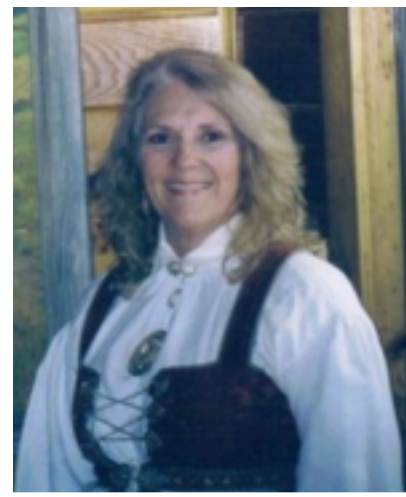
ing the information given to each new officer at the installations will help guide you through this process.

This is the time of year to put the 990 FORMS ON YOUR RADAR. Most lodges can do the simple form right on the IRS website... it will take about 5 minutes.... make certain you have your EIN number handy, any questions ask your zone director. Members will need to tally their volunteer hours together and inform Sons of Norway of their total hours. This is how we keep our organization in a fraternal and tax exempt category.

Have a wonderful Valentine days ... take time to show the ones you love how you feel...

Fraternally;
Gail

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 CT bottom line to continue its help to our fellow members.



District 3 Vice President's Message

Mary B. Andersen, VP Voice

How can "fraternalism" and "WIFM" really go hand in hand?

It wasn't until I began working in Pennsylvania that I heard the acronym WIFM (keep reading if you are not familiar with it). It was presented in a work context and I must admit that I was utterly amazed when the speaker said that in order to get your team to do anything you had to explain the WIFM. I have come to accept WIFM and believe that in the fraternalism context WIFM lends itself to a "win-win" for the Order, the District, the lodge and the member. How so? Let's spend a few minutes focusing on fraternalism and in particular, volunteering. The benefits of volunteering include:

- enhance the sense of belonging and connectivity
Volunteering with lodge activities enables you to get to know fellow members. Lodges with strong ties tend to survive and enhance the District.
- increase or develop a new skill. Like to write but are afraid of computers? Volunteer for your lodge newsletter and you will be amazed at what you can learn and probably have fun doing it. Always wanted to know how to make a kransekake? Volunteer for your lodge's Julefest and work with others; does it really matter if it leans a little? Learning a new skill can help you professionally as well as provide a sense of personal accomplishment.
- reinforce the Sons of Norway brand. Volunteering in the community helps the Order develop a reputation as a community service organization as well as a fraternal organization. Always remember to publicize your community activities; if you don't

tell people, how is anyone going to know that your lodge and Sons of Norway even exists.

So where is the WIFM (what's in it for me)? A recent study by [Unit-edHealth Group](#) found that:

- Volunteers say they feel better—physically, mentally and emotionally—than non-volunteers
- Volunteering helps people manage and lower stress levels
- Volunteers feel a deeper connection to communities and others
- Volunteers are more informed healthcare consumers and are more engaged and involved in taking care of their own health because volunteering takes their minds off chronic illness or helps them cope better
- Volunteers make better employees by building teamwork skills, developing time management skills and even learning new skills.

Spring is coming, (yes it is), think about how you will spring into action to feel better, learn skills and just have fun in Sons of Norway.

All the best,
Mary



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.

District 3 Sports Director's Message

Mike McCadam

Happy Valentine's Day! Sorry I missed sending a "Happy New Year's" greeting and did not have a January column, but our family had some challenges in December, so this is the first time you will learn about the 2014 3D Bowling Tournament (at the end of the column). But first, how are you progressing with your New Year's resolutions? A recent poll stated

37% of Americans had resolved to lose weight while 28% said they wanted to exercise more. Yet, in the first 10 days of 2014, 22% of all persons polled had already cheated on or even abandoned their goals. Perhaps that is the reason that many people have given up on making New Year's resolutions!

No matter where you stand on the topic of New Year's resolutions, let me ask you a question: if you knew you could not fail on achieving a health and wellness goal, what goal would you choose? Think about it and if you have one in mind, why not begin now? Start small and work into it.

As I've mentioned in the past, talk with your health care provider before making any changes about setting reasonable goals and then find someone to whom you can be accountable. Next look at a monthly calendar: How many times a week can you schedule some physical activity? Can you fit in 30 minutes of physical activity 3-4 times a week or is it more

likely that you will fit in a 10 minute walk 5-7 times a week? Which one will work for you? Now, pencil it in. Remember to plan time for warm-up and cool-down. Also plan for alternative times, should a time conflict develop. And, **remember: note your activity on a Sports Medal form.** You will earn a sports medal and also inspire others by your example!

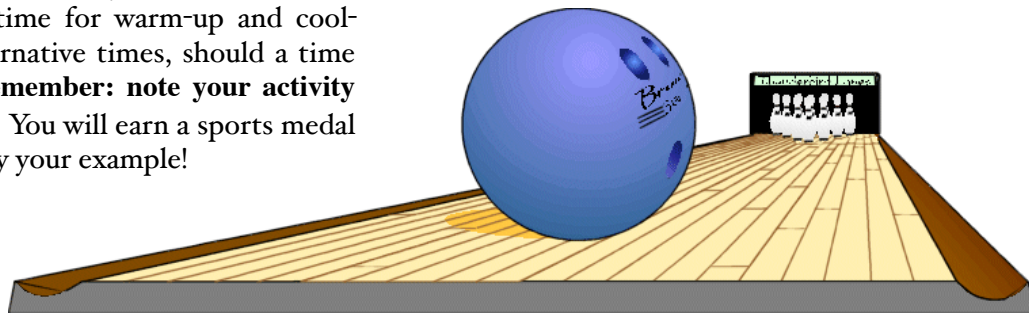
Now please participate in the next sports challenge, by

entering the exciting **2014 Third District Bowling Tournament** (Jan. 1 – April 30). Every lodge that fields at least one team by sending in their registration fee of \$25 per team, OR, who supports the Tournament with a donation of \$25 will receive a certificate of honor for participating!

Each participating lodge will be featured in the June newsletter. Again this year, in lieu of trophies, we'd like to contribute all profits from the Third District Bowling Tournament to the Charitable Trust! Let's have fun and still make a difference. Are you in? The zone with the most participating lodges will have a cheese pizza delivered to the lodge of your choice on the date you determine! Just complete the form below. Each team determines the date, time, and location for bowling and is responsible for all costs. Bowl three games and may the best team win! **Please register as soon as possible!** Again, Happy Valentine's Day!

Fraternally, Mike (sports@3dsofn.org)

Note: Washington Lodge members who are interested in participating in the bowling tournament should contact lodge sports director Greg Ovrebo at sports@norwaydc.org, and he will submit the entry form for the lodge's team.



a little in English...

King Harald Turns 77 Years Old

King Harald was the first Norwegian king born in Norway in over 500 years, and on January 17, 1991 he took the throne after his father, King Olav V. Harald V, King of Norway, was born on February 21, 1937 at Skaugam in Asker. He is the son of King Olav V (1903-1991) and Crown Princess Märtha (1901-1954).

The former Royal couple already had two daughters, Princess Ragnhild (1930-2012) and Princess Astrid (b. 1932), but neither of them were heirs to the throne after the Constitution of 1814 and before the Constitution's amendment in 1990. The birth of Prince Harald guaranteed the line of succession.

The first three years of Prince Harald's life were spent in the peaceful surroundings of Skaugum (the Crown Prince and Princess' residence). However this came to an abrupt end when German invaded Norway on April 9, 1940. While King Haakon and Crown Prince Olav stayed in London, the Crown Princess and the children lived in the outskirts of Washington DC until peace came in 1945.

In 1960, Crown Prince Harald made his first official state visit abroad. He traveled to the USA in connection with the 50th anniversary of the American -Scandinavian Foundation. On August 29, 1968 he married Sonja Haraldsen from Vinderen in Oslo at the Oslo Cathedral. Three years later on September 22, 1971, Princess Märtha Louise was born. Two years later, on July 20 the family was complete as Crown Prince Haakon Magnus (heir to the throne) was born.

The 2000s invited a whole new era for the Royal couple. Crown Prince Haakon was married to Mette-Marit Tjessem Høiby in 2001 and Princess Märtha

Louise married Ari Behn one year later. In 2003 the royal couple welcomed their first grandchild when Maud Angelica Behn came into the world. The following year Princess Ingrid Alexandra was born as the next heir to the throne.

In 2005 Kong Harald became a grandfather for the third and fourth time when Leah Isadora Behn was born in April and Prince Sverre Magnus was born that December. Three years later the royal couple's fifth, and so far, youngest grandchild, Emma Tallulah Behn was born. "It is very nice to be grandparents," King Harald and Queen Sonja have said.

In his 23 years as monarch, King Harald has proven to be a sports fan, a beloved family man, caring, and witty. "I feel lucky to be king of Norway. I am not in the least unfortunate," said the King.

litt på norsk...

Kong Harald fyller 77 år

Kong Harald var den første norske konge som ble født i Norge på over 500 år, og 17. januar 1991 tok han over tronen etter sin far, kong Olav V. Harald V - Norges Konge - ble født 21. februar 1937 på Skaugum i Asker. Han er sønn av Kong Olav V (1903-1991) og Kronprinsesse Märtha (1901-1954).



Det daværende Kronprinsparet hadde fra før to døtre, Prinsesse Ragnhild (1930-2012) og Prinsesse Astrid (f. 1932), men ingen av disse var arveberettigede til tronen etter Grunnloven av 1814 og foran Grunnlovsendring i 1990. Ved Prins Haralds fødsel var arvefølgen sikret.

De første tre årene vokste Prins Harald opp i fredfulle omgivelser på Skaugum, men idyllen ble brutalt brutt da tyskerne invaderte Norge

9. april 1940. Mens Kong Haakon og Kronprins Olav oppholdt seg i London, bodde Kronprinsessen og

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barna i utkanten av Washington DC til freden kom i 1945.

I 1960 gjennomførte Kronprins Harald sin første store utenlandsreise. Turen gikk til USA i forbindelse med 50 årsjubileet til The American- Scandinavian Foundation. 29. august 1968 giftet han seg i Oslo Domkirke med Sonja Haraldsen fra Vinderen i Oslo. Tre år senere, den 22. september 1971, kom prinsesse Märtha Louise til verden, og 20. juli to år etter var familien komplett da kronprins Haakon Magnus var født.

2000-tallet inviterte til en helt ny epoke for kongeparet, da kronprins Haakon i 2001 giftet seg med Mette-Marit Tjessem Høiby, og prinsesse Märtha Louise giftet seg med Ari Behn året etter. I 2003 kom

kongeparets første barnebarn, Maud Angelica Behn til verden, og året etter ble tronarvingen, prinsesse Ingrid Alexandra, født.

I 2005 ble kong Harald bestefar både for tredje og fjerde gang, da Leah Isadora Behn ble født i april, og prins Sverre Magnus ble født i desember. Tre år etter ble kongeparets femte, og foreløpig yngste, barnebarn, Emma Tallulah Behn født. "Det er veldig fint å bli besteforeldre," sa kong Harald og dronning Sonja.

I sine 23 år som monark, har kong Harald vist seg som en sportsinteressert, familiekjær, omsorgsfull og humoristisk mann. "Jeg føler meg heldig som får være konge av Norge. Jeg er i hvert fall ikke uheldig," sa Kongen.

Courtesy of Sons of Norway Newsletter Service. Pictured: King Harald in 2010. Photo credit: [Tor Atle Kleven via Creative Commons](#).

Scandinavian Sweetheart Waffles

Makes 5 servings

- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1 ½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt

Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly



1/3 cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

Berry Syrup

- 1 ½ cups of your favorite berries or 1 cup blueberries

- ¾ cup sugar
- ⅓ cup water
- 2 tsp lemon juice
- 1 tbsp corn starch, whisked with enough water to make slurry

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.

Courtesy of Sons of Norway Newsletter Service. Waffles adapted from [Allrecipes.com](#). Berry syrup adapted from [thisweekfordinner.com](#).

Lodge Calendar

February Reading Circle

Tuesday, February 18, 2014, at 7:30 p.m.
at Norway House

www.norwaydc.org/reading

See page 4 for details.

February Lodge Meeting: Researching Your Family Ancestry

Friday, February 21, 2014, at 7:00 p.m.
at Norway House

See page 1 for details

March Lodge Meeting: Who Do You Think You Are

Friday, March 21, 2014, at 7:00 p.m.

Festdrakt Class

Saturday/Sunday, March 22-23, 9:00 a.m.-4:00 p.m.
See page 20 for flyer.

April Lodge Meeting: Art of Folk Art

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

Syttende Mai Dinner/Dance

Friday, May 16, 2014, 6:00-11:00 p.m.
Key Bridge Marriott, Arlington, VA

Syttende Mai Celebration

Saturday, May 17, 2014, at 1:00 p.m.
Carderock Park, Potomac, MD

Sons of Norway 3rd District Convention

June 11-15, 2014 in Albany, NY - save the date
www.3dsofn.org/convention/

Norw. Language & Conversation Group

Every Wednesday, 7:00-9:00 p.m. at Norway House
Beginner and Intermediate/Advanced classes.

www.norwaydc.org/language

See page 12 for details.

Other Area Events of Interest

Norwegian Dance & Potluck

Saturday, February 1, potluck 6:30 p.m., dancing 8:00
6807 Westmoreland Ave, Takoma Park, MD 20912
Norwegian-style house party. Mesmerizing live music
by foremost-in-US Loretta Kelley on the unique Har-

danger fiddle (w/sympathetic strings under the bowed strings — see HFAA.org). Addictive dances, some with elements like Swing or Hambo. Beginners, singles/couples, watchers/listeners all welcome. Bring clean shoes to wear, food to share, and \$\$ you can spare. Hosts Loretta & Tony's phone just in case: 301-270-4925. Info/directions: <http://MAND.fanitull.org> or contact Jenny at pi@xecu.net or 301-371-4312.

Lecture: Living with Norwegian Samis

Monday, February 3 at 7:30 p.m.

National Geographic

1145 17th St NW, Washington, DC

American photographer Erika Larsen spent three years living with the Sami Reindeer Herders in Kautokeino, in Norway's far north. Larsen will be speaking about her experience and showing photographs and videos. Book sale and signing to follow. Tickets start at \$24. For more information, visit:

www.norway.org/News_and_events/Embassy/FEBRUARY-3rd-A-lecture-on-living-with-Norwegian-Samis/

Phillips After 5: Nordic Lights

Thursday, February 6, 5:00-8:30 p.m.

Phillips Collection

1600 21st Street, NW, Washington, DC

Brilliant colors inspire this Phillips after 5 in celebration of Denmark, Finland, Iceland, Norway, and Sweden. Small bites, Nordic cheeses, and beers from the region are also featured. In conjunction with the Nordic Embassies Initiative at The Phillips Collection. Reservations are strongly advised for this popular event. Admission is \$12; \$10 for students as well as visitors 62 and over. Museum members free. Make reservations online or call 202-387-2151.

www.phillipscollection.org/events/2014-02-06-phillips-after-5-nordic-lights.aspx

Norwegian Church Service

Sunday, February 9 at 3:00 p.m.

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

The service is in Norwegian. All are welcome.

"Kirkekaffe" after the service. The service will be followed by a Juletre fest. For information, call Lasse Syversen at 301-641-7908 or send an e-mail to:

lasse@flagship.com.

Continued on next page

Continued from previous page

Norwegian Singer/Songwriter Ane Brun

Tuesday, February 11, at 7:30 p.m. (doors 6:30 p.m.)
Jammin' Java, Vienna, VA

Award winning artist Ane Brun (37) is a song-writer, guitarist and vocalist from Molde in Norway. Solo acoustic tour with special guest Linnea Olsson. For more information, visit:

www.jamminjava.com/events/ane-brun.

Scandia DC 3rd Sat. Dance

Saturday, February 15, 7:00-10:00 p.m.

Greenbelt Community Center, 15 Crescent Dr., Greenbelt, Maryland (dance studio on lower level)
Teaching dance 7:00-8:00 p.m., Open dancing from 8-10 p.m. Cost of the Dance Party, \$7 payable at the door. No partners necessary. Dance taught: Mellparing and Senpolska from Gimdalen. Featured fiddler: Andrea Hoag (leading the Spelmannslag). Enjoy a variety of Scandinavian couple dances led by Linda Brooks and Ross Schipper. For more information or directions, visit www.scandiadc.org or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

ASA Meeting: Scandinavian Mythology

Monday, February 24 at 8:00 p.m.

St. John's Church

Wisconsin Ave & Bradley Blvd, Chevy Chase, MD

Dr. Rose-Marie Oster is the guest speaker. For more information, see www.scandinavian-dc.org.

Fairfax Genealogical Society Conference

March 28-29, 2014

Fairfax Marriott at Fair Oaks, Fairfax, VA

Each year, FxGS holds a 2 day conference in the spring. These conferences have traditionally been well-attended and well received with nationally known speakers, special interest tracks, mini-lectures and various vendor booths. This year's theme is Comings and Goings: How to Find Them and How to Follow

Them. Early bird registration through March 15.

<http://fxgs.org/cpage.php?pt=20>

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 or 301-864-1596 or visit <http://sites.google.com/site/nordicdancersdc/>

Looking for Norwegian Speakers/Readers

If you are interested in this position, please contact Monique Roske directly, at monique@roske.us.

My company is currently assisting the Superintendent of Education (State of Washington) in one of their special projects where they need third-party assessments of students who speak other languages than English at home. I have a request for a Norwegian speaker/reader who could help me evaluate Norwegian speaking and writing tests submitted by "heritage speakers."

The reviews are via computer and - once the person understands the provided guidelines - take about 30 minutes per student. We will need individuals who have Green Cards of US passports and who are authorized to work in the US, of course, in order to comply with Federal Contracting Regulations.

Monique Roske, President
M2 Language Consultants LLC
Monique@roske.us
www.roske.us

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) with your children's names and ages so that activities can be appropriately tailored.



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.
If you don't have internet access, call 800-945-8851.



TUBFRIM in 2013

Submitted by Pat DeRoche

Thanks to the following who donated over 11 lbs. of used stamps to Tubfrim in 2013: Greta Dahlman, Herman Gossenberger, Keith Olson, Charlotte Olson, Greg Ovrebo and Christine Meloni.

In addition, 16 lbs. of stamps from Karon Plasha, Ellen Haberlein and Denise Bowden will be credited to the 2014 collection.

All 27 lbs. of stamps have been shipped by Pat DeRoche to the Third District Tubfrim contact in N.J.

Bazaar Items Still Available

We have many items left over from the Norwegian Festival & Bazaar, and they are available for sale throughout the year.

You can browse the shelves on the lower level of Norway House at any regular lodge meeting held at the Norway

House. If you want to purchase bazaar items but can't make it to a meeting, you can contact the bazaar coordinators at bazaar@norwaydc.org to find out what items are available and coordinate meeting them at the Norway House at another time.

We have many wonderful gift items that can be given throughout the year such as for birthdays and anniversa-

ries, and for most any age range. This includes T-shirts of all size ranges from children's to adult 5X, wonderful sweaters of all size ranges from children's size 1 to adult 2X, and of course the wonderful food preparation items such as lefse making griddles and turning spatulas, almond cake pans, Aebleskever pans, as well as mugs and books... many things to choose from for most any gift giving needs.

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.

Contact Us

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

Lodge Website

www.norwaydc.org

Find Us on Facebook

www.facebook.com/groups/123693707650322/

Newsletter Deadline

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

2013 Acting Lodge Leaders

President: Burt Koske

703-573-5943 or president@norwaydc.org

Vice-President: Lori Churchyard

301-854-4950 or vp@norwaydc.org

Secretary: Pat DeRoche

301-537-8309 or secretary@norwaydc.org

Treasurer: Bill DeRoche

301-537-8309 or treasurer@norwaydc.org

Financial Secretary: Denise Bowden

703-815-1552 or financial@norwaydc.org

Hospitality Director: Jinann Larson

703-318-8128 or hospitality@norwaydc.org

Librarian/Historian: Henry Hansen

703-815-4945 or librarian@norwaydc.org

Newsletter Editor: Clarissa Peterson

202-285-9585 or editor@norwaydc.org

Webmaster: Peter Churchyard

301-854-4950 or webmaster@norwaydc.org

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

www.norwaydc.org/officers/.



Festdrakt Class

***Sponsored by the Washington Lodge
Saturday March 22 & Sunday March 23***

9:00 AM to 4:00 PM

at Norway House Fairfax, Va

- Sew a Festdrakt for you or your child/grandchild***
 - Sew a Bunad blouse***
 - Alter a bunad or drakt***
- Easy instruction (Fabric & supplies available in class)***
 - \$ 35.00/day plus cost of supplies***

Class taught by Deb McConaghy

***Sign up today space limited...contact the Washington Lodge at
programs@norwaydc.org***

NOW IS THE TIME TO HAVE THE COSTUME YOU HAVE ALWAYS WANTED !!!