

SONS OF
NORWAY

Capital Viking

January Lodge Meeting: Pea Soup Dinner

Saturday, January 25, 2014 - 5:00 p.m. - **please note the date change**

Norway House, 3846 Meredith Drive, Fairfax, VA

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

Bring your favorite Norwegian-style soup (pea, fruktsuppe, etc.) or a side dish/dessert to share. The lodge will provide the beverages.

There will be no formal program for the January meeting, but we will present the results of the Norwegian Festival & Bazaar, have good Norwegian fellowship, and discuss plans for the lodge in 2014 (i.e., IRS reinstatement, 200th anniversary of Norway's constitution, Syttende Mai, etc.)



History of Pea Soup

Pea soup or is soup made typically from dried peas, such as the split pea. It is greyish-green or yellow in color depending on the regional variety of peas used. Scandinavian pea soup normally includes pieces of pork, and a typical recipe would also include some onion and herbs such as thyme and marjoram.

- http://en.wikipedia.org/wiki/Pea_soup

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

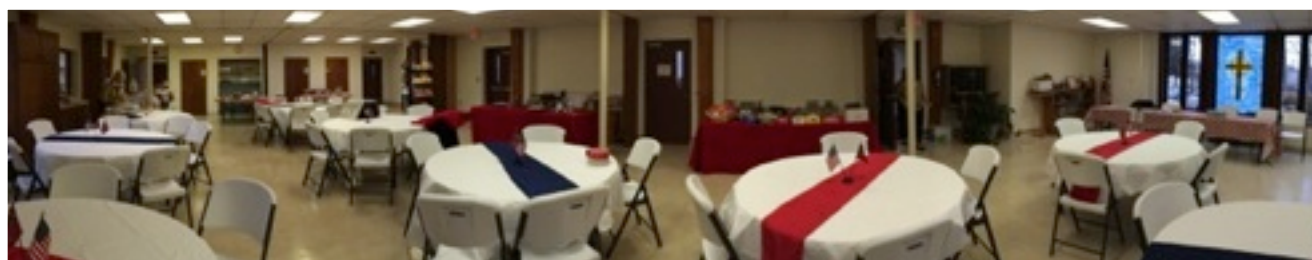
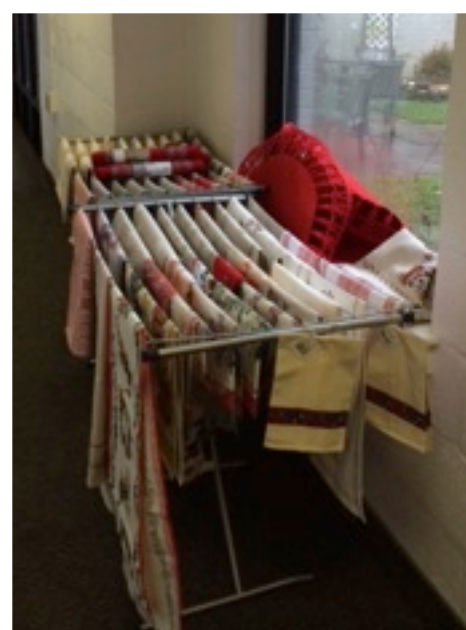
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Photos from the Norwegian Festival & Bazaar



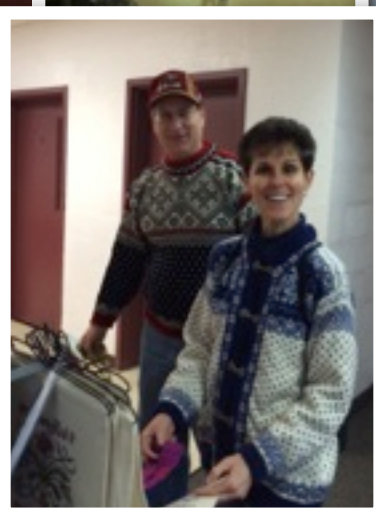
More Photos from the Norwegian Festival & Bazaar



More Photos from the Norwegian Festival & Bazaar



More Photos from the Norwegian Festival & Bazaar



Beverly Nickens Obituary

Beverly Anne (Auringer) Nickens, 80, passed away on November 22, 2013, at her home in Fairfax. She was born on November 9, 1933 in Faribault, Minnesota.

Beverly was a negative map engraver, and retired from the U.S. Geological Survey in 1985. While working there, she met her second husband, Herbert Nickens. They were together for more than 30 years until his death in 2008. She was previously married to the late Edgar H. Melia for 23 years.

Beverly was an active member of the Sons of Norway-Washington Lodge, and will be remembered fondly. She was very enthusiastic, and always willing to pitch in and help out. She always had a positive attitude and freely gave out hugs.

Lodge members may not know Beverly was an excellent artist, painting with oils and other mediums. She had two pieces included in the International Miniature Show at the Smithsonian. On the lighter side, she also made adorable pine cone gnomes for the bazaar in past years, and enjoyed baking Scandinavian breads and cookies every year for the holidays.

Beverly is survived by five children: Brenda Senseney (Greg) of Knoxville, Maryland; Hugh Melia (Kathleen) of Gaithersburg; Ronald Melia (Konnie) of Chesapeake City; Eric Melia of Manassas and Linda Capoccia (Andrew) of Stephenson, Virginia; as well as two grandsons, 3 step grandchildren, and a great-granddaughter.

She is also survived by her brothers Ralph Auringer, Jr. (Laverne) of Carson City, Nevada; Eugene (Lois) of Austin, Minnesota; Duane (Patricia) of Seattle, Washington; Arlen (Lynn) of Watauga, Texas; sister-in-law Edythe Auringer of Greenville, Texas; and was predeceased by her brother Robert Auringer and sister Kay Digner.

A memorial service was held on November 30, 2013. Beverly's obituary can be viewed online at www.adventfuneral.com/services/beverly-anne-auringer-nickens.htm.



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.





2014: Norway's Grunnlovsjubileum

May 17th, 1814 was a momentous occasion in Norway's history and since then has been the biggest and most celebrated holiday in Norway. But the history of the day is often confused with Norway's Independence Day. It is, in fact, Norway's Constitution Day, marking the signing of the Constitution in Eidsvoll, Norway and laying the groundwork for the country's independence from Sweden on June 7th, 1905, nearly a century later.

Norway's modern and forward thinking constitution focused on the principles of democracy and human rights and was ultimately inspired by the US Constitution

of 1787. The 112 members present in the National Assembly at Eidsvoll approved of the document and on May 17th, 1814 Norway's constitution was signed, sealed and approved by the newly elected King Christian Frederik. King Christian Frederik became the first democratically elected king in Europe. He was forced to resign his position later that year when Norway was forced into union with Sweden. His negotiations at the time allowed Norway to keep the Constitution and enter into the union as an independent country. A new monument honoring King Frederik will be unveiled in Oslo

on May 17th 2014 for the bicentenary.

200 years after the document was made official, Norway prepares to celebrate the most anticipated Syttende Mai yet. A yearlong jubilee will take place in order to honor, educate and celebrate the historic occasion.

An executive committee has been working very hard to prepare for this special anniversary with festive parties, educational symposiums, cultural concerts, and memorial ceremonies across Norway. There has even been a song written for the occasion, *Det går et festtog gjennom landet!* — There goes a party train through the country! The calen-

Continued on next page.

From previous page

dar is packed in 2014. You can get a full listing of all the events on Norway's official Grunnlovsjubileet website (www.stortinget.no/no/Grunnlovsjubileet/).

The most important place in connection with the constitution is the Eidsvoll House. Here, the constitution was written and signed. It will be the

place to visit next year as it unveils its restoration project to the public. The building will look as if it was brand new in 1814. Time period dressed tour guides will invite visitors to explore the surroundings at Norway's foremost national symbol. Join the celebration!

Courtesy Sons of Norway Newsletter Service



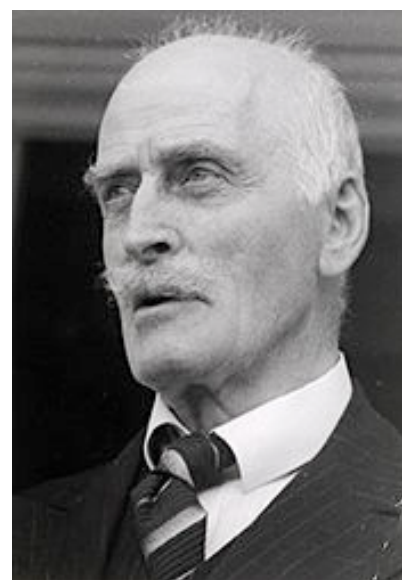
Reading Circle News

The lodge's Reading Circle met in December at the home of Tim and Glenda Christenson for a Christmas potluck and to discuss Linn Ullman's *A Blessed Child*. The discussion was very spirited as not everyone agreed on the merits and meaning of the book. Very interesting! Many thanks to Tim and Glenda for hosting this festive event.

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.



Knut Hamsun in July 1939, age 79 years.

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.

Norway Predicted to Dominate the Podium in Sochi 2014 Olympics

With less than three months to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia, Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994.

Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat — if successful — that would tie the record set in 2010 by the United States. Also in the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals,

which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010.

Men's and women's biathlon and cross-country skiing events are expected to yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count.



SOCHI 2014 MEDAL PREDICTIONS

	COUNTRY	Gold	Silver	Bronze	Total
1	NOR	15	12	10	37
2	USA	14	8	6	28
3	CAN	11	12	11	34
4	GER	6	13	18	37
5	FRA	6	5	7	18
6	CHN	6	3	3	12
7	AUT	5	7	7	19
8	RUS	5	5	7	19
9	NED	5	4	5	14
10	SUI	5	2	1	8

Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the podium.

Courtesy Sons of Norway Newsletter Service

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.



Lighting of the Norwegian Christmas Tree

By Christine Foster Meloni

Every year for the past 16 years the Royal Norwegian Embassy has presented a Christmas tree to the people of Washington, DC as a symbol of the friendship between Norway and the United States. The tree also expresses the gratitude of the Norwegian people for US assistance during and after World War II.

This year's tree-lighting ceremony took place at Union Station on December 3. The host of the ceremony was WETA's popular Robert Aubrey Davis. The new Norwegian ambassador, Kare Aas, offered remarks, carols were sung, and cookies and gløgg were served. Santa Claus also made an appearance.

In addition to the usual miniature American and Norwegian flags, the tree was decked out in 700 miniature replicas of Edvard Munch's "The Scream" to commemorate the 150th anniversary of the artist's birth. There were also 20,000 little lights on the 32-foot tree.

The tree was impressive and the ceremony was heart-warming. This wonderful annual event makes me very proud of my Norwegian roots. My Italian husband, Norwegian by marriage, is proud as well.



Top: the Norwegian ambassador, Kare Aas.

Above: the Scream ornament.

Left: the tree in Union Station.

Sons of Norway Virtual Pilgrimage Announced

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway.

The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online fea-

tures and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles



in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world. Travelers come from all over to follow the network of routes called St. Olav's Ways. Norway's regional pilgrim centers (www.pilegrimsleden.no/en/about/pilegrimsleden-i-norge/) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringeby, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website.

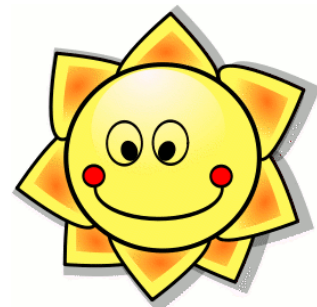
Courtesy Sons of Norway Newsletter Service

Spread a Little Sunshine

Queenie Sheldahl is recuperating at Manor Care in Alexandria. Cards may be mailed to 1510 Collingwood Rd, Alexandria, VA 22308. Our sympathies to the families of Bev Nickens and Giles Harlow.

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.



Photos from the Juletfest (Holiday Party)



More Photos from the Juletfest (Holiday Party)



Historic Eidsvollsbygning Renovation Opens in February

In honor of the upcoming bicentenary of Norway's Constitution in May of 2014, the Norwegian Ministry of Culture tasked Statsbygg (the Norwegian Public Construction and Property Management Service) with the largest and most comprehensive renovation ever undertaken at Eidsvollsbygning (Eidsvoll Manor House), the birthplace of the historic document.

A project in the making since 2011, the renovation culminates in February with the restoration of Eidsvoll Manor House to its former splendor while under the ownership of Carsten Anker, recreating the look and appearance of the historic site as it appeared to the drafters of Norway's Constitution in 1814.

Included in the restorative plans is the refurbishment of the building's original eastern façade and garden stairs as well as reconstruction of the original windows. Chief among the large structural changes is the excavation of the building's basement, which housed the servant's quarters, kitchen, storeroom, food and wine cellar. Planners believe that this large undertaking will enhance the visitor's experience and help to provide insight into the social differences and daily lives of the home's occupants at the time.

Not only are structural details restored, but interior finishes and furniture as well. Extensive paint

and wallpaper investigations by the Norwegian Institute for Cultural Heritage Research have enabled the repair and redecoration of all documented surfaces to their period paint colors, wallpapers and carpets. The manor's furniture received a similar investigative treatment. Referencing an inventory describing the home's contents as well as subsequent public auction catalogue in 1822 following Carsten Anker's bankruptcy, Statsbygg matched as closely as possible the light fittings, pictures, curtains and textiles and furnishings.

To learn more about Eidsvoll Manor House as well as the progress of the restoration and official opening in February, be sure to take a look at these online resources:



► Historical Video Review of Property (in Norwegian)
www.youtube.com/watch?v=HrP-QpPiiqg#t=75

► Overview of Plans by Statsbygg
www.statsbygg.no/FilSystem/files/prosjekter/eidsvollsbygningen/eidsvoll-engelsk.pdf

► Calendar of Events at Eidsvoll Manor House
www.eidsvoll1814.no/?aid=9068842

► Official Website of Eidsvoll Manor House
www.eidsvoll1814.no/

Courtesy Sons of Norway Newsletter Service. Photograph



Disney's Film Frozen

Did you know that Norway was the inspiration for Disney's new animated film *Frozen*?

"The Norwegian influence is reflected not just in the wintry landscape with snow-capped mountain tops and deep fjords but also in characteristic Norwegian elements like the ancient stave churches, the traditional Norwegian folk costume the bunad and even in the typical Scandinavian hairstyle with braided plaits.

"Art director Mike Giaimo explains, "Norway offered a cultural backdrop we'd never explored before and we thought, 'Wouldn't it be great to blend its dramatic environment, architecture and folk costume aesthetic?' It feels like a world from a classic Disney film, but it's completely new."

Go to the website where the above appeared to read more and to see a trailer of the film: www.visitnorway.com/en/Games-and-more/Disneys-Frozen-Inspired-by-Norway/.

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.

My Fjøsnisse

By Christine Foster Meloni

Eldri and Maria, two of my cousins from Norway, sent me a Fjøsnisse for Christmas. Here is their explanation of what this nisse is:

"This is a Norwegian Fjøsnisse. It can be used as decoration or it is also nice on a bottle of wine or other type of



bottle. The Fjøsnisse has grey clothing and is short. He is not the nisse who brings gifts, but he used to help in the barns on the farms. He especially liked to care well for the animals. If the people on the farm were good to the Fjøsnisse, then he would care well for the animals, and the farm would do well."

In the photo you will see him looking festive on a bottle of wine.

Giles Harlow Obituary

Giles D. Harlow, Jr., passed away on November 20, 2012, at Walter Reed National Medical Center, of complications from Parkinson's Disease.

Giles was born in 1932 in Wadena, Minnesota, the son of Giles and Ella Johnson Harlow. He lived in Park Rapids, Minnesota, growing up, graduated from high school in Worthington, Minnesota, and attended the University of Minnesota. He also received Masters degrees from the Fletcher School of Law and Diplomacy, and the University of Massachusetts.



He served in the National Guard in Korea, and then attended the United States Military Academy at West Point, graduating in 1957. His 30-year military career included two combat tours in Vietnam, where he received a Purple Heart. He also taught at the U.S. Air Force Academy, worked at the Pentagon, and was the Director of Operations and Vice Wing Commander at Bergstrom AFB and the Wing Commander at Vance AFB.

Giles is survived by his wife of 55 years, Ann (Quackenbush), four children Giles D. Harlow (Jennifer), Douglas (Julie), Elizabeth (Frank), Sarah (Todd) and seven grandchildren, as well as his brother John (Janet) and sister Nancy.

A memorial service was held on November 24, 2012. Giles's obituary can be viewed online at www.legacy.com/obituaries/washingtonpost/obituary.aspx?pid=161181910.

Looking for a Norwegian Adventure?

Do you have some Norwegian blood in your veins? Norway's #1 Emmy Award-winning reality TV series is looking for new contestants.



Previous cast members of "The Great Norwegian Adventure" say this is a once in a lifetime opportunity not to be missed. They've had a total blast, life changing experiences and some have become Norwegian celebrities. Every cast member receives their unknown relative's information, so it's an amazing emotional and adventurous journey for all.

While the fourth season is currently airing on Norwegian channel TVNorge, the casting of season five has now started. O'Connor Casting Team is looking for fun, outgoing and adventurous Ameri-

cans with Norwegian ancestry — even a little bit is enough to qualify. Chosen participants will travel to Norway to compete in good-natured, exciting and extreme cultural challenges to discover their rich and fascinating roots while trying to win a reunion with their long lost Norwegian relatives and a cash prize of \$50,000.00.

- Are you a descendant of Norway?
- Have you NEVER traveled to Norway?
- Are you a U.S. citizen?
- Will you be at least 18 years old as of Feb. 16, 2014?

Then this is the show for you! For more info and to apply online, go to: <http://oconnorcasting.tv/index.php/norway/>

You can email any questions to: castingnorway@gmail.com. Application & video submission deadline is January 5, 2014.

Courtesy of ASA Newsletter

Lodge Calendar

January Lodge Meeting: Pea Soup Dinner

Saturday, January 25 at 5:00 p.m.
at Norway House
See page 1 for details

February Reading Circle

Tuesday, February 18, at 7:30 p.m.
at Norway House
www.norwaydc.org/reading
See page 8 for details.

Festdrakt Class

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

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

Other Area Events of Interest

Norwegian Dance & Potluck

Saturday, January 4, 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-
dinger 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.

Norwegian Church Service

Sunday, January 12 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 Juletrefest. For information, call Lasse
Syversen at 301-641-7908 or send an e-mail to:
lasse@flagship.com.

Scandia DC 3rd Sat. Dance (Holiday Party)

Saturday, January 18, 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. Åtabakspolska, taught by Linda Brooks and
Ross Schipper. No partners necessary. Live Music
(Featured Fiddler): Andrea Hoag. 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.

American Scandinavian Society Meeting

Monday, January 27 at 8:00 p.m.
St. John's Church, Wisconsin Ave & Bradley Blvd,
Bethesda, MD
Program: Sweden, The Middle Way, Revisited - Part 2.
A presentation by Peter Storm, exploring how Swe-
den developed from the 1930s to today and compar-
ing Sweden's development with how the USA has
developed. More information:
www.Scandinavian-DC.org.

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/>



*a little in English...***Princess Ingrid Alexandra turns 10 years old!**

Her Royal Highness Princess Ingrid Alexandra was born at the Riks Hospital in Oslo on January 21, 2004. The princess is second in line to the throne after her father Crown Prince Haakon and is the first woman who was born with the right to throne. Assuming the monarchy still subsists; Ingrid Alexandra will be the first reigning Queen of Norway since Margrete I.

Her Royal Highness Princess Ingrid Alexandra's Godparents are: His Majesty the King, His Royal Highness Crown Prince Frederik of Denmark, Her Royal Highness Crown Princess Victoria of Sweden, His Royal Highness Prince Felipe of Asturias, Princess Märtha Louise and Marit Tjessem (maternal grandmother).

The Princess started preschool on January 4, 2006 and on August 19, 2010 she began Kindergarten at the Jansløkka School in Asker. The Princess enjoys music and playing the piano.

The Princess has already participated in several official engagements. Among many other things she is typically seen on the palace balcony for Syttende Mai (May 17th) and the annual Holmenkoll Day.

The Princess was recently interviewed on television for the first time and among the submitted questions she answered for the NRK Christmas morning program, she was asked if it's fun to be a royal.

"Yes, sometimes it's fun and sometimes it's pretty boring. What I think is boring is having to take pictures. You have to sit, sit, sit and sit and never get the perfect picture. And my little brother, Magnus can't sit still. So then when the first picture isn't perfect, Magnus runs off, then we have to get him," explain Ingrid Alexandra.

Last year she turned 9 years old and the castle, in connection with the big day published a photo of the three generations of Norwegian royalty, the Princess, Crown Prince Haakon and King Harald. We will see what is planned this year for the ten year old princess.

Courtesy Sons of Norway Newsletter Service

*litt på norsk...***Prinsesse Ingrid Alexandra fyller ti år**

Hennes Kongelige Høyhet Prinsesse Ingrid Alexandra ble født på Rikshospitalet i Oslo 21. januar 2004. Prinsessen er nummer to i arverekken, etter sin far Kronprins Haakon, og er den første kvinnen som er født med arverett til tronen. Forutsatt at monarkiet består, vil Ingrid Alexandra etter all sannsynlighet bli den første regjerende dronning av Norge siden Margrete I.

Hennes Kongelige Høyhet Prinsesse Ingrid Alexandras faddere er Hans Majestet Kongen, Hans Kongelige Høyhet Kronprins Frederik av Danmark, Hennes Kongelige Høyhet Kronprinsesse Victoria av Sverige, Hans Kongelige Høyhet Prins Felipe av Asturias, Prinsesse Märtha Louise og Marit Tjessem.

4. januar 2006 begynte Prinsessen i barnehage, og 19. august 2010 begynte hun på Jansløkka barneskole i Asker. Prinsessen er glad i musikk og spiller selv piano.

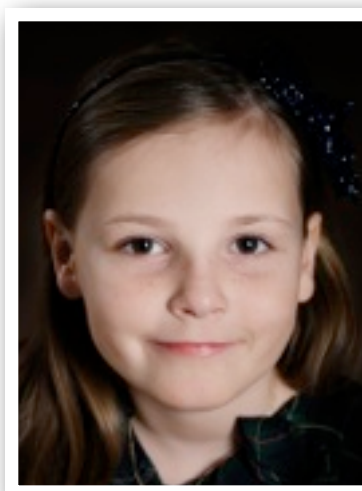
Prinsessen har allerede hatt flere offisielle oppdrag. Blant annet pleier hun å være med på slottsbalkongen 17. mai, og har deltatt på den årlige Holmenkolldagen.

Prinsessen ble nylig intervjuet på TV for første gang. Blant de innsendte spørsmålene hun svarte på i NRK-programmet Julemorgen, var om det er gøy å være kongelig.

– Ja, noen ganger er det gøy, og noen ganger er det ganske kjedelig. Det jeg for eksempel synes er kjedelig, er å måtte ta bilder. Det er når man sitter, sitter, sitter og sitter og ikke får det perfekte bildet. Og så klarer ikke Magnus, lillebroren min, å sitte stille. Så da blir det sånn at det første bildet ikke blir perfekt, og så løper Magnus (7) av gårde, og så må vi hente ham, forklarte Ingrid Alexandra.

I fjor fylte hun 9 år og Slottet har i forbindelse med dagen publisert et bilde av tre generasjoner norske kongelige – prinsessen, kronprins Haakon og kong Harald. Vi få se hva som skjer i år for den ti års gamle prinsessen.

Pictured: Ingrid Alexandra in 2012. Photo credit: Royal House of Norway.



District 3 Vice President's Message

Mary Andersen, VP Voice

A New Year brings an air of excitement. A New Year also brings the infamous New Year's Resolution(s). I wonder if New Year's resolutions are inversely proportionate to one's age. I really try not to make them or if I do, I limit them to three that I think stand a chance of achieving. I define success as accomplishing at least one resolution!

I thought about New Year's Resolutions for the Third District and came up with the following three:

✓ **Focus on fraternalism** - President Joe Annotti of the American Fraternal Alliance stated in a recent blog that "Fraternalism were founded on the core principle of helping one another." Let's step out of our comfort zone and talk about what our lodges do in our communities. We help where help is needed but sometimes it is like pulling teeth to get a Norwegian to talk about what they do to help others. (see Cultural Director Kathy Dollymore's comment in Community Connections). Another point to keep in mind is that our insurance products are central to our core principle. Don't forget to invite a financial benefits counselor to one of your meetings! Talk to your financial benefit counselor regarding how they can help you in your recruitment efforts, you may be pleasantly surprised.

✓ **Agree to disagree** - running a District is like running a business. Decisions have to be made and not everyone will agree. The same is true in running a lodge; be kind to one another. Remember

we are all volunteers doing the best we can do. Decisions are made based on the information available and what the decision makers believe will be in the best

interest of all members. At some point or another in our lives, our point of view was not the view of the majority! Go with the flow and agree to disagree; let peace and harmony truly prevail.

✓ **Volunteering should be fun** - it takes work to run a District or a lodge. Your "go to" members should be able to have fun too! "Many hands make light work". Look for ways to include your lodge members; a sense of shared purpose and belonging is critical to the success of any organization. Inclusivity fosters new ideas (see resolution two — agree to disagree....fraternally!); new ideas open new doors and opportunities or may affirm that what you are doing is the right course for your lodge.

Think about these resolutions; do they work for your lodge? Let me know how you do with them.

Please have a happy, healthy and safe New Year. Thank you for all you do for the Sons of Norway.

All the best,
Mary



Happy Birthday
to our members with January birthdays

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

Photos from Norsk Student Christmas Party

Nina Brambani-Smith, the instructor of the lodge's Norwegian language classes, invited all of her students to her home for a Christmas party. Everyone enjoyed socializing, eating traditional Christmas desserts, and watching a wonderful Norwegian film, "The Prompter." God Jul!

Right: Desserts from the party.

Below: Advanced class. Left to right, Ellen Haberlein, Bill Greer, Ingrid Johnson, Chuck Haberlein, Norbert Fuegenschuh, Christine Meloni, George Edwards, Rebecca Brown Thompson, and Nina Brambani-Smith.



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.

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 1C or 1Z bus toward Inova Fairfax Hospital. The bus will go down Lee Highway/Fairfax Blvd. (Rt. 50/29). Get off about 40 min. later at Meredith Drive (after Warwick Ave.).

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About Capital Viking

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Address Changes

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

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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.

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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 !!!