



SONS OF  
NORWAY

# Capital Viking



## November Lodge Meeting: Nordic Feast & Lutefisk Dinner

Saturday, November 23

Coffee 3:45 p.m. and Dinner 4:15-6:00 p.m

**Featuring:** Lutefisk, meatballs, ham, potatoes, rutabaga, cabbage, peas, rosettes, krumkake, and rice pudding.

At Christ Lutheran Church  
(across from Norway House)  
3810 Meredith Drive  
Fairfax, VA 22030  
<http://www.norwaydc.org/directions>

### Tickets:

\$25.00 - adults

\$10.00 - Heritage (ages 6-15)

\$15.00 - Unger Venner (ages 16-23)

free - 5 and younger

Please RSVP to [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org) or call Debra Fosaaen at 703-861-3363 or Ardis Morton and 703-281-3463.

Make checks out to: SON Washington Lodge and mail to Norway House, ATTN: Lutefisk Dinner, 3846 Meredith Dr., Fairfax City, VA 22030.

\*10% discount for dinner if payment is postmarked by November 18 (22.50/13.50/9.00).

A limited amount of Lutefisk will be available @ \$8.00 a pound.

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

**Lutefisk** is a traditional dish of the Nordic countries. It is made from aged stockfish (air-dried whitefish) or dried/salted whitefish (klippfisk) and lye (lut). It is gelatinous in texture, and has an strong, pungent odor. Its name literally means "lye fish."

However, the taste of well-prepared lutefisk is very mild, and often the white sauce is spiced with pepper or other strong tasting spices to bring out the flavor. - <http://en.wikipedia.org/wiki/Lutefisk>

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## New novel *An Untamed Heart* Tells of Life in Norway

Few authors have created a legacy of literature as comprehensive and beloved as Lauraine Snelling. Her four series featuring the immigrant community of Blessing, North Dakota, are critically acclaimed and particular favorites for many fans. With her new novel, *An Untamed Heart*, Snelling has answered the pleas of her most avid readers to hear more about Ingeborg, a favorite character from the Red River Valley series.

In *An Untamed Heart*, Snelling shares the story of twenty-year-old Ingeborg Strand's life in Norway, and the experiences that eventually led her to immigrate to America. Longtime fans of Ingeborg and new readers alike will enjoy this heartfelt, gentle story of love and perseverance.

### Synopsis

Twenty-year-old Ingeborg Strand is certain she is destined to be an old maid. It's not that she's lacked suitors, but now she no longer can have the one she loved.

With the future looking bleak, her mother suggests that she leave Norway and start afresh in America, as so many others have done before her. But how will she accomplish that with little money and no one to accompany her?

Roald Bjorklund is a widower who has been planning to go to America, lured by the promise of free land. He's a good man, a hard-working man — with a young son who desperately needs a mother. Ingeborg can tell Roald is interested in her, but what about love? This isn't how she's always imagined it.

Ingeborg Strand has a heartrending decision to make...

### About the Author

Lauraine Snelling is the award-winning author of over 60 books, fiction and nonfiction, for adults and young adults. Her books have sold over 2 million copies. Besides writing books and arti-

cles, she teaches at writers' conferences across the country. She and her husband make their home in Tehachapi, California. Learn more at [laurainesnelling.com](http://laurainesnelling.com).

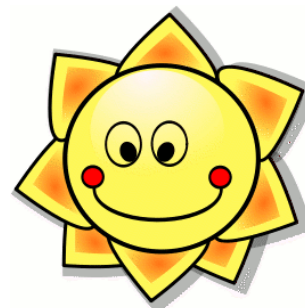
*Courtesy of Bethany House, a Division of Baker Publishing Group.*



## 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).



# Tesla Supercharger: the New Electric Vehicle Craze in Norway

Electric vehicles have found a home in the oil rich country of Norway, which is the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency performance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf) which expands the average buyer profile. The siz-

able price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within

200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommending, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly

50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtsmark with Statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car main-

tenance, taxes and tolls compared to a normal gas consuming vehicle owner.

*Courtesy of Sons of Norway Newsletter Service.*

*Top photo: An ad for a Tesla Supercharger.*

*Bottom photo: A Tesla Model S charging at a Tesla Supercharger station at Delaware. Credit: [Jeff Cooper via Creative Commons](#).*





## President's Message

Dear Members,

Last month we welcomed back Olav Richard Crone-Aamot, author of "The Norwegian Paperclip," who told several of his exploits as a young member of the Norwegian resistance during the German occupation of Norway in WWII. It was an excellent meeting. We had over 50 people attending. Richard sold out of his "The Norwegian Paperclip" book. But he will send us several more for us to sell at the Bazaar.

This month we will have our Nordic Feast & Lute-fisk Dinner on Saturday, November 23 at Christ Lutheran Church. Check for details on page 1 and Bring an appetite.

Thanks to all of you who signed up to support our Lodge activities at the October meeting. We still need more volunteers for the bazaar/festival, and several other activities between now and the end of the year. As usual we will need a large number of workers for the bazaar/festival. We also plan to have a "Clean-up Day" at Norway House on Saturday, November 16th. See you all there.

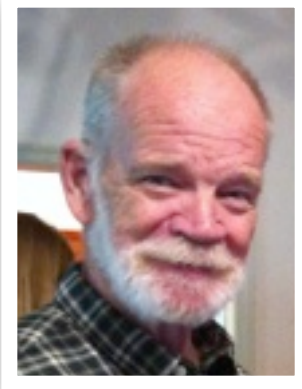
Open Officer Positions: We still have several open positions. For now all Officer positions are "act-

ing." Until we reinstated we can't have SofN elections.

Two of these positions are badly needed. These are Financial Secretary, Hospitality Director and Program Director. The Financial Secretary accepts all funds received by the lodge. He/She records them and turns the funds over to the treasurer. The Program Director has a few acting Officers on its committee, but we need someone to coordinate and serve as Program Committee Chair. The Hospitality Director will coordinate the volunteers that agreed to help with meetings and other activities.

We also have open positions for: a third Trustee, a second Greeter, and an Assistant Marshal. Additionally, we need volunteers to serve on the Lodge Audit Committee. Please contact me or one of the Officers if you can help.

Burt Koske,  
Acting President



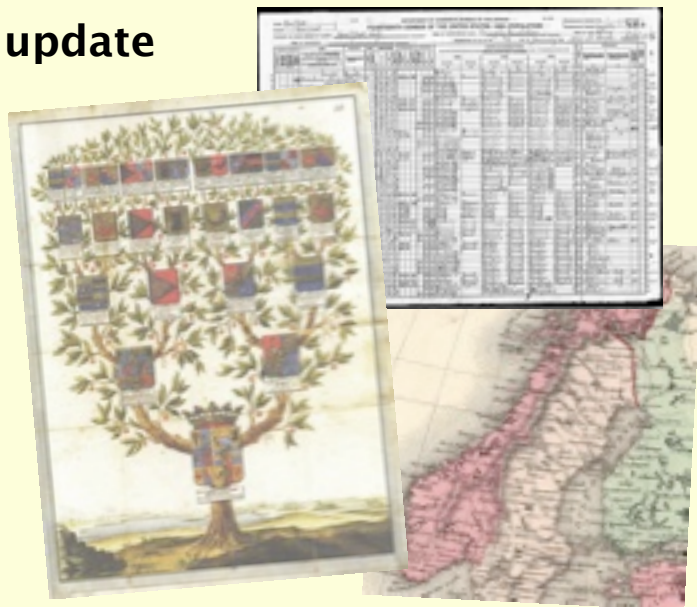
## Genealogy Interest Group update

Last month I placed an announcement for a Lodge Genealogy Interest Group (GIG) meeting with a member of the Fairfax Genealogical Society to be held early this month. The speaker will not be available at this time.

Because November and December is a very busy time for the Lodge, I suggested that we delay the meeting until after the first of the year.

I will let you know when we have set a time for the GIG meeting.

- Burt Koske





## Lodge Cleaning Day

On Saturday, November 16th there will be a lodge cleaning and front yard bush trimming day. Many items need attention in the yard as well as the interior to make our Lodge building presentable for the coming holiday activities.

Please come and help. Hopefully it will only be a few hours if enough people attend. Start time is 10:00 a.m..

Any questions, contact Henry at 703-815-4945 or [henry.hansen@cox.net](mailto:henry.hansen@cox.net).

## The Nordic Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the "healthy" plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar in-



*Berries, such as the bilberries pictured here, are an important part of the Nordic diet.*

take. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to

promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

*Courtesy of Sons of Norway Newsletter Service.*

## Lodge Calendar

### Lodge Cleaning Day

Saturday, November 16 at 10:00 a.m.  
See page 5 for details.

### Nordic Feast & Lutefisk Dinner

Saturday, November 23, dinner 4:15-6:00 p.m.  
(this is in place of a November lodge meeting)  
See page 1 for details.

### Annual Norwegian Festival & Bazaar

Friday, December 6, 10:00 a.m.-7:00 p.m. &  
Saturday, December 7, 9:00 a.m.-4:00 p.m.  
Christ Lutheran Church  
[www.norwaydc.org/events/bazaar](http://www.norwaydc.org/events/bazaar)  
See page 18 for flyer.

### Juletreffest (Holiday Party)

Saturday, December 14, time TBD  
at Christ Lutheran Church

### December Reading Circle

Tuesday, December 17, at 7:00 p.m.  
at a member's home in Springfield, VA  
[www.norwaydc.org/reading](http://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 19 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.  
[www.norwaydc.org/language](http://www.norwaydc.org/language)  
See page 13 for details.

7730 Bradley Blvd, Bethesda, Maryland  
Enjoy Norwegian foods & specialties. Do your holiday shopping of Christmas food, chocolate, Scandinavian Christmas gifts, Scandinavian sweaters, Rosemarling products, jewelry, ornaments, Scandinavian Christmas decorations — and lots more!  
For more information, contact Lasse Syversen at 301-641-7908 or [lasse@flagship.com](mailto:lasse@flagship.com).

### 50th Anniversary Danish Bazaar

Saturday, November 9, 11:00 a.m.-3:00 p.m.  
St. Elizabeth's Church  
917 Montrose Road, Rockville, Maryland  
Sponsored by the Danish Club. Real Danish open-faced sandwiches & pastry. Danish imported and inspired: Counted thread embroideries, books and posters, Danish pastry and other baked goods, delicatessen, greenery, arts and crafts, Christmas trim and candles, Royal Copenhagen and Bing & Grondahl porcelain, amber and silver jewelry. For more information, contact [danishclubdc@yahoo.com](mailto:danishclubdc@yahoo.com) or visit [www.danishclubdc.org/bazaar.shtml](http://www.danishclubdc.org/bazaar.shtml).

### Norwegian Dance & Potluck

Saturday, Nov. 9, potluck 6:30 p.m., dancing 8 p.m.  
6807 Westmoreland Ave, Takoma Park, MD 20912  
Norwegian-style house party. Mesmerizing live music by foremost-in-US Loretta Kelley on the unique Hardanger fiddle (w/sympathetic strings under the bowed strings — see [HFAA.org](http://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. For information or directions, contact Jenny at [pi@xecu.net](mailto:pi@xecu.net) or 301-371-4312, or visit <http://MAND.fanitull.org>.

### Norwegian Church Service

Sunday, November 10, at 3:00 p.m.  
Emmanuel Lutheran Church  
7730 Bradley Blvd., Bethesda, Maryland  
Service is conducted in Norwegian by Pastor Hilde Barnes of the Norwegian Seamen's Church, NY and supported by the Norwegian Church Choir.  
"Kirkekaffe" (coffee and fellowship hour) after the service. All are welcome. For more information, contact Lasse Syversen at 301-641-7908 or [lasse@flagship.com](mailto:lasse@flagship.com).

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## Other Area Events of Interest

### Norwegian Christmas Bazaar-Julemarked

Friday, November 8, 3:00-8:00 p.m. &  
Saturday, November 9, 10:00 a.m.-6:00 p.m.  
Emanuel Lutheran Church



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### **Icelandic Bazaar**

Saturday, November 16, 11:00 a.m.-2:00 p.m.  
American Legion Post 177  
3939 Oak Street, Fairfax, Virginia  
Icelandic Association of Washington, DC. Icelandic candy, woolens, decorations, malt, appelsin, jewelry, and much more. Sit down and enjoy our Icelandic open faced sandwiches, hotdogs, pancakes, kleinur and other pastries. For more information, visit [www.icelanddc.com](http://www.icelanddc.com).

### **Scandia DC 3rd Saturday Dance**

Saturday, November 16, 7:00-10:00 p.m.  
Greenbelt Community Center,  
15 Crescent Dr., Greenbelt, Maryland  
(dance studio on lower level)  
Teaching followed by open dancing at 8:00.  
The lively and fun Norwegian Mazurka taught by Ross & Linda. No partners necessary. Live Fiddle music by Göran Olsson. \$10. Contact hosts Linda & Ross at 202-333-2826 or [linda@scandiadc.org](mailto:linda@scandiadc.org). In case of inclement weather, call 301-474-0646. For more information, visit [www.scandiadc.org](http://www.scandiadc.org).

### **Norwegian Society: Norway in the 21st Century Luncheon**

Monday, November 18, 12:00-2:00 p.m.  
Pier 7 Restaurant  
650 Water St. SW, Washington, DC  
David Gariff, Ph.D., senior lecturer at the National Gallery of Art, presenting on "The Life and Art of Edvard Munch." Reservations required. For more information, call 703-644-5781.

### **The Art of Hans Christian Andersen**

Monday, November 18, at 8:00 p.m.  
St. John's Church  
Wisconsin Ave & Bradley Blvd, Chevy Chase, MD  
American Scandinavian Association meeting.  
Taru Spiegel and Kristi Johnson will discuss the drawings, paper cuttings, and scrapbooks of this important 19th century Danish cultural figure. Hans Christian Andersen was a Danish author, best known for writing children's stories including "The Little Mermaid" and "The Ugly Duckling." For more information, visit [www.scandinavian-dc.org](http://www.scandinavian-dc.org).

### **Finnish Bazaar**

Saturday, November 23, 11:00 a.m.-3:00 p.m.  
River Road Unitarian Church  
6301 River Road, Bethesda, Maryland  
Park and enter from Whittier Blvd.  
Purchase Finnish Delicacies and Baked Goods, Rye Bread from Nordic Breads, Iittala Glass, Arabia Wares, Linens, Original Artwork, Jewelry, Crafts & Decor, Finnish Candies, Books, and more. Cafeteria including Karelian Pies, Pulla, Open-faced Sandwiches, Christmas Pastries, Glögg, Coffee, and Tea. Grand raffle and silent auction. Sponsored by Finn Spark Inc. For more information, call 757-870-3973 or visit [www.Finnish-Christmas-Bazaar.org](http://www.Finnish-Christmas-Bazaar.org).

### **Union Station Christmas Tree Lighting**

Tuesday, December 3, 6:00-7:00 p.m.  
Union Station, Washington, DC  
Each year, the Royal Norwegian Embassy gives a Christmas tree to the people of Washington, D.C. as a symbol of friendship between the United States and Norway. This year, the tree is specially decorated to mark the 150th anniversary of famous Norwegian artist Edward Munch. There will be Christmas Carols and Santa will visit with Munch inspired treats for the children. For more information, visit [www.norway.org/News\\_and\\_events/Christmas-2013/Christmas-Tree-Lighting-at-Union-Station/](http://www.norway.org/News_and_events/Christmas-2013/Christmas-Tree-Lighting-at-Union-Station/)

### **SWEA Swedish Christmas Bazaar**

Saturday, December 7, 11:00 a.m.-5:00 p.m.  
House of Sweden, 2900 K St NW, Washington, DC  
Hosted by SWEA Washington DC and supported by the Embassy of Sweden and House of Sweden. Lucia procession performing traditional Swedish Holiday songs at 5 p.m. Swedish crystal, textiles, artwork, food and much more on sale. Raffle with amazing prizes. Swedish café with home baked goods and traditional Swedish delicacies. Children's activity room with Swedish crafts. For more information, contact Suzanne at 202-546-7266 or [sweapr@gmail.com](mailto:sweapr@gmail.com), or visit [www.swea.org/washingtondc](http://www.swea.org/washingtondc)

### **Drott Lodge Swedish Lucia & Mini-bazaar**

Sunday, December 8, at 2:00 p.m.  
St James Church, 11815 Seven Locks Rd, Potomac MD.  
For more information, contact Carol Whitley at 202-686-6214 or [carol4600@verizon.net](mailto:carol4600@verizon.net).

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### **ASA Scandinavian Christmas Festival**

Saturday, December 14, 5:00-9:00 p.m.

St. James Episcopal Church

11850 Seven Locks Road, Potomac, MD

St. Lucia Pageant at 5:00 p.m., Bazaar Sales Begin at 5:30 p.m. with Coffee, Glögg, Cake & Cookies. A Visit by Santa, Nordic Dancers, Dancing Around the Christmas Tree, Christmas Carols Sing-a-long, Grand Raffle Drawing. Admission \$7 adult, \$3 children, \$20 max per family. For more information, contact Gerry Schueman at 703-734-0319 or [gerry@schueman.com](mailto:gerry@schueman.com).

### **Sixth Annual Nordic Christmas**

Tuesday, December 24, at 2:30 p.m.

Augustana Lutheran Church

2100 New Hampshire Ave NW & V St NW

The Norwegian Church Service, the Swedish Lutheran Church, the Finnish Lutheran Church, the Danish Church, and the Icelandic Church Abroad invite you to a Nordic celebration.

### **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/>

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

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



## **December Reading Circle Selection**

The selection for December is Linn Ullmann's *A Blessed Child*. It is "a captivating story of sisterhood and of the inescapable chords of childhood memory."

The Reading Circle will meet on **Tuesday, December 17, at 6:30 p.m.** at the home of member Tim Christenson in Springfield, and will be a potluck. Please note this is an hour earlier than the usual time!

Everyone is welcome.

Contact Christine Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org) or Tim at 703-644-4228 to RSVP and get the address, or for additional information. Please note that in case of inclement weather, the event may be postponed.

The lodge reading circle meets bi-monthly for lively discussions. Meetings are held either at the Norway House or at a member's home. See [www.norwaydc.org/reading](http://www.norwaydc.org/reading) for more information.



## District 3 President's Message

### Fra Presidenten, Gail Ekloff

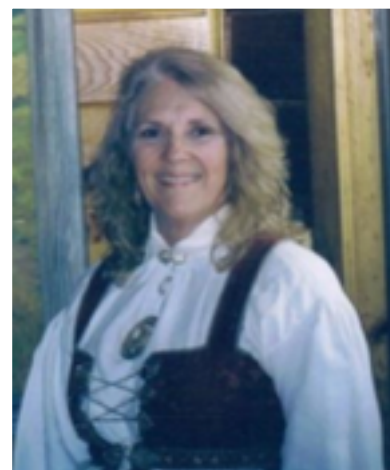
For Americans, this is the month all of us take time to appreciate and be thankful for all we have in our daily lives. It's hard to believe that we are the only country in the world, along with Canada, to have the tradition of Thanksgiving.

The last part of that word is GIVING. The election of new officers approaches; this is a reminder that during the past few years, fraternal benefit societies have come under increased scrutiny due to their tax-exempt status. Because of this, it has become critical for societies, including Sons of Norway, to showcase the great volunteer activities that are being done by members in their communities. Therefore the implementation of a new position, Volunteer Coordinator, is to take place with officer elections for 2014.

The duties of the Volunteer Coordinator would include:

- Seeking out volunteer opportunities within the lodge's community.
- Developing partnerships with other lodges and community groups to create a significant impact with volunteer activities.
- Organizing members' involvement in lodge sponsored community service.
- Working with the lodge publicity director to publicize the lodge's community service activities.

- Coordinating with the lodge vice president to utilize volunteer activities as recruitment and retention tools.
- Promoting community service to lodge members, by being an advocate for lodge members volunteering.
- Providing detail reporting of lodge community events for the annual reporting to the American Fraternal Alliance.



Make sure that this new position is in place by the New Year. This position is vital to both the lodges as well to all Sons of Norway.

Rolf and I hope you all have that special time with your friends and family to enjoy the fellowship, reflect on your blessings, and be truly THANKFUL, for all that has happened in the past year.

Mange Takk - Alt for denne gangen  
Gail

## 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.



## District 3 Vice President's Message

### Mary Andersen, VP Voice

*Treat your friends like family and your family like friends - Unknown*

I grew up listening to that quote and many more; I wish I could remember half of these one line rules to live by. As we enter the holiday season lodge activities increase, requiring a concerted team effort; an exhibition of fraternalism at its best. Can we continue the feeling of fraternalism and camaraderie throughout the year? It can be challenging at times (said very lovingly!)

Many of our lodges will be having holiday fests and bazaars which will be open to the public.

Some people will have their first interaction with Sons of Norway and your lodge. I would like to share excerpts from a note received by Norsk Carolina lodge — “I enjoyed the

meeting.....I felt a sense of belonging.....I didn't expect the heritage connection to be so strong but it is certainly there. It was wonderful and family-like to find people I have an instant attachment with. I look forward to more meetings.” Wow, what a powerful note and congratulations to Norsk Carolina for exuding the fraternal spirit that binds us all.

If you attend a lodge holiday function as a member, always remember “when you are off, you are on” (I learned this little ditty preparing for a corporate event) meaning, you are a Sons of Norway member regardless of whether or not you orchestrated an event or are supporting an event by your attendance. You may encounter people like the person who went to Norsk Carolina's lodge meeting. Treat them like family. As you see



your fellow lodge members sweating in the kitchen or staffing tables, treat them like friends and thank them for what they do for the lodge.

We are a wonderful organization full of kind, caring people and I am proud to be a part of it. Let's always continue to strengthen the ties that bind both within the Order and with prospective members.

Have a Happy and safe Thanksgiving!

All the best,  
Mary



**To our members celebrating their  
birthdays in November!**

## a little in English...

### Norwegian Beer

Beer has long held a central place in our Nordic culture, and it remains one of our most popular beverages. Today, in Norway there are hundreds of different types of beer produced from dozens of small and large breweries.

It is unknown as to when and which Norwegians first became acquainted with the joys of beer. But we do know that the Vikings had an exceptionally good relationship with both beer and mead. In the 900s strong beer was brewed for Christmas. Norwegians would drink *jøl*, and celebrate the transition of the sun. At least three neighbors would gather and bring an agreed amount of beer to the community and on Christmas night farmers would drink together in honor of Freya and Odin, and to a good year and peace.

Norse mythology is revealed among the earliest sources that mentions beer in Norway. There it says that beer was poured from the body of Odin himself, but

now there is enough evidence to know that most people agree it came from abroad, possibly through the Baltic Region. Norway's beer brewing revolutionized in the 1800's, as it similarly did across Europe. New technology and the discovery of yeast's role in alcohol developments laid the foundations for a more stable beer production, and thus for the emergence of large breweries. Recently, interest in local brewing



*Top: A bottle of HaandBic from HaandBryggeriet. HaandBic is a 7.5% abv sour ale, brewed with a lambic type of yeast, with lingonberries and red currant and aged for 18 months on oak barrels. Photo credit: [Bernt Rostad via Creative Commons](#).*

*Bottom: Mash tuns at Haandbryggeriet, Drammen, Norway. Photo credit: [Lars Marius Garshol via Creative Commons](#).*

and manufacturing has led to a resurgence of microbreweries and smaller players in the Norwegian market.

**Aass** – Aass Brewery is the oldest brewery in Norway. The company Aass Brewery originally started as a trading company in Drammen in 1834, supplying among other things, lumber and shipping materials, while running a bakery and a small brewery that sold grain and malt to local brewers. The brewery had no packaging and therefore sold

*pottøl* (beer made in large pots) to the community who brought in

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pails and buckets, etc. (1 pot=.96 liters). A pot is a unit of measurement equal to .96 liters. The unit existed in Norway before 1875. Before people developed packaging in the forms of bottles and cans it was common for breweries to sell pottøl.

**Hansa** – With around 500 employees, Hansa Borg Brewery AS Norway is the largest Norwegian-owned brewery and beverage provider. Hansa Borg Bryggeri consists of three traditional breweries, Hansa Borg, CB (Christianssands Brewery) and the Micro-Brewery Waldemar in Bergen. Together they have over 400 years of brewing experience which includes the distribution of beer, cider, soda and water to the entire Norwegian beverage market.

**Ringnes** – Ringnes has more than 130 years of growth and has become Norway's largest brewery and today is one of the nation's

*Pictured: Aass Bryggerier (Brewery), which is Norway's oldest brewery. Founded in 1834 in Drammen, Norway, the brewery's primary products are beer and aquavit. Photo credit: [Jo Hallvard Bøhn via Creative Commons](#).*

largest brand companies. The company is owned by Carlsberg Group (Denmark), which is the world's fourth largest brewery group. Ringnes was the first brewery in Norway who cultivated their own unique beer strain. Along with Carlsberg, Ringnes currently supplies, Tuborg, Kilkenny, Kronenbourg 1664 and Carlsberg's own specialty Jacobsen beer to the Norwegian market.

## ***litt på norsk...***

### **Norske Øl**

Øl har lenge innehatt en sentral plass i vår nordiske kultur, og er fortsatt et av våre mest populære nytelsesmidler. I Norge brygges i dag hundrevis av produkter av flere titalls små og store bryggerier.

Hvilke nordmenn som først stiftet bekjentskap med ølets gleder, og når, er ukjent. Men vi vet at vikingene hadde et over middels godt forhold til både øl og mjød. På 900-tallet var sterkt øl laget til jul. Nordmen skulle drikke jøl, og feire at sola snudde. Minst tre naboer skulle samles og bringe en påbudt mengde øl til fellesskapet og julenatten skulle gardsfolkene drikke sammen til ære for Frøya og Odin, og for godt år og fred.

Norrøn mytologi er blant de tidlige kildene som omtaler øl i Norge. Her het det at ølet ble skjenket menneskene av Odin selv, men nå er nok de fleste enige om at det kom utenlands fra, muligens via Baltikum. Som ellers i Europa, ble ølbryggingen i Norge revolusjonert på 1800-

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tallet. Ny teknologi og oppdagelsen av gjærets rolle i alkoholutviklingen la grunnlaget for en mer stabil ølproduksjon, og dermed for framveksten av store bryggerier. I nyere tid har interessen for lokale brygg og produksjonsmetoder ført til en oppblomstring av mikrobryggerier og mindre aktører i det norske markedet.

**Aass** – Aass Bryggeri er det eldste bryggeriet i Norge. Bedriften Aass Bryggeri startet som en handelsbedrift i Drammen i 1834, og leverte blant annet trelast og skipsproviant, drev bakeri og et lite bryggeri samt solgte korn og malt til lokale ølbryggere. Bryggeriet hadde ingen emballasje og solgte derfor pottøl til innbyggerne som hentet dette i medbrakte spann, bøtter o.l. (1

pott = 0,96 liter). En pott er en måleenhet som tilsvarer 0,96 liter. Måleenheten fantes i Norge fra 1875. Før man fikk emballasje



*Pictured: An old brewery advertising sign for Hansa Brewery. Photo credit: John Erling Blad via Creative Commons.*

i form av flasker og bokser, var det vanlig at bryggerier solgte pottøl.

**Hansa** – Med ca. 500 medarbeidere er Hansa Borg Bryggerier AS Norges største norskeide bryggeri og drikkevareaktør. Hansa Borg Bryggerier består av de tre tradisjonsrike bryggeriene

Hansa, Borg og CB (Christiansands Bryggeri) og mikrobryggeriet Waldemars i Bergen. Til sammen har de over 400 års bryggerierfaring og leverer øl, sider, brus og vann til hele det norske drikkemarkedet.

**Ringnes** – Ringnes har gjennom mer enn 130 års vekst blitt Norges største bryggeri og er i dag en av landets største merkevarebedrifter. Selskapet eies av Carlsberg Group (Danmark), som er verdens fjerde største bryggerikonsern. Ringnes var første bryggeri i Norge som fikk

rendyrket en egen unik gjærstamme. Ringnes leverer i dag blant annet Carlsberg, Tuborg, Guinness, Kilkenny, Kronenbourg 1664 og Carlsbergs eget spesialøl Jacobsen, til det norske markedet.

*Courtesy of Sons of Norway Newsletter Service.*

## Norwegian Language & Conversation Group

The language group meets on Wednesday nights with a new 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).

## Norwegian Meatballs

(Yields 16 servings)

Adapted from [www.tasteofhome.com](http://www.tasteofhome.com).

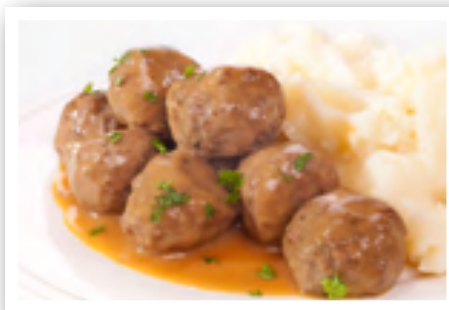
- 2 eggs, lightly beaten
- 1 cup of milk
- 1 cup dry bread crumbs
- 1/2 cup finely chopped onion
- 2 tsp. salt
- 2 tsp. sugar
- 1/2 tsp. ground ginger
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice
- 1/4 tsp. pepper
- 2 lbs. ground beef

Gravy:

- 2 tbsp. finely chopped onion • 3 tbsp. butter
- 5 tbsp. all-purpose flour
- 4 cups beef broth

- 1/2 cup heavy whipping cream
- dash cayenne pepper
- dash white pepper

Combine eggs, milk, bread crumbs, onion and seasonings. Let stand until milk is absorbed. Add ground beef and blend. Shape into 1-in meatballs.



Bake meatballs at 400°F on a greased rack in a shallow baking pan. Bake until meatballs are browned, about 18 minutes or until internal temperature is 160°F. Drain and set aside.

To make the gravy, saute onion and butter in a large skillet. Stir in flour and brown lightly. Incrementally add broth and cook

and stir until blended and thickened. Stir in the cayenne and white pepper and cream. Carefully add in the meatballs and heat through, but do not bring to boil. Makes 16 servings.

*Courtesy of Sons of Norway Newsletter Service.*

## Bazaar Update

We still need more volunteers for the Bazaar. Please fill in the volunteer form online at [www.norwaydc.org/volunteer](http://www.norwaydc.org/volunteer) and let us know when you are available to volunteer at upcoming lodge events.

Bill/Pat DeRoche crafted a lovely volunteer sign-up board at Norway House in addition to the electronic sign up.

We have ordered large quantities of Norwegian food this year — extra fiskeballs, lots of Norwegian chocolate, Jam/Jelly, herring, etc.

New for the 2013 Festival: We are hosting a Norwegian cafe this year. In addition to the wonderful krumkake, lefse and waffles as in past Festivals, we will be selling Norwegian style sandwiches, traditional pea soup, rommegrot, rice pudding, and other traditional Norwegian items for our customers to select from and then relax and enjoy their meal.

- Denise Bowden



*Krumkake will be one of the items served in the cafe at this year's bazaar. Photo credit: [Jonathunder via Creative Commons](#).*





## Milt Hackett Obituary

Orwoll Milton "Milt" Hackett, age 93, passed away on October 22, 2013. Services will be held on Saturday, November 9 at 2:30 p.m. at Our Savior Lutheran Church, 825 S. Taylor St. in Arlington, VA.

Milt's wife of more than 65 years, Marguerite "Pam" (King) Hackett, passed away exactly two months earlier, on August 22, 2013 (see her obituary in last month's Capital Viking). They are survived by four children, eight grandchildren, and 10 great-grandchildren.

Both were long-time Sons of Norway members and very active until they became too old to participate.

The following text is adapted from a bio published in the Capital Viking in 2003. You can also read Milt's obituary online at [memorial.yourtribute.com/Orwoll-Milton-Hackett/](http://memorial.yourtribute.com/Orwoll-Milton-Hackett/).

### Orwoll Milton Hackett Bio

Orwoll Milton "Milt" Hackett of Falls Church, VA, joined the Lodge in 1988. He was born at Vayland, Hand County, South Dakota, the son of Hilda Christine (Dahl) and Frank Moody Hackett. Hilda's maternal grandparents came from Sogndal, Norway in 1851, and her father, from Oksendal (near Flekkefjord) Norway in 1867. Frank was born in Fillmore County MN, with ancestry from England by way of New England, USA.

Milton grew up in Cottonwood, Minnesota, and graduated from its public high school. He went on to get a Bachelor of Arts degree in Geology from the Univ. of Minnesota, 1938-1941, and 1946-1949 (interrupted by World War II military service).

He enlisted in the US Naval Reserve in 1940, & went on active duty with the US Navy from June 1941-July 1946. Milton was commissioned Ensign after attending Midshipmen's School, Northwestern Univ., Chicago, Illinois, in the summer of 1941.

He was assigned duty in Feb. 1942 on the destroyer *USS Strong*, just being built, and became a plank holder by being present at its commissioning in Aug. 1942.

At the age of 23 and a Lieutenant J.G. (Junior Grade) in the U.S. Navy he found himself in the middle of the fighting in World War II in the Pacific. There he was, the Torpedo Officer aboard the destroyer *USS Strong*, a ship on which he had served since Aug. 1942. Then, in July, 1943, Milt miraculously became a survivor of the sinking of the *USS Strong* by a Japanese torpedo at Kula Gulf, New Georgia Island, Northern Solomon Islands. Milt's ship was part of a U.S. Navy Taskforce which entered Kula Gulf to intercept any Japanese ships which might oppose the Marines' invasion of New Georgia at Rice Anchorage. Following the *USS Strong*, he was assigned successively to the destroyers *USS Paul Hamilton* and *USS Thomas E. Fraser* until his discharge in 1946.

Milton was employed with the Water Resources Division of the US Geological Survey (USGS) 1949-1980, with field assignments (ground water investigations) taking him and his family from Riverton, Wyoming, 1949-51, to Bozeman, Montana 1951-1954, and Boston, Massachusetts 1954-61. Then for 19 years he was assigned to various line and staff positions in senior management of the Water Resources Division at national headquarters, Wash. DC and Reston, VA. He had the honor of being a Charter Member, Senior Executive Service. During his career employment he was awarded the US Dept. of Interior Meritorious and Distinguished Service Medals. In 1980 Milton took a 2nd retirement as Assoc. Chief Hydrologist. His 1st retirement was in 1962 from the U.S. Naval Reserve with the rank of Commander.

In his spare time, Milton enjoyed researching and writing family history, music, traveling, fishing and involvement in the U.S. Naval Reserve. He was active in Our Savior Lutheran Church, Arlington, singing in the choir and delivering meals to the needy via the Meals on Wheels Program. Milton also enjoyed his USGS Water Resources Division Retirees Association.

## Share Your Heritage This Christmas: The 2013 Commemorative Ornament

Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that — with the limited edition 2013 Sons of Norway commemorative Christmas ornament.

This year's ornament beautifully displays the Os style of rosemaling. This style uses very bright, pure colors of dark and light red, rich yellows and blues and many shades of green. Numerous flower forms — rosettes, tulips, bonnets, buds, and dual-colored, candy-corn shaped petals — give an artist many choices. Groupings of flowers and leaves organically grow on stems with big, round leaves having visible vein lines in large, medium and small sizes to create interest and balance.

Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as gifts for your friends and family, all you have to do is call 800-945-8851. Members can order ornaments for \$14.99 + S&H.



### Photos from the October Meeting

At the October lodge meeting, Olav Richard Crone-Aamot spoke about his adventures as a boy during World War II in occupied Norway.

He tells his stories in his book "The Norwegian Paperclip," and at the meeting entertained lodge members with some of those stories.

## 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

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

### Lodge Website

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

### Find Us on Facebook

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

### Newsletter Deadline

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

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**Secretary:** Pat DeRoche

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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/).





# Norwegian Holiday Festival & Bazaar



Join us for our 43rd annual event.

Friday, December 6th, 10:00 a.m. - 7:00 p.m.

Saturday, December 7th, 9:00 a.m. - 4:00 p.m.

**New location:** Christ Lutheran Church, 3810 Meredith Dr., Fairfax, VA  
(turn north on Meredith from Rt. 50/29 Fairfax Blvd.)

**Make sure to join us for Norwegian Lunch!**

## Items for Sale

- Unique Gifts
- Handcrafted Items
- Norwegian Jewelry
- CDs and DVDs
- Cooking Appliances
- Rosemaled Ornaments and Gifts by Tina Keune
- Hats, T-shirts, Clothing
- Nordic Sweaters and Knitwear
- Books, Cards, and Calendars
- Tablecloths and Kitchen Linens
- Christmas Ornaments and Decor
- Porcelain, Pewter and Glass Decor and Accessories
- Baked Goods, Lefse, and Norwegian Chocolate
- Vintage & Unique "Scandinavi-ana"



## Cultural Activities

- Try authentic Norwegian foods (Rømmegrøt, rice pudding, pea soup served with Norwegian crackers & cheese)
- Meet the Lundehunds (World's Cutest Dogs)
- Baking Demonstrations (Waffles, Krumkake and Lefse)
- Fiddle Players
- Rosemaling Demonstration
- Norwegian culture and heritage information
- Strolling Accordionist



**Sponsored by Sons of Norway - Washington Lodge**

Admission is free. For more information, email [festival@norwaydc.org](mailto:festival@norwaydc.org) or visit [www.norwaydc.org](http://www.norwaydc.org).



# 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](mailto:programs@norwaydc.org)***

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