



SONS OF
NORWAY

Capital Viking

October Lodge Meeting: Olav Richard Crone-Aamot

Friday, October 18, at 7:00 p.m.

At the Norway House:
3846 Meredith Drive, Fairfax, VA
<http://www.norwaydc.org/directions>

Please arrive with potluck dishes by 6:45 p.m. so we can eat promptly at 7:00. The potluck will be followed by a presentation from Olav Richard Crone-Aamot.

Youth activities will be available during the meeting, and parents are encouraged to RSVP to youth@norwaydc.org with their children's names and ages so that the activities can be appropriately tailored.

About Olav Richard Crone-Aamot

Olav Richard Crone-Aamot was all of eleven years, three months old on April 9, 1940 and living with his family in Oslo, Norway when the Germans marched into his town. From that first day until the war was over, he and his friends did all they could to thwart the occupier's efforts to control and subdue the Norwegians. He tells his stories in his book "The Norwegian Paperclip," and at the meeting on October 18th he will re-tell them to us as only he can. You wouldn't think there could be humor in such a horrific situation, but his plans to foil the enemy always end up with us wondering how he got out of it unscathed.



Olav eventually joined the newly organized MILORG, the Norwegian Underground that was officially recognized when the Germans capitulated to the Allies in May of 1945, and from there volunteered as the youngest member of the Royal Norwegian Army.

Not yet 18 years old, he joined the U.S. Army as a European Enlistee on

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Crone-Aamot, continued from previous page.

January 17, 1947 at Marburg, Germany. He tells the story that he told the recruiter that he wanted to drive a Jeep in the Constabulary, but he was told "Son, with six languages, we have something much more interesting for you!"

He spent the next 36 years as a Military Intelligence Specialist with service in Germany, Korea and Vietnam. He eventually retired as a Lieutenant Colonel.



Happy Birthday!

To all our members celebrating their birthdays in October.

Fall Clean Up Day

The Crapemyrtle bushes in front of the Norway House look much better after member Philip

Thompson took some time to trim them (see before and after pictures below).



But there is still much to be done to get the yard around the Norway House looking good. Please fill out the volunteer response form on page 4 to let us know if you can help with Fall Clean Up Day at the Norway House (date TBD) or any other volunteer tasks at upcoming events.



The Crapemyrtle bushes outside the Norway House before (left) and after (right) they got some TLC from a Sons of Norway member.

President's Message

Dear Members,

As this newsletter goes to press, myself and several of our members will be on a dinner cruise on the Sprit of Washington to welcome the new ambassador Kåre Aas. It should be an enjoyable evening as long as it doesn't rain.

We are back into having our usual high quality Lodge programs. The September program was Ski For Light. Lars and Marita Johanson described their experiences as instructor guides. Then Bonnie O'Day and Bob Hartt described their experiences as visually-impaired skiers. It was a very interesting program. Additionally Annemarie McCaslin recruited several young members including a few of the old youngsters with a song and dance rendition of "What does the fox say?" A Norwegian hit song.

For this month's program we welcome back Olav Richard Crone-Aamot, author of "The Norwegian Paperclip," who will tell several humorous and exciting stories about WWII in Norway. And, yes, we will be having a lutefisk dinner in November.

Elsewhere in this newsletter is a request for volunteers, for the bazaar/festival, and several other activities between now and the end of the year. Please click on the link and look over the activities and

see where you can contribute. As usual we will need a large number of workers for the bazaar/festival.

Open Officer Positions: We still have several open positions. For now all Officer positions are "acting." Until we reinstated we can't have SofN elections. Two of these positions are badly needed. These are **Financial Secretary** 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. We also have open positions for: a third Trustee, a second Greeter, and an Assistant Marshal. Additionally, we will be needing volunteers to serve on the Lodge Audit Committee.

Please contact me or one of the Officers if you can help.

Burt Koske,
Acting President



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.



Sons of Norway - Washington Lodge Needs Your Help

Complete the Volunteer Response Form

It's that time of year when we are preparing for our bazaar and other fall fund raising events. We need *many* volunteers to make these events successful. You should have received an email a few days ago asking you to fill out a form to let us know when you can volunteer. If you have not yet completed the form, we ask that you do so ASAP at www.norwaydc.org/volunteer.

All profits go to the Lodge to maintain Norway House, conduct cultural programs, and provide scholarship and charitable support to individuals and groups.

Events Needing Volunteers

Below you'll see a summary of activities. When completing the form, you can volunteer for specific jobs and time slots. Just spend a minute or two telling how you can help. If too many people sign up for a certain job or shift, you may be asked to switch to something else.

- **Bazaar:** 2 days at Christ Lutheran Church, Friday, Dec. 6 (10 a.m.-7 p.m.) and Saturday, Dec. 7 (9 a.m.-4 p.m.). Note the change in location — now closer to the lodge. An exciting addition this year is the Norwegian Cafe.
- **Lutefisk Dinner:** Saturday, Nov. 23 (before Thanksgiving). Time TBD.
- **Norwegian Seaman's Church:** We will have a few tables in their space at Emmanuel Lutheran Church in Bethesda, Friday, Nov. 8 (3-8 p.m.) and Saturday, Nov. 9 (10 a.m.-6 p.m.).
- **Lodge Fall Clean-Up Day:** Date TBD — after most of the leaves are down.
- **Baking, pricing, and packing:** Needed before the events listed above.

How to Complete the Form

If you have not yet completed the online form, please think about when and where you can help, and then access the form at: www.norwaydc.org/volunteer. If you change your mind later, just click on the link again to record your new response.

If you are receiving the newsletter by postal mail because you do not have email access, a paper copy of the form is included with this newsletter. Please complete it and return to: Sons of Norway, 3846 Meredith Drive, Fairfax, VA 22030.

We ask ALL members and officers to respond, even if you are in a leadership position or if you plan to help with everything. Your responses via this link will ensure a complete picture of volunteer coverage.

THANK YOU from the entire Lodge for volunteering. And special thanks from Susie Fosaaen and Denise Bowden, the bazaar chairs, for responding as soon as possible. You can contact bazaar@norwaydc.org with any questions or concerns.

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

Family History at Vesterheim Museum

By Denise Bowden

Note: Bethania Lutheran Church and the Wickney House are part of the Open Air Division, a collection of 12 historic buildings on display at Vesterheim Norwegian-American Museum (www.vesterheim.org).

Bethania Lutheran Church

Bethania Lutheran Church was started in 1883 with meetings held in various homes of the farmers who homesteaded in Northwood, North Dakota, including my great-grandfather Syver Bjerke (as well as other family members...as we know many Norwegians (and immigrants) tended to settle in common areas when homesteading the Dakotas). Syver Bjerke was instrumental in the construction of the permanent church building (started in 1901 and completed in 1903).

The style of Bethania Lutheran Church was typical of those that served the rural farming communities. The church style looks very similar to the Bjerke home church in Hurdal, Norway, which was built in the early 1600s and was where Syver was married

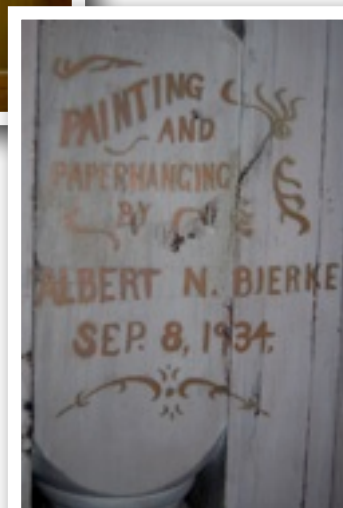
before immigrating to the USA. In 1934, my Uncle Albert Bjerke, 20 years old at the time, repainted the interior of the church, including the gold leafing and signed his work behind the altar.

Bethania disbanded in 1988 by the congregation due to families moving away. The congregation was worried about the building decaying so they gave Vesterheim Museum the chancel furnishings by pioneer artisan Østen Pladsen and immigrant painter August Klagstad. They also gave away the pews and other original furnishings and moved the building to Vesterheim in



*Above & Left:
Bethania Lutheran
Church at Vesterheim
Norwegian-American
Museum*

*Below: Denise's uncle's
signature behind the
altar of the church*



Continued on next page.



From previous page.

Decorah, Iowa, in 1992. Vesterheim opened Bethania Lutheran Church in 1994 as part of their permanent open air museum.

The site of the original church still has the original church cemetery, which is marked with the original bell presented in 1901 and is comprised mostly of my Bjerke relatives.

According to Tina Keune, who has beautiful pieces of her Rosemaling on permanent display at Vesterheim (see page 13), the church is well used today by holding various Norwegian cultural classes in cooking, rosemaling, woodworking, etc.

Wickney House

The Wickney house was moved to Vesterheim from Northwood, North Dakota, to be part of the permanent open air museum. Anders Vikne built this 14' x 16' house in 1879 on his homestead. The balloon frame structure (2x4) construction was an innovation, doubtless owing to the scarcity of timber on the prairie. My bestemor's cousin, Anne Ellingson, lived in the house with her husband — the son of Anders Vikne.

When we visited Vesterheim last summer, my mother, along with her two living sisters and one brother, all got very emotional when they saw their church and had fond memories — my aunt Betty Bjerke remembers the cookies in kitchen. They also remembered their mor's cousins' home that had been moved to the museum... We went inside the buildings and were amazed at how they lived in such small homes on the prairie...especially during the long winters complete with massive snowfalls and blizzards.

Denise took these photos while visiting Vesterheim last June.



Top: The bell at the original site of the Bethania Lutheran Church

Above: Wickney House

Left: Vesterheim Norwegian-American Museum

October Reading Circle Selection

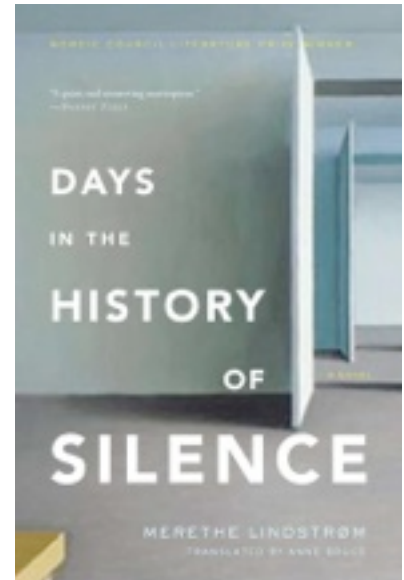
The next Reading Circle will be held on **Tuesday, October 22, at 7:30 p.m.** The October selection is Merethe Lindstrom's *Days in the History of Silence*.

Lindstrom won the prestigious Nordic Literature Prize for this novel about a couple that tries to keep painful facts from their respective pasts hidden from their children. At a certain point, however, these secrets must be revealed. This book is readily available from Barnes and Noble and Amazon.com.

Lindstrom was interviewed on the Diane Rehm Show on August 27. For a transcript or podcast of the interview, go to thedianerehmshow.org/shows/2013-08-27/.

Everyone is welcome to join us at 7:30 pm on October 22 at the Norway House for the discussion. If you plan to come, please RSVP to Christine Meloni at reading@norwaydc.org or 703-922-7142. 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. Anyone who is interested is welcome. See www.norwaydc.org/reading for more information.



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.

Eleanor Johnson Obituary

We recently learned that lodge member Eleanor Mildred Johnson, 91, passed away on January 12, 2012, in Washington, DC. Services were held in February 2012.

Eleanor was a Sons of Norway member since 1964, and was a Life Member.

She graduated from Barnard College in 1941, and was the first female to hold the position of Vice President for Irving Trust Company. At the time of her death, she lived at The Residences at Thomas Circle in Washington, DC.

Her obituary from *The Washington Post* is available online:

www.legacy.com/obituaries/washingtonpost/obituary.aspx?n=eleanor-johnson&pid=155528529

District 3 President's Message

Fra Presidenten, Gail Ekloff

Leadership defined by Webster's dictionary:

one who leads — to guide one way, especially going in advance; to have charge of; to tend toward or have a result; to direct the course of; to direct the operations

The time for members to look to the futures of Sons of Norway is **now**. With many members recruiting new members to the lodge, are we making certain the new members receive guidance on how the organization operates or how your lodge runs? In past years it was the job of the LODGE Vice President to interview prospective members and to advise them what was required of them as a member of Sons of Norway. However, as the order became less formal this practice has ceased. We must realize the importance of educating our new members. Previously, SoN has endeavored to have leadership seminars... we have called this an "exchange of ideas." No matter the title... it is a time for members to return to some form of learning how the order functions and to clarify the procedures officers take-on in the fraternity.

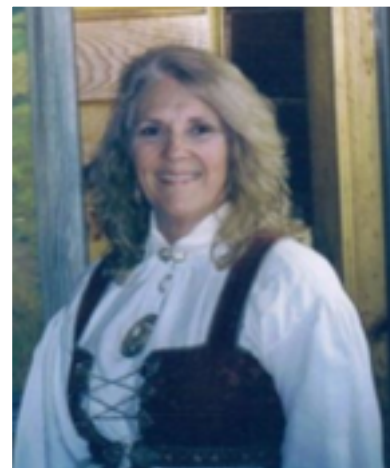
The time for this understanding is **HERE AND NOW**. With the election of new officers on the horizon and the start of a new year... **NOW** seems like a logical time to address this issue. The officers can make certain it is now part of the lodge's 2014 calendar.

How will it work? Perhaps a separate lodge meeting? We have found in the past that this doesn't work well, for most lodges. How about incorporating it as part of your monthly meeting? Take 10 minutes to address: officers duties; ceremonies used by the order during meetings (such as initiations of new members), committees the lodge needs; responsibilities of chairpersons, etc. What responsibilities the lodge has to outreach to the community. **PLEASE** make educating your members a high priority at your next meeting! Consider what would be best for your members and put it on the lodge's calendar for 2014. Most of all **"DO IT!"**

Knowledge of how SoN operates is what will keep SoN alive and vital. Hopefully, membership involvement will educate the leaders of the organization what direction the members' desire from Sons of Norway. Without some structure and goals we will veer-off course losing sight of our purpose.

On a personal note, it was with great dismay that I must announce the 3D Robert Morton Golf Tournament had to be cancelled. More disturbing was the revelation that a group of past-tournament golfers choose to have their own gathering during the same time-frame... while staying at the hotel that the District had selected. The support of our members is **VITAL**, and demonstrates to our District Officers that their time and effort has validity. I am very concerned as to the impression this gave our new Sports Director. Put yourself in his position and you'll have the answer. Having served 10 years as a 3D board member, I find it baffling to find two past District Presidents and past District Officers among this group...having served in a leadership role and know the challenge the board faces in trying to run the District. This type of decision begs the question; "How will we motivate members who might have been willing to take a leadership role to do so... and how will this affect our members desire to recruit new members into the 3rd district?" Actions such as this do **NOT** reflect a fraternal commitment and show a disregard for the fraternal oath we have all sworn to. I am deeply concerned about these types of actions.

REMEMBER LIEF ERIKSON DAY...CELEBRATE YOUR NOWEGIAN PRIDE.



District 3 Vice President's Message

Mary Andersen, VP Voice

Purpose and shared purpose

I read a blog, *Purpose is Good, Shared Purpose is Better*, (<http://blogs.hbr.org/2013/03/purpose-is-good-shared-purpose/>) earlier this year, printed it out and read it a few more times. If you get a chance, read the article and focus on the examples of Mission/Value statements. The comparisons are striking, at least to me. I wondered how we could apply it to Sons of Norway and specifically to the Third District. Can we develop a tag line to accompany our mission statement — words that will encourage and inspire; a shared purpose? Think of a tagline as a verbal logo. As the article states, it is not easy. Let's start with the SofN mission statement:

The mission of Sons of Norway is to promote and to preserve the heritage

and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

How about if we add to our TDT and all of our newsletters and our social media outlets something like:

- Inspiring you to connect with your Scandinavian heritage or
- Inspiring you to preserve your family's rich cultural heritage
- Become inspired, let your creative spirit soar as you join others in Norwegian cultural activities
- Connect with your past while moving forward to the future by preserving your Scandinavian heritage



Finally, on a lighter note, a very appropriate tag line might be:

- Like coffee? Then you will like us, come share a cup and make new friends at Sons of Norway.

Send me any tag lines you develop and I will add them to my monthly column, who knows what can happen if we strike the right chord. Perhaps a resolution for the International Convention.

All the best,
Mary



Swedish Concert & Dance: Lydia Ievins and Andrea Larson

Lydia and Andrea are back from their year in Sweden, touring with hot tunes for nyckelharpa, fiddle, viola, and voice. The Swedish nyckelharpa is captivating; see ANA.org. Their website is www.lydia-andrea.com/. You may remember Lydia from the CD/concert she and Bruce Sagan did a while back — see northlandsmusic.com.

Join them for a concert and dance on Thursday, October 17, with mingling and food from 6:00 p.m. on, followed by the concert & dance from 7:00-11:00 p.m. Ballroom Blum, 830 Osage Terrace, Adelphi (or

Hyattsville), MD 20783

If you like, bring snack/party/meal food to share and clean shoes for dancing. Suggested donation \$10-20. For more information, contact: Jenny at pi@xecu.net or 301-371-4312.

Lodge Calendar

October Lodge Meeting:

Olav Richard Crone-Aamot

Friday, October 18, at 7:00 p.m.

See page 1 for details

October Reading Circle

Tuesday, October 22, at 7:30 p.m.

at Norway House

See page 7 for details

Nordic Feast & Lutefisk Dinner

Saturday, November 23, time TBD

(this is in place of a November lodge meeting)

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

See page 4 for volunteer opportunities.

Juletrefest (Holiday Party)

Saturday, December 14, time TBD

at Christ Lutheran Church

Norw. Language & Conversation Group

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

Beginner and Intermediate/Advanced classes. See page 7 for more information, or contact Nina at

language@norwaydc.org.

Sons of Norway 3rd District Convention

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

spare. Big friendly dog in house. Host Sonia's phone just in case: 301-503-7906. Info/dirs:

<http://MAND.fanitull.org> or Jenny, pi@xecu.net, 301-371-4312.

Drott Lodge: Author Klas Bergman

Sunday, October 13, 2:00 p.m.

St. James Episcopal Church

11815 Seven Locks Road, Potomac, MD

Klas Bergman will talk about his book, "Land of Dreams — A Reporter's Journey from Sweden to America." More information: www.drott-lodge.org

Norwegian Church Service

Sunday, October 13, 3:00 p.m.

Emmanuel Lutheran Church

7730 Bradley Blvd., Bethesda, MD

Service is conducted in Norwegian. Sunday School is offered for children during the regular service.

"Kirkekaffe" (coffee and fellowship hour) after the service. All are welcome. For information, call Lasse Syversen at 301-641-7908 or email

lasse@flagship.com.

Swedish Concert & Dance:

Iydia Ievins and Andrea Larson

Thursday, October 17 at 6:00 p.m.

Ballroom Blum, 830 Osage Terrace, Adelphi, MD

Mingling and food at 6:00 p.m. on, concert and dance from 7:00-11:00 p.m. See page 9 for details.

Scandia DC 3rd Saturday Dance

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

Greenbelt Community Center

15 Crescent Dr., Greenbelt, MD

Teaching followed by open dancing. No partners necessary. Live Fiddle music by Loretta Kelley. \$7. Hosts: Linda & Ross at 202-333-2826. More information at:

www.scandiadc.org.

Drott Lodge Swedish Bazaar

Saturday, November 2, 11:00 a.m. - 3:00 p.m.

St. James Episcopal Church

11815 Seven Locks Road, Potomac, MD

Imported Swedish gifts & foods, homemade Swedish baked goods, smörgåsbord lunch, live music, and more. For more information: email

drott-lodge@drott-lodge.org or call 703-734-0319

or see www.drott-lodge.org.

Continued on next page.

Other Area Events of Interest

Norwegian Dance & Potluck

Saturday, October 5, potluck 6:30 p.m., dancing 8 p.m.

3812 Denfeld Ave, Kensington, MD 20895

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). 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

From previous page.

Scandinavian Christmas Bazaar

Saturday, November 2, 9:00 a.m.-3:00 p.m.
Francis Asbury United Methodist Church
1871 N. Great Neck Road, Virginia Beach, VA
Sponsored by Sons of Norway Hampton Roads. Includes delicious traditional foods, bake sale, rosemailing, vendors, raffle, woodcarving, children's table, and consignment items table. Contact: Jerry Blau at 757-490-3030 or gerald.blau@navy.mil. More information: <http://hrson.zzl.org/>

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
7730 Bradley Blvd, Bethesda, MD
For more information, contact Lasse Syversen at 301-641-7908 or lasse@flagship.com.

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. sites.google.com/site/nordicdancersdc/

Stamp Donation for TUBFRIM

The Lodge would like to thank Charlotte Olson of Alexandria, VA for her generous donation of stamps from all over the world. These stamps will go to support TUBFRIM in Norway.

What is TUBFRIM? It is a charity in Norway originally created to eradicate tuberculosis in Norwegian children by collecting and selling used frimerker to stamp collectors. Frimerker is the Norwegian word for stamps. Blend parts of the words tuberculosis and frimerker, and you get "Tubfrim."

Since its inception in 1928, the Norway-based organization, has been raising money to help children. Originally started to aid children afflicted by tuberculosis, the organization now works to improve the quality of life for children and youth with handicaps as well.

Sons of Norway members have been an integral

part of Tubfrim's success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors.

Several hundred handicapped children benefits from the fund raised by TUBFRIM - every year!

Please save stamps for TUBFRIM. Cut your used stamps leaving a 1/4 inch paper margin. Bring them to any meeting to Bill or Pat DeRoche. You may turn in any quantity.

If you turn in a pound of trimmed stamps, your name will be submitted for the next yearly drawing for air tickets to Scandinavia on IcelandAir — one chance for each pound of stamps.

For further information, see: www.norwaydc.org/tubfrim.



a little in English...**Coffee Tradition in Norway**

There is little doubt that coffee is Norway's national drink. On average, Norwegians drink about five cups of coffee per day.

Norwegians have been a long-time world leader in coffee drinking and they have competed with Finland to land on the top of the list. A new survey conducted by Ipsos MMI (ipsos-mmi.no) for the Norwegian Coffee Association shows that nearly nine out of ten Norwegian adults drink coffee. Two out of three drink coffee every day. All together Norwegians drink 12 million cups of coffee each day.

Central Norway holds most of the coffee drinkers in Norway, a survey shows. There, three out of five people drink coffee daily while just one out of twenty never drink coffee. After that follows the capital (Oslo), while in eastern Norway, however, coffee drinkers are the most careful with their coffee preparations. Daily coffee drinking increases typically for those 45 years and older while the coffee drinking difference between men and women is small.

To get good coffee

- Use totally clean equipment.
- Use fresh, cold water.
- Use the correct grind in relation to the preparation process.
- Coffee is a perishable commodity. Once the bag is open it should be used within one week.
- Use the correct amount of coffee. It is recommended to filter ground coffee, about 60-70 grams per liter of water. (or about 3 tablespoon per 1 cup of water) This provides a rich coffee.
- Serve the coffee fresh.
- Remember that brewing time and temperature are critical.

**litt på norsk...****Kaffe tradisjon i norge**

Det er liten tvil om at kaffe er Norges nasjonaldrikk. Gjennomsnittlig inntar en norsk kaffedrikker fem kopper per dag.

Nordmenn har lenge vært i verdenstoppen i kaffedrikking, og har konkurrert med Finland om å ligge øverst på lista. Nå viser en fersk undersøkelse gjennomført av Ipsos MMI for Norsk Kaffeinformasjon at

nærmere ni av ti voksne nordmenn drikker kaffe. To av tre drikker kaffe hver dag. Til sammen drikker nordmenn 12 millioner kopper hver dag.

Det er aller flest kaffedrikkere i Midt-Norge, viser undersøkelsen. Der drikker tre av fire kaffe daglig, mens bare én av 20 aldri drikker kaffe. Deretter følger hovedstaden, mens østlendinger for øvrig er mest forsiktige med kaffedrikkingen. Den daglige kaffedrikkingen øker mest hos folk som er 45 år eller eldre, mens forskjellene mellom kvinner og menn er små.

Slik får du god kaffe

- Bruk helt rent utstyr.
- Bruk friskt, kaldt vann.
- Bruk riktig malingsgrad i forhold til tilberedningsmetode.
- Kaffe er en ferskvare. Når posen er åpnet bør den brukes i løpet av en ukes tid.
- Bruk riktig mengde kaffe. Til filtermalt kaffe anbefaler vi gjerne 60-70 gram per liter vann. Det gir en fyldig kaffe.
- Server kaffen nylaget.
- Husk at tilberedningstid og temperatur er avgjørende

Courtesy Sons of Norway Newsletter Service. Article: from Various sources. More info at www.kaffe.no

Tina Keune's Rosemaling at Vesterheim Museum

You probably know that long-time lodge member Tina Keune is a fabulous rosemaler, and you've seen examples of her work at the bazaar every year. But did you know that one of her rosemaled pieces is displayed at the Vesterheim Norwegian-American Museum in Decorah, Iowa?

The Old Hordaland-style *tine* (bentwood box, pronounced "tee-nah") was her entry in Vesterheim's 2006 folk art exhibition. It won a Blue Ribbon as well as Best of Show, and was purchased by the museum. Tina had previously won ribbons in the 2002, 2003, and 2005 competitions.

Tina also received a Vesterheim Gold Medal in 2006. The Gold Medal is awarded to artists who have repeatedly won ribbons in the annual exhibition. After receiving a Gold Medal, artists are no longer eligible compete for ribbons, allowing more opportunity for new artists to compete.

Tina has been a professional heritage artist since 1983, and a Washington Lodge member since 1965! She holds a B.F.A. from George Washington University and has pursued independent studies with master painters of rosemaling in Norway and the United States.

You can see more examples of Tina's work on her website, rosemalingbychristina.com.

National Exhibition of Folk Art in the Norwegian Tradition

Vesterheim's National Exhibition of Folk Art in the Norwegian Tradition is a juried exhibition that includes knifemaking, rosemaling, weaving, and woodworking, all by contemporary American artists working in the Norwegian tradition.



If you are interested in entering the Vesterheim competition, or visiting the museum to see the exhibition, check out vesterheim.org for more details. The competition deadline is in May of each year, with the exhibition on view for six weeks in June and July. Many of the pieces in the exhibition are available for purchase in a silent auction.

Winners are announced in conjunction with Nordic Fest (nordicfest.com), Decorah's city-wide celebration of Norwegian heritage, which is held at the end of July each year.

Pictured (top and left): Tina's entry in the 2006 competition.



Pam Hackett Obituary

Lodge member Marguerite Phyllis "Pam" (King) Hackett, age 89, passed away on August 22, 2013, in Falls Church, VA. Services were held in September.

She is survived by her husband Orwoll Milton Hackett, who is also a lodge member, her brother, four children, eight grandchildren, and 10 great-grandchildren.

The following text is adapted from a bio published in the Capital Viking in 2003. You can also read her obituary online at www.legacy.com/obituaries/washingtonpost/obituary.aspx?pid=166788431

Pam Hackett Bio

Pam joined the Washington Lodge in 1992. She was born Marguerite Phyllis Gianni at Everett, Middlesex County, Massachusetts. (Her father changed the family name to King when she was four.) Her mother was Antoinette (Tuomi), whose parents emigrated from Finland to the Fitchburg, Massachusetts area in 1901. Pam's father, Maurice Placido Gianni (changed to King in Boston), emigrated from Sicily, Italy, to the Boston area with his parents and siblings in 1907.

Marguerite grew up in Arlington, Massachusetts, where she picked up the nickname, Pam, and graduated from its public high school. From 1941-1945 she attended Boston University School of Music, and earned a Bachelor of Music degree. While there she was inducted into the Scarlet Key, an honorary activi-

ties organization. One became a member due to outstanding achievement in student activities. Also while at Boston U., Pam studied voice at the New England Conservatory of Music.

After graduation she became employed as Assistant Music Supervisor in the Darien Public Schools, Darien, Connecticut, 1945-46. She spent the spring of 1944 singing in New York City as a prodigy of the Duncan Sisters, old time vaudeville stars then scouting for Metro Goldwyn Mayer, but gave up aspirations for a film career after she met her future husband, Orwoll Milton Hackett, that summer, and they married in 1946.

Pam left full time employment in music to be a full time homemaker and mother to four children. Their first child, Cathy, was born in Minneapolis, MN, in 1947, and their second child, Wendy, was also born in Minneapolis, in 1948. Jeffrey was born in 1951 in Bozeman, Montana, and Laurie was born in 1955 in Winchester, MA.

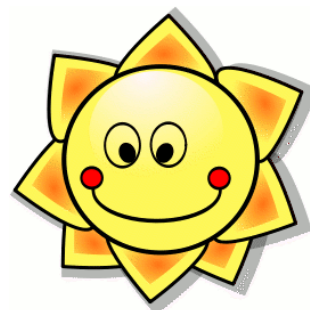
Pam returned to her music career, and became a substitute teacher, first in the Arlington, MA, Public Schools, and second, in Arlington, VA from 1957-1970. She was a Title I teacher at Stratford Junior High, Arlington, Virginia, 1970-1972. From 1949-1970 she took occasional employment as a vocal soloist and choir director.

After retirement, she was active in Our Savior Lutheran Church in Arlington, where she sang in the choir and did community outreach via Meals on Wheels and F.I.S.H. (For Immediate Sympathetic Help).

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.



New Bunad Resources

If you're interested in learning more about bunads (bunader), the traditional folk costumes of Norway, you can check out some new online resources from Deb McConaghy.

You'll remember that she came to our lodge last year to give a presentation about bunads at one of our meetings, and she also gave a two-day "Make Your Own Folk Costume" workshop at the Norway House.

Deb has a new blog called Norwegian Bunad (<http://norwegianbunad.wordpress.com/>), where you can learn more about the history of bunad, the proper way to wear your bunad, the different regional variations, and related topics like how to clean your sølje.

If you just want to look at pictures of bunads and søljes, check out Deb's Pinterest board (www.pinterest.com/dlmcc/norwegian-bunad-sølje-information), where she's compiled a collection of beautiful photos from all over the web.



Above: Bunads worn for Syttende Mai in Norway, in 2010. Photo credit: [Inger Maaikie via Creative Commons](#).



Left: Deb McConaghy giving a workshop at Norway House last year.

Lapskaus Recipe

Adapted from NordicNibbler.com, makes 6-8 servings.

Ingredients:

- 2 3/4 lbs chuck steak (off the bone and trimmed of excess fat), cut into 3/4-inch pieces
- 6 large carrots, chopped into 3/4-inch pieces
- 1 1/4 cups parsley roots, chopped into 3/4-inch pieces
- 3 1/4 cups rutabaga, chopped into 3/4-inch pieces
- 2 1/4 lbs floury potatoes such as Russets, chopped into 1/2-inch cubes



- 6 1/3 cups fresh chicken stock • 1/8 cup butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

Add meat in batches to a large casserole pot and brown. Once meat is browned, add chopped vegetables, stock and salt and pepper.

Bring to boil and skim stew when needed. Cover and simmer gently for 2 1/2 hours. After simmering, check the seasoning and adjust as needed. Top with freshly chopped parsley and serve

with flatbrød.

Courtesy Sons of Norway Newsletter Service.

Fridtjof Nansen Remembered

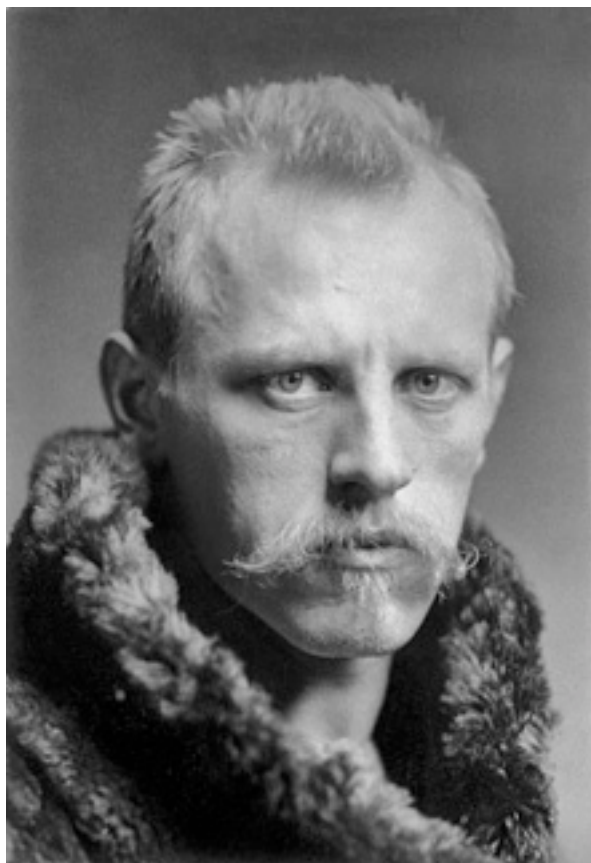
120 years ago Fridtjof Nansen (1861-1930) set out on a courageous and historic exploration of the Arctic. His ship, *Fram*, was built to withstand the pressure of the ice and carried 12 men and enough food and equipment to last five years. Nansen's mission was to head north to the remotest and least understood place on earth, the Arctic, in order to study the polar ocean currents. His approach was to get his ship stuck in the ice in order to track the ocean currents. The daring journey and the discoveries found surprised Nansen, his team and the world.

Before the turn of the century research on the North and South Poles was nonexistent and travel to these places was even more unheard of. So little was known that some experts believed the poles would be warm or there was land at the North Pole and the surrounding seas would be shallow, said University of Oslo professor and historian Robert Marc Friedman. Nansen's journey would change the tides of oceanographic research.

The risky voyage planned to use the Northern Hemisphere's east-to-west ocean current. Nansen believed that the current would carry their ship across the North Pole. This theory was doubted by many. He convinced the Norwegian government to grant his crew

NOK 20,000 in order to build *Fram*, their heavy-duty ship and home for the next three years.

The findings were spectacular and even stunned Nansen. Their first goal was to measure the ocean depth, a simple enough task that



Fridtjof Nansen in 1890

became an unexpected difficulty. Their 2,000 meter sounding line was too short because the polar sea was surprisingly very deep, twice as deep, in fact as Nansen anticipated. The men were able to measure the depth of the ocean to 3900 meters with line constructed from their ships rigging. Nansen realized that the ocean depths and the different combinations of

fresh, salt, warm and cold water played a crucial role in the oceanographic currents and affected weather patterns around the world. "He recognized that measuring different types of water, based in salinity and temperature, would enable him to determine the origins of the water," noted Friedman, these, he says are "some of the most significant building blocks in our contemporary understanding of physical oceanography."

Nansen's discoveries answered many questions and researchers are still sorting through data in order to figure out ocean mysteries. In fact, a research group at the Norwegian Polar Institute has planned their own voyage to the Arctic, following in Nansen's tracks over a century later. Their vessel, *The Lance* and its crew will set out into the ice next winter to study the Arctic and its ever-changing climate.

Nansen's legacy transformed the way we predict weather patterns. After returning from his journey in 1896 Nansen had successfully pioneered the unknown. Nansen went on to become a leading politician and activist for humanitarian efforts in Norway and won a Nobel Peace Prize in 1922. 120 years after his Arctic adventure Nansen continues to influence the way we understand the world.

Courtesy Sons of Norway Newsletter Service

What Does the Fox Say?

Several members attempted to answer the age old question — what does the fox say?

The lodge youth created a response video to the viral Norwegian music video “What Does the Fox Say?” Special thanks to Skye Dreng for her contributions!

Please search YouTube for “Norway DC Fox” or visit www.youtube.com/watch?v=i2zJRF1ErVM to see some of your fellow members dancing like foxes! This may be your only opportunity!



Sons of Norway Third District Cookbook

Excitement is building for the first Third District cookbook. The deadline is October 21st, and the cookbooks will be available by Convention 2014. A name and a lodge name will be printed with each recipe.

More information is available in the October issue of *Third District Today*, available online: <http://3dsofn.org/newsletter/index.html>.

Genealogy Interest Group

Submitted by Burt Koske

It has been a long time since our last meeting so we will have a lot to catch up on. We plan to have a Genealogy Interest Group (GIG) meeting in early November at the Norway House. The date will be announced in the next newsletter.

At the meeting, we'll bring everyone up to date on the Roots Project. I hope all of you are working on your contribution. I plan to update the Norway map with more current input.

As a special treat we have invited Bob Johnson of the Fairfax Genealogical Society (FxGS) to attend our meeting. He will be speaking about the resources of the FxGS and the possible forming of a Scandinavian Special Interest Group (SIG).

The FxGS and the Scandinavia SIG could be very useful resources for us. The membership of the FxGS includes beginners through professional genealogists. The FxGS has two general meetings per

month. One general meeting with a general interest program and one educational meeting on specific topics. The SIGs also meet once a month and focus on a specific topics, that the SIG members find useful.

To determine if a FxGS Scandinavian SIG is feasible, Bob asks that interested persons provide the below information. You can email Bob your answers at rowijo@gmail.com or provide your input at the November meeting.

1. Scandinavian countries of interest (e.g., Norway, Sweden, Denmark, Finland, Iceland, Faroe Islands).
2. Days/times you would prefer to meet (Or absolutely could not meet).
3. Your level of Scandinavian research experience.
4. Your level of willingness to participate as a presenter.
5. Anything else that may be relevant.

If there is sufficient interest and it looks possible, FxGS will try to schedule an organizing meeting.

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

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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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202-285-9585 or editor@norwaydc.org

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301-854-4950 or webmaster@norwaydc.org

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

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 or visit www.norwaydc.org.

3D Lov Letter

September 2013

This land is your land , this land is my land. Come and enjoy, bring your family & friends.

Be sure to check out LOV on the 3d web site www.3dsofn.org or www.Landofthevikings.org

Zone 2 Pig roast at LOV 9/14/2013

Many lodges joined in the fun at LOV along with 20+ local residents

If your lodge is looking for a good time, good food, camaraderie with friends, give Lov a call and set up your event.

Looking for a place for your upcoming Holiday Parties?



Land of the Vikings is the Ideal Place



Rosemaling Class

October 13th - 18th or 20th - 25th

Don't forget to sign up for Rosemaling classes this October with master painter, Eldrid Arntzen

Open to all levels—beginners to experienced Eldrid is adept in all forms of Rosemaling. She will be teaching Valdres and OS or if you have something else you would like to work on she will be glad to help you. The class fee is a bargain if you have ever taken a class before. Eldrid also has some supplies for sale if you are new to Rosemaling. Be sure to make reservations with LOV ASAP to reserve your space.

If you have a friend or mate that would like to come and work on another craft such as quilting, wood-carving, or any other craft there is room for most anything. Just check with LOV when you call.



Norsemen Lodge 35th Anniversary Dinner

Sons of Norway, Norsemen Lodge Oneonta invite you to join in celebration of our lodge's 35th Anniversary.

We would love to see as many of you as possible
Sept 21, 2013

Land of the Vikings

1:00 pm Cocktail hour (cash Bar) with hot and cold hors d'oeuvres
\$\$25.00 per person

Talented, Lauren Floden, will play music for our entertainment.

Resident Manager - Pete King
461 Big Valley Road
Susquehanna, Pa 18847
Call - 570-461-3500
Or E-mail to:-
vikingland@tds.net



Land of the Vikings has a Wish list at Walmart
Walmart.com

Click on Registry, then wish List
Name:
First - Land of
Last : Vikings
State: PA
Date 7/14

Coming UP

9/21/13 Norseman anniversary Dinner
10/4-6 Loyal Lodge Weekend
10/ 11-13 Fredricksten Weekend
10/13-25 Rosemaling class

Check Land of the Vikings on Facebook for updates