



SONS OF  
NORWAY

# Capital Viking

## October Event: Nordic Feast/Lutefisk Dinner

Saturday, October 25, 2014, 5:00-7:00 p.m.

Christ Evangelical Lutheran Church (across from Norway House)

Join us for our Annual Sons of Norway Washington Lodge annual Lutefisk dinner. It is being held from 5:00 to 7:00 pm Saturday, October 25, 2014 at Christ Evangelical Lutheran Church. Please let your family and friends know this year's date. Last year we had more than 70 people join us.

Please RSVP as soon as possible, in case we need to order additional Lutefisk and increase dinner hours. You have until October 20 to prepay to still receive the discount mentioned on the flyer.

To RSVP for the dinner, and/or to volunteer your time or to bring homemade desserts, call Debbie Forsaaen at 703-861-3363 between 6:00 and 10:00 pm at night or email [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org). Please see flyer on page 26 for additional information.

*Photo credit: Jonathunder via GFDL 1.2 license.*



## October 18 Lodge Business Meeting

We will have a special business meeting for all Lodge members at 7:00 p.m. on Saturday, October 18 to discuss the slate of new Officers and Directors for next year. The slate will then be sent to all members in preparation for the election in November. Nominations will be open until the November election. Coffee and snacks will be available at the meeting.

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## A Norwegian Surprise

This review appeared in the *Norwegian American Weekly*. Reprinted with permission.

By Christine Foster Meloni

When I arrived in my hometown of Minneapolis last week, I was met by my friend Ann who greeted me excitedly. "I have a Norwegian surprise for you! Get in the car. We are going to St. Paul."

Well, growing up in Minneapolis and then leaving soon after my high school graduation with rare trips back, St. Paul was a virtual unknown to me. And I had always thought that Minneapolis was Scandinavian and St. Paul German and Irish. What Norwegian treasure was St. Paul hiding?

We drove over the Mississippi River and into St. Paul. Ann soon pulled up and parked in front of Luther Theological Seminary. The day was warm and sunny, and the campus was inviting with its well-trimmed lawns and attractive buildings.

We went into the Student Center and located the Information Desk. Ann asked the young lady at the desk how to get to the Norwegian church. With a bright, friendly smile (I think it was the trademark Minnesota

smile), she said that she would be happy to give us the key and a map.

A Norwegian church? My curiosity was aroused. I asked myself, "Will it be a stave church like the replicas in Fargo-Moorhead, Little Norway, Minot, and the Epcot Center?" We set out across the campus and there, on a small hill, we saw the little Old Muskego Church, a plain, square-log building.

Ann and I walked up the stairs. We eagerly unlocked the door and went inside. We felt as if we were walking back in time. The walls were made from large logs of red oak. On the first floor there was an altar with a white parament of

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next page*



*Top: The front of the Old Muskego Church. Bottom: The rows of pews on the first floor. Photos by Christine Foster Meloni.*



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Hardanger embroidery above it, framed by a very faint, barely visible, rosemaling design. Steps next to the altar led up to a massive pulpit. A wood-burning stove stood near the altar.



The church could originally seat up to 300 people. There were fourteen rows of pews on the first floor and additional rows of pews in a balcony. A sign, however, warns visitors not to go up to the balcony because it is old and fragile. Therefore, these seats are no longer available.

We learned that this was the first Norwegian Lutheran church in the United States. It was built in 1844 in Muskego, Wisconsin, by Norwegian immigrants, mostly from the county of Telemark. The hardy pioneers had worshipped in this church for about 20 years before they outgrew the building and had to build a new one. A local farmer then bought the old building and used it as a barn.

Fortunately, the United Norwegian Lutheran Church in America decided to save the historic church and preserve it as a memorial. They bought

it in 1904. It was dismantled and shipped to St. Paul, where it was reassembled.

The Old Muskego church was placed on the list of Minnesota Historical Sites in 1963 and on the National Register of Historic Places in 1974. The

Seminary has accepted the responsibility to maintain it.

This historic little church is indeed a Norwegian surprise, a true gem. It is now used only for special occasions but it serves to remind us of our Norwegian ancestors and how important their churches were to them, for both religious and social reasons.

I wonder how many Norwegian Ameri-



cans know that this church is here in St. Paul, Minnesota. It is definitely well worth a visit.

*Top photo: Side of the church (photo by Christine Foster Meloni). Bottom photo: Christine Foster Meloni standing at the entrance to the church (photo by Ann Besser).*

More information about the church is available at [www.luthersem.edu/archives/seminary/rgi/muskego.aspx?m=4512](http://www.luthersem.edu/archives/seminary/rgi/muskego.aspx?m=4512) and [en.wikipedia.org/wiki/Norway\\_Lutheran\\_Church](http://en.wikipedia.org/wiki/Norway_Lutheran_Church).

## President's Message

Dear Members,

I understand from Henry that the Viking Cruise went very well. From the photos it looked like there was good wind and the rowers did not have a lot of work to do. Unfortunately, I was on business travel and could not participate. Maybe next time.

Susie Fosaaen and I had the opportunity to greet and talk with a Brekke tour group from Norway of about 30 people. We had dinner with them at the Thunder Grill at Union Station. Susie and I spoke about the Washington Lodge and its activities and about Sons of Norway in general. It was a very enjoyable evening.

### Upcoming Elections

The Nominating Committee is preparing a slate of new (and old) Officers and Directors for next year. We will have a special business meeting for all members at 7:00 PM on Saturday, October 18th to discuss the slate. The slate will then be sent to all members in preparation for the election in November. Nominations will be open until the November election. The Nominating Committee includes

Ardis Morton and Debbie Fosaaen. I encourage you to seriously consider accepting a position. The Lodge needs your support. For those of you who don't think you are ready to hold one of these positions, please consider serving on one or more of our committees. Serving as an Officer, Director or on a committee will give you an opportunity to gain a better understanding of the workings of the Lodge, get to know the other members, and have a voice and contribute to improving Washington Lodge.



The Norwegian American Chamber of Commerce Mid-Atlantic Chapter is hosting "Welcome to Washington DC" Annual Dinner Cruise on Wednesday, October 8. See the attached flyer and sign up the NACCMA web-site ([www.naccma.org](http://www.naccma.org)).

Fraternally,

Burt Koske, President, Washington Lodge 3-428

## Kirstin Fawcett Awarded Sons of Norway Foundation Scholarship



The Sons of Norway Foundation has announced its scholarship winners for 2014. Kirstin Fawcett, from the Washington Lodge, is one of the recipients of the Astrid Cates Scholarship, in the amount of \$1000.

Kirstin Fawcett graduated from St. Olaf College in Northfield, Minn., with a B.A. in English in 2009 and received a graduate degree from Northwestern University's School of Journalism in 2013. She is

finishing a six-month position at Smithsonian Magazine.

Fun fact: Kirstin was recently a Fulbright Student Program finalist for Norway, where she proposed to shadow a mental health research clinic to learn of Norway's cutting-edge research in psychological disorders.

### About the Astrid Cates Scholarship

Astrid G. Cates and Dr. Myrtle Beinhauer remembered Sons of Norway Youth with special bequests through their estates to the Sons of Norway Foundation. This scholarship is awarded to applicants enrolling in post-secondary training or education including trade school, vocational school or college and must be current Sons of Norway members, children or grandchildren of current Sons of Norway members.

## District 3 President's Message

### Fra Presidenten, Mary B. Andersen

United we stand, divided we fall — *Aesop's Fables* —  
The four oxen and the lion ([www.aesopfables.com/  
cgi/aesopl.cgi?2&TheFourOxenandtheLion](http://www.aesopfables.com/cgi/aesopl.cgi?2&TheFourOxenandtheLion))

I have frequently overheard at my lodge meetings “we are like a family.” Like all families, there are moments of joy and sorrow, disagreement and accord. We celebrate together; we mourn the loss of a member together. We have those things upon which we agree and those things upon which we don't agree and may never agree. Disagreements can often lead to a fight or flight mentality. Walt Whitman said “keep your face toward the sunshine — and shadows will fall behind.” The successful lodge puts aside the differences and focuses on the main thing, that which brought it together in the first place.

Like a family, each lodge has its own personality. Each lodge brings its own special slant on what it means to be part of Sons of Norway. Some lodges have very active youth groups; others have very strong cultural programs and yet others are increasingly focused on community. Whatever is your “main thing,” make sure you nurture it.

A convention is the perfect example of focusing on the main thing. 2014 has been a convention year for Sons of Norway — our 3D convention in Albany, NY and most recently the International Convention in Jacksonville, FL. Participating on a Committee exemplifies focusing on the main thing.

Whether it be Law, Resolutions or any other Committee. Committee work brings together people you may not know to work toward a

common goal. There will be unanimous agreement on some issues; majority agreement on other issues and the occasion where the Committee is split on an issue. What unites all Committee members is each member taking their task seriously, listening to diverse points of view even as your own resolution/law change is dissected! Ultimately, in a situation where there is no majority view, the willingness to agree to disagree and respect each other's perspectives is the ultimate key to success.

Let's agree to disagree while focusing on the main thing that unites us rather than issues that may divide us so that we will continue to be a strong, vibrant organization for years to come. Never miss an opportunity to celebrate. We have so much to celebrate! That delicious krumkakke, that great skit, laughter and of course camaraderie.

De beste hilsener,  
Mary



## 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).





# Pumpkin and Beef Casserole

- 2 lbs trimmed tender beef, diced
- 2 large garlic cloves, minced
- 2 plum tomatoes, chopped
- 1 tbsp salt
- 1 tsp tabasco
- 12 dried apricots, cubed
- 2 cups white wine
- 3 large sweet potatoes, peeled and cubed
- 1 medium sized pumpkin (about 7 ¼ lbs)
- ½ cup fino sherry
- fresh coriander
- 4 shallots, roughly chopped
- 3 tbsp olive oil
- 1 green bell pepper, cubed
- ½ tsp ground pepper
- 1 tsp sugar
- 3 large potatoes, peeled and cubed
- 3 cups beef stock, water or broth
- ¼ cup melted butter
- 2 fresh cobs of corn

Heat oil in a large frying pan and brown beef. Add onion and garlic and saute until soft. Add remaining ingredients and bring to boil. Cover and simmer for 45 minutes.

Bring lightly salted water to a boil. Add corn and boil for 4 minutes. Remove from water and allow to cool. Cut kernels from the cob and set aside.

Remove the top of the pumpkin, creating an 8" or 9" opening. Remove strands and seeds. Brush the inside of the pumpkin with melted butter. Place pumpkin in a baking dish. Add sherry and corn to the heated meat mixture and pour into the pumpkin. Replace the pumpkin top and place in the oven on the lowest rack at 350° F. Bake for 1 hour. Serve directly from the pumpkin and include the tender flesh of the pumpkin.



*Adapted from [www.apéritif.no](http://www.apéritif.no). Courtesy of Sons of Norway Newsletter Service.*



**To members with October birthdays!**

## Marit Grachow Obituary

We are sorry to let you know that Marit Grachow, a long-term member of our Lodge, passed away on July 6, 2014, at the age of 93. Former Lodge member Ellen Dockery is Marit's daughter

Marit was born on September 17, 1920, in Norway, and spent her early years in Oslo, where she was an avid skier and skater. She attended the University of Oslo, graduating with a degree in Physical Rehabilitation in 1947.

In 1949, she moved to the United States and settled in Washington, D.C. She married her husband Max Grachow in 1956. She worked as a physical

therapist until her retirement in 1984.

Besides the Sons of Norway, Marit was involved in many other organizations, including the Norwegian Seaman's Church, the Norwegian So-

ciet of Washington, DC, and the Norwegian Ladies Club. She also sang with the Washington Metropolitan Chorus and the Norwegian Seamen's Church Choir, and was a member of Faith Lutheran Church in Arlington.

Marit was predeceased by her husband Max in 2012, and her sister Brit Aabakken Peterson



(also a lodge member) in 2010. She is survived by her brother, Jo Aabakken of Osteras, Norway, her son Paul A. Grachow of Arlington, VA, her daughter, Ellen M. Dockery (Grachow) of Alexandria, VA, and a grand-daughter, Nina Michelle Dockery.

A private memorial service was held on August 1.

View a full obituary here: <http://www.legacy.com/obituaries/washingtonpost/obituary.aspx?id=171871343>

## 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.





# My Viking Raid

By Bill DeRoche

I had my answer. I had the answer to the question that I formulated almost a half century ago as I stood in awe before the Oseberg ship in Norway. As I pulled my oar to the rhythmic chant of our captain and felt the cool breeze from the Potomac River, I began to understand what it was like to be part of a raiding party in the heyday of the Viking age.

We had set sail for our raid on St. Clements Island a half hour ago. We left an hour late, but so what — we're Vikings not clock punchers. The temperature was moderate, the water was calm, and the breeze was steady — perfect Viking weather.

I was in the *Sae Hrafn* (Sea Raven in English) along with over twenty



lodge members and guests. The longship is a 39 foot ship whose design was based similarly sized vessels plying the Norwegian coast. The *Sea Hrafn* has the sweeping lines of the classic

longship used for defense and coastal raiding. Built in Inyokern, California, it had the longest Viking longship portage in history — from California to southern Maryland — an overland journey of nearly 3000 miles. The *Sae Hrafn* was launched under oars on September 12, 2005. She was first rigged for sail in 2006, and has been sailing ever since.

According to their website (and what Viking does not have a website?), "The Longship Company, Ltd. is a non-profit

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educational organization devoted to increasing understanding and knowledge of the life, culture, technology, commerce, and exploration of the early northern European seafarers and those with whom they came into contact. We are an all-volunteer organization — the ‘Company’ in our name refers to a ship's company of its officers and crew.” ([www.longshipco.org](http://www.longshipco.org))

The Company is not all fun and raids. “Although these reconstructions are based on Scandinavian archaeological finds, most of their basic elements are common to ships of other cultures of the era, spanning across Europe from the Celts in the West to the Slavs in the East, with nautical and other cross-cultural contacts and influences having extended even to the Middle East and



North Africa. In addition to the activities of sailing, maintaining, and exhibiting/demonstrating the vessels, the Longship Company participates in living history events, contributes to on-

going international archaeology-by-experiment efforts relative to early seafaring and technology, produces educational materials, and supports artistic and scholarly efforts related to the Vikings and their era.”

“In recent years the organization has taken part in an international gathering of replica and reconstruction Viking ships at the Norse archaeological site at L'Anse aux Meadows, Newfoundland, participated in several parades of tall



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ships in the harbors of the Mid-Atlantic region, served as consultants to the Smithsonian Institution and the New York Museum of Natural History, provided a Viking exhibition for the Norwegian Embassy in Washington, DC, presented lectures at the Calvert Marine Museum; and produced a video ... for the History Channel....”

After about an hour of rowing, the captain decided to hook up the *Sae Hrafn* to a small boat with an outboard motor and we enjoyed the convenience of a completely anachronistic device. We arrived at St. Clements Island to the cheers (and surprise) of the local tourists.

According to Wikipedia, St. Clements Island is “the site of the March 25, 1634, landing



of Maryland's first colonists, who had sailed from Cowes on the Isle of Wight in England four months earlier. The date is commemorated as Maryland Day. The island was a convenient,

temporary base of operations for the 150 settlers as they negotiated with the Yaocomico Native Americans for land for a permanent settlement. They named the island in honor of Saint Clement, patron of mariners. A 40-foot cross stands on the island, in memory of the first settlers.” The island is only accessible by boat

Our raid took about an hour but we left the island intact. We got to walk around the island, read the historical markers



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and enjoy the view from the lighthouse. The high point of our visit was the Kransekake that Rannveig Fredheim provided for the hungry crew. We all had a great time.

The trip back was under sail. After some effort to get the sail up, we effortlessly sailed back to our port with a strong wind at our back. This was a beautiful day for the voyage and everyone had a wonderful time. I am sure that I speak for all us Vikings when I thank the Longship Company for their dedication to keeping the Viking culture alive and for a memorable trip. I would also like to thank Henry Hansen (a member of the Company) for arranging this successful event.



As to the answer to my question: I was happy to take a short trip on a long boat, but I am darn glad that I live today and not in the Viking Age.

*More photos from the Viking Voyage can be viewed online at [www.flickr.com/photos/norwaydc/sets/72157648283665096/](http://www.flickr.com/photos/norwaydc/sets/72157648283665096/)*



## Norwegian Festival & Bazaar: December 5-6

Our 2014 Norwegian Festival is scheduled again at Christ Lutheran Church in Fairfax, VA (across from Norway House on Meredith Drive) for December 5 and 6.

Our Nordic food items have arrived at Norway House from our Norwegian importers, including the much requested nokkelost, geitost, norvegia and other assorted cheeses, fiskeboller, a variety of herring and a wide assortment of Norwegian jams. *AND*, of course our largest selection ever of Norwegian Freia and Nidar chocolate candy will be available for selection, including Kong Hakon and Freia Dessert Assorted Chocolate gift boxes.

For the Festival this year, we are introducing Nordic artists to showcase our Norwegian artistry and culture. We are featuring prints and cards by Arvid Kristofersen, who was named Norway's #2 Fairy Tale artist (Arvid is from Kragero). PBS had a special on Arvid and his artistry — check his work out on PBS via YouTube at [www.youtube.com/watch?v=jub4ryCt8tM](http://www.youtube.com/watch?v=jub4ryCt8tM).

Taking a break from her doctoral studies at the University of Kentucky to showcase her original Nordic influenced jewelry is artist, Erika Tucker, primarily featuring pewter in her designs. As a note, Erika's mother Marga, was born in Norway and Erika's grandparents were very active in the Nor-

wegian Resistance during the Nazi occupation of Norway in WWII.

We will also be featuring Karen Richardson, with her wool art Nisses ([www.wooldshoparts.com](http://www.wooldshoparts.com)) — she sells out at most of the shows she participates

as an artist, so come early to make your selection. Another artist will be Bernice Duvall, featuring “felted woolies” ornaments, Viking ships, nisse and other wool Scandinavian designs. Bernice is the cousin of our resident award winning rosemaling artist, Tina Keune, who of course is back again with her one-of-a-kind pieces and her collectible ornaments.

We will be featuring demonstrations of Norwegian cultural activities by Lynn Rundhaugen — Norwegian knitting; Linda Hurt — Norwegian weaving; and Lucy Lyons Willis — Hardanger. These talented ladies will be

available to answer questions about their Norwegian artistry during the Festival.

The Festival starts off with the sound of the Norwegian accordion by musician Jo Storaker on both Friday and Saturday morning. Andrea Hoag will perform Scandinavian songs on her violin Friday afternoon. And, Saturday we will have performance



*Pictured: samples of Erika Tucker's Nordic-influenced jewelry, which will be for sale at the 2014 Norwegian Festival*

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by the Nordic dancers followed up by Paul Carlson on his Scandinavian fiddle.

Rannveig Fredheim will be in the main room by the Café with a display of beautiful and delicious kransekake. Rannveig always sells out early both days, so plan to stop by her table early to make your selection. We are expanding our baked goods and increasing the quantities of the “favorites” for sale as we sold out early both days last year.

Of course, Judy Kee and Janice Brown (with help from their families) are returning again with Norwegian waffles and krumkakes. There are lefse demonstrations by Kristin Stone on Friday morning and David Hofstad and Lynn Rundhaugen/Erik Larson on Saturday. We still need another volunteer to demonstrate lefse baking Friday afternoon. If you have a few hours and are willing to prepare lefse, please contact us so we can include you in the schedule of events.

The “Norwegian Café” menu has been updated as well as making improvements to the layout/process for customers to enjoy a snack and the cultural entertainment. The tentative menu includes Norwegian pølse, meatballs, gravlax (salmon), assorted beverages (Solo, lingonberry, coffee, soft drinks)

We have received a wonderful selection of books about Norway, WWII history, cookbooks, a large selection of children’s books (including limited edition Frozen books) and of course Norway Scenic calendars.

If you have a special talent where you are able to make a contribution to the success of the Festival, musical, cooking or artistic in nature, we are always looking for additional talent and volunteers. Please contact [festival@norwaydc.org](mailto:festival@norwaydc.org) to volunteer. As an added incentive to make our Festival a success (which cannot happen without our volunteers), volunteers will receive a 5% discount for volunteering one shift (3 hours) or a 10% discount for working two 3-hr shifts, for purchases made during the Festival.

For the Festival this year, we will again accept cash, checks and credit cards for selections you wish to

purchase.

### **Festival Dates/ Hours:**

Friday, December 5: 10-7

Saturday, December 6: 9-4

### **Friday Entertainment:**

10-12 – Jo Storaker – Nordic Accordion Music

10-12 – Kristin Stone – Lefse Demonstration

12-2 – Andrea Hoag – Nordic Violin Music

10-4 – Lucy Lyons Willis – Hardanger Demonstrations

10-3 – Waffles/Krumkake – (Judy Kee/Janice Brown Team)

10-4 – Kransekake by Rannveig Fredheim (or until they are sold out)

### **Saturday Entertainment:**

9-11 – Jo Storaker – Nordic Accordion Music

9:30-11:30 – David Hofstad – Lefse Demonstration

11:45-12:30 – Nordic Dancers – (Main Room)

9-12 – Lucy Lyons Willis – Hardanger Demonstrations

9-4 – Linda Hurt – Nordic Weaving Demonstration

9-1 – Lynn Rundhaugen – Nordic Knitting Demonstration

9:30-3 – Waffles/Krumkake – (Judy Kee/Janice Brown Team)

9-3 – Kransekake by Rannveig Fredheim (or until they are sold out)

1-3 – Paul Carlson – Scandinavian Fiddle Music (Main Room)

1-3 – Lynn Rundhaugen/Erik Larson – Lefse Demonstration

Weather permitting the world’s cutest dogs, Norwegian Lundehunds, (church atrium)

## *a little in English...*

### Alt for Norge

Alt for Norge (Everything for Norway) is a Norwegian reality series produced by Monster Entertainment for TVNorge. In the series, twelve Norwegian-Americans compete to see who is the "most Norwegian" with help from different Norwegian themed challenges. The series was named the best competitive reality show by Gullruten (Norwegian TV awards) in 2011, the best reality show by Gullruten in 2012, and was also nominated for best new program series in 2011 and awarded best clip/editing in 2012.

For five years in a row TVNorge has gone on a trip with twelve charming and outspoken Norwegian-Americans in search of their Norwegian family. This year the show has included, among others, an American football athlete, a pastor, a model and a marine biologist who writes novels about a sexy troll. To meet in Norway has brought out heavy emotions for all of the participants.

"Alt for Norge is founded on a real love for Norway, and participants have a genuine motivation to find out more about their Norwegian roots. This makes the program more genuine and warm-hearted than many others. Additionally the Americans are not arrogant and will put themselves out there and those that do are easy to like," says the show's host, Henriette Bruusgaard.

The show is filmed throughout Norway, and participants are competing to find out who is the most "Norwegian". They must go through a series of Norwegian challenges, and in the process bust myths about both Norwegians and Americans. The one who stands until the end wins a meeting with their Norwegian relatives.

The series is rated as one of TVNorge's largest achievements, and the concept has been sold to several countries. The new season was filmed from April to June and will be aired in the fall 2014.

## *litt på norsk...*

### Alt for Norge

Alt for Norge er en norsk reality-serie produsert av Monster Entertainment for TVNorge. I serien konkurrerer tolv norskamerikanere om hvem som er "mest norsk" ved hjelp av forskjellige oppgaver med norsk tilsnitt. Serien ble kåret til beste konkurransedrevet reality under Gullruten 2011 og beste reality under Gullruten 2012, og var i tillegg nominert i klassen beste nye programserie i 2011 og fagprisen beste klipp/redigering i 2012.

For femte år på rad drar TVNorge på tur med tolv sjarmerende og frittalende norsk-amerikanere på jakt etter sin norske slekt. Denne gangen har kanalen, blant annet, fått med seg en amerikansk fotball spiller, en pastor, en modell og en marinbiolog som skriver en roman om sexy troll. Møtet med Norge satte sterke følelser i sving for dem alle.

"Alt for Norge er tuftet på en ekte kjærlighet til Norge, og deltakerne har en genuin motivasjon for å finne ut mer om sine norske røtter. Dette gjør nok programmet mer ekte og hjertevarmt enn mye annet. Dessuten er amerikanerne utrolig lite selvhøytidelige og byr på seg selv, og sånne folk blir man lett glad i," sier programleder Henriette Bruusgaard.

Programmet spilles inn over hele Norge, og deltakerne skal konkurrere om hvem som er "norskest." De må gjennom en rekke urnorske utfordringer, og snur i prosessen opp ned på myter om både nordmenn og amerikanere. Den som står igjen til slutt vinner et møte med sin norske slekt.

Serien er en av TVNorges aller største seersuksesser, og konseptet har blitt solgt videre til flere land. Den nye sesongen spilles inn fra april til juni og sendes høsten 2014.

*Courtesy of Sons of Norway Newsletter Service*

Casting for the next season has begun! Deadline is December 3. For more information, see: [www.oconnorcasting.tv/norway/](http://www.oconnorcasting.tv/norway/). You must be descended of Norwegians, have NEVER traveled to Norway, and a U.S. citizen. Grand prize is \$50,000.



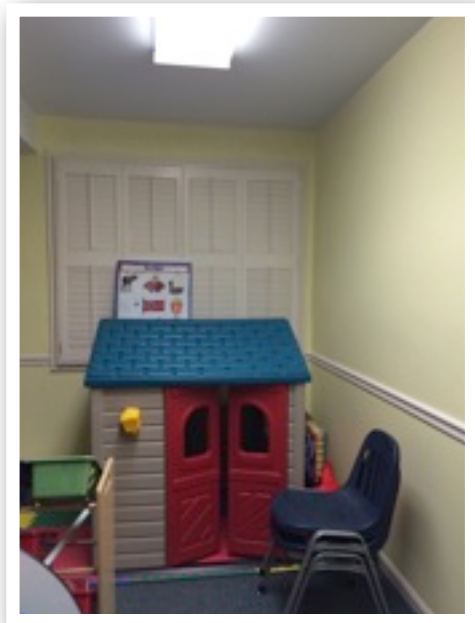
## Norway House Children's Room Rehab

This summer, Pat & Bill DeRoche undertook a rehab of the Children's Room which included stripping off the 1980's hideous wallpaper, sanding and spackling the walls and then painting the walls a nice soft yellow color.

Pat, along with Anne Marie McCaslin, ordered new functional storage units from Ikea, and they have custom painted them in Norwegian colors.

The new-and-improved Children's Room will be ready for the next generation of Sons of Norway members in the next few weeks.

Their work in progress is pictured here.



### News for the Norwegian American Weekly

Christine Foster Meloni is the DC Correspondent for the *Norwegian American Weekly*. If you are aware of any events taking place in the DC Metro area of interest to Norwegian Americans, please contact Christine at [cfmeloni@hotmail.com](mailto:cfmeloni@hotmail.com).

She also writes reviews of books by Norwegian or Norwegian American authors so she would also welcome book suggestions.

## Fosse the New Ibsen

Jon Fosse is one of the most important writers in Norway today. He is being hailed as "the new Ibsen."

We have a unique opportunity to see one of his plays here in DC. There will be a workshop performance of his play "Someone is Going to Come" at the Woolly Mammoth Theater on October 6 at 7 pm.

A group is being formed to attend and perhaps to



meet beforehand for dinner. If you are interested in joining us, please contact Christine Foster Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org).

## Leif Erikson Day — October 9

An official U.S. holiday, Leif Erikson Day commemorates the achievements of famous Norse explorer, Leif Erikson. Credited with being the first European to reach the North American continent, Erikson arrived almost four centuries before Columbus. In honor of this special date, let's take a closer look at a few facts about the holiday and the man that inspired it.

**Erikson or Eiriksson or Ericson?** - The spelling of Leif Erikson's name varies in relation to the language it is being translated to. In his own language, Old Norse, his name would have been Leifr Eiríksson.

**Family Ties** - Leif was the second son of legendary Norse explorer, Erik the Red, who is believed to have established the first European settlements in Greenland around A.D. 980. Erik the Red was supposed to join his son's expedition to North America but a fall from horseback prior to the ship's boarding left Erik with misgivings about the voyage. Believing his fall to be a sign of an ill-fated trip, Erik stayed behind.

**Where in North America is Vinland?** - The Groen-

lendinga saga suggests Erikson made three landfalls: the first at Helluland, now widely believed to be Baffin Island in the present-day Nunavut, Canada; the second in Markland or what



we would now know as Labrador, Canada; and Vinland.



Although it is believed that Vinland is located somewhere in Newfoundland, perhaps at the excavated site of an 11th-century Viking base camp found at L'Anse aux Meadows in the 1960's, the definitive site of the settlement remains heavily debated. In fact,

the etymology of the Norse

word itself has yielded at least two possible meanings, "wine-land" or "pasture-land" depending on translation and interpretation of the descriptions provided in the sagas. While it is predominantly believed that the correct translation is "wine-land," theorists point out that the wild grapes described in the sagas cannot be found today as far north as Newfoundland. Explanations for this are varied, offering that perhaps Erikson's men mistook wild berries for grapes, that the climate was warmer and more hospitable during that time, or that the saga-writers simply embellished the abundance of the land to make it more appealing.

**Why October 9?** - The official date of Leif Erikson Day doesn't directly correlate to Erikson's arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson's journey—the date marks the arrival of the very first immigrant ship from Norway, the *Restauration*, to New York in 1895. Exactly 100 years later, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed, several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson Day nationwide.

*Courtesy of Sons of Norway Newsletter Service*

## Lodge Calendar

### Lodge Business Meeting

Saturday, October 18, at 7:00 p.m., Norway House  
See page 1 for details

### October Reading Circle

Tuesday, Oct. 21, 7:30 p.m., at a member's home  
[www.norwaydc.org/reading](http://www.norwaydc.org/reading)  
See page 22 for details

### Nordic Feast/Lutefisk Dinner

Saturday, October 25, at 5:00 p.m.  
See page 1 for details

### November Lodge Meeting

Friday, November 14, Norway House

### Norwegian Festival & Bazaar

Friday, Dec. 5 (10-7) and Saturday, Dec. 6 (9-4)  
Christ Lutheran Church (across from Norway House). See page 12 for details.

### Juletreffest (Holiday Party)

Sunday, December 14, 1-4 p.m., Norway House

Register at: [www.naccma.org/events/naccma-annual-dinner-welcome-to-washington-dc](http://www.naccma.org/events/naccma-annual-dinner-welcome-to-washington-dc)

### Norwegian Dance & Potluck

Saturday, October 11, potluck 6:30pm, dancing 8  
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 [www.HFAA.org](http://www.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 bucks you can spare. Host phone just in case: Soren 240-461-0308. Canine housemate. Information/directions: <http://MAND.fanitull.org> or contact Jenny at [pi@xecu.net](mailto:pi@xecu.net) or 301-371-4312.

### Norwegian Church Service

Sunday, October 12 at 3:00 p.m.  
Emmanuel Lutheran Church, 7730 Bradley Blvd. (at the corner of Seven Locks Rd. & Bradley Blvd.). The service is conducted in Norwegian by Ellen Marie Skillingstad of the Norwegian Seamen's Church, New York, and supported by the Norwegian Church Choir. All are welcome. "Kirkekaffe" after the service. For more information, call Lasse Syversen at 301-641-7908 or email: [lasse@flagship.com](mailto:lasse@flagship.com).

### Folkedans fra Danmark: Concert/Dance

Friday, October 17 at 8:00 p.m., doors open 7:45  
Silver Spring Community Center (Spring Room)  
1 Veterans Pl., Silver Spring, Maryland  
Folk dancers from Denmark with music by the renowned fiddler, Kirstine Sand. Following the concert, the Danes will lead members of the audience in traditional Danish square dances. Hosted by the Nordic Dancers and the American Scandinavian Association. Admission \$5.00, free for children 12 and under, and ASA members. For more information, contact [nordicdancers@aol.com](mailto:nordicdancers@aol.com) or call 301-864-1596.

### Scandia DC 3rd Saturday Dance

Saturday, October 18, 7:00-10:00 p.m.  
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, Maryland

## Other Area Events of Interest

### Jon Fosse Play: Someone is Going to Come

Monday, October 6, 2014, at 7:00 p.m.  
Woolly Mammoth Theatre Co. (Melton Hall)  
641 D St NW, Washington, DC 20004  
Scena Theatre & Embassy of Norway present a Workshop Performance, Talkback and Reception. Jon Fosse has been hailed as "the new Ibsen of Norway". He is one of the most produced playwrights in the world and his plays have been translated into more than 40 languages. Followed by talkback and reception. Suggested donation: \$15. Tickets/info: [www.scenatheatre.org](http://www.scenatheatre.org).

### NACCMA Annual Dinner Cruise

Wednesday, October 8, 6:30 p.m.  
Potomac River, 300 Water Street SW, Wash., DC  
Hosted by Norwegian American Chamber of Commerce Mid-Atlantic Chapter. A 3-hour cruise on the top deck along the Potomac River, including a buffet dinner, open bar, and entertainment. Business formal.

*Continued on next page*



Teaching 7-8 p.m.: Bondpolska från Viksta and Bondpolska från Överhärde, taught by Linda Brooks and Ross Schipper. No partners necessary. This month's live fiddle music will feature music by Andrea Hoag leading the Spelmannslag. There may be some recorded music. Open Dancing 8-10 p.m. Enjoy a variety of Scandinavian couple dances led by Linda Brooks and Ross Schipper. Cost \$10. For more information, visit [www.scandiadc.org](http://www.scandiadc.org) or contact Linda Brooks & Ross Schipper at [linda@scandiadc.org](mailto:linda@scandiadc.org) or 202-333-2826. In case of inclement weather, call 301-474-0646.

### **Sámi Art: Hacking Objects of Desire**

Through Sunday, October 19  
Torpedo Factory Art Center  
105 North Union Street, Alexandria, Virginia  
Three indigenous Norwegian artists examine pertinent question about commercialism and globalism as they re-appropriate everyday objects to reflect the worldview of the Sámi people. Gallery open daily from 10 – 6 pm and until 9 pm on Thursdays. More info: [torpedofactory.org/partners/target-gallery/](http://torpedofactory.org/partners/target-gallery/)

### **Fairfax Genealogical Society Fall Fair**

Saturday, October 25, 10 a.m.-3 p.m.  
Dunn Loring Volunteer Fire Station  
2148 Gallows Rd., Vienna, Virginia  
The theme is Putting Faces on the Names: Sources for Discovering Biography. Registration: \$35 FxGS members; \$40 non members. See [www.fxgs.org/cpage.php?pt=21](http://www.fxgs.org/cpage.php?pt=21) for details and registration information.

### **National Archives Virtual Genealogy Fair**

October 28-30, 2014, starting daily at 10:00 a.m.

Speakers will be broadcast live on the internet, and you can ask questions after their talks. Lectures will feature tips and techniques for using Federal records at the National Archives for genealogy research. Lectures are designed for experienced genealogists and novices. More information: [www.archives.gov/dc-metro/know-your-records/genealogy-fair/](http://www.archives.gov/dc-metro/know-your-records/genealogy-fair/)

### **Drott Lodge Swedish Bazaar**

Saturday, November 1, 11:00 a.m.-2:30 p.m.  
St. James Episcopal Church  
11815 Seven Locks Rd., Potomac, Maryland  
[www.drott-lodge.org](http://www.drott-lodge.org) or 703-734-0319.

### **Christmas Bazaar-Julemarked**

Friday, Nov. 7 (3-8 p.m.), Saturday Nov. 8 (10-6)  
Emanuel Lutheran Church  
7730 Bradley Blvd, Bethesda, Maryland  
Contact: Lasse Syversen at 301-641-7908 or [lasse@flagship.com](mailto:lasse@flagship.com).

### **Danish Club Bazaar (50th Anniversary)**

Saturday, November 8, 11:00 a.m.-3:00 p.m.  
St. Elizabeth's Church  
917 Montrose Rd., Rockville, Maryland  
[www.danishclubdc.org](http://www.danishclubdc.org) or [danishclubdc@yahoo.com](mailto:danishclubdc@yahoo.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](mailto:ckalke@verizon.net) or 301-864-1596 or visit <http://sites.google.com/site/nordicdancersdc/>

## **Ida Frick Obituary**

Ida Torguson Frick, 95, passed away on September 30, 2014. Ida was a Golden Member of our lodge.

Ida was born on September 30, 1919. She is survived by her son and three daughters, Owen, Bonnie, Pamela and Deborah as well as 7 grandchildren and 3 great-grandchildren.

Services will be held on Monday, October 6, at Hope Lutheran Church, 6201 Coventry Way, Clinton, MD at 11 a.m., followed by a reception at Camp Springs Elks Lodge, 7350 Temple Hill Rd, Temple Hills, MD 20748.

Ida's daughter Deb Torguson Pollio wrote: "The strength and resolve she taught by example will be remembered and celebrated by her family and friends."

More information about Ida is available here: <http://www.legacy.com/obituaries/washingtonpost/obituary.aspx?pid=172653026>

## Norwegian Language & Conversation Group

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

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

## United Nations Day

October 24, 2014 marks the 69th anniversary of the United Nations serving as a force for global peace and progress. The holiday will celebrate its ability to create solutions to worldwide issues such as hunger, human rights, sickness and war.

For nearly 70 years United Nations Day has been observed world-wide in commemoration of the day in 1945 when the UN Charter went into effect and became the foundation for maintaining world peace and security. These members of the Security Council which ratified the charter were: France, the Republic of China, the Soviet Union, the United Kingdom and the United States.



In the United States, the President has issued an annual proclamation for United Nations Day each year since 1946. In Kosovo, the day is a holiday, since the state is administered by the UN Interim Administration Mission. The main locations of the UN (New York, The Hague, Geneva, Vienna and Nairobi) organize activities such as concerts, discussions on the work of the UN and visits by dignitaries.

The day is celebrated with speeches, discussions, meetings, and exhibits about the organization's

aims. A conference called UN Day is also held annually, giving young people the chance to contribute ideas on a selected topic. Panel discussions are moderated by specialists on each subject. The event celebrates the work that the United Nations does to improve lives and solve global issues. In the United States, over 100 chapters of the United Nations Association of the US hold more than 175 UN Day events in 33 states, the District of Columbia and Puerto Rico.

Senator Timothy E. Wirth, President of the United Nations Foundation, issued the following statement in 2012 to commemorate United Nations Day: "For nearly 70 years, the United Nations has been a force for progress and peace in the world. As the world confronts urgent problems that transcend borders, the

UN is more important than ever. It is the one institution with the global reach, scale, and capacity to mobilize international action to address these problems without passports. Let us recognize the UN's lifesaving and life-changing work and advocate for a strong U.S.-UN relationship. Working with the UN, we can build a safer, healthier, and more just world for our children and our grandchildren."

*Courtesy of Sons of Norway Newsletter Service*

## Attention Parents: Lodge Youth Activities

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

## Book Review: *Only the Dead* follows *The Land of Dreams*

This review appeared in the *Norwegian American Weekly*. Reprinted with permission.

By Christine Foster Meloni

In *The Land of Dreams*, the first book of his Minnesota Trilogy, Vidar Sundstøl introduces his protagonist, Lance Hansen. Hansen, the grandson of Norwegian immigrants and amateur local historian, is a U.S. Forest Service officer. He leads a rather calm, routine life on Lake Superior's North Shore — until, that is, he finds the body of a murdered Norwegian tourist.

Hansen is shocked and thinks it may be the first murder ever committed in Cook County. Then he remembers that a medicine man called Swamper Caribou disappeared one hundred years ago. Perhaps Swamper was murdered. And perhaps he was murdered by one of Hansen's own ancestors, Thormod Olson. Hansen unofficially begins to investigate this very cold case. At the same time he unofficially follows the recent case that has been taken over by the FBI since the murder occurred on federal land. At a certain point he begins to suspect that the murderer of the Norwegian tourist is none other than his own brother Andy.

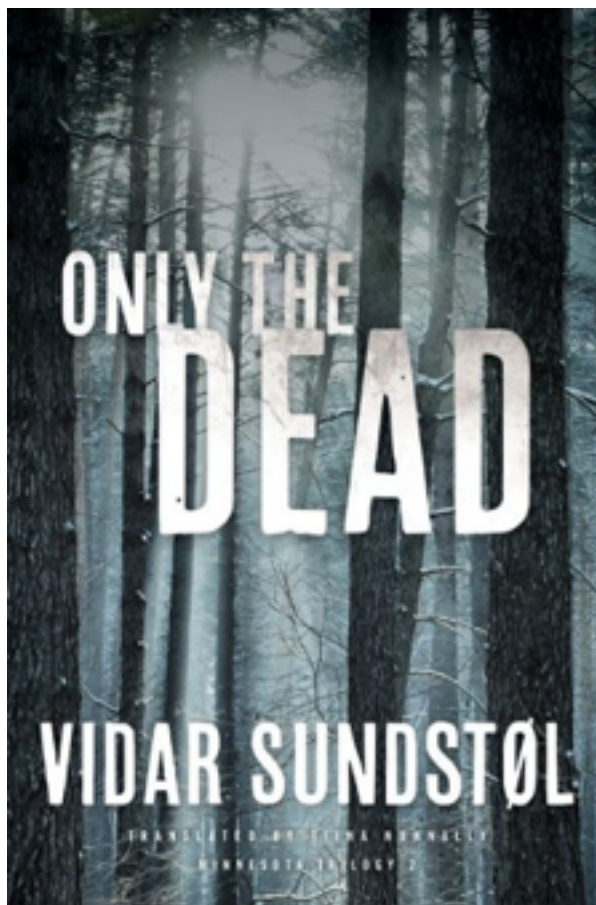
The reader is left exasperatingly up in the air at the end of this first novel. Two questions linger: *Was Andy the murderer of the Norwegian tourist? Was Swamper murdered?* Are these questions answered in the second book of the trilogy?

*Only The Dead* moves dramatically back and forth between these two themes, between the present and the past. Lance and his brother Andy meet up for their annual deer hunt. The situation is tense. Lance is certain that his brother killed the Norwegian, and he believes that his brother knows that he knows. He is, therefore, very nervous about wandering around alone in the thick forests with his armed brother. To what lengths would his brother go to keep him silent?

Interspersed with the frightening account of the two brothers stalking deer (and each other) are words from the past. Thormod begins to speak. He describes his desperate attempt to battle the hostile elements to reach his uncle's cabin. As he tries to cross a frozen river, the ice cracks and he falls in. Miraculously, the Indian Swamper appears and pulls him out. What happens next?

The two narrative threads are skillfully interwoven throughout *Only the Dead*. The suspense in both is overwhelming. But the most extraordinary aspects of this second book are the incredibly rich descriptions of the wild topography of Minnesota's North Shore — the land, the trees, the water — and the meticulous rendering of the threatening weather, in particular, the ice storm. While both Thormod and Lance become victims of nature and are on the verge of certain death, one of them struggles mightily to survive but the other begins to give up and succumb to hostile Mother Nature.

The book ends with the resolution of one mystery only. The resolution of the other will hopefully come in the third and final book of the trilogy.





## Viking Games

During the Viking Age, daily life involved a lot of heavy labor, particularly in agriculture. But the Vikings' lives were not without fun. In a recent study, Leszek Gardeła, an archaeologist at the University of Rzeszów, matches descriptions from saga literature with excavated artifacts to reveal how Vikings entertained themselves during leisure time. They loved board games, gambling, sports challenges, dancing, music and crafts. Leisure activities were often associated with festivals, weddings, religious events, market days and other social gatherings, though not exclusively.

While being an amusing way to pass the time, many Viking sports served a secondary purpose of preparing men physically for battle, usually involving displays of strength, agility, masculinity and violence. An ideal warrior needed to be adept of body and mind, and the games were part of their preparation.

Weightlifting challenges used boulders as weights to determine the brawniest competitor. Tug-of-war, or toga honk, was also popular. Wrestling (*glíma*) was widespread, and the object was to throw one's opponent off his feet onto his back using the strength of one's arms. The matches were violent and sometimes ended in broken limbs or worse. Warriors would also participate in weaponry games to hone their battle skills. Competitions in archery, sword fighting and spear- and stone-throwing offered prizes. Various other physical games were played including animal skin-throwing games (*bor-*

*naskinnleikr* or *skinnleikr*), full-contact ball games (*knattleikr*), turf games (*torfleikr*), and scraper games (*sköfuleikr*), similar to hockey. Though these offered a slightly less rugged type of sport, tripping and shoving were fair play and even these "more civilized" games sometimes turned violent and proved fatal.

Board games were played to develop intellect, strategy and problem-solving abilities, and being adept at these games was considered noble. *Hnefatafl* was

a favorite war board game for two players, an ancestor of chess by about four centuries, having been well-known by 400 A.D. The two players do not start with an equal number of pieces, however. One side is surrounded by the other's army, and outnumbered, and the object is to protect one's king and strategize your way to victory, or at least safety, by think-



*Pictured: A reconstructed hnefatafl game board.*

ing like your opponent.

More peaceful hobbies were also pursued, such as woodcarving, whittling, and embroidery. Also, music and storytelling were other favored pastimes and epic historical tales survived by word of mouth. Being an engaging storyteller was a prized skill, and some people did it professionally.

While Vikings lived hard lives with little time for leisure activities, they were certainly adept at amusing themselves when the opportunity arose.

*Courtesy of Sons of Norway Newsletter Service*

## October Meeting of the Reading Circle

*Birkebeiner: A Story of Motherhood and War* by Jeff Foltz is the October selection of the lodge's Reading Circle. We will meet at a member's home in Northern Virginia at 7:30 pm on Tuesday, October 21st, to discuss this book. Contact Christine Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org) for the location.

Norway was experiencing a civil war between 1130 and 1240. Two main parties, the Baglers and the Birkebeiner, wanted to rule all of Norway. The Birkenbeiners with Sverre as their king, had managed to secure most of the country. When King Sverre died in 1202, his successor was King Håkon Sverresson. The Baglers decided to eliminate Håkon's two-year old son, Håkon Håkonsson, the next in line to the throne.

To save his son, King Håkon orders his best warriors to escape from the besieged fortress in Lillehammer to Nidaros. The exciting story of the dangerous journey is the subject of this book.

*Pictured: The coat of arms of Lillehammer*



## October is Foundation Month

October is Foundation Month for Sons of Norway! It's a great time to think about all the worthwhile philanthropic opportunities our Foundation offers and how you might want to support them.

For example, did you know that the Sons of Norway Foundation offers multiple scholarship opportunities that are awarded

every year to students throughout the organiza-

tion? Also, did you know that the Foundation annually offers four different grants to fund local programs that benefit communities throughout the U.S., Canada and Norway?

Because of the great work that the Foundation does and the significant need of members, students and lodges, Sons of Norway is asking all members to consider supporting the Foundation by making a contribution this month. Your support will ensure that the Sons of Norway Foundation can continue to make a significant positive impact on the communi-

ties it serves, while helping

lodges and individuals achieve their dreams.

If you'd like to make a contribution to the Sons of Norway Foundation, you may visit us on the web at [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) or call (800) 945-8851.



**Celebrating culture.**

**Expanding horizons.**

## September Lunch-n-Learn

By Denise Bowden

The September "Lunch-n-Learn" session featuring Riskrem Pudding was held on Sat., September 27 at Ardis Morton's home in Vienna. Ardis's riskrem pudding is *legendary* at our Lodge meetings as well as a featured food item at the Festival Café last year (it sold out), so after repeated requests for her recipe...she agreed to host members in her home for a tutorial on making her special recipe.

The biggest lesson we learned...cooking riskrem pudding cannot be rushed...it takes over an hour of frequent stirring to ensure the rice does not stick. Ardis pulled a "Rachel Ray" on her students and pulled out a bowl of the cooled rice mixture she had pre-made in order for us

to finish the recipe to have as a special finale to our lunch we enjoyed (after the rice was sufficiently stirred and set aside to cool, of course).

Ardis' Riskrem pudding recipe follows.

### Riskrem Pudding

- 4 cups milk
- $\frac{3}{4}$  cup long-grain rice
- 1 cup sugar (separated)
- 1  $\frac{1}{2}$  tsp pure almond extract
- 1 pint heavy cream

Cook in double boiler until rice is absorbed in the milk, stirring frequently at first-then occasionally, — 1  $\frac{1}{2}$  hours. Remove rice and milk mixture from heat and stir in  $\frac{1}{2}$  cup sugar and almond extract. Set aside to cool to room temperature.

Whip heavy cream until soft peaks form, add  $\frac{1}{2}$  cup sugar, and stir in rice/milk mixture.

Optional: Add chopped almonds and one whole almond. The person who gets the whole almond gets a prize.



*Pictured: Ardis shows Denise, Karon, and Susie how to make riskrem pudding.*



## 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 3-428, 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).

## 2013 Acting Lodge Leaders

**President:** Burt Koske

703-573-5943 or [president@norwaydc.org](mailto:president@norwaydc.org)

**Vice-President:** Lori Churchyard

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

**Secretary:** Pat DeRoche

301-537-8309 or [secretary@norwaydc.org](mailto:secretary@norwaydc.org)

**Treasurer:** Bill DeRoche

301-537-8309 or [treasurer@norwaydc.org](mailto:treasurer@norwaydc.org)

**Financial Secretary:** Denise Bowden

703-815-1552 or [financial@norwaydc.org](mailto:financial@norwaydc.org)

**Hospitality Director:** Jinann Larson

703-318-8128 or [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org)

**Librarian/Historian:** Henry Hansen

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

**Newsletter Editor:** Clarissa Peterson

202-285-9585 or [editor@norwaydc.org](mailto:editor@norwaydc.org)

**Webmaster:** Peter Churchyard

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/).



## ***Welcome to Washington DC & Annual Dinner Cruise***

The Norwegian American Chamber of Commerce Mid-Atlantic Chapter is pleased to announce the Annual Dinner Cruise "Welcome to Washington DC" on Wednesday October 8!

Building on last year's success, onboard the "Spirit of Washington" yacht, we look forward welcoming new Embassy staff to the NACC MA Annual Dinner, where members and guests will enjoy a 3-hour cruise on the top deck along the Potomac River. Drinks will be served once onboard followed by a delightful buffet-dinner enjoyed while the yacht sails south down the river.

Ticket includes: river cruise with open bar from 6:30pm, and 5-entrée-dinner buffet with dessert as well as entertainment onboard

Attire: Business Formal

Potomac River - 300 Water Street, SW Washington DC 20024

***October 8 2014 6:30pm***

# ***REGISTER NOW***

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

Earlybird tickets available until September 20<sup>th</sup> USD95

***Thank you to our sponsors!***



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# NORDIC FEAST 2014

## Saturday October 25, 2014

Dinner 5:00 – 7:00

Coffee/Social Time 4:30



Featuring:

Lutefisk Meatballs Ham  
Potatoes Rutabaga Cabbage Peas  
Rosettes Krumkake Rice Pudding

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### Prices\*:

Adults	\$25.00
Unger Venner	\$15.00
Heritage	\$10.00
5 and younger	FREE

### Location:

Christ Lutheran Church  
3810 Meredith Drive  
Fairfax City, VA 22030  
(Across from Norway House)

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Unger Venner ages 16 – 23

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Heritage ages 6 – 15

### Information:

**RSVP to [Hospitality@NorwayDC.org](mailto:Hospitality@NorwayDC.org)**

Debra Fosaaen 703-861-3363

Ardis Morton 703-281-3463

Make checks out to: SONs Washington Lodge 3-428

Mail to: Norway House ATTN: Lutefisk Dinner  
3846 Meredith Dr., Fairfax, VA 20030

\*10% discount for dinner if payment received by October 20, 2014 (22.50/13.50/9.00)

Limited amount of Lutefisk available @ \$8.00 a pound if **pre-ordered**

*If Lutefisk is not pre-ordered, Lutefisk price will be \$9.00/lb.*

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# Norwegian Holiday Festival & Bazaar



Join us for our 44th annual event in 2014

Friday, December 5th, 10:00 a.m. - 7:00 p.m.

Saturday, December 6th, 9:00 a.m. - 4:00 p.m.

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 Freia/Nidar Chocolates
- Vintage & Unique "Scandinavi-ana"



## Cultural Activities

- Try authentic Norwegian foods (Polse, rice pudding, pea soup served w/ Norwegian crackers & cheese, other Norwegian items)
- Meet the Lundehunds (World's Cutest Dogs)
- Baking Demonstrations (Waffles, Krumkake and Lefse)
- Fiddle Players
- Rosemaling, Hardanger, Weaving, Knitting Demonstrations
- Norwegian culture and heritage information
- Strolling Accordionist
- Nordic Dancers



**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).