



SONS OF
NORWAY

Capital Viking

September Event: Viking Longship Voyage

Saturday, September 20, 2014 - 11:00 a.m. departure

Live your heritage!

Or just come along

On September 20 the Sons of Norway Lodge # 428 along with The Longship Company will sponsor a voyage on their 39 foot replica Viking boat Sae Hrafn (Sea Raven). This is an excellent way to get out



on the water and observe the local fauna and flora as well as getting the feeling of how our Viking ancestors operated their versatile sea craft.

We will depart a private dock in Avenue, Mary-

land at around 11 AM for voyage that will be approximately 3 hours long depending on the weather and winds. Avenue, Maryland is located approximately 1 hour and 45 minute drive from the Fairfax City area.

Some minor physical abilities will be needed such as movement within the boat and stepping into it. See www.longshipco.org for further information and to review the "Ship's Manual."

Bring along lunch, snacks and of course plenty of water.

There is a limited number of spaces available. For more information and to RSVP, contact Henry Hansen at 703-815-4945 or email at henry.hansen@cox.net

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Photos from July Picnic



Photos from July Picnic



2014 Norwegian Festival & Bazaar

The 2014 Norwegian Festival held again at Christ Lutheran Church in Fairfax, VA (across from Norway House on Meredith Drive) will be December 5, and 6. A small group of festival volunteers have been busy working behind the scene to make this another successful cultural event for the Lodge and the Norwegian/Scandinavian community.

The cultural performers, artisans and “chefs” have been confirmed for the Festival with the dates/times listed below. In addition, we are coordinating with a few other prospective additions to our entertainment schedule and will be posting updates to the Lodge website/2014 Calendar as they are confirmed. 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 to volunteer.

Tina Keune, our resident award winning rosemarling artist, with pieces exhibited at the Norwegian-American Museum in Decorah, Iowa, has been working on her limited edition pieces, plus her one-of-a-kind pieces so plan to visit her display in the “Library” to make your selection. Tina typically sells out of her collectible Christmas ornaments and other popular pieces each year.

Rannveig Fredheim will be displaying for sale her beautiful and delicious kransekake. Rannveig always

sells out early both days, so plan to stop by her table early to make your selection. Rannveig will be in the “main” room close to the tables displaying a varied selection of Norwegian baked goods. We are expanding our baked goods and increasing the quantities of the “favorites” for sale as we sold out early both days last year.



Pictured: Rannveig Fredheim who will be joining our Festival again after missing 2013 for health reasons.

Judy Kee and Janice Brown (with help from their families) are returning again to prepare Norwegian waffles and krumkakes. We also have 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 the art of 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. We have been testing new recipes to include in our Baked Goods area as well

as the Café over the summer, however, recipe suggestions are welcome if you have ideas or family recipes to share for food that may be prepared and served in the Café. Please submit your ideas to the Bazaar committee. The tentative menu includes

Continued on next page

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Norwegian pølse, meatballs, pulled pork, assorted beverages (Solo, lingonberry, coffee, soft drinks)

As we sold out of almost all of the packaged food imported from Norway very early last year, we increased our quantities and expanded our selection of products from last year. We expanded our cheese selections (including the much requested nokkelost, Tine Norvegia, Geitost), Freia and Nidar chocolates, herring and additional new products that we have not previously imported will be available for sale. We were able to order Norwegian/Scandinavian jams – introducing new flavors from the manufacturers such as Lingonberry & Blueberry, Lingonberry & Ginger—plus our regular flavors...Lingonberry, Strawberry, Bringebaer, Blueberry and Cloudberry. We increased the quantity of fiskeboller – available only in the larger size cans this year; however, we sold out quickly last year, so make your selections early.

We have ordered a wonderful selection of books about Norway, WWII history, cookbooks, Norway Scenic calendars which will be available for selection in the back conference room...dubbed “Library”. The jewelry has been moved from the front hallway back to the “library” to allow for better viewing of our expanded selection of Norwegian jewelry such as Sølje and other items.

For the Festival this year, we will have “maps” available at the welcome table to assist guests in locating products available for sale, as well as the dates/times/places for our cultural demonstrations. We incorporated a number of improvements for the 2014 Festival layout, especially checkout, with including additional payment “Squares” available for debit/credit card transactions in the “library” for books/jewelry and for the Café/baked goods. Again, we accept cash, checks and credit cards for selections you wish to purchase this year.

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)

FESTIVAL PLANNING MEETING FOR ALL AVAILABLE MEMBERS TO ATTEND TO DISCUSS THE 2014 FESTIVAL WILL BE SEPTEMBER 18, 2014 – PROMPTLY AT 7 P.M. All members (and non-members) are invited to attend as there is a lot of work to be accomplished. Please RSVP to festival@norwaydc.org

Viking Longboat Delayed, Not Defeated

The Draken Harald Hårfagre—the largest replica Viking longboat ever built—set sail in late June from Haugesund, Norway toward Liverpool, England. Using only human power to row its 50 oars and the wind behind its 3,200 square foot sail of pure silk, the crew intended to make a stopover at the Isle of Man before continuing to England. Unfortunately, three days into the voyage, the ship encountered large waves and high winds, causing the mast to snap and plummet overboard.

Vicki Inglis, a volunteer crew member who blogs at thesevagabondshoes.org, was asleep on board at the time and recalls being “woken by a loud crack by my head, like the sound of a locker slamming shut, followed by rumbling, then urgent shouting. Wearing only long underwear and a t-shirt, with bare feet, I climbed out of the tent through a tangle of rope. The thick shrouds snaked across the roof of the tent, and had smashed down on the galley, spilling sugar grains across the deck like ice crystals. Turning to look forward, the huge rå (yard) lay across the beam of the ship, the red sail pooling underneath and spilling over the rails into the water. And a space where the mast should be.”

Astonishingly, the top 16 feet of the mast fell off to one side of the boat, while the larger part, roughly 55 feet long and 2 feet in diameter, broke off in the

other direction. Neither part had damaged the body of the ship, but floated off to the side. Despite the close quarters on board, no crew members were injured during the accident.



The Draken Harald Hårfagre under construction in 2010.

On July 10th, the captain announced that the crew and ship would forge on toward Liverpool, with slight adjustments to their route. They would go through the Caledonian Canal rather than sailing around northern Scotland without a sail. They navigated to Inverness, passing through Loch Ness and on to Fort Augustus, Neptune's Staircase, the Isle of Mull, and Islay. Despite not having a sail, the ship arrived in Liverpool ahead of schedule.

During the ship's passage through the Caledonian Canal, two crew members who are boat-builders, Arild and Ola, traveled around Scotland in search of timber for a new mast that could withstand the voyage back to Norway. They selected a massive Douglas fir from Dumfries, which was trans-

ported by semi trailer, arriving just after the long-ship.

Once the boat was docked in Wallasey near Liverpool, the ship was cleaned and re-tarred and the sail stretched, before the boat was opened for public viewing.

Courtesy of Sons of Norway Newsletter Service

Life Insurance Awareness Month

September marks the 11th anniversary of Life Insurance Awareness Month (LIAM), an effort to raise awareness among consumers about the need for life insurance. Because we are a Fraternal Life Insurance company, we want to share some important points about LIAM and how Sons of Norway can help you achieve your financial goals and protect the things that are important to you.

It's important to know that life insurance can do some pretty amazing things for you. It can buy your loved ones time to grieve. It can pay off debts and loans, providing surviving family members with the chance to move on with a clean slate. It can keep families in their homes and pre-fund a child's college education. It can keep a family business in the family. It can provide a stream of income for a family to live on for a period of time.

First things first, though: you need to own life insurance.

According to recent research, 95 million adult Americans have no life insurance whatsoever. Here's the bottom line: A majority of families either have no life insurance or not enough, leaving them one accident or terminal illness away from a financial catastrophe for their loved ones.

What if you were suddenly gone and your family had to manage on their own? When was the last time you did the math to make sure your loved ones would be financially sound? When was the last time you had your life insurance needs reviewed by an insurance professional?

This is where Sons of Norway can help. By working with your local Financial Benefits Counselor (FBC), a dedicated individual with expertise in insurance and planning for your future, you can determine if you've done

enough to ensure your loved ones will be protected and that your needs for retirement are being met.

What's more, Sons of Norway's FBCs can help you determine which products serve your needs most effectively, while implementing a plan for sound financial future. All it takes is one call to Sons of Norway Headquarters to put you on the right path for retirement and beyond.

Take the best, first step during Life Insurance Awareness month and contact Sons of Norway at (800) 945-8851 to learn about our portfolio of competitive financial products as well as who your dedicated FBC is and how they can help you.

Courtesy of Sons of Norway Newsletter Service

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.



September Birthdays

Best wishes to lodge members with birthdays in September.

Lodge Reading Circle Meets in August

The lodge's Reading Circle met on August 19 to discuss *Melancholy* by Jon Fosse. Fosse is one of the most highly respected writers in Norway today and the subject of this novel is Lars Hertervig, the greatest Norwegian landscape artist.

Christine Meloni has written a review of *Melancholy*, and it will be published in an upcoming issue of the *Norwegian American Weekly*. It is reprinted with permission below.

Photo of Reading Circle: Standing - Marie Hansen, Tim Christenson, Julie Burnett, Christine Meloni. Seated: Greta Dahlman, Lynn Juhl



Book Review: Fosse Pays Homage to Lars Hertervig in *Melancholy*

By Christine Foster Meloni

Jon Fosse's *Melancholy* becomes a much more interesting novel when the reader knows that the main character, Lars Hertervig, actually existed. In fact, Hertervig is considered one of Norway's leading painters. This book is Fosse's homage to him.

In 1996 one of Hertervig's paintings, "Fjord Landscape," was sold at auction for 3.2 million kroners (equivalent to approximately half a million dollars) and set a record for a Norwegian painting.

Hertervig was born in Hattarvågen on the western coast of Norway, north of Stavanger, in 1830. He came from a family of Quaker farmers. Life for the Quakers at that time was difficult because their beliefs were frequently in conflict with Lutheranism, the state religion.

In addition to experiencing religious intolerance, the family also suffered from extreme poverty. Hertervig did get a break, however, at an early age. When his family moved to town, he became an apprentice in a paint shop. He fell in love with paint and painted on any small surface he could find. Some local businessmen noticed his talent and sent him first to an art school in Christiania (Oslo) and then to Dusseldorf, Germany, where other Norwegian landscape artists had established themselves. But in Dusseldorf he suffered a mental breakdown. Fosse begins his novel at

this point. Without some background about the artist, it could be boring beyond belief.

The book is divided into three parts. The first part represents one day in Hertervig's life. He is obsessing about his talent as an artist and his love for his landlady's daughter Helene.

He is about to meet his teacher that day to receive his evaluation. He stays in bed at home as he is racked by fear and doubt. What would his teacher say? Is he a good painter? Yes, he is. No, he isn't. He goes on, back and forth, back and forth, back and forth. The excessive repetition of his thoughts makes the reader's head spin.

What about Helene? He loves her. Does she love him? Maybe she does. Maybe she doesn't. Will she run away with him? Does she love her uncle instead? Again the interminable repetition.

Hertervig eventually gets up and leaves the house. He decides to go to Malkasten, the Norwegian artists' hangout in Dusseldorf. Here he is cruelly teased by his fellow painters. They jokingly tell him that Helene is waiting for him. He begins to hallucinate. He sees her. She is calling to him. He also sees black and white clothes dancing before his eyes. These clothes come closer and closer. They begin to suffo-



Portrait of "Lars Hertervig" by Niels Bjørnsen Møller, 1851

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cate him.

He goes back to the house. He has the same thoughts as before. He goes back to Malkasten. He has the same thoughts and the same hallucinations.

In Part II we find Hertervig back in Norway three years later. He is in an asylum and it is Christmas Eve. He is not doing well. He is still fixated on Helene. He wants to paint but he is not allowed to do so.

In Part III the reader jumps ahead to 1991 and meets the Norwegian writer Vidme who has had “the experience of his life” when he happens upon one of Hertervig’s paintings, “From Borgøya,” in the National Gallery in Oslo. Vidme rambles on about this experience, and he does not seem to be mentally stable, either. Is Vidme a person who actually existed or is he Fosse’s creation, perhaps to represent himself?

This book can serve as a unique introduction for non-Norwegians to the great Norwegian Romantic landscape artist, “The Painter of Light.” The constant repetition in the book can be a major put-off

but its cumulative effect can also be quite powerful, especially if one imagines what might have been happening in the mind of the artist.

After leaving the asylum, Hertervig continued to paint but he died in poverty in 1902. He was not completely forgotten, however. To mark the 100th anniversary of his birth, a special exhibition of his works was held in Stavanger and a statue of the artist was erected there. The first biography of his life was published in 1939.

His works became the centerpiece of the art museum established in Stavanger in 1991. Fosse wrote *Melancholy* in 1995. In 2006 Georg Friedrich Haas wrote the music for the opera “Melancholia” with the libretto by Fosse.

Lars Hertervig lives on, and Jon

Fosse has made a major contribution to keeping his memory alive.



Top: View from Borgøya; Bottom: Forest Lake

What to Expect When Moving to Norway

Have you ever dreamed of moving to Norway? For many it can be a lifelong goal. Moving to a new country with a different culture and language can be an exciting idea but a stressful process. Do your homework and prepare for what is to come in order to absorb some culture shock. Here are some things to prepare for when moving to Norway.

Weather – Norway is one of the longest countries in Europe with approximately one third of its landmass situated above the Arctic Circle. Generally the weather is mild and the country greets all four seasons gladly. The capital of Oslo can often sit at pleasant temps of 75 degrees Fahrenheit in the summer while spring, fall and winter weather can vary. One day might be perfect for a ski trip in the mountains and the next might produce uncomfortably cold winds. However, as the Norwegian saying goes, there is no such thing as bad weather, only bad clothing.

Bright Summers/Dark Winters – Long, bright summer days and cold and dark winters are probably the hardest adjustments when moving to Norway. The abundance or absence of the sun affects your mood and your sleeping habits. On midsummer the earth is tilted perfectly enough to expose the sun all day long which is why Norway is known as the “land of the midnight sun.” The winter is just the opposite as Northern Norway remains dark for three months straight and Southern Norway squeezes a maximum of five hours of sunlight out a day. Prepare to buy dark blinds for the summer and light boxes for the summer.

Sticker Shock – Whether you try to travel on a budget or not, Norway is expensive. Consistently

ranking among the most expensive countries in the world, Norway makes up for this with its beautiful scenery and people. Most tourists suffer from sticker shock at first glance however cost of living is somewhat relative because Norway’s minimum wage is around \$17. Norway’s welfare system is paid for by Norwegian taxpayers and the oil revenue which provide free education and healthcare, so to some extent, you get what you pay for. Advice for visitors: stay with family and friends and avoid eating out.



Public transportation – It is not uncommon for families to have one car in Norway because public transportation is safe, easy to use and well maintained. Big cities have trams and subways while the rest of Norway is connected by trains, buses and ferries. Because of the fjords and mountain passes trips can take longer than expected. However, the views and the experi-

ences are worth the money and time. Get used to spending money on train tickets instead of gasoline for your car.

The Norwegian lifestyle – Norway is unique in that the people are quiet and reserved yet hospitable and cozy. There is a strong emphasis on the family and gender neutrality is extremely progressive. Because Norway is such a long country its cultural norms vary from north to south but one thing that most Norwegians have in common is their love and respect for the outdoors. You will most likely learn to cross country ski in your first winter and probably go on a hike or two. One thing is for sure, Norway is a wonderful country that is ranked consistently as the best place to live in the world.

Courtesy of Sons of Norway Newsletter Service

President's Message

Dear Members,

We had two fun picnics in July and August. The weather was good both days. In July we had Norwegian hot-dogs and great side dishes. We did have a bit of rain when the monster squirt guns were called into action. We had a little bigger turn out in August, and our Sports Director, Greg Overbo brought several games for the "kids" in the backyard. Debbie Fosaaen made some delicious pulled pork, and Lodge members brought our traditionally excellent side dishes.

Between the picnics we had a very productive "Clean up day." The volunteers scrubbed the floors, cleaned the kitchen, disposed of some unwanted "stuff," and reorganized some of the closets to make room for bazaar merchandise. A very special thank you to our volunteers: Debbie & Susie Fosaaen, Henry and Marie Hansen, Denise Bowden, Pat & Bill DeRoche, Greta Dahlman, Marguerite Kause, and I apologize to those that I could not remember.

I would like all of you to look at the newly remodeled Children's room. It was designed by Annemarie McCaslin, with Pat & Bill DeRoche stripping the wallpaper and painting. Pat also made some modifications to the lobby area.

For those of you who attended the excellent presentation in June by Tim Boyce about Odd Nansen and his diaries, which were secretly written while being held in Nazi concentration camps in Norway and Poland during WWII. See the message from Tim about his efforts to get the book republished.



We have formed the Nominating Committee to nominate new Officers and Directors for next year. The Nominating Committee includes Ardis Morton and Susie 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.

Fraternally,
Burt Koske, President, Washington Lodge 3-428

Patowmack Farm

By Marie Hansen

On August 24, 2014 *The Washington Post* reviewed Patowmack Farm, a restaurant owned by Beverly Morton Billand, daughter of Golden Member Ardis Morton. Patowmack Farm has been reviewed several times in the *Post* and always gets top ratings from Tom Sietsema, the hard-to-please reviewer.

The restaurant has become a destination for DC foodies, combining an innovative gourmet menu with an ecologically correct farm-to-table experi-

ence. It started as an organic farm in 1985. Before evolving to a bona fide restaurant organic dinners were occasionally served in the barn.

Thrifty Norwegian-Americans may want to check the prices before making reservations – most would consider it a treat for very special occasions.

Here are two choices from the dessert menu: "Applewood Meringue" with malted milk, peanuts, and smoked chocolate, and "Chicory Root Custard" with cocoa nib crumble, puffed rice, and whipped fromage blanc. Wait where is the risgrot??

The full review is here: <http://wapo.st/1sSHvMy>

Photos from August Picnic





Photos from August Picnic



Berry Season in Norway

Sweet, mouthwatering, vibrant colored berries are so cherished in Norway they are included in nearly every Nordic recipe imaginable. Berry season is upon us and in Norway wild berries can be eaten right off the stem. Picking season starts in June and for some varieties it can last until October when the first frost hits. Norwegian law (Allemannsrett) says that everyone has access to picking berries on public land however some places restrict picking unripened berries.

Blåbær, bringebær, jordbær, and tyttebær oh my. These are just a handful of the most popular berries found in Norway and the *m u l t e b æ r* (cloudberry) reigns supreme. This orange-colored, bumpy-looking berry is native to alpine and arctic environments. Picked ripe in late August this small fruit can be found close to the ground in

the mountains, valleys and near the sea. The valuable cloudberry is treasured in Norway because it is so hard to get and can cost up to NOK350/1kg in the store (about \$25/1lb), which is why strict rules apply to picking these berries over any other in Norway.

Norway's cool summer weather allows the delectable fruit to mature slowly producing a rich,



sweetness at prime ripeness in early fall. Norwegians hold their berries to a high standard because they are such a versatile food. Berries are used in a variety of recipes including

fruktsuppe and bløtkake. Fresh juices and lingonberry sauces are squeezed from the small berries to cover riskrem, vafler, and meatballs. In order to not waste a single berry, freezing berries and canning jams are perfect for later use in winter meals.

August, September and October are prime times to pick berries in Norway. When going to berry picking (plukke bær), it is important to be aware of your natural surroundings. Do

not pick on private or fenced off land, look out for moose, and don't pick until the berries are ripe. Be sure to bring buckets, and wear waterproof hiking boots and a light jacket. Don't forget to go with an empty stomach for plenty of taste testing opportunities.

Courtesy of Sons of Norway Newsletter Service

Photo of cloudberry: credit [Christoph Müller via Creative Commons](#).

Attention Parents: Lodge Youth Activities

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

Vanilla Cheesecake with Lingonberries and Cardamom Whipped Cream

Adapted from <http://alittlezaftig.com>

- 2 lbs cream cheese (room temp.)
- 1 tbsp vanilla extract
- 1/2 cup less 1 tbsp cornstarch
- 2 cups heavy cream
- 1/2 cup unsalted butter (room temp.)
- 1 1/2 cup sugar
- 7 large eggs
- 1/4 cup lemon juice

Berry Topping

- 1 cup fresh lingonberries
- 1/4 cup sugar

Cardamom Cream

- 2 cups heavy cream
- 1 tbsp vanilla extract
- 1/4 cup sugar
- 1 tbsp freshly ground cardamom seeds



Move rack to upper 1/3 position and preheat oven to 350. Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well.

One at a time add the eggs, beating well between each addition. With the mixer set to low, gradually add the cream and lemon juice.

Pour into a buttered 9x13 pan. Place pan in a bain marie (directions below) and bake for 30 minutes.

After 30 minutes, increase oven temperature to 375 and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown.

Allow cheesecake to cool to room temperature.

Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray.

To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve.

To make a bain marie, fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.

Courtesy of Sons of Norway Newsletter Service

Photo of lingonberries: credit [Philip Gabrielsen via Creative Commons](#).

Bærtype sesong i Norge (Berry Season in Norway)

| Type | Season |
|--------------------------|--------------------|
| Bjørnebær (blackberry) | August - September |
| Blåbær (blueberry) | Mid July - August |
| Bringebær (raspberry) | Mid July - August |
| Jordbær (strawberry) | Late May - July |
| Multebær (cloudberry) | August - September |
| Solbær (blackcurrent) | July - August |
| Stikkelsbær (gooseberry) | July - August |
| Tyttebær (lingonberry) | August - October |

a little in English...

Travel Destinations in Norway

Find your travel destination in Norway along the coast, near the fjords, in the big cities or on the high mountains.

South Coast: Flekkefjord can delight those who enjoy shopping. Located downtown are hundreds of shops within a five minute walk, a shopping center and 12 restaurants. Experience Flekkefjord at its best with beautiful nature walks, tricycle riding on the Flekkefjord railway or water sports at Rixen Cable Park. **Setesdal** stretches over 91 miles through beautiful mountain scenery between Evje in the south and Hovden winter ski resort to the north. Setesdal is known for its rich cultural traditions. We recommend a visit to the silversmith's workshop.



Halden, Norway. Photo credit: [Dark Apostrophe via Creative Commons](#).

East Coast: Halden is an idyllic town right next to Sweden's border. High above the town sits the Fredriksten Fortress. Halden lies around 12 miles from Oslo and is easily accessible by car, bus, train or plane. **Sandefjord** has Europe's only whaling museum, clear traces of Viking times and opportunities for you to explore the land and sea. Sandefjord lies 75 miles south of Oslo. There are several domestic and international connections via Sandefjord's Torp Airport.

West Coast: Ålesund is known for its Art Nouveau architecture, its surrounding islands and fjords and the high peaks of the Sunnmøre Alps. The fjord landscape is unique and exceptionally beautiful, precisely why the Geirangerfjord and its surrounding areas are listed on UNESCO's World Heritage

List. **Voss** – built for tough experiences! For nearly 200 years, Voss has welcomed tourists seeking adventures centered on nature and culture. Voss is centrally located between the Hardangerfjord and the Sognefjord “in the heart of fjord Norway”, and is an excellent starting point for exploring the region.

Central Norway: Røros is one of the few mining towns in the world that is listed on the UNESCO's World Heritage List. Experience Røros nature by dogsledding, hiking, biking or canoeing. The city's atmosphere is alive with arts, crafts, shops and cafes. Travel to the islands of **Hitra** and **Frøya** for a unique opportunity of coastal culture. Here you can

fish, bird watch and spend the night in a fishing cabin or a lighthouse. Hitra and Frøya lie 81 miles southwest of Trondheim. Car, boat and bus transport give you the opportunities to enjoy the Trøndelag coast.

Northern Norway:

Bodø is the far-reaching hub in the north and the starting point for adventures in throughout Northern Norway. The world's strongest maelstrom (powerful whirlpool), Saltsraumen and

the historic trading post, Kjerringøy are just two of the many attractions in the Bodø region. **Alta** is the largest town in Finnmark, offering the northern lights and the midnight sun, beautiful mountains, Sami culture and reindeer. Adventurous activities wait for you in Alta!

litt på norsk...

Reisemål i Norge

Finn ditt reisemål i Norge langs kysten, ved fjordene, i en storby eller på høyfjellet.

Sørlandet: Flekkefjord kan glede deg som liker shopping med hundre butikker innenfor fem mi-

Book Review: I Can See in the Dark by Karin Fossum

This review appeared in the August 15, 2014, issue of the *Norwegian American Weekly*. Reprinted with permission.

By Christine Foster Meloni

The protagonist of Karin Fossum's latest crime novel *I can see in the dark* is a cold fish. In fact, when Riktor was a child, his classmates called him Pike because he looked like a predatory fish with his jutting jaw and crooked, pointy teeth.

Riktor is a nurse in a hospital and works with the dying. He did not choose this profession for any noble reasons but because he is fascinated with death and enjoys watching people suffer and die. He feels no compassion for his patients. He actually revels in torturing them. He tears out their hair, digs his sharp fingernails into the skin behind their ears, and pokes things into their eyes. He even flushes their medications down the toilet. As the book is written in the first person, the reader is constantly inside the head of this dysfunctional individual and sees everything through his eyes.

As the story progresses, one keeps waiting for Riktor to commit a crime. It seems inevitable. And then he brutally murders an acquaintance who has made him angry. But shortly thereafter he is wrongly accused of murdering one of his hospital patients and is sent to prison to await trial. He spends several months in prison and, during his

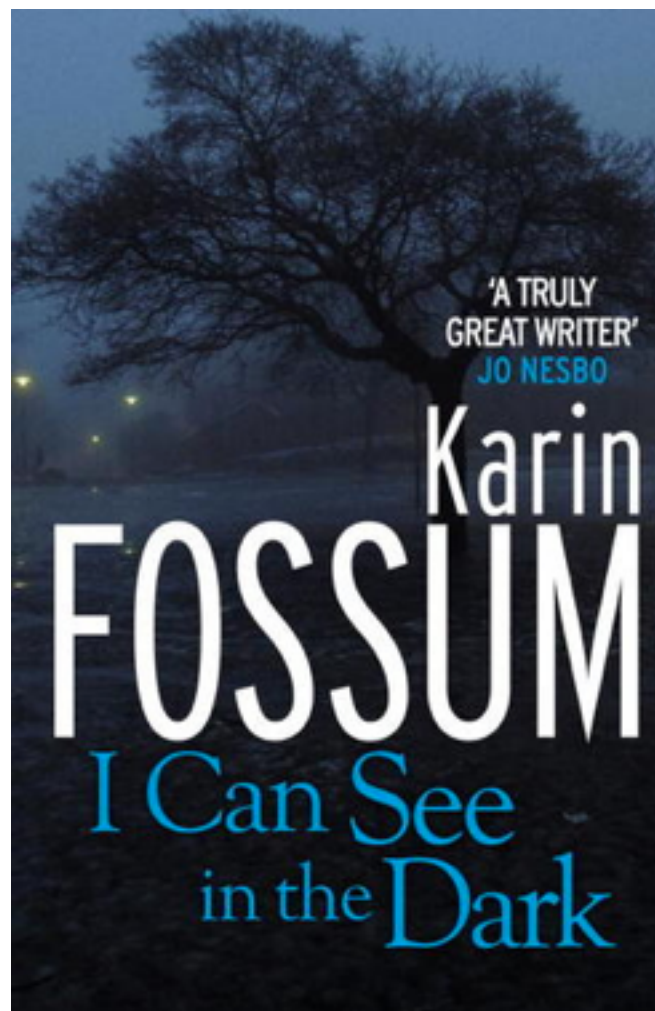
stay, he is a model prisoner. He is even allowed to work in the kitchen and seems to get along well with prison employees. His case finally goes to trial and he is declared innocent.

Riktor eventually goes home and, since he is no longer allowed to practice his nursing profession, he begins making plans for a new life. But then one day his nemesis Inspector Randers comes to pay him a visit. Will justice finally prevail? The reader must decide if justice does indeed triumph in the end.

Most Fossum fans will miss the very likeable Inspector Sejer who is the principal character in her other crime novels. Randers does not play a major role in this novel. He only appears a few times and does not seem to have anything in common with the intelligent and modest Sejer. He is very cocky and is not ashamed to admit it. He is also rather slow. He should have pinned the correct crime on Riktor much earlier on but his little gray cells were not functioning well.

This novel is not a police procedural and has little action. But Fossum is

brilliant in creating a fascinating story in which she shows us how a misanthropic social misfit navigates his way through society. Even without the action, the book keeps the reader turning the pages, eager to see what is going to befall this contemptible but intriguing character.



nutters gange, kjøpesenter sentralt i byen og 12 spisesteder. Opplev Flekkefjord på sitt beste, vandreturer i vakker natur, dresinsykling på Flekkefjordbanen eller heftig vannsport på Rixen kabelbane. **Setesdal** strekker seg 147 kilometer gjennom vakkert fjellandskap mellom Evje i syd til vintersportsstedet Hovden, i nord. Setesdal er kjent for sine rike kulturtradisjoner. Vi anbefaler en tur innom verkstedet til en av sølvsmedene.

Østlandet: Halden er en idyllisk by rett ved grensen til Sverige. Høyt over byen troner Fredriksten Festning. Halden ligger cirka 19 kilometer fra Oslo og er lett tilgjengelig med bil, buss, tog eller fly. **Sandefjord** byr på Europas eneste hvalfangermuseum, tydelige spor etter vikingtiden og gode muligheter til å boltre seg i sjøen og på land. Sandefjord ligger 75 mil sør for Oslo. Det er flere innenlandske og utenlandske forbindelser via Sandefjord Lufthavn Torp.

Vestlandet: Ålesund er kjent for jugendstilarkitektur, omkringingende øyer og fjorder, samt de høye tindene i Sunnmørsalpene. Fjordlandskapet er unikt og eksepsjonelt vakkert. Nettopp derfor står Geirangerfjorden med omland på UNESCO si liste over verdens naturarv. **Voss** - bygd for sterke opplevingar! I nesten 200 år har Voss teke imot tur-

istar som søker aktivitetar basert på natur og kultur. Voss ligg sentralt plassert mellom Hardangerfjorden og Sognefjorden "i hjarta av Fjord Noreg", og er eit utmerka utgangspunkt for å utforske regionen.

Midt-Norge: Røros er en av de få gruvebyene i verden som er oppført på UNESCOs liste over verdens kulturarv. Opplev naturen på Røros med hundekjøring, fotturer, sykkel- eller kanotur. I byen er det levende kunst- og kunsthåndverksmiljø, butikker og cafeer. Reis til øyene **Hitra** og **Frøya** for en unik opplevelse av kystkultur. Her kan du fiske, se sjøfugl og overnatte på rorbu eller fyr. Hitra og Frøya ligger 130 kilometer sørvest for Trondheim. Bil, båt og buss gir deg muligheten til å få med deg den spennende Trøndelagskysten.

Nord-Norge Bodø er det komplette knutepunktet i nord og er en base for opplevelser i Nordland og hele Nord-Norge. Verdens sterkeste malstrøm Saltstraumen og det historiske handelsstedet Kjerringøy er to av mange attraksjoner i Bodø regionen. **Alta** er den største byen i Finnmark og byr på nordlys og midnattsol, vakre fjell, samisk kultur og reindrift. Eventyrlige aktiviteter venter på deg i Alta!

Courtesy of Sons of Norway Newsletter Service

Lunch-n-Learn: Making Risgrot

Saturday 9/27/2014
10:30 - 1:30
Ardis Morton's home



Ardis will lead a cooking session, at her home, to demonstrate preparing her recipe for Risgrot. This is the same rice pudding she prepared for August's picnic and for most monthly meetings. One word DELICIOUS!

This session is limited to 8 participants. While the rice cools we will eat lunch and socialize. Please bring a covered dish to share.

Please RSVP to hospitality@norwaydc.org or call Debbie Fosaaen at 703-861-3363 and you will be provided directions.

This session will count toward the cultural skill cooking medal.

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

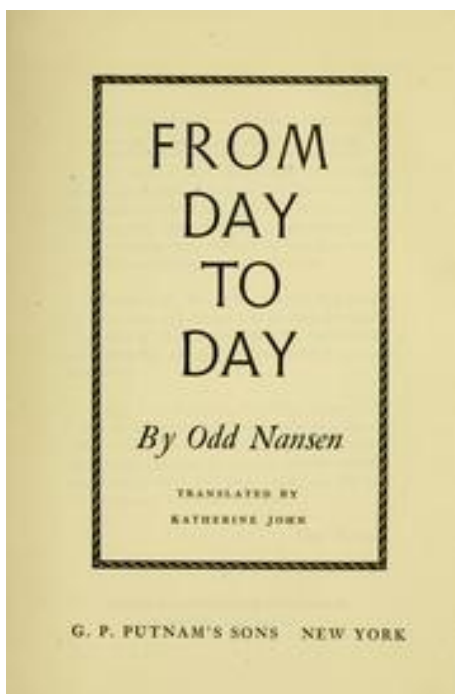
Odd Nansen Update — The Good News

Dear Friends:

I am writing a general letter to the President of every Sons of Norway Lodge (or other group) which has heard my talk about Odd Nansen and his secret diary. As each of you know, I ended my presentation with the statement that I was trying to find a publisher, that I had a few leads but nothing definite, etc., etc.

Well, that is no longer true — I have located a publisher and signed a publishing agreement. Vanderbilt University Press has agreed to re-publish *From Day to Day* in whole!

Perhaps not surprisingly, it was through a member of the Sons of Norway that I made my breakthrough. In March I addressed the Nashville, TN SON lodge and a member graciously offered to make an introduction to the Director of the Vanderbilt Press. After a review of my proposal and a preliminary call, the Director asked to see the manuscript itself — i.e., the diary with my footnotes and Introduction. The Director was impressed by what he read, but indicated that the next step would be the most important test — Vanderbilt requires that two outside (and anonymous) experts review the manuscript. Without their recommendation the entire Editorial Board would not consider the proposal.



After a four-week wait (the manuscript, at over 500 pages, is not a quick read) the results came in, and they exceeded even my wildest expectations. Reviewer #1 called the text "a critically important" yet often overlooked perspective on the Holocaust. He/she called Nansen a gifted writer, and wrote that Nansen's illustrations "alone are worth the price of admission." The reviewer concluded by saying that if the book were in print he/she would assign it as a required text in his/her doctoral course on the Holocaust. Reviewer #2 concluded "the diary has a combination of literary style and historical importance that make it a fascinating read." He/she was also impressed by Nansen's drawings.

Naturally, this is what I had been saying all along, but it was nice to receive validation from people far more knowledgeable than I. With those recommendations the Editorial Board unanimously approved publication in July.

So, I am working on finalizing all of the notes, etc., am planning another trip to Oslo as well as Sachsenhausen (in October) for some final research, and if all goes according to plan, the book should reappear in print in mid-2015.

Timothy J. Boyce

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.

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.



Lodge Calendar

Festival Planning Meeting

Thursday, September 18 at 7:00 p.m.
See page 5 for details

Lodge Event: Viking Longship Voyage

Saturday, September 20
See page 1 for details.

Lunch-n-Learn: Making Risgrot

Saturday, September 27, 10:30 a.m.-1:30 p.m.
See page 19 for details

Nordic Feast/Lutefisk Dinner

Saturday, October 25, at 5:00 p.m.
See page 23 for details

October Reading Circle

Tuesday, October 21, at 7:30 p.m., location TBD
www.norwaydc.org/reading

Norw. Language & Conversation Group

Every Wednesday, 7:00-9:00 p.m. at Norway House
Beginner and Intermediate/Advanced classes.
See page 20 for details.
www.norwaydc.org/language

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

Swedish Singer/Songwriter Alice Boman

Friday, September 12 at 7:30 p.m.
House of Sweden

Swedish singer/songwriter Alice Boman will take the stage at HoS. She makes beautiful recordings that are both intimate and lonesome, with a captivating voice like ether. Visit her website at: www.aliceboman.tumblr.com. Alice Boman is a singer-songwriter from Malmö, Sweden. Her voice hits with an emotional force and haunting fragility. Limited seating, cash bar. TICKETS: \$10 in advance through Eventbrite: www.eventbrite.com/o/embassy-of-sweden-washington-dc-1856264527

Norwegian Church Service

Sunday, September 14 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 Pastor Hilde Barnes of the Norwegian Seamen's Church, NY 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.

Other Area Events of Interest

Norwegian Dance & Potluck

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

Continued on next page

Continued from previous page

Scandia DC 3rd Sat. Dance

Saturday, September 20, 7:00-10:00 p.m.
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, Maryland (dance studio on lower level)
Teaching: 7 - 8 p.m.: Gammalpoliska från Föllinge, a fun dance from Northern Sweden done to lively music, taught by Linda Brooks and Ross Schipper. No partners necessary. This month's live fiddle music will feature music by Göran Olsson, a talented fiddler from Jämtland, Sweden and by the Scandia DC Spelmannslag. There may be some recorded music. Open Dancing 8 - 10. Enjoy a variety of Scandinavian couple dances led by Linda Brooks and Ross Schipper. Cost \$10. For more information or directions, visit www.scandiadc.org or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826. In case of inclement weather, call 301-474-0646.

Scandinavian Literature Group

Sunday, September 21 at 2:30 p.m.
Hostess is Elsa Froberg, Ingleside at King Farm, 701 King Farm Road NW, Washington DC.
The meeting is dedicated to Trygve Lie from Norway who was the first Secretary General of the United Nations (serving from 1946 to 1952). The idea is for everyone to read material of their choice - a book, report, essay, etc., about him rather than to select a specific book for all to read. Parking in circle spaces when available or King Farm Blvd. Contact Elsa at 301-926-2350 or holmfroberg@gmail.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 or visit <http://sites.google.com/site/nordicdancersdc/>

Nordic Feast/Lutefisk Dinner - October 25

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 - a couple of weeks early due to availability of church facilities. Please let your family and friends know this year's date. Last year we had more than 70 people join us.

The Lutefisk dinner will replace the October monthly business meeting.

While passing through Minnesota this summer, I heard stories of how some Lutefisk dinners in the northern mid-west serve 1000 dinners. That would be both a dream and a nightmare. We are currently preparing for about 80 dinners. Please

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



In order to make this dinner a success - I will need about 10 volunteers for set-up, preparation, and clean-up. Please call me, Debbie Fosaaen at 703-861-3363 between 6:00 and 10:00 pm at night or send an email anytime to hospitality@norwaydc.org to RSVP for dinner and/or to volunteer your time or to bring homemade desserts.

Please see flyer on page 25 for additional information.

Photo credit: [Jonathunder via GFDL 1.2 license](#).

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.

Contact Us

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

Lodge Website

www.norwaydc.org

Find Us on Facebook

www.facebook.com/groups/123693707650322/

Newsletter Deadline

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

2013 Acting Lodge Leaders

President: Burt Koske

703-573-5943 or president@norwaydc.org

Vice-President: Lori Churchyard

301-854-4950 or vp@norwaydc.org

Secretary: Pat DeRoche

301-537-8309 or secretary@norwaydc.org

Treasurer: Bill DeRoche

301-537-8309 or treasurer@norwaydc.org

Financial Secretary: Denise Bowden

703-815-1552 or financial@norwaydc.org

Hospitality Director: Jinann Larson

703-318-8128 or hospitality@norwaydc.org

Librarian/Historian: Henry Hansen

703-815-4945 or librarian@norwaydc.org

Newsletter Editor: Clarissa Peterson

202-285-9585 or editor@norwaydc.org

Webmaster: Peter Churchyard

301-854-4950 or webmaster@norwaydc.org

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

www.norwaydc.org/officers/.

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

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)

Unger Venner ages 16 – 23

Heritage ages 6 – 15

Information:

RSVP to 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.



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 or visit www.norwaydc.org.