



Capital Viking

Nordic Feast / Lutefisk Dinner

Saturday, Oct. 24, doors open at 4:30, dinner 5-7 pm

Christ Lutheran Church

3810 Meredith Drive

Fairfax, VA 22030 [directions](#)

(across from Norway House)

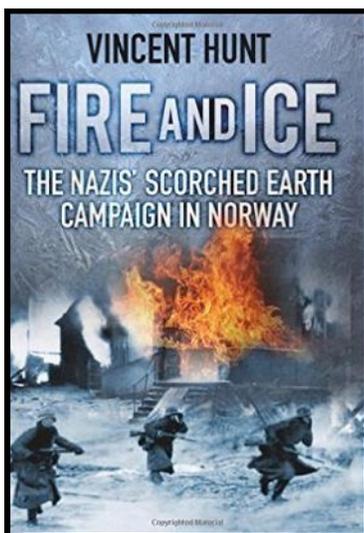
Join us for the Annual Sons of Norway Nordic Feast. Members and non-members alike are welcome at this traditional event featuring that great Scandinavian delicacy, lutefisk. Not a fan? Then head directly to the meatballs and veggies. Leave room for the tempting assortment of traditional desserts. Frozen lutefisk is also available to purchase and take home. For pricing and other details see page 3.

RSVP as soon as possible. Email hospitality@norwaydc.org or call 703-861-4071. Volunteers to help with all aspects of the dinner are also needed. Please use the same RSVP contacts.



Photo by Jonathunder via Creative Commons

October Lodge Meeting: The Nazi Scorched Earth Policy in Norway



Friday, Oct. 30, 7 pm

Norway House [directions](#)

3846 Meredith Dr., Fairfax, VA

Pot luck dinner before the presentation. Please bring dishes by 6:45.

British author Vincent Hunt will discuss his book *Fire and Ice*. When Hitler ordered the north of Nazi-occupied Norway to be destroyed in a scorched earth retreat, everything of potential use to the Soviet enemy was destroyed—harbors, towns, and roads. Fifty thousand people were forcibly evacuated and thousands more fled to hide in caves in sub-zero temperatures. Join us for the author's meticulously researched presentation on this tragic policy and its aftermath. Non-members are welcome.

Trick-or-treat! Special Halloween activities are planned for kids. If you plan to bring children please email Youth Director Annemarie McCaslin at youth@norwaydc.org with their ages. See page 7.



Lodge Calendar

All activities are at Norway House unless otherwise stated. See www.norwaydc.org/directions.

Genealogy Interest Group

Sunday, Oct. 18, 2 PM
See page 14.

Reading Circle

Tuesday, October 20, 7:30 PM
www.norwaydc.org/reading
See page 7.

Nordic Feast / Lutefisk Dinner

Saturday, Oct. 24, 5-7 PM
Christ Lutheran Church,
Fairfax, VA.
See pages 1 and 3

October Lodge Meeting

Friday, Oct. 30, 7 p.m.
Vince Hunt discusses *Fire and Ice: The Nazi's Scorched Earth Campaign in Norway*.
See p. 1.

Norw. Language & Conversation

Every Wednesday
Beginner 6 pm, Interm. 7 pm, Adv. 8 pm.
www.norwaydc.org/language See page 23.

Other Area Events

Mid-Atlantic Norwegian Dancers

Sat., Oct. 3, Potluck at 6:30, dancing at 8 p.m.
3812 Denfeld Ave., Kensington, MD
Norwegian-style house party with live Hardanger fiddle music. Beginners, watchers, singles/couples welcome. Bring clean shoes, food to share, and bucks you can spare. Contact Jenny at pi@xecu.net or 301-371-4312.
<http://MAND.fanitull.org>

Nordic Dancers of Washington, DC

Newcomer Nights
Wed., Oct 7 & 14, 7:30-10 p.m.
Highland View Elem. School,

9010 Providence Ave., Silver Spring, MD
No partner or experience needed.
Meets most Wednesdays. Learn Scandinavian dances. Call Chris Kalke at 301-864-1596, send email to NordicDancers@aol.com, or visit <https://sites.google.com/site/nordicdancersdc/>.

Norwegian Gala Performance

Thurs., Oct. 8, 6-8 p.m.
Kennedy Center Terrace Gallery
Free, with tickets distributed before the performance.
www.norway.org/News_and_events/Embassy/Norwegian-Gala-Performance-at-Kennedy-Center-Oct-8-2015/#.VgB9nN9VhBc

Fairfax City Fall Festival

Sat, Oct. 10, 10 am-5 pm.
City of Fairfax. Our Lodge hosts a booth so please stop by or help staff the booth. To help call 703-861-4071.
Festival info: www.fairfaxva.gov/about-us/special-events/fall-festival

KYGO at "All Things Go" Fall Classic

Noon-11 p.m. Union Market, Wash, DC
Contemporary music / food festival featuring Norwegian DJ Kyrre Gørvell-Dahll (KYGO)
<http://www.allthingsgofallclassic.com/>

Norwegian Church Service

October 11, 3 p.m.
Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD. Norwegian language service. All are welcome. "Kirkekaffee" after the service. Contact Lasse Syversen at 301-641-7908 or email lasse@flagship.com

Scandia DC

Sat., Oct. 17. Teaching, 7-8 open dancing 8-10 p.m.
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level).
Recreational Scand. dance group. Live music.
www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

Am. Scandinavian Assoc. Monthly Meeting

Mon., Oct. 19, 8 p.m.
St. John's Church, Wisconsin Ave. & Bradley Blvd.
"Saint Birgitte" by Jennifer Wivell. For info see: www.scandinavian-dc.org/

(Continued on page 3)

*(Continued from page 2)***Nordic Day - Climate Change Seminar**

Wed., Oct. 21. Seminars held at the Embassies of Sweden (8:30—11:15 a.m.) and Finland (2:30 – 5 p.m.). Evening reception at the Embassy of Norway, 5:15—7:15 p.m. Learn about Nordic solutions and best practices. Free. www.norway.org/News_and_events/Embassy/Nordic-Day-Combating-Climate-Change-Multi-Embassy-Event/#.VgvjAPIVhBc

Northern Lights Concert

Sat., Oct. 24, 8 p.m.
Jim Rouse Theatre for the Performing Arts
Columbia, MD
Choral works by Scandinavian composers, pre-concert

lecture at 7 p.m. tickets \$10-\$23
301-854-0107 <http://www.procantare.org/>

Grieg and Chopin Concert

Sun., Oct. 25, 2015, 7 p.m.
George Mason University Center for the Arts
“Keyboard Conversations” with Jeffrey Siegel
<http://cfa.gmu.edu/calendar/1997/>

Norwegian American Chamber of Commerce Dinner Cruise

Thurs., Oct 29. See flyer page 26.

See Page 7 for a list of Area Scandinavian Christmas Bazaars

The Norwegian Stick Calendar (“Primstav”) was correctly identified by Tina Keune and Norman and Sofia Hammer. The



Primstav is a type of perpetual calendar that dates from 9th Century Scandinavia, and was easy to use for those who could not read. Each carved or painted symbol represents an annual event such as a religious feast day or solstice. Small vertical marks along the bottom count the number of days between observances. An Internet search for “Primstav” will tell you much more.

Washington Lodge Nordic Feast / Lutefisk Dinner

Sat., Oct. 24, doors open at 4:30 for coffee,
Dinner 5-7 pm
Christ Lutheran Church
3810 Meredith Drive
Fairfax, VA 22030 [directions](#)

RSVP as soon as possible. Email hospitality@norwaydc.org or call 703-861-4071

Cost for dinner:

- adults - \$25
- ages 16-23 - \$15*
- ages 6-15 - \$10*
- 5 and younger - free
- 10% discount if payment received by 10/19 (\$22.50/\$13.50/\$9)

Order frozen lutefisk for home:

\$9/lb. for members and \$10/lb. for non-members

Make checks out to “SON Washington Lodge 3-428”

Mail to:

Norway House
ATTN: Lutefisk Dinner
3846 Meredith Dr.
Fairfax, VA 22030

Menu:

- Lutefisk
- Meatballs
- Rutabagas
- Potatoes
- Cabbage,
- Peas
- Dessert Assortment—help evaluate possible bakery offerings for the Bazaar!

Volunteers are needed.
If you can help please email hospitality@norwaydc.org or call 703-861-4071

2015 Festival and Bazaar — Updates!

By Denise Bowden

Our 2015 Norwegian Festival is scheduled at Christ Lutheran Church in Fairfax, VA (across from Norway House on Meredith Drive) for December 4 and 5.

We have several new attractions this year – the most exciting is the Norwegian fjordhester (Fjord Horses) on Saturday. The Norwegian Fjord Horse is a relatively small but very strong breed from the mountainous regions of Western Norway. It is an agile breed of light draught horse build. One of the world's oldest breeds, it has been used for hundreds of years as a farm horse in Norway, and in modern times is popular for its generally good temperament. It is used as a harness horse and under saddle. We are finalizing the details—tentatively the horses will be at Norway House (across the street from Christ Lutheran Church) from 9-3 on Sat., with special presentations by the owner at 10 and 2. This will be an exciting addition for fans of Disney's movie *Frozen*, which featured a rather comical Fjord Horse.

VOSS Water will be a sponsor for the Festival this year. VOSS will provide complementary spring water for patrons of the Festival until supplies are exhausted. VOSS bottled water comes from an artesian spring in a sparsely populated area on the southern tip of Norway. Confined in an aquifer deep beneath the earth, its pristine natural condition is protected from the source to the bottle. Naturally low in sodium and other minerals, VOSS has a clean refreshing taste. Recognized for its iconic bottle design, VOSS is offered at the finest hotels and restaurants in 50 countries worldwide. And now it will be available free of charge for our Festival patrons, while supplies last. VOSS will provide both still and sparkling water at the Festival.



Meet Fjord horse "Fia" at the Festival on Saturday, if weather permits.

Our Nordic food items will be arriving in the next few weeks from our Norwegian importers, including the very popular nokkelost, gjetost, norvegia and other assorted cheeses—including a **new** cheese this year – ridderost.

Ridderost is a very high-end cheese developed in Norway in the late 1960's and is produced in a small dairy at one of the most beautiful fjords of Western Norway. In Norwegian, Ridder is translated to "Knight" and of course, ost is cheese. The name might suggest a cheese with a rather strong flavor. It is a favorite on Norwegian cheeseboards, and is popular in many European countries and in Japan. It is a semi-hard cheese without holes, aged in a putty rind, and has an aromatic, piquant taste that can turn rather sharp.



Ridderost cheese dip

A large quantity of fiskeboller, a variety of herring, and a wide assortment of Norwegian

(Continued on page 5)

(Continued from page 4)

jams will be arriving soon too. An extensive selection of Norwegian Freia and Nidar chocolate candy, including Kong Hakon and Freia Dessert Assorted Chocolate gift boxes will be available.

We will also offer an extensive selection of Nordic items that cannot be purchased in retail stores. Come see our new linens, Nordic sweaters, children's clothing, socks, and shoes imported from Norway. We will have a nice variety of Norwegian cooking merchandise, including lefse/pastry equipment, and waffle and krumkake irons. We will also have the limited edition 2015 Sons of Norway International rose-maled collectible ornament.

We are expanding our selection of baked goods and increasing the quantities of "favorites" for sale since we sold out early both days last year. We are currently coordinating with our bakers to provide traditional



Norwegian breads such as julekaker, kanelboller, fyrstekaker, etc. Marie Hansen will be baking a large quantity of Norwegian almond cakes as she did last year. Ardis Morton will be baking her famous

Norwegian butter cookies and many others in the Lodge will contribute homemade specialties like sandbakkels and fattigman.

Judy Kee, Janice Brown, Emilie Pade, Allison Malone and Carolyn Figueirido are returning again with their family recipes to prepare Norwegian waffles and krumkakes. Judy shares some of her recipes on page 19. We'll also have lefse demonstrations by Kristin Stone on Friday morn-

ing and David Hofstad and Lynn Rundhaugen/Erik Larson on Saturday. After the lefse workshop led by David Hofstad in September, we should have many new volunteers to demonstrate lefse baking Friday afternoon (hint for volunteers...).

The "Norwegian Café" menu returns for our customers to sit and enjoy lunch, a traditional Norwegian baked good, or a light snack while watching the cultural entertainment. The menu includes Norwegian pølse, pea soup w/ crackers or a homemade biscuit, meatballs, riskrem made by Ardis Morton, and 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 and

of course Norway Scenic calendars.

The entertainment schedule is on the Lodge Bazaar web site: www.norwaydc.org/events/bazaar

If you have not helped in the past, we earnestly hope you step up this year, because we really need more help. As you can imagine, an effort this size requires a lot of people to set up displays, replenish and tidy stock, and man the check-out lines. **Please contact festival@norwaydc.org to volunteer.** And let us know if you would like to help bake or cook, or demonstrate a craft. We also need people to help move the merchandise from the Lodge to the Church on Thursday, and move back after the Bazaar on Saturday. No experience is needed. **Volunteers will receive a 5% discount for one shift (3 hours) and 10% discount (2 3-hr shifts) for purchases made during the Festival.**



A Message from the Vice-President

Membership Pins

At our Lodge Meeting on September 26th, it was my pleasure to award 26 attending members the membership pins they earned during the years 2011 to 2014, for 5 to 55 years of faithful membership in our Sons of Norway Washington Lodge # 3-428. Congratulations to all, and mange takk to all, for your years of loyalty and service to our lodge.

Many members were not able to attend the meeting, so their pins will be held for them. If you wish to stop by the lodge to pick up your pin, contact vp@norwaydc.org or you can pick it up at the December Festival. Pins will be mailed only by special request to vp@norwaydc.org.

Have You Ever Met a Norwegian Fjord Horse?

If not, or even if you have, be sure to attend our Christmas Festival on Saturday December 5th. Weather permitting, Karen Keith of Gainesville, VA will be bringing her two beautiful Fjord horses, "Fia" and "Bella," to meet us in the back yard at Norway House. Come learn about this ancient breed of horse and its unique appearance, gentle nature, and multiple talents. This will be the first time our festival has been graced by their presence. They will be a very special addition to our holiday celebrations. DON'T MISS THEM!

It Takes a Lodge

If you enjoy receiving this newsletter, and if you

enjoy all the Norwegian cultural programs, special events, speakers, performers, classes, workshops, celebrations, traditions, genealogy studies, book groups, fellowship, food, fun,



and festivals that our lodge provides for you and our community, then know that these things do not happen by themselves. It takes a whole lodge to make them happen, and "many hands make light work." Please volunteer to help. The nominating committee is currently seeking volunteers for our 2016 Board of Directors and is seeking members to serve on committees that are essential in the planning and execution of the above. Whether you are a new member, long-time member, young member or older member, we are accepting all volunteers.

When only a few people are willing to serve, it makes it difficult to efficiently provide all the services that our members have come to expect. So when a member of the nominating committee calls you, please consider joining our leadership team. You will get to know other members better, you will learn about how our lodge works, and you will have fun....really. Looking forward to working with you in 2016.

Fraternally,

Doris Goodlett



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. Contact Debbie at care@norwaydc.org.

Local Scandinavian Christmas Bazaars

Julemarked — Norwegian Seamen's Church

Fri., Nov. 6, 2 — 7 PM

Sat., Nov. 7 10 AM — 5 PM

Emanuel Lutheran Church

7730 Bradley Blvd., Bethesda, MD.

Email Lasse Syversen at lasse@flagship.com.

Swedish Bazaar — Vasa Order, Drott Lodge

Sat., Nov. 7, 11 AM — 2:30 PM

St. James Episcopal Church,

11815 Seven Locks Rd., Potomac, MD

www.drott-lodge.org

Danish Bazaar — Danish Club of Washington

Sat., Nov. 14, 11 AM — 3 PM

St. Elizabeth's Church,

917 Montrose Rd., Rockville, MD

<http://www.danishclubdc.org/bazaar.shtml>

Icelandic Bazaar — Icelandic Assoc. of Wash, DC

Sat., Nov 14, 11 AM — 3 PM

American Legion Post 177,

3939 Oak St., Fairfax, VA

<http://www.icelanddc.com/>



Finnish Bazaar — Finn Spark, Inc.

Sat., Nov. 21, 11 AM — 3 PM

River Road Unitarian Church,

6301 River Rd., Bethesda, MD,

<http://finnspark.wildapricot.org/www.finnish-chirstmas-bazaar.org>

Swedish Bazaar & Saint Lucia —SWEA

Sat, Dec. 5, Bazaar 11 AM-5 PM, St. Lucia 5 PM

House of Sweden (Swedish Embassy)

2900 K St. NW

Washington, DC sweapr@gmail.com

And please don't forget ours!

Norwegian Festival and Bazaar—SON

Fri, Dec. 4, 10 AM — 7 PM

Sat., Dec. 5, 9 AM — 4 PM

Christ Lutheran Church

3810 Meredith Dr., Fairfax, VA

<http://www.norwaydc.org/events/bazaar>

See page 4.

Trick-or-Treat, October 30

During the presentation at the October 30 Lodge meeting, Youth Director Annemarie McCaslin will have some special Halloween treats and activities for the youngsters. Let them wear their Halloween costumes if they'd like.

If you plan to bring children to the meeting please RSVP to youth@norwaydc.org with their ages so appropriate activities can be planned.



Next Reading Circle Selection: *Burned* by Thomas Enger

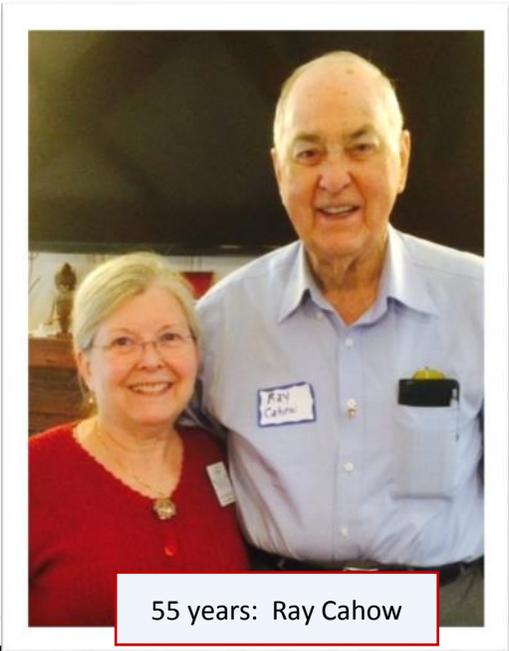
The lodge's Reading Circle will meet at 7:30 pm on Tuesday, October 20, to discuss Thomas Enger's crime novel *Burned*. According to critic Barry Forshaw, Thomas Enger is one of the four most interesting Norwegian crime writers. He belongs in the "Norse Quartet" with Jo Nesbø, Karin Fossum, and Gunnar Staalesen.

Everyone is welcome to join the group. Please contact Christine Foster Meloni for more information at Reading@NorwayDC.org.

Membership Pins Awarded

Lodge memberships ranging from 5 to 55 years were honored at the September Lodge meeting. Vice President Doris Goodlett, seen in each of these photos, had a busy night handing out 44 pins , earned from 2011 to 2014.

Congratulations to everyone, including those who could not join us that night, for your many years of support and friendship.



55 years: Ray Cahow



45 Years: Joyce Anderson



40 Years: Pat and Bill DeRoche, Ardis Morton, Karin and Oscar Halverson



35 Years: Marguerite Kause, Queenie Sheldahl



Continued on next page...

Membership Pins, Continued...



20 Years: Christian Anderson



30 years: Janice Brown (accepted by Carolyn Figueirido), Judy Kee, Linda Cahow



15 Years: Emilie Pade (accepted by Judy Kee), Orron Kee, Carolyn Figueirido, Allison Malone, Burt Koske, and Harold Nelson.



10 years: Henry Hansen, Doris Goodlett, Christine Meloni



Katie Simenson, received a 10-year pin and accepted a 30-year pin for her husband Bill.



5 Years: Denise Bowden, Marie Hansen, Elizabeth Bruening

Virtual Pilgrimage Progress Report, Leg F

Otta to Dovregubben Hall

By Christine Foster Meloni

Reprinted with permission from the Norwegian-American Weekly

The Virtual Pilgrimage created by the Sons of Norway was a brilliant idea. I am learning a great deal about Norway's history, in particular, but I am becoming familiar with today's Norway as well.

I started out along St. Olav's Way in Oslo last December. So far I have completed six of the nine legs of the journey (Legs A-F). In my last report I had reached the town of Otta, the halfway mark to Trondheim, the final destination.

Otta to Nord-Sel

Pillarguri Café — This leg of the journey begins at the historic Pillarguri Café, which has been here for over 100 years. It is named after the brave girl who warned the people in Otta about the attack before the Battle of Kringen in 1612. (See my progress report in the September 2015 *Capital Viking* for a description of this famous battle.)

You will see a lovely illustrated menu on the Café's website www.pillarguricafe.no/#!meny/cose. From this menu I ordered a delicious pizza, the chocolate dessert, and a cup of coffee.

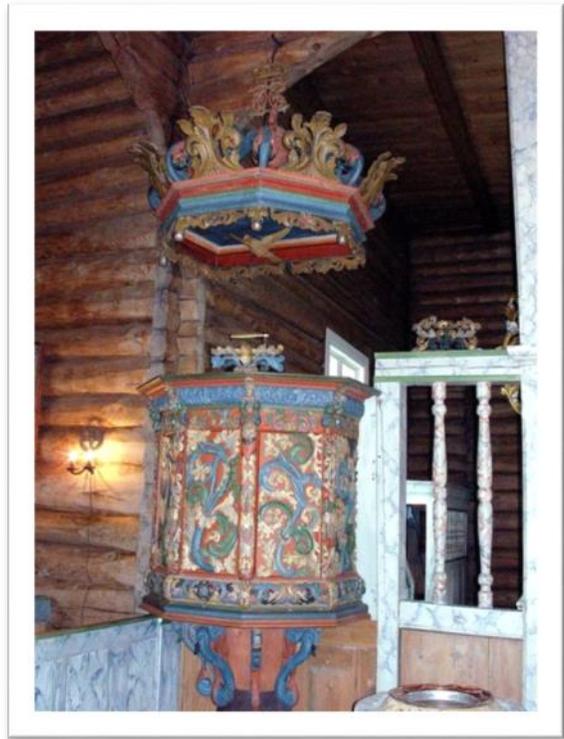
I sat at a table outside and en-

joyed the beautiful view. It brought back fond memories of when I visited Otta in 2012 on my way to Lom to visit my Norwegian cousins.

Sel Kirke — I never tire of visiting the lovely churches along this journey. The Sel Kirke is another beautiful white church, built in 1742 in what was called the Century of Beauty (the Baroque Period). Churches built at this time differed from the stave churches in that they had more room for worshippers and the preacher's pulpit was closer to the people.

The pulpit in the Sel Kirke is lavishly decorated with rosemailing. (If you google Sel Kirke/images, some striking photos of the pulpit will come up.)

If you would like to see the inside the church, visit www.gd.no/tv/ingrid-olava-i-sel-kirke-1-934610-7656560.html and click the play button. As you tour the church, you will hear the exquisite voice of Ingrid Olava, a well-known Norwegian singer and actress. She, by the way, appears in "Kalde



Baroque interior of Sel Kirke, by Hideko Bondesen via Creative Commons

Hjerter," a Varg Veum film. (Veum is the eccentric protagonist of a series of crime novels by Gunnar Staalesen.)

Selsverket — Next I went through Selsverket, a village north of Otta. Again the natural beauty took my breath away. (This happens to me often in Norway!) To experience this beauty yourself, go to www.youtube.com/watch?v=9kd6BHZqehM. This YouTube video is not only lovely for the eyes but also for the ears.

I discovered another lovely church here, Nord-Sel Kirke. It is a small brown long church that

(Continued on page 11)

(Continued from page 10)

was built in 1932. The long church in Norway is defined as follows: "The long church (*langkirke*) has a rectangular plan with nave and choir of the same width. The nave will usually take up two thirds of the whole length. (Wikipedia)"



Jorundgard Medieval Center, by Jan-Tore Egge via Wikimedia Commons

A statue of Kristin Lavransdatter, the protagonist of Undset's masterpiece, has been placed at the entrance to the cemetery. I discovered a special section with the graves of 33 Allied soldiers from World War II in this cemetery.

Nord-Sel to Vollheim

Jørundgard Middelalder-senter (Medieval Center)

This Medieval Center was built in 1994 for the filming of Sigrid Undset's literary masterpiece *Kristin Lavransdatter*. It is a realistic recreation of a typical medieval farm. I found it fascinating to visit the buildings and the stave church.

In the inner courtyard I toured the Forge, the Stables, the Long Loft, the Coal Oven, the Cookhouse, the Storehouse, two Open-Hearth Houses, the Sauna, the Hallway, the Bridal Loft, and the Weaving House. In the outer courtyard I explored the Pig House, the Sheep House, the Barn, and the Exhibition House.

Rondane Nasjonalpark (Rondane National Park) You should definitely view the video



Dovre Kirke by Jensens via Wikimedia Commons

tour of this magnificent park. Go to www.youtube.com/watch?v=eE3uEcEJoik.

Rondane was Norway's first national park. It was established in 1962. It covers an area of 221 square miles in two counties, Oppland and Hedmark. It is principally mountainous terrain. Because the soil is of poor quality, there is very little vegetation with only a few trees, conifers and dwarf birch. The wildlife is represented by reindeer, wolves, and red foxes.

I found this park a perfect place to walk in. It has miles of hiking

trails amid great natural beauty. Cabins can be found throughout the park. I was able to book one in advance.

Vollheim to Budsjord

Vollheim Camping and Cabins – Overnight Location.

This is a wonderful place to spend the night. Cabins are available near the shores of the Gudbrandsdalslågen. This river is considered one of the best rivers for trout fishing in Norway. I do not fish so this aspect was not of interest to me but it is to many travelers.

This beautiful campground was established in 1971. If you share a cabin with another person, you will pay only about \$20 a night. There are showers and restroom facilities near each cabin.

Dovre Kirke -- I was thrilled to arrive in Dovre because some of my ancestors had lived in this village. I was especially moved when I visited the church. It was built in 1736 and it was, therefore, the church of my ancestors. They were most likely baptized and married in this very church!

It is a lovely cruciform church made out of timber with a red steeple and walls covered with slate.

(Continued on page 12)

(Continued from page 11)

Olavskilde – Olav’s Fountain -- Approximately fifteen springs named after St. Olav can be found in Norway. The water in this one near Dovre along St. Olav’s Way, however, has a unique attribute. It is said to protect children and to keep them healthy. But pilgrims also believe it gives them the strength needed to climb the Dovre Mountains. So I stopped here to splash some on my face and to fill my water jug.

Tofte Farm -- This farm is abandoned today but it used to be a very lively and important place. Norway’s first king, Harald Hårfagre, mentioned it in his writings. And we know that King Hakon Håkonsson built a banquet hall here in the 13th century. According to the Norwegian historian Gerhard Schoning, it

was a transport center and guest house for pilgrims by 1775.

Toftemo Turiststasjon

The Toftemo Tourist Station is 2 kilometers north of Dovre and a short walk from the Tofte Farm. This hotel, built in 1820, was originally part of the royal Tofte estate. Its primary claim to fame is that King Haakon VII and Queen Maud stayed here after their 1906 coronation in Trondheim.

If you would rather not stay in the hotel, Toftemo also offers 21 cabins, 11 large and 10 small. Each cabin is suitable for from three to five people.

I decided not to spend the night but I did take advantage of the café where I had an economical



Toftemo Turiststasjon Cafe

bite to eat. Before my meal, however, I took a quick hike through the pine trees along the river and had a pleasant swim in the heated swimming pool. I felt completely refreshed when I set out again.

Editor’s note: The next segment of Leg F, from Budsjord to Dovregubben Hall, will be in the November Capital Viking.

Thank You For Supporting TUBFRIM

Thank you for stamp submissions this year. Pat DeRoche is currently mailing 7 pounds of stamps to the 3D coordinator. If you have more stamps to submit for the 2015 raffle, please get them to Bill or Pat by the December meeting. Pat trims the stamps to 1/3” margin before sending them on to Tubfrim. If you turn in a pound of trimmed stamps, your name will be submitted for the drawing run by Sons of Norway International for air tickets to Norway. The stamps may be of any nationality. www.norwaydc.org/tubfrim



Nominations Open for Local Charities



Members will soon vote on two charities in each of the three local jurisdictions, MD, DC, and VA, to receive donations of \$250 each from our Lodge. Foundation Director Ardis Morton would appreciate your recommendations for the 2016 recipients. To recommend an organization please call Ardis at (703) 281-3463.

Report from ScanFest 2015

By Marie Hansen

Henry and I went to ScanFest at Budd Lake, NJ last month, and had a great time. We hope you give it a try some year. It takes place every Labor Day Sunday in a lovely 120 acre wooded park, in northern New Jersey. It was almost like our Bazaar, but on Scandinavian steroids. According to ScanFest, 4,000 to 5,000 visitors attend each year. We highly recommend getting tickets in advance to avoid the long lines at opening.

One of the best aspects of the day was the feeling of brotherhood with the Scandinavian-American community. And despite the size of the event, we ran into many familiar faces. In fact, the first booth we saw was that of Lodge member Tina Keune, with her exquisite rosemaling and a long line of eager customers. Next to Tina was Karen Richardson and her woolen nisses.

We moved on to the *Norseman* – an enormous replica Viking ship owned by the Leif Erikson Society, based outside of Philadelphia. Henry traded raiding stories with the crew, some of whom he had met through his Maryland-based Longship Company.

Our next neighborly encounter was with Mary Anderson, Presi-

dent of SoN District 3. She and other 3D board members manned a SON information/recruitment table – see Mary’s letter on page 24. To top all this off, we later ran into Sonja Benson in festrakt, preparing for a dance demonstration. Were we really in New Jersey?

ers, jazz ensembles and opera singers. The food... well, you can imagine the bounty of traditional offerings. The wait for pancakes with lingonberry jam and whipped cream is worth it. Less common fare included a very dense, dark, rye bread with dark chocolate chips. Believe me, it works. There were lots of children’s activities too.

Check the event’s website for the breadth of offerings: <https://www.scanfest.org/>.

Ask me about the “Wife Carrying Contest.”

One of the day’s surprises was a lecture series on early Scandinavian history: “Iron Age Scandinavia” and “The Settlement of Iceland.” The local community college faculty member was a surprise too – she was inked and pierced many times over. But she delivered an articulate, entertaining lecture. She got a big round of

applause from the audience, which no doubt shared my misgivings when she first stood up.

ScanFest is a bit much for a day trip but there are some comfortable motels in the area. And it’s not too far from NY City if you want to add an urban adventure. Or you could take country roads and do a little antiquing on the way up. It’s well worth the trip.



There is so much to see, hear, eat, buy, and learn at SkanFest – more than you want to read about right now. Just be advised you will have a very full day. There were about 60 vendors selling crafts, books, apparel, toys, jewelry - even a blacksmith forging tools, bottle openers, and jewelry. There were two stages to accommodate all the live performances – fiddlers, oompah bands, folk danc-

Home Improvements at Norway House



A wrought iron railing was installed last month for the front steps and all along the walkway to the driveway. The old wooden railing needed frequent painting and mold removal, was hard to grip, and was beginning to deteriorate. At left, Denise Bowden, Doris Goodlett, and Emilie and Caroline Pade wave from the new railing.

Mange takk to Doris Goodlett for managing this project. After several bids were evaluated, she coordinated the design and installation, and suggested the folk art-themed scroll seen at left. Also, she and her husband Warren painted the railings.

Proceeds from the Bazaar allow us to make necessary improvements like these without dipping into the investment fund. So please support the Bazaar!

Genealogy Interest Group (GIG) Meeting Oct. 18

The October meeting will be held at Norway House at 2:00PM on Sunday, October 18.



Four Lodge members attended the September GIG meeting: Pat Huber, Marvin Reed, Joel Myklebust, and Burt Koske. We continued our discussion about using DNA to determine your ancestry. On 24 September Marvin, Pat and I attended a Fairfax Genealogical Society meeting where we heard a presentation from an expert in DNA research, Jim Bartlett, on the basics of DNA research. We also started to prepare a list bygdoboker that GIG members have available. We will continue to focus on helping each other. I am sure you all have other ideas worth discussing. I will send out a reminder before the meeting. All members interested in genealogy are welcome. I look forward to seeing you all at the meeting.

Burt Koske, president@norwaydc.org

Join Sons of Norway, Renew or Reinstate a Membership, Give a Membership

- Current Dues: Individual \$56.50 (International = \$32 + District \$14.50 + Lodge \$10)
- Spouse \$ 49.50
- Youth \$23.25
- Your children & grandchildren are FREE!
- To join as a new member visit our Lodge web site www.norwaydc.org/membership or call 800-945-8851.

- If you need your membership number or if your membership has lapsed call 800-945-8851 or email database@norwaydc.org.
- 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 16-23 who have a parent or grandparent who is a Sons of Norway member may be a free Unge Venner member.



Leif Erikson Day - October 9th

Leif Erikson Day is upon us and in honor of the occasion we've put together some facts about the man, the legend and the celebration.

The Name

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling of Leif Erikson.

The Explorer

Leif was born around 960-970 A.D. in Iceland to Norwegian parents, and spent time in Norway and Greenland, so he is claimed by many, while also being referred to as Viking and Norse. He earned the nickname Leif the Lucky after rescuing a crew of 15 shipwrecked Icelanders.

Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson was trying to find a place that his friend Bjarni Herjólfsson had told him about— Herjólfsson had sighted the coast in 986, without going ashore. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The Holiday

While Leif Erikson was first acknowledged on a national stage by President Calvin Coolidge in 1925, the official observance of Leif Erikson Day in the United States wouldn't begin until 1964. It was then that Congress approved a resolution proposed by Hubert H. Humphrey, and then



Statue of Leif near the Minnesota State Capitol in St. Paul

Lyndon B. Johnson declared Leif Erikson Day to be October 9th. Almost 40 years prior, Calvin Coolidge had acknowledged the idea that Leif had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and took hold in South Dakota, Illinois, Colorado, Washington and California by 1956.

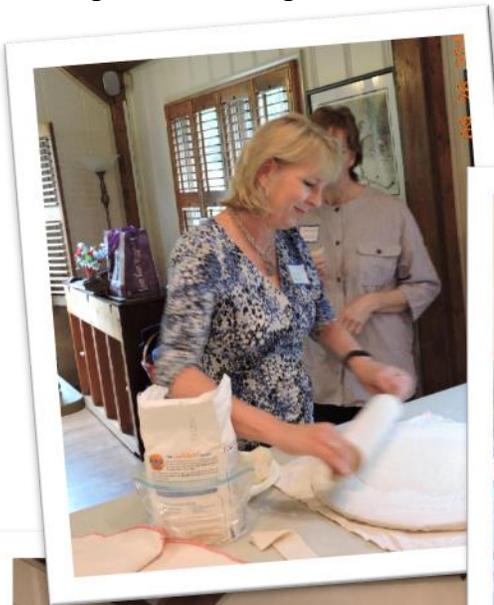
The Date

October 9th has no special connection to Leif Erikson—there is no record of the actual date that he set foot on North America — but the date plays a role in later Norwegian immigration. On October 9, 1825, the sloop "Restaurationen" landed in New York, carrying the first group of Norwegian Quakers, led by renowned pioneer Cleng Peerson. That passage began a wave of Norwegian immigration that lasted for over 70 years and brought hundreds of thousands of Norwegians to North American shores.

Courtesy SofN Newsletter Service

Lefse Workshop

Tusen takk to David Hofstad for sharing his family recipe and techniques. We mixed, rolled, grilled, and flipped, and now have entered the lefse-makers guild. David shares his lefse recipe with many useful notes on the next page. Following David's recipe are Judy Kee's recipes for vaffler and krumkaker, which she and her family make for our Bazaar every Christmas. Mange takk to the generous bakers in our Lodge!



David Hofstad's Lefse Recipe

This is a family recipe used by Alice Hofstad, a 4th generation Norwegian-American from Madison, MN, and a descendant of an 1843 immigrant from Nes Parish in Telemark, Norway. Alice's son, David Hofstad, has over the years made some minor changes to his mother's recipe.

Baking Utensils Needed:

Lefse turning stick or spatula, pastry board and cloth pastry board cover, electric griddle, rolling pin, cloth rolling pin cover, and two cotton dish towels. Google "lelse equipment" to buy.

Ingredients:

6 cups of Betty Crocker instant potato buds (13.75 oz box), 4 ½ cups boiling water, ½ cup milk, 1.25 sticks of butter/margarine, 2 tsp salt, 4 tsp sugar, and 1 ½ cups white flour.

Preparation and Baking:

Pour the instant potato buds into a large metal pot or metal mixing bowl.

Bring a pot of water to a boil.

Melt the butter/margarine in ½ cup milk, *but don't let the milk boil or curdle.*

Stir 2 tsp salt and 4 tsp sugar into the butter/margarine and milk.

Measure out 4½ cups of boiling water, and combine this boiling water with the butter, salt, sugar, and milk, and then pour this mixture into the pot of potato buds. Stir and mix the potato dough thoroughly. Form the dough into a mound.

Cool the dough by refrigerating for 30 minutes, but no more. *The dough should still be warm (almost hot) when you add the flour and knead.* This makes the dough more manageable.

Remove dough from cooling place, and knead 1½ cups of flour into the dough. Knead well. *Again, note that the dough should still be warm when you add the flour and knead.* (I used to knead 2 cups of flour into the dough, but now I use just 1 ½ cups. An additional bit of flour is added to each individual dough ball just before you roll out the individual pieces. See note #10 below.) Place the remaining flour (in the flour bag) close to the pastry board.

Form the dough into the shape of a fifteen-inch baguette, and cut into thirty equal pieces. (Cut the dough into five three-inch pieces, then cut each of the five pieces in two. Now you have ten pieces. Then cut each of those pieces into three equal pieces, and you end up with thirty more-or-less equal pieces.) Then shape each of the pieces into balls with your hands, and smooth out the creases in the dough ball. Again, this helps when you roll them out.

Turn on griddle to 400 F and attach cloth pastry cover/cloth to the pastry board. The griddle should be hot enough to brown the lefse quickly but without burning them.

Sprinkle some additional white flour on pastry board. Take a piece of lefse dough, drop it into the flour package, and roll it around so the dough ball is completely coated with flour. Then put the dough ball on the pastry board, flatten it with your hand, and shape it into a perfect circle. Take the rolling pin and begin to roll it out, maintaining the circular shape. (If you start with a circle, you hopefully end with a circle.) Sprinkle a bit of additional flour on the rolled-out dough, and then pick up the rolled-out dough with the turning stick, and while holding the turning stick, use the other hand to sprinkle some more flour on the pastry board. Then turn the dough over on the pastry board. (If you don't want your dough to stick, sprinkle a bit of flour on the pastry board every time you pick up a piece of rolled-out dough.) Turn the dough at least once (and once should be enough), and then continue rolling out the dough on-

(Continued on page 18)

(Continued from page 17)

the pastry board before you use the spatula to transfer the piece of dough to the griddle.

Turn the lefse on the griddle once to bake each side. As you continue baking, scrape off any congealed dough that may have accumulated on the spatula, or else the lefse will stick to the spatula and tear the piece of lefse as you are trying to turn it. Use the spatula to puncture any bubbles in the lefse as soon as they pop up. The lefse tends to bubble up *after* you have turned it on the griddle for the first time. (If the lefse does bubble up, that's a good thing. It means that your lefse has just the right soft consistency. Allow the little bubbles to form, and pop only the big bubbles.)

Cover the baked lefse with cotton dish towels to keep them moist. Take two cotton dish towels and lay one on top of the other. Fold them once and lay them on the counter next to the griddle. Place each baked lefse in a pile, one on top of the other, on half of the towel space, and then fold the other half of the towels over the lefse, so that the lefse are completely enshrouded by the dish towels.

Some Comments on the Art of Lefse Baking:

The thinner the lefse, the better. It should be just thick enough to hang together as you use the turning stick/spatula to move it to the griddle.

If you can handle the dough, and your pastry board/rolling surface and griddle are large enough, you can gradually increase the size of your rolled-out lefse.

Some bakers say to allow the potato dough to cool down to room temperature before you begin to knead the flour into the dough. I have found that I have much better luck in rolling out the dough if I add the flour to the potato dough while it is still warm, almost hot.

Try to add only a little flour to the dough during the rolling out process. The lefse will be tastier this way. Over the years, I have cut back on the flour (from 2 cups to 1 ½ cups) that I knead into the dough. But then, before rolling out each dough ball, I drop it into the flour package and roll it around, getting it completely coated with flour. This helps to prevent the dough from sticking to the pastry cloth and the rolling pin as you are rolling the dough ball out. Also, sprinkle a little flour on the covered pastry board every time you turn the lefse over, and again before you begin rolling out another piece of dough.

You can vary the amount of butter/margarine you use. If you want to cut down on the fat, cut the butter amount down to a quarter cup (i.e., 1 stick). On the other hand, if you want softer, tastier lefse, increase the butter to 1.25 sticks.

I aim for a perfectly round piece of lefse every time I roll out a piece of dough. But I keep two sharp knives handy while I'm rolling out the lefse. I use one of them to trim the pieces I have rolled out if they get lopsided or irregular after I roll them out. You may not get a perfect circular lefse every time you roll out the dough. But if you observe #3 above, you will be better able to roll out round lefses. (I use the second knife to scrape off the congealed dough that tends to accumulate on the first knife.)

For many years Alice Hofstad made her lefse from scratch with "real" potatoes. But in later years she found that potato buds (but not flakes) worked equally well, and tasted as good as "real" potatoes. Also, using the Betty Crocker 13.75 oz box of potato buds will enable you to get just the right balance between mashed potatoes and flour. This recipe is designed to get that balance just right (with the 13.75 oz box of potato buds). I would think that if you were boiling and mashing potatoes, you would have to weigh the mashed potatoes to arrive at the desired balance between the potatoes and the flour. Getting the dough just right, I think, is nine-tenths of the secret in making lefse.

Lefse-Baking Supplies: Try lefsetime.com. Order more than one pastry board cover and rolling pin cover, so you can change them (mid-batch) if your dough leaves some stubborn sticky spots on the covers.

Two Family Recipes from Judy Kee

Krumkake

1/2 cup margarine or butter, melted and cooled (margarine is best for electric griddle)
 4 eggs
 1 cup sugar
 1 tsp. vanilla or almond extract
 2 TBS corn starch
 1/2 tsp. ground cardamom (optional, Judy's family does not use it)
 1 1/2 cups all purpose flour (divided)
 Wooden dowel, wrapped in aluminum foil



Melt margarine and set aside to cool.
 Beat eggs slightly. Mix in sugar, cooled margarine, and extract.
 Stir in 1/2 cup flour and corn starch (and cardamom, if used).
 Add the remaining cup of flour and mix well. Batter will be thick.

Preheat krumkake (or pizzelle) iron. Spray "Pam" on griddle occasionally, to prevent sticking.
 Using two spoons, drop a teaspoon of batter onto center of griddle.
 Bake until it's a light tan (or until red light on iron goes out).
 Roll on straight or cone-shaped dowel immediately.
 Set aside on a paper towel to cool.
 Store in an air-tight Tupperware or similar container.
 May be served as-is, sprinkled with powdered sugar, or filled with whipped cream or raspberry jam.

Norwegian Heart-Shaped Vaffler

2 eggs	1/4 tsp. salt
1/3 cup sugar	1/4 tsp. baking soda
1 tsp almond or vanilla extract	1 tsp. baking powder
1/2 cup sour cream (4 oz.)	1/2 tsp. ground cardamom (optional)
2 cups milk (1% or 2% is fine)	2 cups all-purpose flour

Beat eggs with sugar until frothy, in a medium sized bowl.
 Stir in extract, sour cream, and milk, and set aside.
 In a large bowl, mix flour, salt, baking soda, and baking powder (and cardamom if used.)
 Add liquid mixture to dry ingredients a little at a time, until all is blended. Don't overmix.

Preheat iron with heart shaped grids (but you may use a regular waffle iron).
 Spray "Pam" on griddle occasionally to prevent sticking.
 Ladle approximately 1/3 cup of batter onto center of griddle.
 Bake until light tan (or red light on iron goes out). They should not be crisp.

Serve hot or at room temperature, either plain, with raspberry jam, powdered sugar, lingonberries, or butter and syrup.

Stalked by Robert Wangard

Reviewed by Christine Foster Meloni

Reprinted with permission from the Norwegian-American Weekly

Stalked is the fifth in crime-fiction writer Robert Wangard's series starring Norwegian American Pete Thorsen.

This novel begins with a bang - or rather a thud. Thorsen is relaxing comfortably in his home one evening when he hears a strange noise outside. He opens his front door and sees "a large plastic bag on the stoop with reddish fluid oozing from the opening where the slide closure had popped open." He finds a note attached with the disturbing question, "Is this what your blood looks like, Pete?"

Thorsen naturally feels threatened, especially when the forensic results determine that the red liquid in the bag is blood. The plot thickens when it is discovered that the blood came from two local alpacas who were murdered, supposedly, to provide the perpetrator with blood for the offensive bag.

The police investigation gets off to a very slow start because the sheriff is not overly fond of Thorsen and is unwilling to get involved with what he believes is a childish prank. He finally comes around when Thorsen's office is trashed and smeared with blood (a third alpaca is killed) and his daughter receives a threatening note delivered with a switch blade.

Thorsen is not the most likeable guy and has made enemies, both as a lawyer and as a resident of his small Michigan town. He makes up a short list of possible suspects and shares it with the sheriff's office. He then works pretty much full time on the case without much assistance. He has difficulty finding evidence to link any of his suspects to the threats, and time drags on. But he becomes more and more convinced that his life is in real danger. Then his stalker makes a few stupid mistakes and immediately becomes Thorsen's sole focus. The action intensifies as Thorsen closes

in. The novel comes to a dramatic climax.

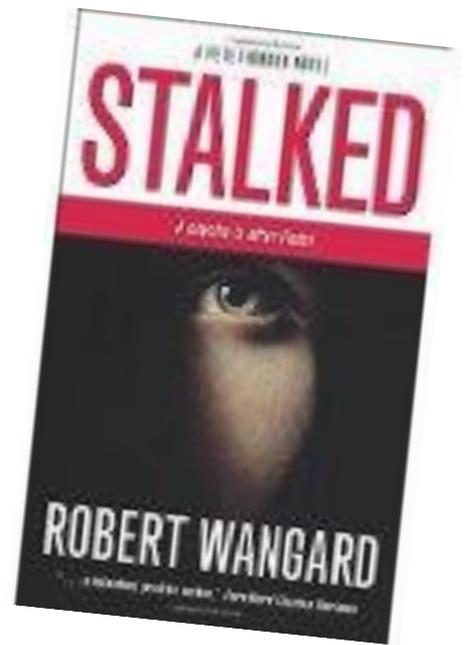
Thorsen is a Norwegian American, but only a few references to his ancestry are dispersed throughout the novel.

He uses Thor's Hammer vodka in his vodka and tonic drink. He has a yellowed photograph of a ship that brought some of his ancestors from Norway. He has a Viking longbow for target practice. He educates a friend about the lack of horns on Viking helmets. And a former colleague calls him "Mr. Viking." These details are unfortunately not enough to provide real Norwegian flavor.

Wangard says that he is not especially fond of the Nordic crime novels that are so popular today and, therefore, does not try to emulate them. He explains that his focus is "first and foremost, on telling a good story that's fast paced with interesting characters that have some depth to them." The Nordic writers, on the other hand, focus less on action and more on a psychological analysis of their characters, both perpetrators and victims, and on a critique of the society in which their characters live.

Although Wangard does not feel a connection with Norwegian crime writers, he does feel one with his Norwegian ancestry. He admits that this was not always the case but he says that now he feels a genuine appreciation of his heritage.

Wangard's previous novels in this series are *Target*, *Malice*, *Deceit*, and *Payback*. He has also written a book of short stories, *Hard Water Blues*.



President's Message

Dear Members,

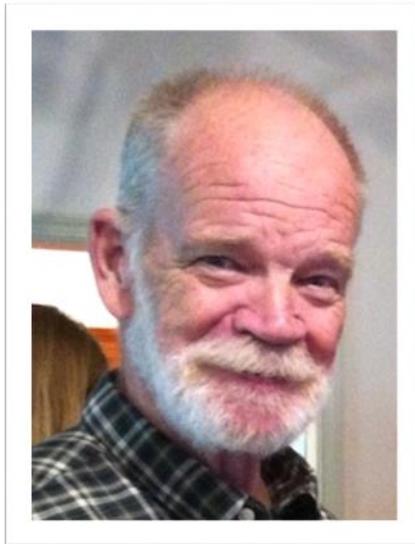
The Ambassador, Kåre Aas, has invited us to have dinner at the newly remodeled Embassy Residence sometime in October. We will send out the invitation when they set the date. There might be a limit on the number attending.

We have two programs for October. Everyone's favorite meal -- the Lutefisk dinner is scheduled for the 24th of October. On the 30th of October Vincent Hunt will present his book "Fire and Ice, The Nazis' Scorched Earth Campaign in Norway." This is a horrific historical event in the Norwegian arctic region that has not been adequately publicized.

For the past several years the Lodge has had a booth at the Fairfax Fall Festival. It is a fun event. The Festival will be on October 10th in downtown Fairfax City. We need volunteers to staff the booth for a few hours. We pass out information about Sons of Norway and Washington Lodge and we provide information about our Christmas Festival/Bazaar.

The Lodge is considering having periodic social Luncheon meetings. Several lodge members, especially elderly members, have transportation challenges and are no longer able to attend evening lodge meetings. This limits their ability to participate in lodge activities. The Board agreed that luncheon meetings would be a good way to maintain contact with these members. The plan is to rotate the luncheons among Mary-

land, DC, and Northern Virginia. We need local members from each area who are willing to coordinate finding local restaurants. Please contact me if you can help.



Bill DeRoche, Doris Goodlett, and Ardis Morton volunteered to serve on the 2016 Nominating Committee. Please email Doris Goodlett at VP@norwaydc.org if you are interested in serving the Lodge and say YES when the Nominating Committee contacts you. It is essential that we fill these positions to have a successful Lodge. At this time we just have a small group of members that are holding several jobs and doing most of the work supporting the Lodge. We need your help. Additionally, we need members for all the committees for next year. Many hands make for easy work.

The slate of nominees will be presented to the membership at the October meeting. Elections will be in November with installation in January 2016.

Fraternally,

Burt Koske

President, Washington Lodge 3-428

Happy October Birthdays! Gratulerer med dagen!



- | | | |
|---------------------|-------------------|-------------------|
| Katie Allen | Sigrid Gastoukian | Arve Michelsen |
| Carl Berdahl | Brit Gauthier | John Olson |
| Gerald Bergh | David Hackett | Michael Plasha |
| Linda Berti | Lloyd Halvorson | Svanhild Schmidt |
| Denise Bowden | Jeanne Jacob | Steven Stormoen |
| Conrad Christianson | Karen Kuiper | Kristin Tucker |
| Greta Dahlman | Ralph Malvik | Francis Walkuskie |

a little in English...

Outdoor Exercise Most Tempting for Couch Potatoes

It is the people who are the least physically active, who are tempted the most by exercising outdoors. Also, those who exercise hard think it's perfectly fine to be inside at the gym.

Exercising in nature reduces stress. This is nothing new. But Giovanna Calogiuri has also found that those who previously exercised the least are the most tempted by outdoor exercise.

“Not everyone likes the term ‘green exercise.’ But it is about physical activity in nature. It is not the same as ‘friluftsliv,’ (outdoor life/outdoorsiness) because friluftsliv denotes closer contact with nature,” explains Calogiuri. “Green exercise is regular exercise, but in green surroundings.”

Calogiuri is an associate professor at the University College of Hedmark. She has studied the available papers on green exercise.

Nature vs. Stress: “It started with a small pilot project at NMBU. The most interesting facet involved the levels of the stress hormone cortisol,” she says. When you wake up, cortisol levels are high – the hormone helps you get out of bed. Then it sinks after a half hour to an hour. “Afterwards, we let a small group exercise either in contact with nature or indoors at a gym. It turned out that those who had contact with nature found that cortisol levels dropped faster. It suggests an effect on stress levels,” explains Calogiuri.

Popular Hikes: Then she got access to a survey from FRIFO; an organization that is currently called Norsk Friluftsliv, Norwegian Outdoor Life.

“It shows that physical activity is quite popular

in Norway, and that walking or exercising in nature is the most popular. The interesting thing is that people with a lower level of activity seem to prefer exercising in nature more than others do,” she says.

litt på norsk...

Trening i naturen frister lite aktive mest

Det er de som er minst fysisk aktive, som fristes mest av å trene ute i naturen. De som trener hardt, synes det er helt greit å være inne på treningscenteret, også

Trening i naturen reduserer stress. Det er ikke nytt. Men Giovanna Calogiuri har også funnet ut at det er de som trener minst fra før, som fristes mest av grønn trening.

Det er ikke alle som liker begrepet «grønn trening». Men det dreier seg om fysisk aktivitet i naturen. Det er ikke det samme som «friluftsliv», fordi friluftsliv signaliserer nærmere kontakt med naturen, forklarer Calogiuri. Den grønne treningen er ordinær trening, men i grønne omgivelser.

Calogiuri er førsteamanuensis ved Høgskolen i Hedmark. Hun har gått gjennom litteratur om grønn trening.

Natur mot stress – Det begynte med et lite pilotprosjekt ved NMBU. Det mest interessante var nivåene av stresshormonet kortisol, forteller hun.

Når du våkner, er kortisolnivået høyt – hormonet hjelper deg med å komme deg opp av senga. Så synker det etter en halvtime til en time.

Etterpå lot vi en liten gruppe trene enten i kontakt med naturen eller innendørs på et trenings-

(Continued on page 23)

(Continued from page 22)

senter. Det viste seg at de som hadde kontakt med naturen, opplevde at kortisolnivået falt raskere. Det tyder på en effekt på stressnivået, forklarer Calogiuri.

Populær tur I neste omgang fikk hun tilgang til en spørreundersøkelse fra Frifo; fellesorganisas-

jonen som i dag heter Norsk Friluftsliv.

– Den viser at fysisk aktivitet er ganske populært i Norge, og at tur eller trening i naturen er det mest populære. Det interessante er at mennesker med et lavere aktivitetsnivå ser ut til å foretrekke trening i naturen mer enn andre, sier hun.

Article Courtesy SofN Newsletter Service

Norwegian Language Classes

Level 1 - Beginners: 6-7 PM

Level 2 - Intermediate 7-8 PM

Level 3 - Advanced 8-9 PM

Students can decide which level works best for them and can attend different classes to find a fit. In the first two levels, students use the book *Norsk, Nordmenn og Norge*, available from Amazon. There is also a workbook that accompanies the textbook, but is not mandatory.

Cost is a bargain \$10 per hour to the Instructor and \$5 per evening to SoN Lodge. The Lodge provides coffee and other beverages. For more information contact the instructor, Nina Brambini Smith, at language@norwayDC.org.

Lundehund Pups — Visit Them at the Bazaar

If the weather cooperates, Lundehund pups Astrid and Halli will join their mother, Dotti, and hopefully other Lundehunds at our Bazaar on Saturday, Dec. 5. You may have met Lundehund Penny at last year's Bazaar — she was the short, sweet, furry attraction surrounded by a knot of happy kids.



Astrid, Halli, and Dotti belong to members Karon and Michael Plasha, who provided the photos showing how the pups have grown since their birth last June. By the time they come to the Bazaar they will be bigger still, but just as adorable. Please remember, though, their attendance depends on weather and other factors. We really hope they can come!

Donations:

Our lodge is a 501(c)8 tax exempt fraternal organization and can accept tax deductible donations. Contact President@NorwayDC.org.

District 3 President's Message: fra Presidenten, Mary B. Andersen

Why should I join your organization?

How would you answer that question? Zone 1 Director Karen Olsen-Helmold and I were faced with that question at the 3D membership table at ScanFest in Budd Lake, NJ over the Labor Day Weekend. After providing a lighthearted initial response, we asked him if he was familiar with SofN and he said yes and then we launched into our elevator speech regarding all that Sons of Norway has to offer. We then began a dialogue regarding what he was interested in and he was a bit guarded in his response. We asked him to put his email address on our mailing list sign-up sheet and he balked but did mention he planned on going to Bernt Balchen's upcoming fest weekend at which point former International Secretary Auden Gythfeldt (an affiliate member of Bernt Balchen) came and we turned the person over to Audun! I hope he did actually attend; I am curious to see if he joined.

Could we have done anything better? Perhaps, it really depends on the situation and the person. Another approach would have been to first engage him in a conversation regarding his interests/needs and then point out all that SofN has to offer in that particular area. The key is to listen carefully, then find the SofN offering that meets the particular need expressed. For example:

- Learn a language – we offer lessons on line and many lodges offer language classes
- Learn a skill – again, we offer lessons on line and many lodges offer classes. Pinpoint the

specific skill and you can provide better information. Maybe your lodge offers the class the person is interested in!

- Make a difference – recently retired people might be looking for something to do, some way to contribute. Many lodges are involved in community outreach programs e.g., food banks, fund raising walks for specific issues.
- Take a leadership role – individuals retiring from leadership roles may still want to lead. We have plenty of leadership opportunities!

The key is to listen and be prepared to take the conversation in the direction that the person is interested.

We had a great time at ScanFest and left with 24 people interested in being on our mailing list! Fairs and festivals are a great opportunity to set up a Sons of Norway table and let the community know we exist. It doesn't have to be a ScanFest, think about community fairs and festivals too. We have a great story to tell!!

Try it, you may like it!

Høsthilsen,
Mary



Land of the Vikings Is Open

Land of the Vikings (LOV) is a 150 acre recreational facility run by the SofN 3rd District. It is nestled in a peaceful valley in Northeastern Pennsylvania, 35 miles east of Binghamton, NY. Hunting, fishing swimming, golf, and hiking are just some of the activities available on the premises or nearby. LOV has all-inclusive packages at reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, weddings, or anniversaries. For more information call (516) 791-3983 or see <http://landofthevikings.org/information.html>.

LODGE AND AREA EVENTS CALENDAR IS NOW ON PAGE 2

Directions to Norway House 3846 Meredith Dr., Fairfax, VA 22030

** You may park in the Christ Lutheran Church parking lot (entrance directly across the street from the Norway House). On weekdays, a residential parking permit is required to park on Meredith Dr.



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 Mobil 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 Mobil 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 Mobil station onto Meredith Dr. Turn left immediately behind the Mobil gas station into the church parking lot.

Metro & bus: From the Dunn Loring/Merrifield Metro station (on the Orange Line), go to Bus Bay E. Take bus 1C toward West Ox Rd. and Alliance Dr. The bus will go down Lee Highway/Fairfax Blvd. (Rt. 50/29). Get off about 30 min. later at Meredith Drive (after Warwick Ave.).

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About Capital Viking

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Address Changes:

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

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www.facebook.com/groups/123693707650322/

Newsletter Deadline:

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

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See the website for a full list of officers and committee chairs:
www.norwaydc.org/officers/.

NACC MA PRESENTS:

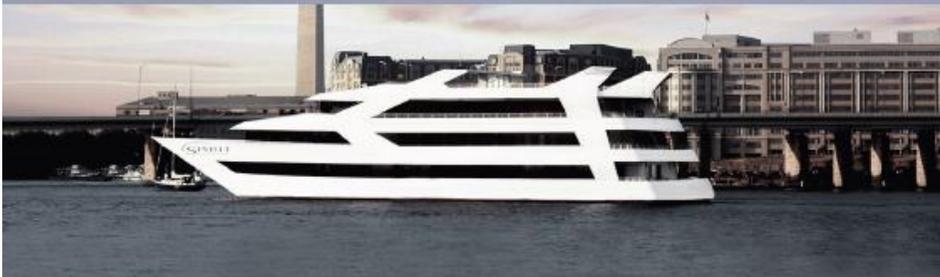
Welcome to Washington Annual Dinner Cruise

October 29 / 6:30pm

Potomac River - 300 Water Street, SW Washington DC 20024

Building on the success from previous years onboard the "Spirit of Washington" yacht, the Norwegian American Chamber of Commerce Mid-Atlantic Chapter look forward welcoming Embassy staff, NACC members and affiliated organizations to the Annual Dinner, where members and guests enjoy a 3-hour cruise on the top deck along the Potomac River. Drinks will be served onboard followed by a delightful buffet-dinner while the yacht sails down the river.

Register online: <https://www.naccma.org/events/>
Or email chloe@naccma.org



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