



Capital Viking

www.norwaydc.org

September Meeting:

The Arctic: Challenges and Opportunities for Norway and the U.S.

Friday, September 16, 7 P.M.

Norway House, 3846 Meredith Dr.,
Fairfax, VA

www.norwaydc.org/directions

The Arctic has become a “hot” topic, with scientists, business leaders, military, and even tourists voicing serious and sometimes conflicting concerns. Norway and the US are two large stakeholders in the region. Our speaker, Linda Priebe, will explain the web of Arctic issues and outline the opportunities and challenges facing the US and Norway.

Ms. Priebe is a practicing attorney at Culhane Meadows where she is Chair of Government Relations. Her practice includes advocacy for Arctic interests before U.S. and international agencies. Prior to joining Culhane Meadows she served for over fourteen years in White House offices as a trusted legal advisor to three U.S. presidential administrations.



Polar bears on the sea ice of the Arctic Ocean, near the North Pole, with USS Honolulu. Wikipedia

When not practicing law, she is a Norwegian-American mezzo-soprano who has performed for foreign ambassadors and the Norwegian Royal Family at venues such as Lincoln Center, Carnegie Hall, the Royal Norwegian Embassy and Shea Stadium.

If you can't make for the pot-luck dinner at 7, please come for the presentation following the dinner. **Activities for children will be planned. If you are bringing children email Youth Director Annmarie McCaslin at youth@norwaydc.org to ensure enough supplies.**



Membership Pins to be awarded at the September Meeting

Linda Freeman - 20 years, Burton Koske - 20 years, George Edwards - 5 years,
and Linda Hurt - 5 years.

Lodge Cruise on Viking Ship *Sae Hrafn* Sept. 24

See page 3 for details

Lodge Calendar

www.norwaydc.org/events

All activities are at Norway House unless otherwise stated. Directions on page 23 and www.norwaydc.org/directions.

Reading Circle

Tuesday, September 6, 7:30 PM
Page 14

Sept. Lodge Meeting

"The Arctic: Challenges and Opportunities for Norway and the US"
Friday, Sept. 16, 7 PM
Page 1

Genealogy Interest Group

Sunday, Sept. 18, 2 — 4 PM
Page 6

Viking Ship Cruise

Saturday, Sept. 24, noon
Page 3

Lutefisk and Meatball Dinner

Sat., Oct. 22, 5 PM
Location TBA. Page 3

Norw. Language & Conversation

Every Wednesday
Beginner 6 pm, Interm. 7 pm, Adv. 8 pm.
www.norwaydc.org/language Pages 13 and 19.

Keep in touch with Facebook

www.facebook.com/groups/SonsofNorwayDC

Other Local Events

Icebergs Ahead—Natl. Building Museum

Through Sept. 5
401 F Street NW
20001 Washington, D.C.
www.nbm.org/about-us/press-room/press-releases/icebergs-ahead.html?referrer=https://www.google.com/

Nordic Dancers of Washington, DC

Meets most Wednesdays, 7:30 PM
Highland View Elem. School,
9010 Providence Ave., Silver Spring, MD
Learn Scan. Dances. No partner or experience necessary. Chris Kalke 301-864-1596, NordicDancers@aol.com, or <https://sites.google.com/site/nordicdancersdc/>
See page 9

Norwegian Church Service

Family Day Picnic, Sunday, Sept. 10, 3-6 PM
Nordwood Park, 4700 Nordwood Dr.,
Chevy Chase, MD
Contact Lasse Syversen at lasee@flagship.com
See page 20 and 25

Mid-Atlantic Norwegian Dancers

Tentative Date Sep 10
Norwegian-style house party. Live music. Beginners, watchers, singles/couples welcome. Fiddler frequently is Loretta Kelly. Locations vary but usually are in the Silver Spring / Tacoma Park area of MD. check <http://MAND.fanitull.org> for updates.

Scandia DC Dancing

Sat, Sept. 17, 7 pm
Greenbelt Community Center, 15 Crescent Dr.,
Greenbelt, MD
Recreational Scand. dance group. Live music. Fiddler Andrea Hoag. \$10.
www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

American-Scandinavian Assoc. (ASA)

Mon., Sept. 19, 8 PM
St. John's Church
6701 Wisconsin Ave Chevy Chase, MD
Program on Elsa Brandström, a Swedish philanthropist known around the world as the "Angel of Siberia," who volunteered as a nurse in the Russian Army during WWI. www.scandinavian-dc.org/

Norwegian Recording Artist Jenny Hval

Sunday, Oct. 9,
DC9, 1940 9th St NW, Washington, DC 20001
202-483-5000
www.norway.org/News_and_events/CG-New-York/Jenny-Hval-returns-to-the-US/#.V8d9vJgrKUK

Sweater Special Purchase

One of our most popular sweater/jacket designs has been discontinued. Because of its popularity, we have purchased some of the remaining stock at a discount and wanted to pass on the discount to our members and friends.

The regular retail price for this sweater (Norlender's Janne design in red or charcoal boiled wool with embroidery) is about \$269. Our normal price for this jacket has been \$242. When we receive this shipment, we will offer these sweaters at a discounted price of \$175. If you are interested in trying on or purchasing one of these jackets when they arrive, call or email Susie Fosaaen to be put on a waiting list. 703-861-4071 / fosaaens@earthlink.net.



Lodge Cruise on Viking Ship, Sept. 24

On Saturday, September 24, our Lodge is invited for a voyage on The Longship Company's 39 foot replica Viking boat *Sae Hrafn* (Sea Raven). We will depart at noon from a private dock in Avenue, MD. The trip will last around four hours depending on weather and wind, with a short shore break in the middle. RSVPs are required — see contact info below.

As a crew member you will help row the *Sea Hrafn* but no experience is needed. The rowing is not strenuous and we'll get a brief dock-side lesson. Two years ago members of the Longship Company kept us on course despite the SON members' talent defi-

cit. If the winds are favorable the large square sail will be hoisted; a towboat will accompany us at all times.



Avenue, Maryland is in southern Maryland, about an hour and 40 minutes from Norway House. Bring along lunch, snacks and plenty of water. Space is limited. All are welcome, with priority for Lodge members.

For more information and to RSVP call Henry Hansen at 703-815-4945 or 703-618-3191 or email him at henry.hansen@cox.net. For information on the Longship Company see <http://longshipco.org> and www.youtube.com/watch?v=VsSthLD-DD8.

Lutefisk and Meatball Dinner a Go!

Thank you to all who responded to the survey about the Lutefisk Dinner. By popular demand the dinner will indeed be held on October 22 at 5 P.M. Stay tuned for location (either at the Lodge or Christ Lutheran Church, across the street from the Lodge). Send inquiries to hospitality@norwaydc.org or call Susie Fosaaen at 703-861-4071.

From Lodge President Doris Goodlett

Hei Hei, Everyone,

It was unfortunate that excessively hot, humid weather with threats of rain storms made both our July and August picnics in-door events, but we are thankful to have our air-conditioned Norway House in which we still had a wonderful time with delicious food and jovial company. It takes more than bad weather to dampen the good spirits of Norwegians. 30+ people were in attendance.

Thanks to all who helped make the picnics successful: Marie, Henry, Susie, Denise, Shelley, Marguerite, and many others. Greg was our Master Grill Chef for both picnics. He braved the heat to grill our hot dogs and chicken over charcoal despite the uncomfortable temperatures. Thank you, Greg. Thank you Susie for the food you prepared. Thanks to all who contributed food and to those who set up and cleaned up. All efforts are appreciated.

Ten people attended the Weaving workshop on August 13 with instructors Linda Hurt and her friend Renee. It was lots of fun. Thank you Linda and Renee. Thank you Denise for coordinating this and for bringing the breakfast and lunch food.

Welcome new members: Sonja Ulvedal, Kyle Matison, David Brown, Hewitt Tomlin, Kirk Ingvaldstad, Ian Fossberg, and Kari Sprecher. We're very glad you've joined us. Sonja is a regular attendee of our meetings along with her parents. We were happy to see David Brown at both picnics. Kyle will be relocating to our area from Colorado, so we will meet him soon, and we hope to meet Hewitt, Kirk, Kari, and Ian soon also. Welcome too to new heritage members Brian and Sandy Wold.

Membership Pins will be awarded at the September 16 Lodge Meeting to: Linda Freeman -

20 years, Burton Koske - 20 years, George Edwards - 5 years, and Linda Hurt - 5 years. Congratulations for achieving these benchmarks. We appreciate your loyalty.

Look on page 1 for more details about our September 16 Lodge Meeting, and be sure to check the details on page 3 for the September 24 Viking Longship Cruise.

We have been invited to attend the 95th Anniversary of Nordkap Lodge # 215 near Baltimore on October 15th (see page 14) and we have also been invited to an Octoberfest on October 16 at Christ Evangelical Lutheran Church. (see page 5). Watch for special announcements. We hope many of you will attend these events.

Burt Koske has Name Badges for several people who ordered them. Check with him if you think he has yours. He is now able to order Name Badges with magnets instead of pins, so if you'd like to order one, let him know. He also has magnetic Norwegian flags and magnetic American flags for your cars or refrigerators.

Be sure to pick up a copy of the new Lodge Membership Directory at Norway House. Please put a check beside your name on the "Lodge Copy / Sign Off Sheet" so we will know who has received one. Thank you, Marie, for your hard work to prepare these directories.

We wish a successful and happy school year to all our members who are students.

Fraternally,
Doris





Lynn Rundhaugen Honored at International SON Convention

Lodge Member Lynn Rundhaugen placed Second for Nordic knitting at the 2016 International Sons of Norway Convention held at Tacoma Washington last month. Congratulations Lynn, and thank you for representing our Lodge!

Lynn and members Tina Keune and Linda Hurt all won high honors in the Folk Art competition for the Third District in June. Lynn went on to compete very successfully at the International level. We are so proud of our gifted members!



Come out to see Nordic knitting and other fiber arts demonstrated at our 2016 Norwegian Festival and Bazaar December 2 & 3.

Lynn Rundhaugen (left) and Denise Bowden, Cultural Chair for the Lodge.

NOVA Norsk Language Group

This group is for people interested in practicing/honing their Norwegian language skills. Although all levels are welcome, you will need to know more than a few phrases. In their words: "We don't teach, we talk!"

Meeting places and times may vary but there will always be great conversation and a chance to share and learn about Norwegian culture. Lodge member Inger Dreng coordinates the group. For more information see

www.meetup.com/NOVA-Norsk-Language-Group/

The Mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.



Christ Lutheran Church Octoberfest on Oct. 16

Our Lodge has a long and cordial partnership with Christ Lutheran Church, across the street from Norway House. The Church has graciously invited members of the Lodge to celebrate a family Octoberfest, October 16, 2016 from 11:30 a.m. – 2:00 p.m. This event will be held outside in the Church's rear parking lot, weather permitting. Otherwise, it will be moved into the Fellowship Hall and Conference Room.

They will serve a free lunch, (bratwurst and other sausages, sauerkraut with caramelized onions, German potato salad, hobo beans, and dessert), non-alcoholic drinks, and have crafts for children and a raffle every 45 minutes. **Contact Doris Goodlett at president@norwaydc.org by October 1st if you plan to attend.**

Genealogy Interest Group Update: Mining Digital Archives

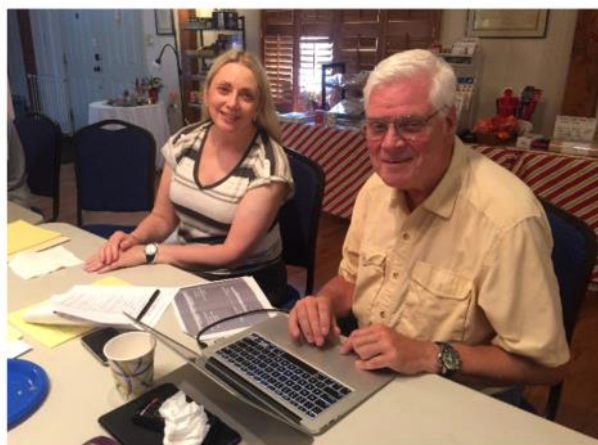
By Member Jeff Jorgenson

July Meeting

Ten members of the Genealogy Interest Group (GIG) met at Norway House on July 10. Based on a set of names provided by Jeff Jorgenson, Joel Myklebust was able to search the Digital Archives of Norway and confirm the names, dates of birth, parish, and other relevant information of these great-grandparents who emigrated from Norway to Minnesota in the late 1800s. This session was especially informative as GIG members were able to follow the internet searches on the big screen. Given that these four individuals were born in different locations in Norway during the period 1829–1857, several databases had to be consulted to complete the information. At future meetings, other GIG members will propose names and avail themselves of the genealogical expertise and resources of others.



From top: Patricia Huber and Joel Myklebust; John Norquist and Burt Koske; Joyce Lawrence and Marvin Reed.



of Norway Washington Lodge member and an experienced genealogist, commented on the process that he uses to conduct a general genealogical search. Marvin also presented the results of his search on Hans C. Mork, great-grandfather of GIG member Jeff Jorgenson.

When initiating a search, Marvin strongly recommended that you develop a plan and decide whether you want to conduct a topical overview about a person or undertake a comprehensive verification of information.

You should also think about the extent of your search: are you interested in identifying any and all possible relatives in a “horizontal” search (for example, first, second, and third cousins) or are you more interested in doing a “vertical” search

and tracing back your lineage to the earliest possible ancestor?

August Meeting

Seven members of the group met at Norway House on August 14. Marvin Reed, longtime Sons

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(Continued from page 6)

Next, locate existing family genealogy data. Other relatives, for example, may already have compiled and published a family genealogy that includes the name of the person that you are researching. Search engines such as Google or Mozilla, for example, using a search string such as "Hans C. Mork Norway Born 1861" will identify numerous links to sites with family trees and related historical records.

Some of these sites are free, while others charge a membership fee. In the case of Hans C. Mork, we were able to locate, for example, U.S. census records, an application for a social security card, and a photograph of his gravestone in Minnesota. Using the Norway Digital Archives, we were also able to locate scanned originals as well as digitized parish records (births, baptisms, weddings) going back another 2-3 generations to the 1700s. Based on this information, we

have a much better idea about the life and



times of Hans C. Mork. Using these skills and tools, GIG members will undertake additional searches as time and energy permit.

The next GIG meeting will be Sunday, Sept 18, 2-4 PM at Norway House. All are welcome to attend. For more information please see www.norwaydc.org/genealogy



From top: Jeff Jorgenson and Gary Johnson; Shelley Berg Mitchell and Burt Koske; Walter Miller & Jana Killebrew; Dean Jacobson & Marvin Reed

Spread a little sunshine...

Please keep **Care Committee Chair Shelley Berg Mitchell** informed about members who are ill, undergoing surgery, recuperating, homebound for an extensive period, or just need cheering up. We will send them best wishes from the Lodge as a whole. Contact Shelley at care@norwaydc.org.



Book review: **Berlin Poplars** by Anne Ragde

*By Member Christine Meloni
Reprinted from the Norwegian-American*

What an extraordinary trio of brothers one finds in this captivating novel by celebrated Norwegian writer Anne Ragde! Three more dissimilar siblings could scarcely be imagined. Each of the first three chapters introduces one of these brothers. These detailed descriptions set the stage for a family that has never been a real family.

Margido, the middle brother, is a devout Christian, somber and humorless. He is the director of a funeral home in Trondheim and we follow him in the opening chapter as he prepares a service for an adolescent boy who has committed suicide. We observe his formal but sensitive interaction with the family of the deceased. Beyond his work environment, however, he has little contact with others.

Erlend, the youngest brother, has a joie de vivre that contrasts sharply with Margido's stiffness. He did not find Norway much to his liking, so he left for Copenhagen when a young adult and flourished there. A very talented and successful window dresser, he is especially busy at Christmas time as he is in great demand to decorate department store windows in grand style for the holidays. He is gay and has a partner whom he adores and affectionately calls Crumb. He rarely thinks about

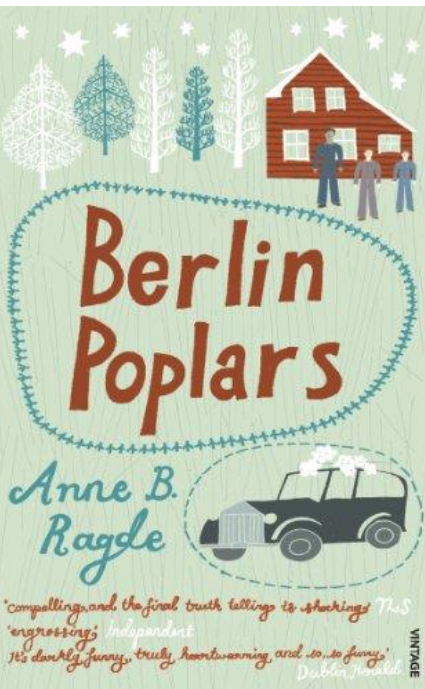
his family back in Norway.

The oldest brother Tor has never left Neshov, the family farm, and lives there with his parents. He is very attached to his mother but can barely tolerate his father. He has always worked hard to eke out a living and seems to prefer the company of animals to that of humans. He is currently breeding pigs after many years of raising cows.

Torunn is then introduced. She is the daughter of Tor but not everyone knows of her existence. She was born out of wedlock and taken away by her mother who soon abandoned her to her own mother.

Suddenly Anna Neshov, the mother of the three brothers, has a stroke and is hospitalized. Tor is distraught and notifies his two brothers and decides, for some reason, to contact Torunn after many years of silence.

Torunn is not really sure why she agrees to go, but she plans to stay for a short visit and then return to her usual life in Oslo. Erlend is of the same opinion—the quicker he can return to Copenhagen, the better. Although everyone is certain that Anna's condition is not serious, she unexpectedly dies. The two brothers and Torunn agree to stay on and work together with Tor to



settle pressing family affairs.

No one is pleased about hanging around the farm. The atmosphere is fraught with tension and exasperation. Like the Berlin poplars planted in this area by the Germans during their occupation of Norway in World War II (which give the novel its title), Margido, Erlend, and Torunn find themselves in alien soil but with surprisingly deep roots there, nevertheless.

Anna's death gives the members of this dysfunctional family the opportunity to get to know each other better and, in the process, to discover some very shocking family secrets that have long been hidden.

Ragde has written a brilliant novel with a multi-layered plot and a fascinating cast of characters. Berlin Poplars was awarded the prestigious Riksmål Prize in 2004 and has been translated into 21 languages.



Velkommen New Members!

David Brown of Chantilly, VA
 Ian Fossberg of Washington, DC
 Kirk Ingvaldstad of Vienna, VA
 Kyle Matison, relocating from Colorado Springs, CO
 Kari Sprecher of Leesburg, VA
 Hewitt Tomlin of Bowie, MD
 Sonja Ulvedal of Fairfax, VA
 Brian Wold of Bumpass, VA
 Sandy Wold of Bumpass, VA

Nordic Dancers of Washington, DC Start Season on September 7

The Nordic Dancers meet at 7:30 at Highland View Elementary School in Silver Spring, Maryland, and, with the exception of the week of Thanksgiving and December 21 and 28, will meet regularly on Wednesdays until June. Come any Wednesday and learn traditional dances of Norway, Denmark, Finland, Iceland, and Sweden. Newcomers are welcome; no prior dance experience is necessary. For more information, contact Chris Kalke at 301-864-1596 or ckalke@verizon.net, or visit the website: <https://sites.google.com/site/nordicdancersdc/>



Save Stamps for TUBFRIM, the Norwegian Charity for Disabled Children

Cut used **stamps from any nation**, leaving a 1/4 inch paper margin. Give them to Bill or Pat DeRoche at any meeting or leave them in the round tin by the front door. You may turn in any quantity. If you turn in a pound of trimmed stamps, your name will be submitted for the next yearly drawing for air tickets to Norway. One chance for each pound of stamps. Tubfrim also accepts whole postcards. www.norwaydc.org/tubfrim





Linda Hurt Teaches Nordic Band Weaving at August Workshop

By member Denie Bowden

A hearty group of aspiring Nordic weavers plus our instructor, Linda Hurt, along with her assistant, Renee Greist, assembled at Norway House on August 13. The group started with a light breakfast (we Norwegians must have sustenance and coffee...) before learning the fundamentals of Nordic weaving.

Linda and her assistant were amazing instructors – Linda said her students far exceeded her minimum expectations. All ten students were on different looms (not great for instructors), however everyone was able to set up looms and good even warps.

Linda told us *"My minimum expectation was that everyone would get a plain woven band of about 8" long with irregular selvages (edges). EVERYONE exceeded that. Most did some of the fancy pickup patterns, and at least two got to the complex one. Those who were happy with the plain weaving, without a pickup pattern, had a very even beat and nice crisp selvages, which gave them a professional look."*

Everyone had a great time and a few students plan to sign up for additional classes Linda teaches at the [Alexandria Art League](#).



Birding the Future: Norwegian Sonic Artist's Birdsong in DC

*By Member Christine Meloni
Reprinted with permission
from the Norwegian-American
www.norwegianamerican.com*

Norwegian artist Frank Ekeberg is a participant in "Turf and Terrain," the 2016 Arts in Foggy Bottom Outdoor Sculpture Biennial in Washington, DC. He and Krista Caballero collaborated on the multimedia installation *Birding the Future*, an interdisciplinary work that aims to increase awareness of the extinction of birds.



Frank Ekeberg in the field, collecting sounds for his Birding the Future exhibit. Photo: Krista Caballero

Ekeberg worked on the sound and Caballero the images, and they collaborated equally on all other aspects of the work including the original concept and the scientific research upon which it is based.

Ekeberg is primarily interested in sonic art and uses natural sound almost exclusively as his source material. Visitors to this installation can hear recordings of authentic calls of endangered and extinct bird species. They can also view avian landscapes through a set of stereoscopic cards.

As visitors approach the installation, they will hear birdcalls and may wonder where the birds are. Ekeberg provides the answer:

"The sound actually comes from a number of loudspeakers that are hidden in the installation area. The sound consists of calls of globally extinct birds as well as of endangered birds in the region where the work is presented. The level and distribution of the speakers are balanced to integrate as much as possible with the local surroundings so that the audience has to listen carefully to distinguish the sounds of the installation from those that occur naturally in the area. In the process they hopefully gain increased

awareness of the local birds that have their homes in and around the installation area."

He goes on to point out that "the work also incorporates a rendering of the projected extinction rate for birds in the region, so that the density and diversity of the bird calls that are played back is gradually reduced throughout the day. This is to give a sense of the loss when birds go extinct."

Visitors will find stereoscopic cards and a stereoscope inside the installation. After selecting one of the six cards and inserting it into the stereoscope, their eyes will take a few moments to adjust. Then an image with a distinct foreground, background, and middle ground elements will appear as a three dimensional visual scene. With a little bit of practice, Ekeberg says, one will see the 3D effect almost immediately.

This stereoscopic technique was developed in the early 1800s and is a way of combining a pair of 2D images in the brain to enhance the illusion of depth.

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New Scandinavian Cooking on MPT2 — Norwegian fare for Sept.

This world re-known cooking show features Swedish Chef Tina Nordström in rotation with Norwegian Chef Andreas Viestad. It delivers fantastic food and breathtaking scenery from all the Nordic countries. **In September the focus is on Norwegian food. All shows are at 1 PM with the exception of the Holiday Food show on Sat., Sept 17, which airs at 1:30.** Set your recording devices for: Thurs., Sept 15, "Pale Fish" / Sat., Sept. 17, "Happy Holiday Food" / Tues., Sept. 20, "A Traveler's Bite" / Thurs., Sept. 22, "Norwegian Versions of Classic Recipes" / Tues., Sept. 27 "A Journey to the North" / and Thurs., Sept. 29 "Eat Like the Vikings."

Channels: Comcast 286 / Cox 812 / Verizon 480 www.mpt.org/about/channels/



(Continued from page 11)

Curator Danielle O'Steen heard about *Birding the Future* when Ekeberg and Caballero, with whom she had worked in the past, were showing it in Dubai after a previous showing in Australia. O'Steen was very excited and says that she "loved the idea of bringing it to Washington to continue its international reach." She explains why she wanted it in her exhibit:

"This version of Birding the Future marks the first edition for the U.S. and the Mid-Atlantic. It fits very well into the premise of Turf and Terrain, which aims to expand the landscape of Foggy Bottom by tapping into forgotten histories and overlooked aspects of the neighborhood, including its wildlife. Since the work is both physical object and sound, it complicates our assumptions of what outdoor sculpture should be. This is another ambition of the exhibition, as several works use interactive art and new media in public space."



The exhibit itself is a small stand with stereoscopic cards of birds to go along with the sounds being played.

from *Birding the Future*? He expresses his hope that

"they will have learned something new about birds in their region and about issues they are facing, and see the importance in protecting the birds and the ecosystems they are part of, not only because of the birds themselves, but also because we humans depend on and benefit

enormously from the work of birds and other species. Protecting the health of all species is crucial for our survival as well."

One in eight of the world's bird species are considered globally threatened, and 2% of all bird species are in imminent danger of extinction - of disappearing forever. The state of the world's birds continues to worsen, including rapidly declining population numbers of common birds, those that are currently not categorized as endangered. Most of the threats to birds are related to human activities. In North America about a third of the birds are threatened with extinction, and a similar percentage is true for Norway. It is a very serious situation worldwide.

What does Ekeberg want visitors to take away

Learn Norwegian at the Lodge!

By Member Denise Bowden

The Norwegian Language and Conversation Group meets every Wednesday night at Norway House, led by our teacher Nina Brambini Smith, who was born and raised in Oslo.

Nina recently celebrated a milestone birthday at one of our classes and we also sent off one of our younger Norwegian classmates, Alexander Young-Williams, to start his freshman year at Macalester College in Minneapolis, MN. Congratulations to both!



We celebrated Nina's birthday with Norwegian Waffles and the traditional Norwegian birthday cake. See page 15 for the recipe. It was delicious!



Teacher Nina Brambini Smith and the class celebrated her birthday with Bløtkake and vafler.

Alex played Edvard Grieg on the piano and the class sang "Hurrah for Deg" to Nina. We use the term "sang" very liberally... The class also played "Norsk Bananagrams" which comes with the special Norwegian alphabet characters.

If you're interested in Norwegian language classes, see page 19 for details. Send questions to Nina at language@norwaydc.org.

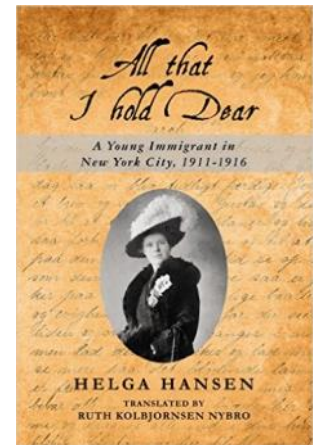


Alex Young-Williams plays Grieg at the birthday party. Alex starts his freshman year at Macalester College this year. Congratulations Alex!



Diarist's Granddaughter to Join September Reading Circle

The August discussion of *All That I Hold Dear: A Young Immigrant in New York, 1911-1916* is postponed until September 6. We are delighted to announce that the book's editor/translator, Ruth Kolbjornsen Nybro, will be present. She will share with us how she discovered her grandmother's Norwegian diary and why she decided to translate it into English for publication. Participants will be encouraged to ask her questions.



Everyone is welcome, even if you have not read the book. The discussion will take place at Norway House from 7:30 to 9:00 PM on Tuesday, September 6. Please RSVP Christine Meloni at reading@norwaydc.org. We hope to have a good turnout for our special guest.

Looking Ahead: The selection for October 25 is *Orkneyinga Saga*.



Invitation from Nordkap Lodge in Baltimore — 95th Anniversary Celebration on October 15th

Members of our Lodge are invited to a gala lunch to celebrate the 95th Anniversary of Nordkap Lodge. Congratulations to Nordkap!

The event will be on Saturday, October 15, from 1 — 5 PM at the Hunt Valley Inn, 234 Shawan Road, Hunt Valley Maryland. The cost is \$55 per person. The gala will feature lunch and dessert, a guest speaker, live music, a cash bar, and cocktail hour. RSVP by September 24. For reservations contact Shirley Knutsen at 410-871-3047. See the flyer on page 24.

Annual Dinner Cruise with the Norwegian-American Chamber of Commerce, Sept. 30

The Norwegian-American Chamber of Commerce—Mid-Atlantic Division looks forward to once again hosting the traditional “Welcome to Washington DC” Dinner Cruise where they welcome Embassy representatives and members and guests of the Norwegian-American community. As guests set out for a 3 hour cruise on the Potomac River, they will enjoy a 3-course dinner, live band & music as well as a great opportunity to network and socialize. The cruise on the *Odysey* will depart from Gangplank Marina, 600 Water St. SW, Washington, DC. 6:30 to 10 PM. \$90 for NACC MA members, \$100 for non-members, and \$45 for Young Associates/students. For more information and to reserve a spot see www.naccma.org/events/annual-dinner-cruise/ or email office@naccma.org.



Norwegian Birthday Cake (Bløtkake)

From Member Denise Bowden

Cake:

6 eggs
1 c. sugar
1¼ c. flour
1½ t. baking powder

Filling:

1 pint whipping cream
1 box vanilla pudding
1 c. milk
1 quart fresh strawberries
1 16 oz. can of peaches
1 pint blueberries

1. Preheat the oven to 325 and grease a 10" springform pan.
2. Beat the eggs and the sugar until light and frothy.
3. Sift the flour and baking powder over the egg mixture and blend together quickly with a spoon. Don't overmix!
4. Pour the mixture into the springform pan and bake for about 35 minutes, until the center is firm. Cool completely before removing the sides of the pan.
5. While it is cooling make the pudding with only 1 cup of milk, instead of the two called for on the box. It will be very thick! Let the pudding cool.



6. Once the cake is cool cut it into 3 more or less equal layers. A wire cake lever is very useful for this. Put each of the layers on separate plates. Drizzle with the juice from the peach can. Use up all the juice!
7. Mix about ⅔ of the peaches in the can with the cooled pudding, and crush with a fork. Use the mixture to top one of the layers.
8. Whip the cream. Crush ⅓ of the strawberries and mix with ⅓ of the whipped cream. Use this mixture to top another cake layer.
9. Stack the cake layers together with the peach layer on the bottom. Frost the cake with the remainder of the whipped cream, and decorate with the remaining strawberries and blueberries.
10. Store in the refrigerator.



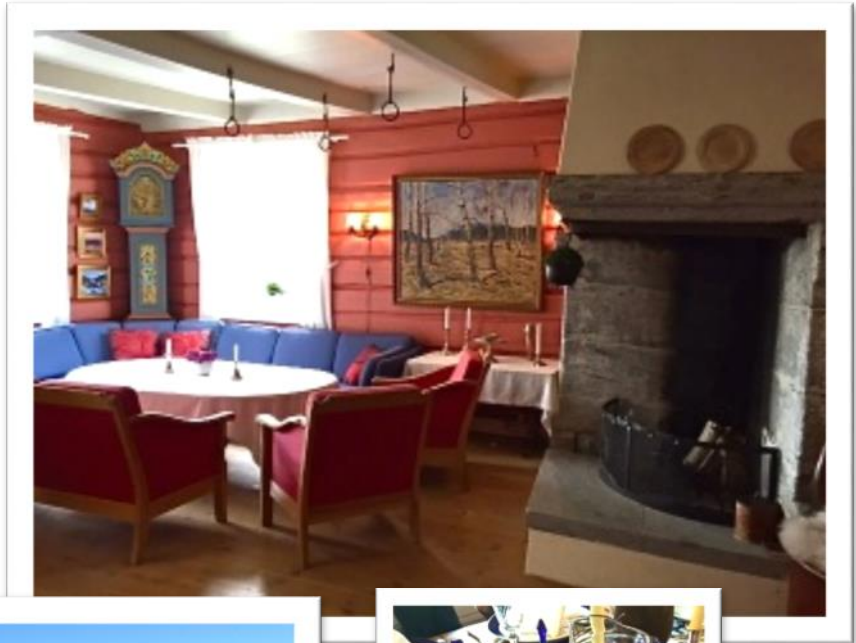
Youth Activities

Activities for children are usually planned during the presentation portions of our monthly meetings. If you plan to bring children please email Youth Director Annemarie McCaslin at youth@norwaydc.org before the meeting to ensure enough materials for the planned activity.

Members traveled to Norway last summer...

Here are some of their photos. If you have photos/experiences to share via our newsletter please email editor@norwaydc.org.

Tina Keune visited Åndalsnes a working family farm which raises beef cattle, near the Romsdal Fjord. At right we see the inviting hearth in the farm's sitting room. Tina's visit was part of the [Odden Heritage Tour](#), which also took her to Håholmen Island Hotel, below, on the Atlantic Highway north of Molde. She ferried to the island in a vintage wooden boat built with overlap planks. The table setting at the Gjestrum Farm in the Lillehammer area testifies that farm dinners can be elegant, too.



Inger Dreng visited family in Larvik and Tønsberg, about one and one-half hours southwest of Oslo. At left is one of the lakes she hiked along, and her frequent hiking companion.



Inger says the vibrant blue in these photos accurately depicts the lovely lakes and rivers in the area.

Travels in Norway, continued

Henry and Marie Hansen visited Skårvågen, Henry's mothers' birthplace about 130 miles above the Arctic Circle. At right is the view of the harbor at 10 PM. Below: the storyteller's chair in a replica Sami hut. Henry and Marie enjoy Skolebrød in Svolvær, Lofoten.



Lasse and Vigdis Syversen made three trips to Norway this summer, spending a total of nine weeks there! Below we see Lasse captaining his sailboat on the Oslo Fjord. At right Vigdis is enjoying Norwegian vafler with their granddaughter on Tjome Island, and the playhouse Lasse built for their granddaughter.



3D President's Message:

fra Presidenten, Mary B. Andersen

"it is like driving a car. You do not look in the small rear view mirror to see where you have been, instead you look through the large windshield to see where you are going"

International Vice-President Ron Stubbings used the above quote in his remarks at our 3D Convention and I love them. I will focus on those words for the next two years. Our challenge is that some things in the rear view mirror – memories of our Norwegian heritage – must not be forgotten and must be preserved but we must move forward and respond to bends and turns in the road ahead. How do we connect more people to that heritage? How do we strengthen the ties that already bind?

We will continue to focus on membership, leadership, community and communication. There are a few committees forming to address specific aspects of each of these very important issues; if you are asked to serve on a committee, I hope you will accept. Diversity of experiences and opinions generally results in a well thought out solution. Some of the committees and their tasks include:

Communication – the first item

to be examined is the TDT – an enormous amount of effort goes into producing a monthly newsletter. Is it worth it? We have approximately 5500 members with approximately 3500 email addresses; so at most we can reach 60% of our membership. But the newsletter is opened by on average, 35% of the recipients or 1,220 members which represents 20% of our membership!!! Is a monthly newsletter worth the time & effort that goes into producing it, if at most only 20% of our members open it???? is a quarterly newsletter a better alternative? Join the conversation – Deb McConaghy of Norsk Carolina is heading this committee. There are many other aspects of communication and more committees will be forming.

Membership – our Vice-President Kathy Dollymore is in the process of forming three committees each of which will concentrate on a specific aspect of retaining and attracting new members.

Leadership – I will be working with many members throughout the District to develop leadership tools. I am thinking of videos, train the trainer ses-



sions and more. If you are interested in helping with developing a leadership curriculum let me know!

There are other committees actively at work and you will hear more about them over the next few months. Your Board can not do it alone!

I am pleased to announce that Jim Dunagan, Oslo Lodge has been appointed as Publicity Director! We will be issuing a special Convention issue (both 3D and International) in the next few weeks.

The 3D Board appointed the LOV Board as follows:

Chair – Roy Berntsen

Vice Chair – Billy Karpack

Treasurer – Helen Timoney

Secretary – Barbara Berntsen

Marketing Director – William Taylor

All the best,
Mary

Third District News:

Our Lodge is part of SON's Third District (3D), which is comprised of lodges from all East Coast states. For news about activities and programs throughout 3D check the monthly 3D newsletters here: <http://3dsofn.org/news/district-newsletter/>. On the website, select a newsletter from the list on the right side of the page.

Happy September Birthdays! Gratulerer med dagen!



Christine Benagh
Leif Christoffersen
Alexandra Custer
Colin Doty
Inger Dreng
George Erbeck
Robert Faaland
Ellen Haberlein
Marie Hansen
Bernice Hardy
Sherri Holliday

Beverly Iannone
Virginia Jones
Anne Lise Kloster
Burt Koske
Roslyn Lamborn
Finn Maslin
Sharon Moore
Jorun Oberst
Jackson Painter
Mary Jo Prouty
Jean Quale

Leslie Ross
Jessica Saum
Kristin Stone
Ragnar Thoresen
Evan Timanus
Don Watrud
Karen Lerohl Wilson

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

- ⇒ **To join as a new member** visit our Lodge web site www.norwaydc.org/membership or call 800-945-8851 or email vp@norwaydc.org.
- ⇒ **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** whose parent or grandparent is a SON 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.

Current Dues: Individual \$56.50 (International = \$32 + District \$14.50 + Lodge \$10), Spouse \$49.50, Youth \$23.25, Your children & grandchildren are FREE!



Norwegian Language Classes Every Wednesday

Level 1 - Beginners: 6-7 PM

Level 2 - Intermediate 7-8 PM

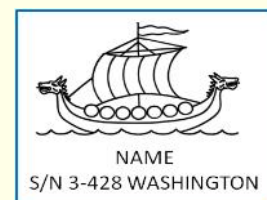
Level 3 - Advanced 8-9 PM

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. Classes meet at Norway House directions

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

Name Badges

Personalized Washington Lodge 3-428 name badges may be ordered from Burt Koske for \$10. The badges are made of hard plastic with a pin on the back. Contact Burt at any Lodge event, or email kobur@cox.net.



2016 Norwegian Festival Update

By Member Denise Bowden

It is hard to believe as our very hot summer comes to an end (as of the writing it is a balmy 97 degrees...hard to think about Norwegian wool sweaters), we are only three months away from our 2016 Festival at Christ Lutheran Church in Fairfax, VA. We have been busy lining up the entertainment and artisans as well as placing most of the merchandise orders. The bulk of the merchandise/food deliveries will arrive in September and October (hint: volunteers needed). When the merchandise arrives, we will need volunteers to come to the Lodge to help price and sort the merchandise.

All of our artisans and entertainers will be returning to the Festival – and we are also in the planning stages of having a “Norwegian” Children’s Choir performing Saturday morning. Stay tuned

for more details in the coming months.

We are revamping open our “Norwegian Café” this year – maintaining our favorite Norwegian items, but streamlining the menu for our festival guests to sit and drink a cup of coffee (“kaffe”) and snack while listening to Nordic music or watching the Nordic dancers perform.

We are always looking for talent and volunteers! Please contact festival@norwaydc.org to volunteer or if you have any questions. Volunteers will receive a 5% discount for one shift (3 hours) and 10% discount (two 3-hr shifts) for purchases made during the Festival.

Festival Dates/ Hours (**New** Hours this Year):

Friday, December 2: 10-6

Saturday, December 3: 9-4



Velkommen til Familiedag
Lørdag 10. september kl. 15 - 18


SJØMANNSKIRKEN
Norwegian Church Abroad

I september markerer vi oppstarten av et nytt semester ved å invitere til familiedag!

En ypperlig mulighet til å treffe andre nordmenn som bor i området og å ønske nyankomne velkommen.

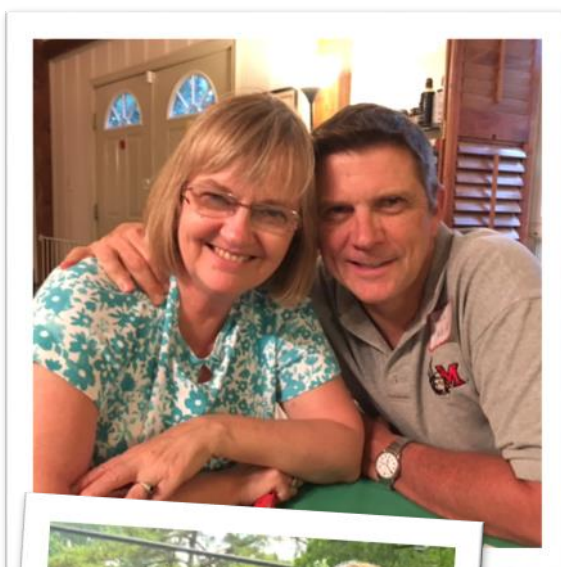
Det blir picnic lek og ballspill.

Parken har både bord og benker, og alle tar med seg sin egen mat.

Nordwood Park,
4700 Nordwood Dr, Chevy Chase, MD 20815

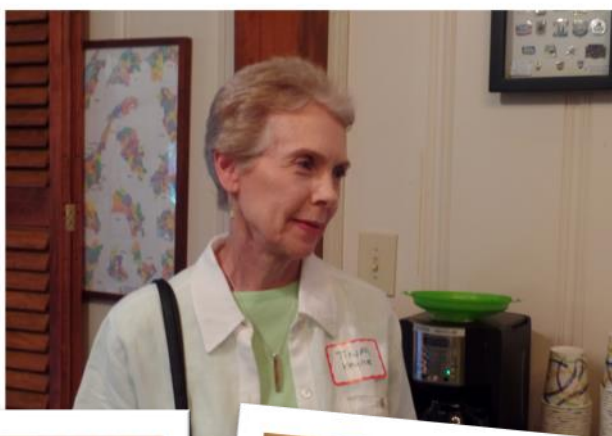
Photos from the July Picnic...

Both summer picnics had to be indoors—what a heat-wave! Many thanks to Greg Ovrebo for a masterful job of grilling for these hot and humid occasions.



... and the August Picnic

See all photos from the picnic on
www.flickr.com/photos/norwaydc/



Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030
www.norwaydc.org/directions

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



From Beltway or I-66: From the Beltway, go West on I-66. Exit I-66 onto Rt. 123 (Chain Bridge Rd.) south toward Fairfax (Exit 60). Go about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). Just after the 3rd traffic light, turn right on Meredith Dr. (between a Merchants Tire store and a Mobil gas station). Norway House is on the right.

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). Norway House is on the right.

From far western suburbs: From I-66 East, take Exit 52, Rt. 50, east, toward city of Fairfax. Go 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. Norway House is on the right.

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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Lodge Leaders and Contacts

Lodge Website:

www.norwaydc.org

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703-278-8724 or president@norwaydc.org

Vice-President: Mark Whited

703-725-5818 or vp@norwaydc.org

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703-503-3061 or secretary@norwaydc.org

Treasurer: Bill DeRoche

304-725-2710 or treasurer@norwaydc.org

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703-815-4945 or financial@norwaydc.org

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703-815-4945 or librarian@norwaydc.org

Newsletter Editor: Marie Hansen

703-815-3467 or editor@norwaydc.org

Webmaster: Vacant

webmaster@norwaydc.org

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

www.norwaydc.org/officers/.

About Capital Viking

Capital Viking is published by Sons of Norway Lodge 3-428, eleven 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.

U.S. Mail:

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

Find Us on Facebook:

<https://www.facebook.com/groups/SonsofNorwayDC>

Newsletter Deadline:

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



95th Anniversary Celebration

Saturday, October 15th 2016

1:00 - 5:00 pm

Hunt Valley Inn
234 Shawan Road • Hunt Valley, Maryland 21031

\$55/person

RSVP by September 24th 2016

Guest Speaker • Live Music
Cocktail Hour • Cash Bar • Lunch & Dessert

Lunch Choice:
Pan Seared Tenderloin of Beef or Balsamic Glazed Salmon

For Reservations Contact:
Shirley Knutsen
205 St. Mark Way, Apt. 320
Westminster, MD 21158
410-871-3047



Room Reservations:
Hunt Valley Inn
410-785-7000
\$119/night

The Norwegian Church Service In Washington, D.C.

The Norwegian Church Service in Washington, D.C.

welcomes you to worship at the Emanuel Lutheran Church, where Services in Norwegian are held on the 2nd Sunday of the month. Sunday School, in Norwegian, is offered for children. The services may include baptism, confirmation, and other functions of the ministry. After services, we sponsor an enjoyable coffee and fellowship hour.

Our work is made possible through the mutually supportive work of the Norwegian Seamen's Church in New York and the Congregation in the metropolitan Washington, D.C. area. PS: Volunteer help with "kirkekafe" (preparation, clean-up and cookie/cake contributions) is much appreciated.

Where:

Emanuel Lutheran Church, 7730 Bradley Blvd (at Seven Locks Rd), Bethesda, MD. Ample parking is available.

When:

The 2nd Sunday of each month (July/August excepted)

For more information, please contact

Lasse Syversen, Church Committee Washington, D.C.:

+1 301 641 7908, lasse@flagship.com

Ellen Marie Skillingstad, Assoc. Pastor NSC New York

+1 917 679 3777, ems@sjomannskirken.no

To be included in our mailing list / change of address, contact

Kari Hotvedt

+1 703-323-6364, karihotvedt@aol.com

2016:		2017:	
September 10	<i>Family Day</i> (See special announcement)	January 8	<i>Church Service / The Epiphany</i>
September 11	<i>Church Service</i>	February 12	<i>Church Service /</i> <i>Parable of the Sower</i>
October 9	<i>Thanksgiving Service</i>	March 12	<i>Church Service/ 2nd Sunday of</i> <i>Lent</i>
November 11-12	<i>Christmas Bazaar</i>	April 9	<i>Palm Sunday</i>
November 13	<i>Church Service</i>	May 14 May	<i>17th Service</i>
December 11	<i>Christmas Service /</i> <i>Christmas Party</i>	May 17	<i>17th of May Celebration in</i> <i>Carderock Park, MD</i>
December 24	<i>Nordic Christmas Celebra-</i> <i>tion at Augustana Lutheran</i> <i>Church, DC</i> (See special announcement)	June 11	<i>Confirmation Sunday,</i> <i>Last service before summer</i>

