



Capital Viking

September Lodge Meeting: Lefse Demonstration, Membership Pins & Pot Luck

Saturday, September 26 at Norway House

Lefse Demo 1-3 p.m.,

Followed by Monthly Meeting & Pot Luck

3846 Meredith Dr., Fairfax, VA

www.norwaydc.org/directions



*David at the 2014 Holiday
Festival and Bazaar*

David Hofstad will demonstrate his famous lefse recipe from 1-3 p.m. This will be a VERY hands-on lesson. You will make and roll the dough, and grill the lefse. David tweaked his mother's traditional recipe to develop one that's delicious, easy, and relatively quick to make.

After the demo you'll have a chance to share a favorite Norwegian recipe and related stories. Please bring a printed version of the recipe and, if you'd like, samples to share. Recipes will be published in the next newsletter.

RSVP's are required ONLY for the demonstration part of the meeting to ensure we have enough dough and cooking equipment.

Email programs@norwaydc.org by Thursday, Sept 24 if you are coming to the demo. Reminders will be emailed.

After the demo and recipe sharing, there will be a business meeting including the award of membership pins (see p. 21 for a list of recipients) and reports on improvements to Norway House, upcoming events, and plans for the Holiday Festival. A pot luck supper follows — expect to eat around 4:45 or 5 p.m. If you can come only for the lefse demo or only the pins and pot luck, that's perfectly OK. Fridge space and re-heating is available for pot luck dishes.

[Link to Calendar & Events](#)2

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Lodge Calendar



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

September Lodge Meeting

Saturday, September 26
Lefse Demonstration 1-3 p.m.
Meeting and Pot Luck follows the Demo
RSVPs required for Demo only
See page 1.

Genealogy Interest Group

Sunday, Sept. 20, 2 PM
See page 3.

Reading Circle

Tuesday, October 20, 7:30 p.m.
www.norwaydc.org/reading
See page 8.

Nordic Feast / Lutefisk Dinner

Saturday, Oct. 24, 5-7 p.m.
Christ Lutheran Church,
Fairfax, VA

October Lodge Meeting

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

Norw. Language & Conversation Groups

Every Wednesday
Beginner 6 p.m.
Intermediate 7 p.m.
Advanced 8 p.m. www.norwaydc.org/language
See page 18.

What is the image above? Email answers to editor@norwaydc.org. Names of those with correct answers will appear next month.

Other Area Events

Norwegian Church Service

September 13th, 3 p.m.
Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD. Norwegian language service. All are welcome. "Kirkekafe" after the service. Contact Lasse Syversen at 301-641-7908 or email lasse@flagship.com

Nordic Dancers of Washington, DC

Wed., Sept. 9, 7:30 p.m.
Highland View Elementary School, Silver Spring, MD
Meets every Wednesday except Thanksgiving and Christmas weeks. Learn Scandinavian dances. No experience needed. Contact Chris Kalke at 301-864-1596 or ckalke@verizon.net, or visit <https://sites.google.com/site/nordicdancersdc/>.

Mid-Atlantic Norwegian Dancers

Sat., Sept 12, Potluck at 6:30, dancing at 8 p.m.
6807 Westmoreland Ave, Takoma Park, MD
Norwegian-style house party with live 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>

Scandia DC

Sat., Sept. 19, Teaching, 7-8 open dancing 8-10 p.m.
Greenbelt Community Center, 15 Crescent Dr., Greenbelt, MD (dance studio on lower level). Live music.
www.scandiadc.info/ or contact Linda Brooks & Ross Schipper at linda@scandiadc.org or 202-333-2826.

Am. Scan. Assoc. Monthly Meeting

Mon., Sept. 21, 8 p.m.
St. John's Church, Wisconsin Ave. & Bradley Blvd.
"After the Financial Crisis: Some Reflections on the US-Icelandic Relationship" by Icelandic Ambassador Geir Haarde. www.scandinavian-dc.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/>

Leif Ove Andsnes Concert

Sat., Nov. 14, 2015, 7:00 p.m.
Kennedy Center Terrace Theater
See p. 4 for discount ticket info.

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Events Elsewhere

Scandinavian Fest (ScanFest)

Sunday, September 6, 10 AM-6 PM

Vasa Park at Budd Lake, NJ

Huge, comprehensive celebration featuring the cultures of Denmark, Estonia, Finland, Iceland, Norway, and Sweden, Rosemaling by member Tina Keune.

Rain or Shine. www.scanfest.org/.



Land of Viking's Grand Re-Opening

September 25-27

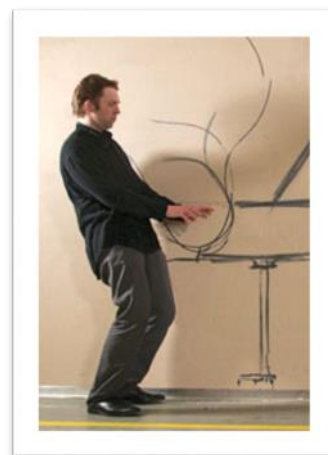
461 Big Valley Rd., Susquehanna, PA

Ribbon Cutting Friday, Sept. 25. Grand Ball on Saturday, Sept. 26. See flyer on page 24. For info on LOV see <http://landofthevikings.org/information.html>

Discounts for Norwegian Pianist Leif Ove Andsnes — Ten People Needed

Leif Ove Andsnes will perform at the Kennedy Center Terrace Theater on November 14 at 7 p.m. The *New York Times* hails him as “a pianist of magisterial elegance, power, and insight.”

The Lodge can get discounted group tickets with a minimum of 10 people. Our discount price is \$64 with no handling fee. The regular price is \$80 including a handling fee. We need a minimum of 10 people to **MAKE A COMMITMENT NOW** to take advantage of this price. Non-members may participate. The Lodge will handle the ticket purchase as soon as we receive the cost of the tickets from 10 people. Please email editor@NorwayDC.org if you are interested or have questions. Refunds are not available.



The concert is expected to sell out quickly. Andsnes is a world-renowned talent. He just finished a series of Beethoven concerts in London to great acclaim. See several British reviews here: www.andsnes.com/news/post/utterly-absorbing-performances. For information on his program at the Kennedy Center see www.washingtonperformingarts.org/subscribe/calendar/view.aspx?id=2862.

Genealogy Interest Group (GIG) Meeting Sept. 20

The September meeting will be held at Norway House at 2:00PM on Sunday, September 20. I will send a reminder email before the meeting.



Seven Lodge members attended the August GIG meeting: Pat Huber, Shelley Mitchell, Jeff Jorgenson, Marvin Reed, Joel Myklebust, Don Hagen, and Burt Koske. There was a good discussion about using DNA to determine your ancestry. Pat and Marvin have already started with their DNA. We will continue to focus on helping each other. I am sure you all have other ideas worth discussing. All members interested in genealogy are welcome.

I look forward to seeing you all at the meeting.

Burt Koske, president@norwaydc.org

Virtual Pilgrimage Progress Report, Leg E

Hundorp to Otta

By Christine Foster Meloni

I am continuing my Sons of Norway virtual pilgrimage from Oslo to Nidaros along St. Olav's Way. You read about my journey from Lillehammer to Hundorp (Leg D) in my last progress report. Now I will share with you some of the highlights of my 36 mile (58 km.) trek along Leg E, from Hundorp to Otta.

After spending the night at the Dale-Gudbrands Pilgrim Center in Hundorp, I set out bright and early the next morning. I had a few more stops to make in Hundorp before heading for Harpefoss.

Syggard Grytting

I definitely wanted to stay at Syggard Grytting. A former farm estate, it has been owned by the Grytting family for sixteen generations. The family added a hotel attic for pilgrims in 1300. You can *still* stay in this medieval hotel. I thought it would be very special to spend the night where pilgrims had been staying for so many centuries.

If you bring your own sleeping bag, you can use one of the 20 beds in the attic. You also have access to a shower and a bathroom. Two meals are available, breakfast and dinner. For dinner you can opt for the pilgrim soup or for a three-course dinner. Since I was very hungry, I chose the three-course dinner!

Per Gynt Farm

My visit to the Per Gynt Farm will definitely be one of the highlights of my pilgrimage. It was the home of Peder Olsen Hågå, the man reputed to have been the inspiration for Ibsen's play "Peer Gynt" and Grieg's "Peer Gynt, Op. 23." This farm is the proud recipient of the St. Olav's Rose, an honor awarded to places with particularly distin-



Peer Gynt Festival in Vinstra, Courtesy VisitNorway

guished Norwegian heritage.

One eats very well here. The dishes are typical of the Valley. All of the ingredients used are local and "ecologically cultivated." The meat comes from the farm and the fish from the local lakes. The chefs are among the best in the country.

I highly recommend that you view the video at www.pergynt.no/?page_id=55. It takes you on a tour of this marvelous estate, one of the oldest in the Gudbrandsdalen Valley.

Harpefoss

Harpefoss, named after a waterfall in the Lågen River, is a small village with a population of approximately 450 people. It was built in the late 1800s when the Dovrefjell Railway Line, which went from Oslo to Trondheim, was under construction.

Take a ride on this line, called The Trail of Trolls, by watching a two-minute YouTube video at <https://www.youtube.com/watch?v=IQUaFa77XiE>.

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Vinstra

Vinstra is a small town in Gudbrandsdal. (It is also the name of a river.) Ibsen made it famous with his great play, "Peer Gynt." Every year the Peer Gynt Festival takes place here. It is one of Norway's most important cultural events.

I decided to spend the night at the Sødorp Gjest-givergård. This guesthouse offers overnight accommodations as well as breakfast and a packed lunch. Group meeting rooms and event space are also available.

Gudbrandsdalen Krigsminnesamling (War Memorial)

The Gudbrandsdal War Memorial documents the entire history of war in Gudbrandsdalen, beginning with the "Scottish Raid" of 1612. In particular, I learned a lot about World War II during my visit. The Germans invaded Norway on April 9, 1940. A fierce battle was fought between the Germans and British troops at Kvam on April 25 and 26. It was one of the deadliest battles in southern Norway. Seventy buildings in Kvam were burned to the ground including the church.

Gudbrandsdalen Valley

'Gudbrandsdalen' means the valley (*dalen*) of the God sword (*Gudbrand*). It covers approximately

230 kilometers, going from Lillehammer in the south to Romsdal in the north. It contains many important historical sites and remarkable landscapes and boasts three national parks: the Jotunheimen, Rondane, and Dovrefjell.

For an exciting vicarious thrill, I encourage you to experience hang gliding over this scenic valley in a six-minute YouTube video at <https://www.youtube.com/watch?v=AQuiXsm2RtY>

Kvam

Kvam is the half way mark between Oslo and Trondheim. I consider this quite a milestone. I am finding this pilgrimage truly enjoyable, and I am learning a lot about this wonderful land of Norway.



Gudbrandsdal War Memorial in Kvam, Courtesy Gudbrandsdalsmusea

Kvam is a village with a population of approximately 800 people. It has the advantage of good connections with the rest of Norway. Both the Dovrefjell Railway and the Gudbrandsdalslågen River run through it.

The people of this village are famous for their humor. In neighboring Fåvang, for example, jokes are called *Kvamværsvitser* ("Kvam Weathered Jokes").

The church in Kvam was originally built in 1775. As mentioned above, it was unfortunately destroyed by the Germans in 1940. A new church was finally consecrated in 1952.

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Rafting on the Sjoa River

The Sjoa River flows out of Lake Gjende, which is a large lake in the Jotunheimen National Park, and it joins the Gudbrandsdalslågen River. This location is one of the very best for whitewater rafting in Norway.

I opted not to go rafting! I like watching it on television but I have no desire to experience it firsthand. I did enjoy another popular activity in this area, however — exploring caves. This was more my speed!

I should also mention a popular event that takes place here every July. It is the Sjoa

River Festival, where professional kayakers come from all over the world to participate.

If you would like to have a taste of this incredible kayaking experience, you should watch a four-minute video at www.youtube.com/watch?v=PgHPgHgVCrs. It is amazing!

Varphaugen Farm (Overnight Location)

Varphaugen was a popular stopping place for the pilgrims on St. Olav's Way. They would leave stones here, each one representing a sin that they wanted to leave behind. The Varphaugen farm was built in 1744 over the area where the pilgrims used to leave their stones.

I decided to spend the night here. I had a refreshing swim before having a nice dinner. I then sat

outside for several hours and enjoyed the beautiful view of the mountains. After a good night's sleep, I set out the next morning for Otta.

Battle of Kringen

This battle is one that all Norwegian Americans should be familiar with. See the next page for a historical account provided by the Sons of Norway.



Whitewater Rafting on the Sjoa River, Courtesy VisitNorway

The coat of arms of the municipality of Sel shows a profile of Pillar-Guri blowing her horn to warn the local Norwegian villagers.

Kvitskriupresten

Milorg, an organization of WWII Norwegian resistance fighters in the north of Gudbrandsdalen, had their

base in the forest bordering the Rondane National Park near Otta. Their primary hideout was a cabin called Reiret (The Nest). It was very small and extremely well camouflaged. Today it is a memorial that honors the memory of these fighters. It is open to the public so I was able to visit it. I felt very moved when I thought about these brave Norwegians who risked their lives against very tough odds.

You can view a stirring eight-minute Resistance video that focuses primarily on the efforts of courageous Norwegians to sabotage the plant where the Germans were trying to produce heavy water to use to create the atom bomb. Go to www.youtube.com/watch?v=c3jSWSa6aBM.

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Otta

Otta is a popular tourist attraction located in a very beautiful setting. I learned two surprising facts about Otta. First of all, it was only granted city status in the year 2000. And it is one of few

cities in Norway that does not have a church!

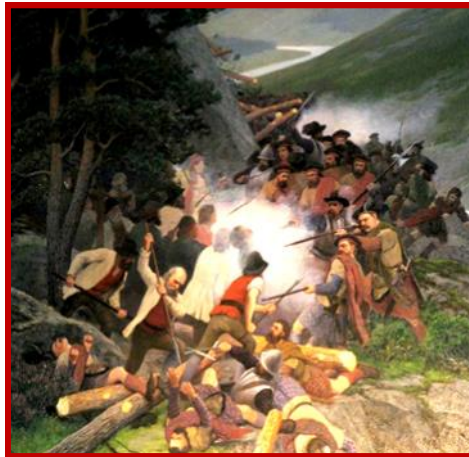
Conclusion

I have now completed Legs A-E of my virtual pilgrimage. I reached the halfway point near the beginning of this last leg so I am moving right along. To date, I have covered 207 miles. Only 180 more miles to go!

The Battle of Kringen

The Battle of Kringen can be compared to Paul Revere's daring and patriotic act of warning the Americans that the British were coming. In Norway, a young girl named Pillar-Guri was the heroine who warned the Norwegians that the Scottish were coming.

Just over 400 years ago a battle took place in Kringen, in a valley next to the Gudbrandsdalslågen River, just south of Otta. To make a long and complicated story short, Denmark ruled Norway and Sweden had its own King Karl IX. Denmark declared war (the Kalmar War) on Sweden after King Karl IX began taking advantage of Norway's trade routes and imposing tariffs. When King Karl IX died, his son King Gustavus Adolphus called on Scotland for help in defeating the Danes. Nearly 350 Scots hopped on a ship and sailed to the closest shore, Norway. They made their way through the country until the complicated inland waterways became too hard to navigate.



Detail of "Kringen" by Georg Strømdal, 1897, Wikimedia Commons

A Norwegian fisherman agreed to help them traverse the Romsdalsfjord and surrounding mountains but, before they began, he warned a local servant girl "that mercenary soldiers bound for Sweden were about to march

through Romsdal." The fisherman cunningly led them along the longest route possible so that Pillar-Guri was able to warn the villages ahead by blowing a loud horn atop the nearby mountain. A local sheriff in Gudbrandsdalen, Lars Hågå, took it upon himself to gather able-bodied men, mostly farmers, and prepare for battle. As the Scots moved through the valley below, the local villagers attacked from above. The date was August 26, 1612. The group of farmers and peasants

rolled logs and boulders down the mountain and stunned the Scots with their surprise attack. This was Norway's first real act of resistance.

Source: www.sofn.com/member_resources/cultural_programming/sports_medal_program/leg_e_36_miles58_km/

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.



Toby Christopher McCaslin - 4th Generation in Lodge



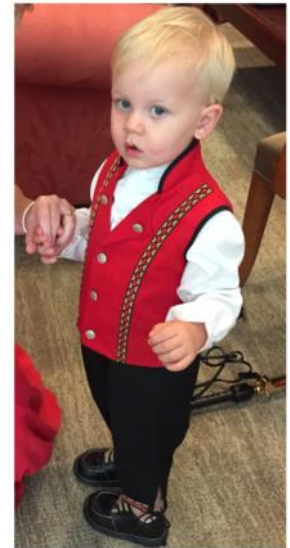
Toby Christopher McCaslin

Congratulations to Youth Director Annemarie McCaslin and her husband Christopher on the birth of their third child. Toby Christopher McCaslin was born at home on August 7, 2015. He weighed 8 lbs. and 4 oz. Big brothers Sean and Evan are very excited about his arrival!

With his brothers, Toby represents his family's fourth generation in the Lodge. Toby, Sean, and Evan are the grandsons of members Bill and Pat DeRoche, and great-grandsons of members Charles and Marge DeRoche (deceased). If the fourth generation is as active and supportive as the previous three, the future of the Lodge is secure.

And Eivind Amund Berg

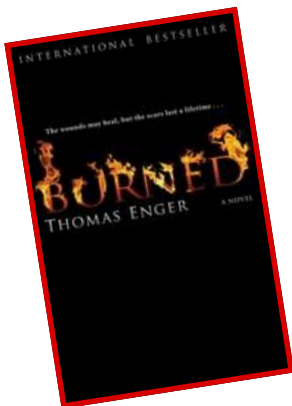
We thought you'd enjoy this photo of Eivind Amund Berg, two-year-old son of Libby and Bjorn Berg. Eivind is sporting his authentic Norwegian bunad for a recent family wedding at Boe Chapel at St. Olaf College. Libby and Bjorn were members of our Lodge but recently moved to Rochester, MN.



Children's Activities at Meetings

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

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.

In *Burned*, Enger's debut novel, we meet Henning Juul, a news reporter. He has just returned to work after a two-year leave of absence to recover from a traumatic event. He was badly burned and his son died when his apartment caught fire (he strongly suspects arson). Still suffering from physical and psychological scars, Juul's first assignment is to cover a shocking homicide.

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

Holiday Festival Plans Underway

By Festival Co-Chair Denise Bowden

Our 2015 Norwegian Festival is scheduled again at Christ Lutheran Church in Fairfax, VA, across from Norway House on Meredith Drive. It will be held on Friday, December 4th, and Saturday, December 5th.

Nordic food items have been ordered from our Norwegian importers, including the much requested Nokkelost (the nokkelost sold out in 1 hour and 15 minutes last year), Geitost, Norvegia, Ridderost (new this year) and other assorted cheeses, fiskeboller, a variety of herring and a wide assortment of Norwegian jams (additional quantities of Wild Lingonberry have been ordered as it is our most popular and always sells out quickly). An extensive selection of Norwegian Freia and Nidar chocolate candy will be available, including Kong Hakon and Freia Dessert Assorted Chocolate gift boxes.

For the Festival this year, we are bringing back Nordic artists who participated in the 2014 Festival. Erika Tucker (schedule permitting from her post-doctoral studies) will be showcasing her original Nordic-influenced jewelry, primarily featuring pewter.

Wool artisan Karen Richardson returns with her one-of-a-kind woolen nisses. She almost sold out

last year, so please come early to make a selection from her new designs. See her web site www.woolshoparts.com.

Bernice Duvall is also returning to the Festival, featuring “felted woolies” ornaments, Viking ships, nisses and other wool Scandinavian designs. Bernice is the cousin of member and award winning rosemaling artist, Tina Keune.

Tina Keune will be back again with her limited edition pieces and her collectible ornaments. Participants in the Rosemaling Workshop led by Tina earlier this year will likely have a much deeper appreciation for the artistry and talent she brings to the Festival.

We will again be featuring demonstrations of Norwegian cultural activities: knitting by Lynn Rundhaugen, weaving by Linda Hurt, and Hardanger embroidery by Lucy Lyons Willis.

These talented ladies will be available to answer questions about their artistry during the Festival. Many patrons who attended last year were inspired to delve more deeply into Hardanger, knitting and weaving after observing and speaking with these fine artisans.

The Festival starts off with the sound of the Nor-

(Continued next page 10)



From top: woolen nisse by Karen Richardson, woolen ornament by Bernice Duvall, and rosemaled ornament by Tina Keune.



(Continued from page 9)

wegian accordion by musician Jo Storaker on both Friday and Saturday mornings. Andrea Hoag will perform Scandinavian songs on her violin Friday afternoon. And on Saturday we will have a performance by the Nordic Dancers followed by Paul Carlson on his Scandinavian fiddle.

Rannveig Fredheim will be in the main room by the Café with a display of beautiful and delicious kransekake. Rannveig always sells out early, so plan to stop by her table early to make your selection.

We are happy that Judy Kee and Janice Brown (with help from their families) are returning again with Norwegian waffles and krumkaker. The fragrance of these goodies, made on-the-spot, puts everyone in a holiday mood.

There are lefse demonstrations by Kristin Stone on Friday morning and David Hofstad and Lynn Rundhaugen/Erik Larson on Saturday. We still need another volunteer to demonstrate lefse baking Friday afternoon. If you have a few hours and are willing to prepare lefse, please contact us at festival@norwaydc.org so we can include you in the schedule of events.

This year, we are expanding our authentic Norwegian baked goods and increasing the quantities of the “favorites” for sale as we sold out early both days last year.

We’ve updated the “Norwegian Café” menu and have made improvements to the layout/process for customers to enjoy a snack and the cultural entertainment. The tentative menu includes Nor-



Kransekake and cookies by Rannveig Fredheim

wegian pølse, meatballs, Norwegian pea soup, homemade biscuits (made by member Betty Reed), assorted beverages (Solo, lingonberry, coffee, soft drinks)

We have ordered a wonderful selection of books about Norway, WWII history, cookbooks and a large selection of children’s books. The Norway Scenic calendars and rosemaled calendars have arrived and are ready for early sales at future meetings as well as the Festival.

If you have a special talent (musical, cooking or artistic) and would like to contribute to the success of the Festival, we are always looking for additional ideas and volunteers. Please contact festival@norwaydc.org to volunteer. As an added incentive to make our Festival a success (which cannot happen without our volunteers), volunteers will receive a 5% discount for one shift (3 hours) and 10% discount (2 3-hr shifts) for purchases made during the Festival.

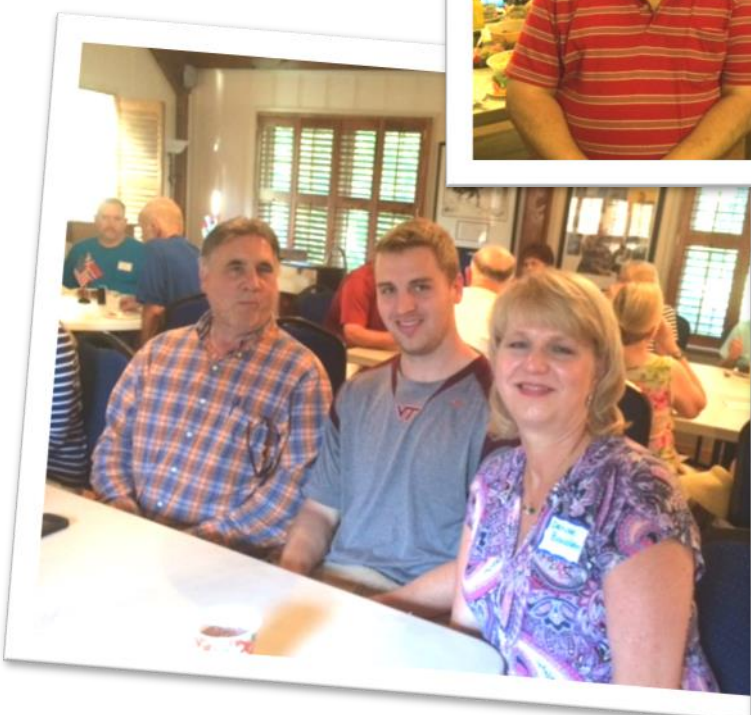
We will again accept cash, checks and credit cards.

More Festival plans are in the works. Please check the Lodge web site for updates and details, such as the schedule for performers and demonstrations. See www.norwaydc.org/events/bazaar.

Photos from the August Picnic at Norway House



More August Picnic Photos



Professor Andersen's Night

By Dag Solstad

Review by Christine Foster Meloni

This review first appeared in the Norwegian-American Weekly.

It was Christmas Eve. Professor Andersen was alone in his apartment. He was standing at his window, looking for activity in the lighted apartments across the street. He suddenly saw a beautiful woman appear at one of the windows. Then, to his horror, he saw a man come up behind her, put his hands around her neck and squeeze. She flailed and jerked and went limp.

Andersen has witnessed a murder. An Agatha Christie novel, 4.50 from Paddington, comes to mind. Will Solstad also write a linear story, beginning with the furtive murder and ending with an unexpected but satisfying solution? Of course not. Instead we enter Professor Andersen's mind and listen as he grapples with a moral dilemma. His first impulse is to call the police and report what he has seen. He goes to the phone, lifts the receiver, hesitates, and then returns it to its cradle. Throughout the novel he vacillates and cannot decide the right thing to do.

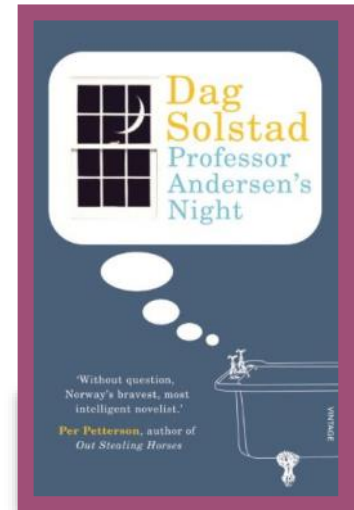
Another theme runs parallel to the murder dilemma throughout the book. Professor Andersen is a professor of literature. He felt literature had great value when he chose it as his career. However, he has begun to doubt its value. He had done research on Ibsen, and he believes that his responsibility as a literature professor is to make use "of all his imaginative and intellectual skills to depict Henrik Ibsen's dramas from the 1880s and 1890s, so that their greatness

[will] stand forth in a shining light." But he now begins to doubt whether this greatness ever really existed.

Andersen focuses his attention on "Hedda Gabler," a play considered one of Ibsen's best. He asks himself, "Is this really all that good, when all is said and done? That a general's daughter who marries in a state of panic, and who gets bored, caused a damned lot of trouble for others, and then finally shoots herself? Is that something to apply oneself to, with all one's mental faculties and emotional intensity, for centuries?"

Professor Andersen struggles to resolve these two dilemmas, one in which his very *raison d'être* is under intense scrutiny and the other in which he is an outsider but perhaps - or perhaps not - morally obligated to intervene. In this thought-provoking novel, Solstad raises important questions about the current significance of literature from the past and about the moral judgments we make concerning other people.

A review of Solstad's *Shyness and Dignity* appeared in the February 2015 *Capital Viking*.



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 you may email him at president@norwaydc.org.

News for the Norwegian American Weekly

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

Tug-of-War: Norway Wins Gold in Fairfax, VA

A friend of the editor's was at the Fairfax County Government Center last July and happened upon the 2015 World Police and Fire Games tug-of-war competition. She snapped these photos after noticing the horned helmets.



"The Norwegians were a hoot," she said. "They whooped it up at every opportunity."

The team represented the Fire Department from Asker and Baerum, just northwest of Oslo, and went on to win gold in all three weight divisions of tug-of-war.

This year the World Police and Fire Games drew teams from over 71 countries. The teams competed in 60 sports and lifesaving-related activities, including ice hockey, wrestling, fishing, pistol and rifle marksmanship, and firefighter events such as hose handling and stair climbing races. Check out the official web site at www.fairfax2015.com.

Happy September Birthdays! Gratulerer med dagen!



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

Beverly Iannone
Virginia Jones
Anne Kloster
Burton Koske
Roslyn Lamborn
Bryn Maxson
Sharon Moore
Jorun Oberst
Mary Jo Prouty

Jean Quale
Diana Rodum
Leslie Ross
Kristin Stone
Ragnar Thoresen
Ernst Tonstad
Don Watrud
Karen Lerohl Wilson

Nominations Open for Local Charities

In early 2016, members will 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 is soliciting your recommendations for the 2016 recipients. To recommend an organization please call Ardis at (703) 281-3463.

Past recipients have included:

- ♦ Children's Hospital (www.childrensnational.org),
- ♦ the Lamb Center in Fairfax, VA (www.thelambcenter.org),
- ♦ We Are Family in DC (www.wearefamilydc.org),
- ♦ Bethesda Help (www.bethesdaahelp.org),
- ♦ Manna Food (www.mannafood.org),
- ♦ Fisher House (www.fisherhouse.org),
- ♦ Christ Lutheran Church Hypothermia Outreach (www.fairfaxchristlutheran.org/?page_id=30),
- ♦ Ski for Light (<http://www.sfl.org/aboutsfl.html>),
- ♦ the Longship Company (www.longshipco.org) and
- ♦ N Street Village (www.nstreetvillage.org).



Save Stamps and Postcards for TUBFRIM



Support 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. 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 on IcelandAir—one chance for each pound of stamps. Tubfrim also accepts whole postcards. www.norwaydc.org/tubfrim

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.



President's Message

Dear Members,

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

The 2016 Nominating Committee was formed to find people to fill all of the positions including President, Treasurer, Secretary, Trustee, Programs Director, Publicity Director, Hospitality Director (plus committee members), Librarian and other Directors, and Committee Chairs. Additionally, we need members for all the committees for next year. Many hands make for easy work.

Bill DeRoche, Doris Goodlett, and Ardis Morton volunteered to serve on the Nominating Committee. Please contact them 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.

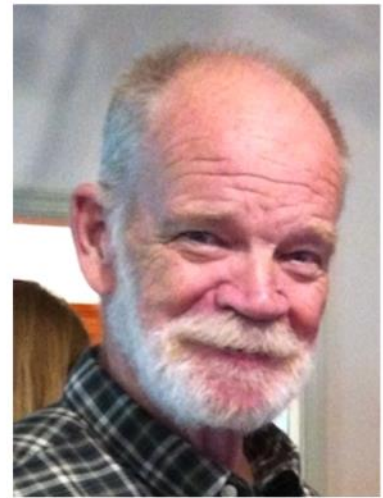
The slate of nominees will be presented to the membership at the October meeting. Elections will be in November with installation in January 2016.

If you can help or have any questions, please send an email to President@NorwayDC.org and I will forward it to the Nominating Committee.

Fraternally,

Burt Koske

President, Washington Lodge 3-428



The Blazing World Discussion at August Reading Circle

The Blazing World by Siri Husvedt may not have been everyone's favorite read, but the discussion was inspired. A bonus was that Reading Circle member Tim Christenson was an acquaintance of the author's when they both attended St. Olaf College in MN. Pictured at left are Lynn Juhl, Christine Meloni, Tim Christenson, and Barbara and Joel Mycklebust. Linda Sponsler and Marie Hansen also attended.

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

I hope everyone had a chance to sit back, relax and enjoy the summer! Please remember to send photos of your summer picnics and other summer lodge activities to Ron Martinsen, our Publicity Director.

The activity and excitement level always seems to pick up around the District at this time. The Third District will have a table at the 2015 Scandinavian Festival at Budd Lake, NJ this year (September 6th, 10 am to 6pm). Scanfest draws thousands of visitors! This a great venue for us to let the Scandinavian community know we exist. As we have heard many times, Sons of Norway is one of the best kept secrets! Zone 1 Director Karen Olsen-Helmold and Zone 3 Director Paul Kornbrekke have taken the lead with this activity. I will be helping with the set up and staffing our table. If you are in the area on Labor Day weekend, stop by and say hello! If you have the time and want to help staff the table, just let Karen know. We welcome your help.

I will be joining Norumbega in September to celebrate their 45th Anniversary, WTG Norumbega! Our International Director, Marci Larson will also join in the celebration. I will also be visiting Hartford Lodge in October for their Leif Erikson Day festivities! Like I said, things are picking up around the District!

Board members have been busy over the summer with the affairs of the District. Committees have been established to take a look at LOV, the Charitable Trust, the 3D website and the 2016

Convention.

Work is progressing on a new lodge in the Atlanta area too! The Financial Advisory Committee has been busy with

beginning work on Convention budgets, 3D LTD (LOV) projections and of course the 3D financials. The membership committee is also taking a hard look at our lodges and assessing the lodge leadership situation. You will be hearing more about all this soon!

Speaking of the 2016 Convention, this year we will have a District Nominating Committee. The Committee members are Marci Larson (Gateway to Florida), Barbara Bensen (Noreg), Charlie Abrahamson (Maine Nordmenn) and Judi Mack (Norumbega) as alternate. We will be working out the details of the Nominating Committee at the Fall Board meeting and will keep you posted.

Land of the Vikings opened and youth camp was held! I was happy to be part of a work weekend; the LOV Board has accomplished a lot! You can read more about it in Roy's report.

Well that's about it for now, much more to come!

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. Land of the Vikings 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>. A Grand Re-Opening is planned for September 25-27. See flyer on page 24.

Norwegian Language Classes

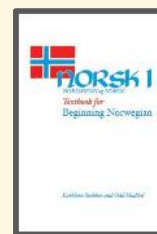
Level 1 - Beginners: 6-7 PM

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.



New Discounts from International Sons of Norway

International Sons of Norway has recently made some major improvements to its member discount program. Thanks to a new partnership, all Sons of Norway members now have access to PerkSpot, which offers savings from hundreds of local and national retailers. The broad range of discounts includes:

- ◆ Travel — domestic and international airfares, rental cars, hotels, and travel insurance
- ◆ Fitness — health clubs, sporting goods and fitness equipment
- ◆ Home Improvement and Décor — garden & patio items, bed & bath products
- ◆ Electronics — cell phones, computer, entertainment components

And much more...To see all offers, visit https://www.sofn.com/member_resources/member_discounts/ and create an account. New offerings are added each month.

Fennel Salad with Dill and Coriander

Salad Ingredients:

2 fennel bulbs
3 spring onions
10 dried coriander seeds
1 cup freshly pressed orange juice
3-4 tablespoons white wine (optional)

Vinaigrette Ingredients:

1/4 cup olive oil
1/4 cup finely chopped dill
Juice of 1 lemon



Rinse and dry the fennel bulbs. Slice the fennel bulbs into 1½ inch slices. Heat the oil in a large fry pan over moderate heat. Add the fennel, spring onion, and coriander and sauté for 3-4 minutes. Add the wine and orange juice and cover with a lid. Let simmer until soft.

Whisk together the dressing ingredients. When the fennel is soft season with salt and pepper and stir in the vinaigrette dressing. Serve at room temperature or chilled.

Adapted from New Scandinavian Kitchen, Courtesy SofN Newsletter Service

a little in English...

10th World Championship Gold for Dahle Flesjå: Raw Emotions



The Bike Queen has triumphed over one of the toughest tracks she has ridden. Gunn-Rita Dahle Flesjå won her 10th gold medal in mountain biking on Saturday. She won the marathon race in Italy's Val Gardena Saturday.

"It is a bit in-

describable. It's very good to succeed. We have worked hard for this. To get to the top in one of the toughest World Cup slopes I've ridden brings on completely raw emotions," says Dahle Flesjå said.

The 60 kilometer-long trail is packed with climbs and is very demanding. It fit well for a strong climber like Dahle Flesjå. She crossed the finish line in 3 hours, 34 minutes and 13 seconds. "I recognized early on that it felt really good. I managed to keep my rhythm up on the last mountain and found an opening at the top, which I managed to extend down the mountain, explains the bike queen.

Danish Annika Langvad took silver, while the bronze medal went to German Sabine Spitz. Flesjå did superbly, crossing the finish line over three minutes ahead of Langvad, the defending

champion. The gap to Spitz was a distance of almost ten minutes.

National Team Coach: "An incredible achievement"

"She is in a class by herself, the biggest legend in mountain biking," national team coach Eddy Knudsen Storsæter told Aftenposten via telephone from Italy. "It was one long parade route. An outstanding run," summarizes Storsæter. Dahle Flesjå blasted the field already on the first long hill.

At the top, she was ahead by a minute. On the grueling course, she increased her lead beyond that. Overall there were over 3,000 meters (3,280 yards) of climbing in the 37-mile-long course. "It was about running my own race. There is a delicate balance of how much you can push yourself on this kind of course. I have a lot of experience and know my own body and how much it can withstand. 42 year-old Dahle Flesjå is a legend in the mountain biking community. In 2004 she won Olympic gold in Athens.

The Rogaland native has won World Championship gold in the marathon category five times previously. The last time was in 2005.

litt på norsk...

VM-gull nummer ti til Dahle Flesjå: En helt rå følelse

Sykkeldronningen triumferte i en av de hardeste løypene hun har syklet. Gunn-Rita Dahle Flesjå tok lørdag sitt 10. VM-gull i terrengsykling. Hun vant maratongrenen i italienske Val Gardena lørdag.

– Det er litt ubeskrivelig. Det er veldig godt å lykkes. Vi har jobbet hardt for dette. Å gå til topps i en av de tøffeste VM-løypene jeg har

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kjørt er en helt rå følelse, sier Dahle Flesjå til NTB.

Den 60 kilometer lange løypen er spekket med høydemeter og er svært krevende. Den passet dermed godt for klatresterke Dahle Flesjå. Hun krysset målstreken etter 3 timer, 34 minutter og 13 sekunder.

– Jeg kjente tidlig at det kjentes veldig godt ut. Jeg klarte å holde min egen rytme opp det siste fjellet og fikk en luke på toppen, som jeg klarte å øke ned fra fjellet, forklarer sykkeldronningen.

Danske Annika Langvad tok sølv, mens bronsemedaljen tilfalt tyske Sabine Spitz. Flesjå var suveren og kom i mål over tre minutter foran Langvad, som var regjerende mester. Ned til Spitz var avstanden på nesten ti minutter.

Landslagssjef: – En utrolig prestasjon

– Hun er i særklasse den største legenden innenfor terrengsykling, konstaterer landslagssjef Eddy

Knudsen Storsæter til Aftenposten via telefon fra Italia.

– Det var en eneste lang parademarsj. Et klasseløp, oppsummer Storsæter.

Dahle Flesjå sprengte feltet allerede i den første lange bakken. På toppen av den hadde hun ett minuts forsprang. I den knallharde løypen økte hun forspranget utover. Totalt var det over 3000 høydemeter i den seks mil lange løypen.

– Det handlet om å kjøre mitt eget løp. Det er en hårfin balanse hvor mye man kan presse seg i en slik løype. Jeg har mye erfaring og kjenner min egen kropp og hvor mye den tåler veldig godt.

42 år gamle Dahle Flesjå er en legende i terrengsykkelmiljøet. I 2004 vant hun OLgull i Athen.

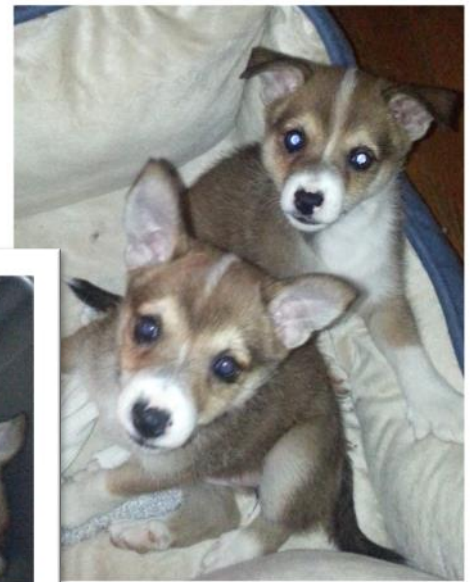
Rogalendingen har vunnet VM-gull i maraton hele fem ganger tidligere. Sist i 2005.

Article Courtesy SofN Newsletter Service

Photo Courtesy Sapin88, Wikimedia Commons

Norwegian Lundehund Pups Astrid and Halli

The July/August issue of *Capital Viking* had photos of three Lundehund pups taken shortly after they were born. We are sorry to report that only two pups survived, but Astrid and Halli, now about 2 months old, are going strong! They belong to members Karon and Michael Plasha, who plan to take them to the Holiday Festival this year if conditions permit. Lundehund mom Dottie might accompany them, along with good Lundehund friend Penny. For information on these amazing and rare Norwegian dogs see www.lundehund.com/.





Membership Pin Recipients

By Doris Goodlett



At the September 26th Lodge Business Meeting, following the Lefse Demonstration, Membership Pins will be awarded to members who earned them during the years of 2011 to 2014. We will start to award pins around 4 p.m. We have 186 members who are due their pins for 5, 10, 15, 20....up to 60 years of membership. The list of recipients is below, and we hope that all will want to come and claim their pins. Congratulations for your years of loyal membership, and thank you for your valuable participation in Sons of Norway Washington Lodge 3-428. The year next to the name below indicates the year the member became eligible for the pin. Pins earned in 2015 will be awarded in 2016.

Anyone who thinks he/she is due a pin but has been inadvertently left off of this list, please contact vp@norwaydc.org.

Looking forward to seeing you all on September 26.

5-Year Pins

Carla Baer (2014)
Paul Beddoe (2011)
Denise Bowden (2012)
Elizabeth Bruening (2011)
Tim Christenson (2014)
Greta Dahlman (2012)
Rannveig Fredheim (2013)
David Hackett (2012)
Gwyneth Hambley (2014)
Marie Hansen (2013)
Donna Haralampus (2011)
Jinann Larson (2012)
Aleksander Marthinussen (2013)
Christopher McCaslin (2012)
Meredith Molinari (2012)
Barbara Myklebust (2014)
Joel Myklebust (2014)
John Olson (2012)
Clarissa Peterson (2014)
Deb Pollio (2012)
Marvin Reed (2013)
Pat Schleicher (2014)
Gail Smith (2011)
Steven Stormoen (2012)

10-Year Pins

Katherine Barnett (2011)

Everett Bierman (2013)
Linda Brooks (2011)
Beverly Bryce (2011)
Michele Esposito (2014)
Kaara Ettesvold (2014)
Brit Gauthier (2011)
Doris Goodlett (2013)
Sofia Hammer (2011)
Henry Hansen (2014)
Craig Holman (2013)
Stephanie Johnson (2014)
Kristi Johnson (2013)
Brian Kee (2011)
Karen Kuiper (2013)
Rhoda MacKenzie (2013)
Inger Maslin (2013)
Christine Meloni (2013)
Gordon Moe (2014)
Atle Nesheim (2013)
Rose-Marie Oster (2012)
Betty Reed (2012)
John Schalow (2011)
Catherine Sexton (2013)
Katherine Simenson (2011)
Charles Solem (2011)
Kristin Stone (2011)
Nils Straatveit (2013)
Melanie Taylor (2014)
Carole Thomas (2011)

Philip Thompson (2012)
C.J. Walker (2012)

15-Year Pins

Anne Bang (2013)
Arne Bang (2013)
2014 - Kay Bondehagen (2014)
Peter Churchyard (2011)
Katherine DeVito (2014)
Judith Ellison (2011)
Carolyn Figueirido (2014)
Debra Fosaaen (2012)
Linda Freeman (2011)
Allen Freeman (2012)
Ellen Haberlein (2012)
Jeanne Jacob (2014)
James Jones (2014)
Nadine Jones (2014)
Orron Kee (2014)
Loretta Kelley (2013)
Burton Koske (2011)
Larry Lamborn (2013)
Roslyn Lamborn (2013)
Roger Larson (2014)
John Lechner (2014)
Allison Malone (2014)

(Continued on page 22)

(Continued from page 21)

Toril Mazzuchi (2011)
Harold Nelson (2013)
Rolf Ness (2013)
Alfred Olsen (2011)
Greg Ovrebo (2013)
Emilie Pade (2014)
Karon Plasha (2014)
Richard Richter (2014)
Diana Rodum (2013)
Leslie Ross (2011)
Thomas Skidmore (2013)
Howard Soroos (2012)
Sharon Stecklein (2012)
Julie Strandlie (2013)
Vigdis Syversen (2014)
Lasse Syversen (2013)
Anne-Marie Turner (2011)
Odd Ulvestad (2012)
Don Watrud (2012)
Mark Whited (2012)
Evelyn Wierenga (2013)

20-Year Pins

Dwayne Anderson (2014)
Christian Anderson (2012)
Jeanne Buster (2011)
Lori Churchyard (2013)
Karen Doty (2014)
Lynn Halverson (2013)
Beverly Iannone (2012)
Betty Kelly (2012)
William Knutson (2011)
Ralph Malvik (2013)
Craig Nelson (2012)
Brett Nelson (2011)
Cleeta Schrimper (2014)

25-Year Pins

LTC Aamot Crone (2013)
Inger Dreng (2014)
Helen Freudenthal (2011)

Roy Gjormand (2011)
David Hofstad (2011)
Harold Hultman (2013)
Virginia Jones (2014)
Joseph McMahon (2012)
Thomas Minehart (2012)
Neil Pedersen (2011)
William Peterson (2014)
Ross Schipper (2011)
Svanhild Schmidt (2011)
Lillian Sjovald (2012)
Francis Walkuskie (2012)

30 - Year Pins

Janice Brown (2013)
Linda Cahow (2014)
Tor Eide (2012)
Aage Ellila (2011)
Earl Ellison (2012)
Judith Kee (2013)
Raymond Rye (2013)
Ellen Storm (2011)
Randall Swanson (2013)
Keith Watters (2013)

35 - Year Pins

Lavaughn Bennett (2013)
Gerald Bergh (2014)
Theodore Erickson (2013)
Robert Faaland (2014)
Nora Howard (2012)
Marguerite Kause (2012)
Elwood Loh (2013)
Bodil Nadler (2011)
Queenie Sheldahl (2012)
Jonathan Sisson (2014)

40 - Year Pins

Karen Aro (2012)
Rune Bakke (2012)
Bill DeRoche (2011)
Pat DeRoche (2011)
Karin Halverson (2012)

Oscar Halverson (2012)
John Kaldahl (2013)
Ardis Morton (2011)
John Rasmus (2013)
Wayne Skramstad (2012)
Ruth Sowa (2011)
Jo Storaker (2013)
Rolf Thoresen (2013)

45 - Year Pins

Joyce Anderson (2011)
Linda Berti (2011)
Lief Christoffersen (2013)
Inger Dvorak (2012)
Anne Eason (2014)
Bernice Hardy (2012)
Astrid Lauter (2014)
Arthur Lillevig (2011)
Anne Van De Meulebroeck (2012)
Arve Michelsen (2012)
Trygve Nupen (2011)
Jorun Oberst (2012)
Charlotte Olson (2014)
Aslaug Phillips (2014)
David Spokely (2013)
Berit Strawderman (2012)

50 - Year Pins

Gerd Datz (2013)
Mortimer Datz (2013)
Gunnar Grotos (2014)
Ellen Nesheim (2013)
Laila Nyhus-Hansen (2014)
Gilbert Tellefsen (2013)

55 - Year Pins

Raymond Cahow (2014)
Ernst Tonstad (2013)

60 - Year Pins

George Erbeck (2012)
Ruth Rognlie (2013)

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

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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.

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3846 Meredith Dr.,
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www.norwaydc.org

Find Us on Facebook:

www.facebook.com/groups/123693707650322/

Newsletter Deadline:

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

2015 Lodge Leaders

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703-573-5943 or president@norwaydc.org

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703-278-8724 or vp@norwaydc.org

Secretary: Lauren Nilssen

571-278-3185 or secretary@norwaydc.org

Treasurer: Bill DeRoche

301-537-8309 or treasurer@norwaydc.org

Financial Secretary: Henry Hansen

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Hospitality Director: Debbie Fosaaen

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Librarian/Historian: Henry Hansen

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Newsletter Editor: Marie Hansen

703-815-3467 or editor@norwaydc.org

Webmaster: Clarissa Peterson

202-285-9585 or webmaster@norwaydc.org

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

JOIN US FOR LOV'S GRAND RE-OPENING



September
25th-27th 2015

Ribbon Cutting Ceremony
Friday Night to start the
weekend off right



Grand Ball Saturday Night

Champagne toast, cocktail
hour and grand banquet with
DJ to provide music for your
dancing, singing or just
listening pleasure!

WEAR YOUR BUNARDS



Friday dinner through Sunday Breakfast: Cost of one person \$193.30 plus tax and tips. Two people sharing a room \$277.80 plus tax and tips. Please add \$15 per person for Grand Ball fee. For families of more than 2 in a room contact LOV at 570-461-3500 or vikingland@tds.com Roy Berntsen at 516-791-3983 royb50@optonline.net for prices and room availability. Make Checks payable to Land of the Vikings Ltd. and mail to Land of the Vikings 461 Big Valley Road, Susquehanna, PA 18847. Attention Bev and Rick Budrick. Hurry the rooms are being booked fast!