



# North Carolina Vikings

Founded in 2007

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**NC Vikings Lodge No. 3-675 Supports a Dementia-Friendly Society**

**PRESIDENT**

Asgeir (Andy) Kristoffersen  
asgeirkristoffersen@gmail.com/919-345-2164

**TREASURER**

Kjell Ottesen  
imnorsk@hotmail.com/919-848-9152

**NEWSLETTER EDITOR**

Jennifer Axness  
jenniferlaxness@gmail.com/919-802-8212



My dear Sons of Norway members.

This President's letter will break with our customary format and will instead be a brief history of what the 17<sup>th</sup> of May stands for. The author of this piece comes from an AP site but nevertheless is very informative.

*In the heart of Scandinavia lies a land of breathtaking fjords, majestic mountains, and a rich cultural heritage—Norway. But amidst its natural beauty, there's a story woven into the fabric of its history, one that illuminates the significance of May 17th, a day cherished by every Norwegian: the day of the Norwegian Constitution.*

*Our tale begins in the early 19th century, a time when Norway was united with Denmark under a common monarch. But winds of change blew across Europe, whispers of freedom and democracy reaching even the remote shores of the North. Inspired by the ideals of liberty and self-governance, a movement emerged within Norway, calling for independence and sovereignty. Led by visionary leaders such as Christian Magnus Falsen and Nicolai Wergeland, representatives from all corners of Norway convened in Eidsvoll in the spring of 1814. Here, against a backdrop of blooming cherry blossoms and the tranquil shores of Lake Mjøsa, they embarked on a historic endeavor—to draft a constitution that would lay the foundation for a new era of Norwegian governance.*

*The days were long, the debates intense, but fueled by a shared vision of freedom, equality, and justice, the delegates persevered. On May 17th, 1814, after weeks of deliberation, the Norwegian Constitution was signed, a beacon of hope for a nation yearning to govern itself. But the road to sovereignty was not without its challenges. Norway's newfound independence was soon threatened by external forces. In a twist of fate, Norway was forced into a short-lived union with Sweden, a compromise to secure its independence from Denmark. However, the spirit of the constitution endured, serving as a guiding light through turbulent times.*

*Over the years, May 17th evolved into a day of celebration, not only commemorating the signing of the constitution but also symbolizing Norwegian identity and unity. Every year, across towns and villages, Norwegians don their finest attire, wave flags adorned with vibrant colors, and fill the streets with laughter and song. For Norwegians, May 17th is more than just a date on the calendar—it's a reaffirmation of their commitment to the principles enshrined in their constitution. It's a day to honor the sacrifices of those who came before, to celebrate the freedoms they fought for, and to inspire future generations to uphold the values of democracy and justice.*

*And so, as the sun sets over the fjords and the echoes of jubilation fade into the night, May 17th remains etched in the hearts of every Norwegian—a testament to the enduring legacy of their constitution and the indomitable spirit of a nation.*

I look forward to seeing you all on Saturday the 18<sup>th</sup> at the Norse Brewing Company in Wake Forest!

Med vennlig hilsen,

Asgeir (Andy) Kristoffersen President, Sons of Norway, North Carolina Vikings / (919) 345-2164



## Upcoming Vikings Lodge Program

### Meetings and Events

Meetings in 2024 will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) on the **third Saturday of the month** unless noted otherwise.

March 18, 2024

**May Meeting**

Norse Brewing Company, Wake Forest

2-4:00 pm



### Items for the Newsletter

If you've got an announcement, or just have something interesting to share with the group, please email Andy Kristoffersen at [asgeirkristoffersen@gmail.com](mailto:asgeirkristoffersen@gmail.com).

### May 2024 Birthdays

Oliver Ropp

May 31



## How to See This Incredible Viking Ship Reconstruction in Norway



More than a thousand years ago, Norse explorers set sail from Scandinavia in search of new opportunities, marking the dawn of the Viking Age.

With its rich archaeological sites and burial ship discoveries offering a direct link to the era of raiding and trading that reshaped the medieval world, Norway is one of the leading destinations in the world to learn more about this iconic era.

Norway's star Viking Age attractions—the world-famous Oseberg, Gokstad and Tune Viking ships—have been off public display for several years now pending careful reconstruction of their museum home in Oslo.

But, while the hotly-anticipated opening of the Museum of the Viking Age is still more than two years away, there are other wonderful opportunities to explore Viking history throughout Norway.

### **See The Myklebust Viking Ship**

One of the most notable opportunities is found in the heart of the Norwegian fjords. The reconstructed Myklebust Viking ship is the star attraction at Sagastad, a new Viking Age museum in Nordfjordeid.

The modern, purpose-built waterfront building features large rear doors and a ramp down to the fjord to facilitate launching of the vessel, something that happens on special occasions.

Visitors can board the vessel using a gangway and admire the intricate woodwork. Shields and helmets are available for a must-have photo opportunity.

The remainder of the museum is dedicated to the discovery of the remains of the Myklebust ship burial, the story of the chieftain buried with the boat, the story behind its reconstruction, and Nordfjordeid's role in the Viking Age.

Read more [here](#).

## How a Grain Silo in Norway Became a Global Modern Art Destination



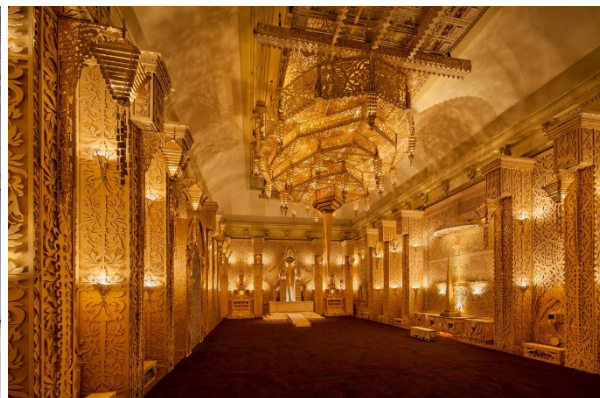
A former grain silo, the Kristiansand Kunstsilo in Kristiansand, Norway, is now home to a collection of 5,000 modernist artworks.

A new museum in southern Norway is home to one of the most prestigious collections of modern art in Northern Europe. Opening on May 11, the building that houses the Kristiansand Kunstsilo in the town of Kristiansand is a draw itself — the museum occupies a converted 1930s grain silo on a bay just off the North Sea.

The museum is a project by Nicolai Tangen, who heads up Norway's \$1.6 trillion sovereign wealth fund. Tangen is a principal collector of Nordic art, with a focus on modernism, Kari Lundgren writes.

The building was rehabilitated by the Barcelona-based architecture firms Mestres Wage Arquitectes, BAX and Mendoza Partida. The designers converted the base of the 30 grain towers into an entrance and atrium for the museum; spiral staircases lead up to the galleries. The silos themselves retain their original concrete interiors while the exterior has been polished to a pearl-white finish.

What modernist with the means could resist buying a 1930s grain silo? Modern artists took a great deal of inspiration from the vernacular architecture of infrastructure. I don't know much about Nordic modern art, but in the US, Charles Sheeler painted dramatic futurist cityscapes in the 1930s that included skyscrapers alongside train trellises and water towers. German artists Bernd and Hilla Becher made a career of photographing what they called "anonymous sculptures" – grain silos, blast furnaces and other industrial relics. It would be hard to come up with a better fit for a museum devoted to modern art.



Read more [here](#).

[NOK 1 Billion to Prevent Plastic Pollution](#)



'Plastic pollution is one of the fastest growing environmental problems in the world. We are now extending our initiative to combat plastic pollution in developing countries by providing up to NOK 1 billion over a period of four years', said Minister of International Development Anne Beathe Tvinneim.

Plastic pollution can be found everywhere, even in the human body. Every year more than 110 million tonnes of plastic waste are mismanaged worldwide. Plastic pollution is harmful to animal life and ecosystems and has a negative impact on the harvesting of living marine resources. It also affects human health and quality of life, especially among the poorest groups.

'If we don't take action now, plastic pollution will double over the next 20 years. This new allocation of funding will help to keep that from happening,' said Ms Tvinneim.

### **Norway is one of the largest donors**

The new funding will be used to continue Norway's development programme to combat marine litter and microplastics, which was established in 2019. Activities under the programme make Norway one of the largest bilateral donors of support for measures to reduce plastic pollution. An assessment of the programme shows that it has helped to prevent and reduce plastic pollution in developing countries, and a decision has been taken to extend the programme.

Further efforts will, for example, be targeted towards strengthening the regulatory framework in various countries and encouraging private industry to develop effective, innovative solutions. The aim is to increase sustainable production and consumption of circular economy products and services, improve waste management systems and implement clean-up projects in coastal areas and rivers. The programme is part of the effort to achieve United Nations Sustainable Development Goal 14.1, on reducing marine pollution.

Read more [here](#).

[Songs of Earth: Interview with Margreth Olin](#)

## **In Her Father's Footsteps**

Documentary filmmaker Margreth Olin wanted to get to know her father better and suggested she make a film project about him. He replied, "I think we should go for a hike," adding that they'd have to walk together for a year for her to truly understand him.

The pandemic gave Olin the perfect opportunity to spend both quantity and quality time with her spry 84-year-old father, Jørgen Mykløen. In wanting to become closer to her father, she learned even more about life, death and nature.

Sons of Norway's Jana Velo talks with Margreth Olin about her film *Songs of Earth*, delving into the filmmaker's background and the cultural themes within her work.

Watch the trailer and find out what spurred Olin to make such a personal film, which she calls "a declaration of love to both nature and [her] father." *Songs of Earth* opened in September 2023 in Norway and will be coming to theaters in the US and Canada in May.



## **About the film**

The strongest nature experience of the year.

From Margreth Olin, the director of *Doing Good*, *The Angel*, and *Childhood*, comes the documentary *Songs of Earth*, a close and spectacular embrace of our first love: Nature.

With Olin's 85-year-old father as guide, we experience Norway's most scenic valley, Oldedalen in Nordfjord. This is where he grew up, and where generations before him have lived in balance with nature. Majestic images of wild mountains, calving glaciers and bustling wildlife go side by side with the parents' stories about the generations who trod the trails, the relationship we have with nature and what is valuable in life. The music is composed of unique sound recordings – nature's own melodies, translated and performed by the London Contemporary Orchestra.

With *Songs of Earth*, Margreth Olin has made her most magnificent film, and at the same time her most personal, with Liv Ullmann and Wim Wenders on board as executive producers.

### **Watch the trailer:**

<https://youtu.be/HTzJws8GbUQ>

### **Link to Margreth Olin's website:**

<https://www.margretholin.com/>

**Kvikklunsj with Apples and Mascarpone Cream**

Sons of Norway Newsletter Service



Why not add another excuse to the list to eat a delicious Kvikk Lunsj?

Kvikklunsj is just about as Norwegian as you can get, and very popular after skiing trips and hikes in the mountains.

There are many national versions of Kvikk Lunsj all over the world. Not exactly the same, but the American version is called KitKat.

Serves 4

#### **INGREDIENTS:**

3 apples, peeled and coarsely chopped  
2 lemons  
4 Tbsp. powdered sugar  
1 tsp. ground cardamom  
3/4 cup or 2 dl mascarpone  
4 KitKats (4 Kvikk Lunsj), coarsely chopped

#### **PREPARATION:**

- Put the apples in a saucepan with 2 Tbsp. powdered sugar, cardamom and the juice from the two lemons. Bring to the boil with the lid on and allow it to simmer for 2-3 minutes. Mash the compote using a whisk and cool.
- Whisk the mascarpone and 2 Tbsp. powdered sugar together.
- Serve the apple compote and mascarpone cream topped with the coarsely chopped KitKat (Kvikk Lunsj).

Recipe source: <https://www.newscancook.com/dessert/qz5vde1bu0zfp7s3x82ds5kcwd0bhc>

May 2024

Third District President's Message

Recently, Karen and I attended the Third District Picnic chaired by Sports and Recreational Director Paul Kornbrekke. When Paul approached the board stating that he wished to bring back the 3D sports picnic, the board happily gave him the go-ahead. The hard work of Paul and his committee, mainly the members of Nansen Lodge, paid off as the picnic was a great success. I am hoping that it will be even bigger and better next year! A big **THANK YOU** goes to Paul et al.

As I write this message, the time for Third District Convention is quickly approaching and will be here before we know it. Then the summer months arrive when the district lodges take time off from meetings to have their picnics and get together. This is also a time when members travel or just stay home and enjoy the summer.

With that said, it was very disheartening when I, along with other district board members were notified from International Board Chairman Ron Stubbings that our dues will be drastically raised starting July 1<sup>st</sup>.

In 2021 the international board put out a referendum to go to a board governance format which most of the Third District delegates from the 2018 International Convention strongly opposed and voted “no”, but it passed anyway. Since Sons of Norway went to a board governance format and stopped having international conventions with delegates to represent the members of Sons of Norway, we the members have lost our say in our organization. Just as in colonial times in America where England was taxing the colonists, where it was taxation without representation, we have the same problem not having international convention delegates to represent us. So, we have dues increases without representation. The international board has all the power, we do not have control anymore. We have no say in our own organization. Those who voted to give the International Board of Directors this power did so in good faith. We can only ask, “is the International Board of Directors governing with the same good faith?”

I want the members of the Third District to know that the change in dues was made solely by the International Board of Directors without any input from district presidents or other district leaders. Everyone to whom I have spoken about this agrees that it will lead to a major decrease in membership and could backfire on the International Board of Directors by bringing less revenue overall to the home office.

The fraternal leg of our beloved “3-legged stool” has taken and continues to take the brunt of the shortcomings of the “insurance leg.”

Just during my term of office which began in June of 2022, we have seen the following changes:

- The number of issues of the Viking Magazine decreased from 12 to 6 issues a year.
- The amount of dues received by districts was drastically reduced. In District 3 we had a 73% decrease from 2021 to 2023.
- Our district convention is not being supported this year as it has been in the past; no longer does the home office supply tote bags, pads, pens, booklets explaining Parliamentary Procedures and this is the last year that they will supply ballots, instead they sent a template for districts to print and cut-up on their own. They are also not paying for any representatives from the home office to attend district conventions.
- They are no longer supplying plaques for lodges that reach important milestones such as 50, 75, 100-year anniversaries.



- The recruitment event kits are no longer available from the home office. This box of goodies had signs, applications, and many types of informational handouts for all three legs of our stool: fraternal, foundation and insurance. This forced districts and lodges to develop and pay for their own information to distribute.
- Just prior to my term of office, the International Board of Directors did away with the Founders Award. Soon after raising the threshold for a lodge to win this award from a 3% increase in membership to a 10% increase in membership, they stopped awarding anything. The award was a nice recognition with a small monetary award for lodges that recruited new members.

One might question their ultimate plan for fraternal. Do they want to do away with the fraternal leg of our stool all together? We must work hard to keep the “fraternal” in Sons of Norway by recruiting more new members and by having more programs at lodge meetings, so members do not mind paying the dues increase. The Third District Revitalization Committee is here to help you do just that! There is a lot of helpful information from the committee on the Third District Website.

I hope to see many of you at our convention. Due to the Convention, there will be no president's message in June. My next message will be in September. Have a great summer.

Fraternally,

Stephen Helmold



Find out more about Sons of Norway!

Sons of Norway Website

<https://www.sofn.com/>

Facebook

<http://www.facebook.com/groups/SonsofNorway/>

Twitter

<http://twitter.com/#!/SonsofNorway>

LinkedIn

<http://www.linkedin.com/company/2080826>

**... and here are some informative Genealogy Websites!**

Sites related to Norwegian-American genealogy <http://homepages.rootsweb.ancestry.com/~norway/>

Oldest church registers in Norwegian Parishes <http://www.nndata.no/home/jborgos/register.htm>

Shows the year in which different parishes began keeping church records.

**List of sites related to Norwegian-American genealogy**

National Library of Norway, incl. Norwegian newspapers <http://www.nb.no>

The Norwegian Emigration and Genealogy Center <http://www.emigrationcenter.com/index.cfm>

Norwegian National Archive <http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Documents from Norway during the period 1050–1590 [http://www.dokpro.uio.no/dipl\\_norv/diplom\\_field\\_eng.html](http://www.dokpro.uio.no/dipl_norv/diplom_field_eng.html)

**And here are some interesting sites related to travel to Norway / Scandinavia –**

Norway's Official Site <http://www.Norway.org>

Royal Norwegian Embassy, Washington D.C. <http://www.norway.org/embassy/washington/>

Royal Norwegian Consulate General New York [http://www.norway.org/News\\_and\\_events/CG-New-York/](http://www.norway.org/News_and_events/CG-New-York/)

Norway's Travel Requirements <https://travel.state.gov/content/passports/en/country/norway.html>

Hurtigruten Voyages <http://www.hurtigruten.us>

Viking River Cruises <http://www.vikingrivercruises.com>

Norwegian American Genealogical Center <http://www.nagcni.org>

Vesterheim Museum <http://vesterheim.org/index.php>

