



North Carolina Vikings



April / May 2020

Sons of Norway / Vol. 13, No. 3 / NC Vikings Lodge 3-675

Lodge Officers 2018-2019

President

Frank Bell
bellfrank2@gmail.com
(919) 787-7063

Vice President

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

Counselor

Michael Tilder
mmtilder75@ATT.net
(919) 349-0102

Treasurer

Kjell Ottesen
imnorsk@hotmail.com
(919) 848-9152

Secretary

John (Chris) Christiansen
jocmpc@att.net
(919) 676-3370

Social Director

OPEN

Membership Secretary

Open

Newsletter Editor

Jennifer Axness
jenniferlaxness@gmail.com
(919) 802-8212

President's Message

Our Sons of Norway, NC Vikings, lodge 3-675 is cancelling any face-to-face lodge Meetings for April and May and we will resume our lodge meetings in September (details To be announced later). Hopefully by then the COVID-19 pandemic will be over, or we will have a better idea of what to do. For now, please read over the special health-related guidelines below.

We will have newsletters to each of us a random times between now and then to keep us informed.

Our thoughts and prayers are with each of you, your families, friends, and neighbors while we American/North Carolina Vikings sail through this health storm as our Viking forefathers sailed through the challenges of centuries past.

Med Vennlig Hilsen,

Frank Bell, President
North Carolina Vikings Lodge 3-675



Special Message to Lodge Members Regarding COVID-19

Due to growing public health concerns about COVID-19/coronavirus, NC Vikings Lodge 3-675 is temporarily suspending all events and lodge activity as a precautionary measure. This will help us ensure that our member and community stay as healthy as possible.

Please be sure to take good care of your health by following the guidelines below and protect others in our community by staying home if you are not feeling well.

Clear your hands often.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact.

- Avoid close contact with people at work who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting sick.

Stay home if you are sick.

- Stay home if you are sick, except to get medical care.

Cover coughs and sneezes.

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

We will continue to monitor the situation and will keep you up to date with further developments.

Thank you for your cooperation in keeping our community safe.

Upcoming Vikings Lodge Programs and Lodge Meetings

Meetings will be held Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

Future Lodge meetings are as follows. Please mark your calendars!

TBD

****Will reconvene in Fall of 2020.**

April / May Birthdays

Michael Tilder	April 10	Jennifer Axness	April 18
Norman Miller	April 12	Marcy Weston	April 22
James Lorentzen	April 16	William Underseth	April 24
Sonja Striplin	April 17	Randall Hendrick	April 29
Heidi Blankenship	May 5	Margret Wold	May 23
Skylar Noble	May 9	Curtis Conover	May 26
Karen Chichester	May 14		

Help Plan a Meeting

Can you invite a professional, expert or overall fun person to help us with cultural programs at our lodge meetings? Call Frank Bell to pick an activity you can line up for the lodge!

Items for the Newsletter

If you've got an announcement, or just have something interesting to share with the group, please email Frank Bell at bellfrank2@gmail.com.

Third District Convention

When: June 5-8, 2020

Where: Jacksonville, FL

Theme: Honoring Our Past; Celebrating Our Future

Our Third District Convention is quickly approaching! All information about it is on the Third District website, here – www.3dsfn.org.

Those interested in attending the Convention will need to attend a Zone caucus meeting in April or May to discuss resolutions and electing Zone officers for 2020 – 2022.

Please contact Frank Bell for more information!

Opera Outing

A group of lodge members enjoyed a fantastic afternoon out at the NC Symphony – “A Rodgers & Hammerstein Musical,” performed at Raleigh’s Duke Energy Center on March 7.

Several of the duo’s most famous musical compositions from *The King & I*, *Carousel*, *Sound of Music*, *South Pacific* and more were performed by Broadway performers Teri Hansen and Nicholas Rodriguez, while Oscar Andy Hammerstein III, grandson of the beloved lyricist, shared historical details and anecdotes about the famous musical team.



Members of Lodge 3-675



Oscar Andy Hammerstein III



Broadway Performer Nicholas Rodriguez

Norwegian Easter Recipe: Lamb Chops with Rosemary & Garlic

https://www.simplyrecipes.com/recipes/rosemary_crusted_lamb_chops/

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Marinating Time: 30 Minutes

Servings: Serves 2-3



Directions:

1. **Marinate** the lamb chops in a mixture of herbs, garlic, olive oil, salt and pepper.
2. **Sear** the chops on high heat on the stovetop until browned on both sides.
3. If you have thick double-rib chops and you would like them more well done, cover the pan, lower the heat to warm, or put them in the oven for a few minutes.
4. **Rest** the lamb chops for 3-5 minutes before serving.

Why marinate lamb chops? Marinating the chops ahead of time is a great way to pre-salt the meat, which helps the chops retain moisture. Also, marinating with herbs gives the lamb extra flavor. Marinate the lamb chops for at least 30 minutes, or up to 24 hours.

What is the best temperature for lamb chops? Lamb is best eaten pink, from rare to medium. Overcooking tender lamb chops can result in dry, less-than-tender meat.

What to serve with lamb chops? Lamb chops are delicious served with polenta, mashed potatoes, or celery root. For a green, some stir-fried snow peas or boiled and sautéed asparagus or green beans. An easy pan sauce involves sautéing some shallots in the pan after the lamb chops are cooked, adding a little both, water or red wine, reducing the mixture, then stirring in a little butter at the end.

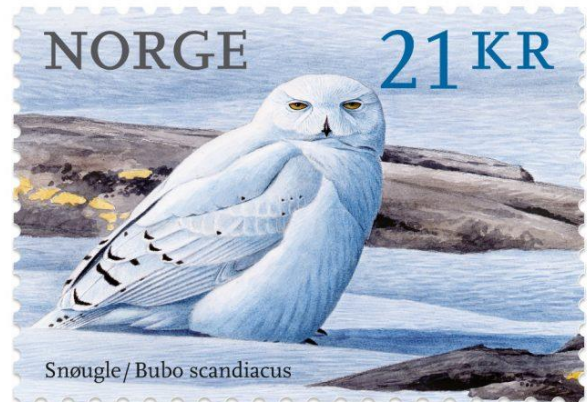
*God
påske*

This is the World's Most Beautiful Stamp and it is From Norway

<https://www.tnp.no/norway/culture/this-is-the-worlds-most-beautiful-stamp-and-it-is-from-norway>

A Norwegian postage stamp depicting a snowy owl has been named the world's most beautiful design. Designed by artist Viggo Ree, the stamp was awarded the honor in Madrid last month.

A jury consisting of around 40 internationally qualified philatelists evaluated stamps from all over the world in different classes. The Norwegian snowy owl stamp by Ree was selected the best in the Nexofil competition, organized by the stamp magazine El Eco in Spain last month.



The award winning stamp with snow owl motif was released last year, in a series of three stamps with bird motifs.

According to the Norwegian Ornithological Association, Viggo Ree has drawn animals since he was a year and a half. He is a so-called wildlife artist, who only paints fauna motifs.

Norway has the Highest Temperature Recorded in January

<https://www.tnp.no/norway/panorama/norway-has-the-highest-temperature-recorded-in-january>



Summer weather strikes Norway in the middle of winter. Temperature record in January is broken in Sunndalsøra with 19°C (66.2°F).

Sunndalsøra set a new high-temperature Norwegian record in January with 19 degrees, reports the Norwegian Meteorological Institute.

“It is 19 degrees in Sunndalsøra. It is the highest temperature we have measured in January in Norway,” writes the Norwegian Meteorological Institute on Twitter.

For many Norwegians it has been a mild and wet winter so far. Climate scientists suggest that this unexpected weather will continue in the future.

“Both the long-term forecast, regular weather forecast and seasonal forecast point that direction. We seem to have a mild winter until the end of March,” says climate researcher Erik Kolstad to NRK .

He points to global warming as a reason for winters becoming warmer in Norway.

Special Message
From the District 3 President, Kathy Dollymore



The safety and well-being of our members is most important. Given the recent outbreak and heightened concern of the coronavirus (COVID-19), if you feel that your meetings can or should be postponed or canceled please use your best judgement on this issue.

The goal is to provide a safe place to meet and enjoy fraternalism with each other.

In addition, I'd like to make you aware of available tools and resources concerning this virus.

CDC COVID-19 Resources Page

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

PA Department of Health Resources Page

<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

The best way we prevent this virus from infecting more members of our community is for each of us to take responsibility for our own health and safety practices. If we all follow the recommendations of the Center for Disease Control to prevent the spread of respiratory diseases, we will help contain the spread of COVID-19.

Keep yourself and your loved ones safe.

Thanks for understanding, stay well.

Fraternally, Kathy Dollymore, 3D President

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!

A comprehensive list of sites related to Norwegian-American genealogy.

<http://homepages.rootsweb.ancestry.com/~norway/>

Oldest church registers in Norwegian Parishes. Shows the year in which different parishes began keeping church records.

<http://www.nndata.no/home/jborgos/register.htm>

<http://www.cyndislist.com/norway/>

List of sites related to Norwegian-American genealogy

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

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

Norwegian National Archive. Includes the 1660, 1801, 1865 and 1900 censuses /

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

Search amongst 16,000 documents from Norway during the period 1050 – 1590 /

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	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/
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 & Naseth Library	http://www.nagcnl.org
Vesterheim Museum: "A Norwegian American Treasure"	http://vesterheim.org/index.php

