



North Carolina Vikings



August 2020

Sons of Norway / Vol. 13, No. 4 / 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

Unfortunately, our North Carolina Vikings lodge 3-675 long ship is still navigating in dangerous fog caused by the Covid-19 pandemic. We cannot find the safety of the shore without a navigation halt.

In cases of extreme danger, it is best that we stack oars, drop anchor, and stay in safe waters. Therefore, the officers and experienced crew of the NC Vikings have voted to not have any face to face meetings anywhere in North Carolina until our December 19th Christmas meeting (and at that point only if it is safe from Covid19 for us). The key is safety for all: our crew, families and friends.

In the meantime, in the few months ahead we will electronically keep in contact with each other by newsletters, and more frequent information about how our Norway and other US lodges are surviving and handling this unusual time of pandemic life.

Vikings have faced tough times from pandemics in the past. The Black Plague of the 1300s wiped out over 60 per cent of Norway's then-population of 200,000. We and Norway will eventually defeat this pandemic, too.

Please keep in contact with us and let us know how you are.

MVH,

Frank Bell, President
North Carolina Vikings Lodge 3-675



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!

December 19

Christmas Meeting

North Carolina Vikings Potluck Dinner & Juletefest



Lodge Birthdays

June Birthdays

Alexander Jones	June 6
John Serumgard	June 11
Christian Haukas	June 15
Linda Lewis	June 17
Edith Syvertsen	June 17
Kate Schmidt	June 30

July Birthdays

Jessica Daniels	July 3
Kelly Wayman	July 7
Randi Johansen	July 25
Rigmor Swensen	July 26

August Birthdays

Katherine Ropp	August 19
Adolf Johnson, Jr.	August 20
Peter Helgesen	August 29

September Birthdays

Doug Blankenship	Sept 11
Erik Askeland	Sept 19
Katherine Serumgard	Sept 22
Jan Carlson	Sept 30

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.

Viking Magazine Available Online

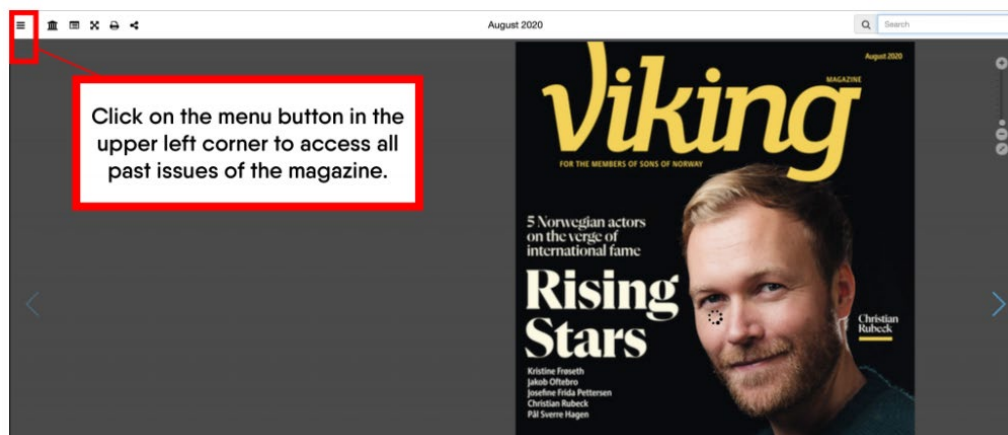
https://www.sofn.com/resource_blog/web-tip-viking-magazine-available-online/

One of the many benefits of Viking membership is the ability to access the digital archive of the award-winning Viking magazine, 24/7! Just follow these few simple steps.

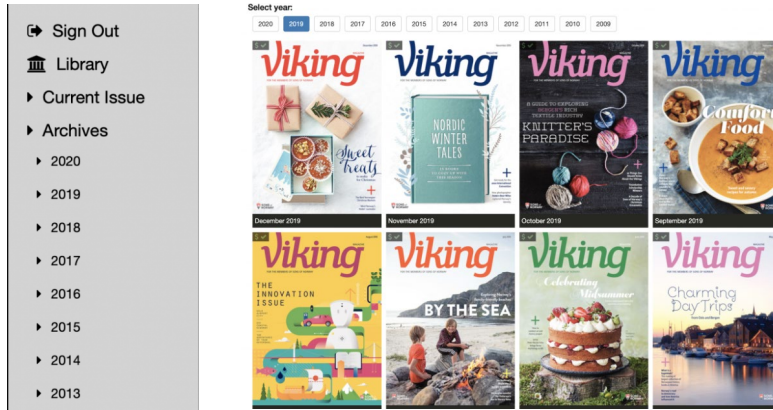
- ❖ Go to [sofn.com/viking](https://www.sofn.com/viking).
- ❖ Log in with your S.O.N. credentials. Not sure what your credentials are? Contact webmaster@sofn.com.
- ❖ First-time users may need to enter in their credentials twice: once to log in to sofn.com, and again to access the digital archive, here - [sofn.com/viking](https://www.sofn.com/viking).



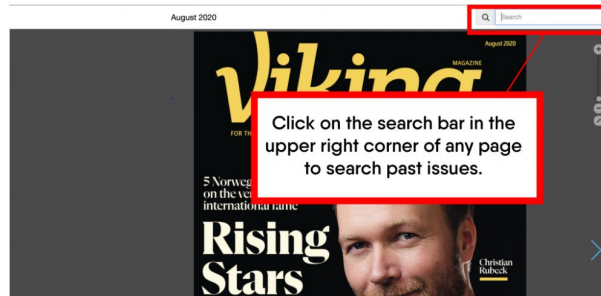
- ❖ Peruse past issues of the magazine, which are available all the way back to 2011. Use the navigation feature on the left side of the window to easily switch between issues.



❖ Once you click on the menu, you can select the year you are searching for.



❖ Looking for a particular topic, recipe or article? Click in the search bar to enter in your query.



Viking for Kids!

https://www.sofn.com/wp-content/uploads/2020/08/Viking-for-Kids_August-Spread.pdf

Check out the August issue of Viking for Kids! Our littlest Vikings will learn all about folklore and trolls; the Norwegian royal family; summertime midnight suns and the long nights of winter; and Norwegian and Sami culture as depicted in *Frozen 2*.

Read all about the Building Heritage Membership program, too – it’s a great way for parents and grandparents to get kids excited about their Norwegian heritage!



We will have pandemics every ten years, Norway's Minister of Health told a national newspaper... is that right?

<https://sciencenorway.no/epidemics-society-and-culture-virus/we-will-have-pandemics-every-ten-years-norways-minister-of-health-told-a-national-newspaper-is-that-right/1681754>

“New numbers show that every person infected with the coronavirus most likely is now infecting 0.7 other people,” Bent Høie, Norwegian health minister, announced at a press conference. “This means that we have the spread of corona under control,” he said, according to a report from NRK, the Norwegian national broadcaster. “Before we implemented strict measures, every infected person was infecting 2.5 new persons. If this development had continued, we would have seen the same development as elsewhere in Europe.”



The director of the Norwegian Institute of Public Health (FHI), Camilla Stoltenberg, warned that there are uncertainties around these new numbers and estimates, and that no models for coronavirus-estimates are perfect. “But we do believe we have seen a positive development,” she said, according to NRK.

If the so-called R-nought number is indeed 0.7, then the health authorities believe that the peak of hospitalization of patients may have been reached. “The measures we have taken to control this virus have given us a solid upper hand. We now need to keep it this way,” health minister Bent Høie said. “The numbers also show us that it won’t take much to lose control again,” he warned...”

(Read more)

Norway's New Dual Citizenship Law Attracts 26,000 Applicants

<https://www.forbes.com/sites/davidnikel/2020/07/31/norways-new-dual-citizenship-law-attracts-26000-applicants/#6045b15f138c>

“In January 2020, Norway became the latest country in western and northern Europe to introduce the concept of dual citizenship. The move resulted in a surge of new applications. 26,000 people applied for citizenship in a matter of months, increasing the citizenship waiting list from 14,000 to 40,000.

The law change means that foreign citizens no longer have to relinquish their original citizenship in order to become Norwegian citizens. Norwegians can become citizens of another country without needing to give up their present nationality. In addition, Norwegians who were forced to give up their nationality to claim another can apply to regain citizenship of Norway in some circumstances.

Waiting time is long, however. The 26,000 new applicants must however wait a long time, according to the Norwegian Directorate of Immigration (UDI). This is due to a combination of factors, including the coronavirus restrictions that saw many offices closed for a couple months earlier in the year. The surge in applicants and delays in the planned automation of case processing have also contributed...”

(Read More)

Bed-and-Breakfast Owners Remove Norwegian Flag After Complaints It Resembles the Confederate Flag

<https://www.lifezette.com/2020/07/bed-and-breakfast-owners-remove-norwegian-flag-after-complaints-it-resembles-the-confederate-flag/>



“The *Associated Press* is reporting a St. Johns, Michigan couple, Kjersten and Greg Offenecker, have removed a Norwegian flag which they had been proudly flying outside their Nordic Pineapple Bed-and-Breakfast opposite an American flag. They placed Norway’s flag there to honor Kjersten’s Norwegian-born grandfather.

Why did they remove it? The answer is disturbing. The AP reported the Offeneckers “have removed a Norwegian flag outside of their business after being accused of promoting racism from people who think that it is a Confederate flag.” No, really. This is not from *The Onion* or the *Babylon Bee*. Apparently, this really happened....”

Norway’s Forgotten Witch

<https://www.lifeinnorway.net/norways-forgotten-witch/>



“Finn-Kirsten Iversdatter was the last person to be executed for witchcraft in Central Norway, but her story was mostly forgotten. Until now.

When thinking of witch trials in Norwegian history, the case of Lisbeth Pedersdatter Nypan and her husband Ole often springs to mind. The case was brought to international attention with the publication of Rossell Hope Robbins’ *Encyclopedia of Witchcraft and Demonology* (1959).

The story of the wise woman Lisbeth and the drunkard Ole, who threatened his enemies with his wife’s magical powers until the law caught up with them, is dramatic (as witch trials always are), but was not unusual compared to other cases in the country.

The ageing couple, who owned a farm at Leinstrand in the modern-day municipality of Trondheim, had their estate confiscated and were both executed in September 1670. Then the case was closed. However, the memory of Lisbeth Nypan has survived in the public imagination, and she is something of a Norwegian ‘national witch’, surrounded by numerous myths and stories.”

(Read More)

Four Scandinavian Habits for a Healthier Life

https://www.forbes.com/sites/davidnikel/2020/08/09/4-scandinavian-habits-for-a-healthier-life/?utm_source=newsletter&utm_medium=email&utm_campaign=nw_the_latest_news_from_norway&utm_term=2020-08-11#4400643b7bc9

“According to UN data, the average life expectancy for someone born today in the United States stands at 79.1 years. Scandinavian countries Sweden (83.3), Norway (82.9) and Denmark (81.4) all rank higher, as do Nordic nations Iceland (83.5) and Finland (82.5).

There are many reasons why the U.S. falls short compared with northern Europe, not least the approach to healthcare and pensions. But could part of the puzzle lie in simple lifestyle habits?



Friluftsliv: The joy of being outdoors

Friluftsliv is an amalgamation of the Norwegian words for fresh air and life or lifestyle. Scandinavians—especially Norwegians—are hikers. But the lifestyle isn’t anything to do with showing off the views from your hike on Instagram. It is a term first coined by playwright Henrik Ibsen back in the 19th century and one that has stood the test of time.

The simple Scandinavian diet

Many restaurants and dinner tables around the region prioritize fresh, local and seasonal ingredients wherever possible. Dishes often record a low ‘miles to plate’ number by combining the best of the fjords with the best of the mountains. Fish and seafood are common focal points, while mushrooms and berries are among the popular accompaniments.

Work to live, not live to work

If you happen to find yourself in a Scandinavian office at 5pm, chances are you’ll be on your own. Working hours rarely extend beyond 7am-3pm or 8am-4pm, often finishing earlier on Fridays and/or shorter hours in the summer. In many companies, choosing to work late is rarely seen as a positive. Rather, bosses may think you have too much work to do and/or cannot manage your workload.

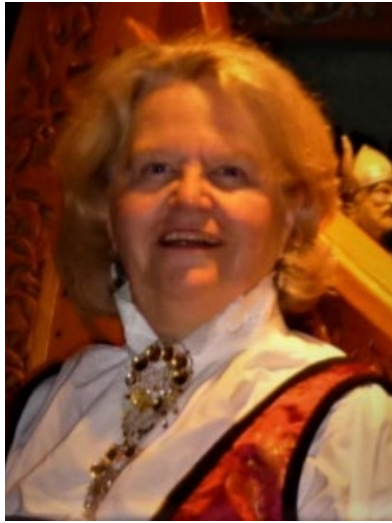
The true meaning of hygge

Following the rabid commercialization of the term *hygge* in recent years, you could be forgiven for thinking that happiness is guaranteed if you just buy the right candle or cushion. “Hygge, to me, has never been something you could buy,” explained Danish-born writer Laura Byager in [Mashable](#).”

([Read More](#))



From the District 3 President, Kathy Dollymore



Can you believe that August is already here!?! Time sure does feel like it is both flying by and moving sooooo slowly.

As COVID -19 reached around the globe, we found ourselves in a world transformed. We have been forced to connect in ways we could never have imagined, testing our ability to adapt. The news right now is filled with stories about all the new rules and regulations we must follow as we open up and the "new normal" begins. The stress-free days of going out and about are over and there are a lot of new things to consider as we leave our homes. We all have our own comfort levels and that's okay. Whenever I'm out and about I have a mask. If shopping, I pull up my mask. If walking around my block, I pull up my mask, say hi to the other walkers and go on my way. I feel safe while still doing the things I love. I've been lucky enough to be able to visit with a couple of lodge friends (practicing safe distances, wearing masks, yet still we are together.)

For me, till we get a vaccine, I know that the moments I am most at ease is when I am sitting out back on my patio, surrounded by my plants while enjoying the fresh air, reading a book or talking on the phone with friends and family or learning something new from our SON website. "Har du lært norsk? Har du kocht norsk? Har du sett på norske videoer?"

If you have taken pictures of your adventures during this time send them so we can get them in the Viking Magazine.

I hope we will get back to meeting in person in September but know we as a 3D Board are working behind the scenes to make our Tremendous Third better each and every day. Sons of Norway members are resilient, we are all in this together and we will persevere.

So most important is to Stay Safe, Stay Well and Take Care of Each Other.

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

