



# North Carolina Vikings



December 2019 / January 2020

Sons of Norway / Vol. 12, No. 6 / NC Vikings Lodge 3-675

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## President's Message

The nights are long, if not continuous, in Northern Norway in December. It is always a good thing, toward the end of the year, when our long boat crew starts seeing the beacon lights of **JULTREFEST** (Jule feast) with our family and friends guiding us safely into home port.

Hopefully, members of North Carolina Vikings Lodge 3-675 will not be experiencing the cold, snowy weather and complete darkness that our Norwegian brothers and sisters are going through, but it will be a festive and fun time for our warm water NC crew to celebrate our annual Jultrefest on Saturday, December 14 (details below).

For our new members, this is a fun event that all of the family enjoys and a great way to start or continue the holiday season.

Looking forward to seeing y'all soon!

Wishing you a Merry Christmas and Happy New Year.

Med Vennlig Hilsen,  
Frank Bell, President  
North Carolina Vikings Lodge 3-675



# God Jul

## 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 14, 2019	Lodge Meeting & Jultrefest /3pm – 5pm
January 25, 2020	TBA / 3pm – 5pm
February 29, 2020	TBA / 3pm – 5pm



### December / January Birthdays

Walter Lewis	December 4	Andy Kristofferson	December 9
Cynthia McMillan	December 4	Brett Richardson	December 21
Michael Thys	December 5	Maureen Bell	December 31
Karin Mede	January 1	Cory Quammen	January 23
Jane Fast	January 3	Jo Ann Hoff	January 28
Gladys Murdoch	January 17	Ann Myhre	January 31

### Help Plan a Meeting

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

### Items for the Newsletter

Don't forget – if you've got an announcement, would like to pass on some information or just something interesting to share with the group, please email Mike Tilder at [mmtilder75@ATT.net](mailto:mmtilder75@ATT.net) or Frank Bell at [bellfrank2@gmail.com](mailto:bellfrank2@gmail.com).



# Viking Longhouses: A Glimpse of Everyday Viking Life

<https://www.lifeinnorway.net/viking-longhouses/>



**“Forget the raids and battles for now. Step inside a Viking longhouse to understand what everyday life was really like.**

You might have the impression that Vikings were constantly either sailing away to find new lands to pillage and plunder or engaged in epic battles. The truth of the matter is that most of the Vikings were living a fairly mundane existence as simple farming folk.

There were few towns worthy of the name, where Vikings lived, in small town houses, and traded at the marketplace. Most Vikings, however, lived a rural life in tiny villages of half a dozen large farms. The centerpiece of the farm was the Longhouse, or Turf House.

## **Longhouse Design**

Longhouses would vary in size based on the importance of the owner. They were around 5-7 meters (15-25 feet) wide in the middle and from 15-75 meters (50-250 feet) long. No matter the size, the basic construction was the same.

Two rows of wooden columns ran the length of the house supporting the high points of the roof. Roofs would either be wood, thatched or turf. The walls were made of either clay, wooden planks or wattle and daub.

The walls were usually built bowed giving the overall shape of a boat. Where timber was scarce, such as in Iceland, the walls would be made from turf and sod, giving rise to the Turf House. There were rarely any windows so light would get in through vents built to let out smoke, or through the gaps in the thatching. Some longhouses would have had proper chimneys, but this was very rare.

## **Inside the Longhouse**

The two rows of supporting columns served to divide the house lengthways into three. The central section served as a sort of corridor. The house would be sectioned, ether to the sides of, or including, the corridor....”

Read more: <https://www.lifeinnorway.net/viking-longhouses/>

# Pinnekjøtt – Traditional Norwegian Christmas Dinner

<https://www.scandikitchen.co.uk/recipe-pinnekjott-traditional-norwegian-christmas-dinner/>

Pinnekjøtt is ribs from lamb that have been salted, and sometimes also smoked, to preserve it. For preparation, the meat needs to be soaked in water to remove most of the salt. The result is an intensely delicious and savor piece of lamb – quite unlike anything else and very good.

## **Ingredients**

### *For the meat*

- 2 kg Pinnekjøtt
- Big bowls for soaking the meat in

### *For the Swede Mash - Rotmos*

- 1.5 kg swede peeled and chopped
- 3 medium carrots washed and chopped
- 2 medium potatoes peeled and chopped
- 50 ml double cream
- 50 ml single cream
- 4 tbsp salted butter
- 75 ml cooking stock from the pinnekjøtt
- pinch of ground nutmeg (optional)
- salt and ground black pepper



## **Instructions**

### *For the meat, the day before eating:*

Place the meat in casseroles or big bowls (or a pyrex dish – anything will do) and cover with plenty of water. Leave in room temperature for approx. 30 hours.

Why do this? Pinnekjøtt is meat that has been salted and dried; soaking it ensures it regains its consistency and makes it palatable by removing most of the salt. How long this takes depends on the thickness of the meat, as well as the temperature of the water. Tepid water will speed up the process.

### *On the day of eating, 3 hours before you plan to eat:*

Pour off the water and place the meat to one side. In your biggest casserole(s), place a metal rack or birch branches in the bottom. Add water until it covers the rack or your branches. Place your meat on top and cover with a lid. Leave to gently steam cook at low heat for approximately 3 hours. Sausage can be added to the casserole for cooking for the last 15-20 minutes; chop into chunks of 2-3 inches to ensure they cook through. It is done when the meat falls easily off the bone.

### *For the Swede Mash - Rotmos*

Peel your vegetables and chop coarsely into even-sized pieces. Boil until tender in lightly salted water. Leave for 3 minutes to dry, then mash by hand. Add cream and butter and give it a good stir. Add salt and pepper to taste. Add a pinch (not too much – this has a very strong flavor) of ground nutmeg if liked – the slight sweetness goes really well with the salty meat. If you think the mash is too thick, loosen it with some of the pinnekjøtt cooking water.

Serve with pinnekjøtt, lingonberry jam, perhaps some freshly boiled potatoes and a good shot of aquavit.



## 10 Traditional Winter Festivals in Europe: Norway: Kjippen, December 31

<https://www.theguardian.com/travel/2019/nov/29/10-europe-winter-festival-traditions-christmas-new-year>



“Kjippen is an odd carnival in Florø, the most westerly town in Norway. It happens every New Year’s Eve and starts, precisely, at midnight. Locals go to great lengths in dressing up for the parade along cobbled streets lined with traditional wooden houses. Participants share satirical commentary on current (local) affairs through their costumes and amplify their messages with floats, street theatre and posters. To be the target of caricature is, however, considered an honor. Live bands and hundreds of spectators add to the atmosphere.

At the end of the carnival, all floats and posters end up on a big bonfire, disturbingly close to a petrol station. The tradition goes back to the 1800s in central Europe, where craftsmen in costumes created mayhem (or *kjipp*) in the streets to protest at low wages. Kjippen has been celebrated since 1900.”

## The Mythology of Norwegian Trolls

<https://www.lifeinnorway.net/norwegian-trolls/>



**“You may have driven Trollstigen or hiked to the Troll's Tongue, but how much do you know about the mythology?”**

Whether it’s a tacky figurine lined up on a gift shop shelf ready to give you that ‘perfect’ souvenir, or a fluorescent haired cartoon toy aimed at entertaining children, we all know trolls. Or do we?

Trolls are one of the mythical creatures that are portrayed in popular culture on a regular basis. We've seen them helping Queen Elsa in Frozen, trying to cook Hobbits in the Lord of the Rings and guarding bridges to the annoyance of our fairy-tale heroes. Each portrayal is slightly different from the last.

So where do our mythical trolls come from? And what are 'proper' trolls like? Well, the answer to that, as always, is complicated! Join us as we go into the Hall of the Mountain King and try to get to the bottom of the legends.

### **The origins of the mythology**

As Norse mythology was mostly handed down orally, it can be difficult to get a real handle on what's what.

Gods and monsters are referred to by different names and when we come to interpret the source material – the Poetic Edda and Prose Edda that were the best attempts at writing everything down – we find various scholars disagreeing on almost everything!

The noun troll or troll, meaning variously fiend, demon, werewolf and giant, comes from a proto-Germanic word trullan or unknown origin.

There's much overlap in the terms jötunn (giant), troll, þurs (hostile monsters) and risi (heroic beings). Some theorize that they're four distinct classes of beings while others believe that troll is a catch-all for 'mischievous creatures'.

What we do get a kind of agreement on, when we distil all of the arguments down, is that there are two types of troll.

### **Trolls of the mountain and of the forest**

The first type is known as the forest or mountain troll. They're generally depicted as large, dumb, brutish creatures akin to a large neanderthal. These are the beings that eat hobbits for dinner in Lord of the Rings or distract from Voldemort in Harry Potter.

They are said to use their connections with nature to uproot trees to use as clubs as well as being able to cause hurricanes and avalanches.

These are also the trolls whose riddles you have to solve to cross a bridge, if you ever find yourself inside a fairytale, or playing an RPG!

### **Trolls of the caves**

Unlike their forest-dwelling cousins, cave trolls live completely underground and are generally depicted as smaller than humans with a large round abdomen and short stubby arms and legs. In Norse mythology, however, they're not generally friendly to humans. They use their connections with nature to baffle and deceive humans..."

Find out more: <https://www.lifeinnorway.net/norwegian-trolls/>

## From Mythic Memories to Tree Ornaments

<https://www.norwegianamerican.com/heritage/from-mythic-memories-to-tree-ornaments/>

“One of the many time-honored elements that are brought to life—or at least out of storage—at Christmas in Norway is the Christmas goat, the julebukk. Its origins have an ancient and somewhat mysterious history. And it’s not all about merriment and festivity.

Norwegians have incorporated a goat into the winter holidays for centuries, in one form or another. It has been the bearer of gifts, an evil spy, a masquerade spoof, and, most recently, a plethora of straw ornaments on the Christmas tree.



The goat has been the object of ritual sacrifice, it plays a role in Norse myth as well as the Old Testament, and it has been seen as a god and a devil.

No matter which role it has played, it is a ubiquitous symbol of the yuletide, found everywhere in Norwegian homes, usually in the form of a straw miniature bedecked with red ribbons, bearing huge curling horns.

Centuries of folklore surround the creature. The goat is, after all, one of the first animals to be domesticated, and it thrives in desert as well as mountain climes. A common figure in Western mythology, the goat is represented in the mischievous Pan, Greek god of nature, a human body with goat’s feet.

In actual human history, goats played a major role in several cultures, often as the object of ritual sacrifice. In pre-Christian Norway, a goat was sacrificed at jul. Even in the Old Testament, one goat is to be sacrificed, while another is to be cast into the desert, thus carrying away the sins of the tribe. Hence, the tragic role of the “scapegoat.”

And it can be no mere coincidence that the jul period coincides with the astrological sign of Capricorn—the goat—whose stellar reign just happens to begin on the Winter Solstice, marking the darkest, shortest day of the year.

### **Thor’s goats**

Goats are very versatile creatures, even in mythology. For the Old Norse Vikings, two mighty goats pulled the sleigh of Thor, the thunder god, on his flight through the heavens. Any resemblance there to Santa and his reindeer?

Thor’s month started with jul, and the jul feast was the red-headed deity’s favorite. His goats—Tanngrisnir (teeth snarler) and Tanngrjóstr (teeth grinder)—were quite magical in that they could be slaughtered and eaten, only to return to life the next day.

At one time, during the 19th century, the jul goat was the bearer of gifts. Long before Santa Claus, one of the men in the family would dress up as a goat to deliver the presents.

Obviously, the goat's role in the Nordic jul has changed over the centuries. At one time, the goat was thought to be an invisible spirit that would pop up to check on whether or not Christmas preparations were being properly made. It was often identified with Odin's Wild Ride through the skies in mid-winter. And it has some elements that were "inherited" by Santa Claus.

The shaggy creature was also emulated in the staging of the often-terrifying ritual known as going julebukk, å gå julebukk. (Julebukk is a male goat.) Costume-clad participants visited neighbor's homes, often hoisting large goat heads and cloaked in goat skins or other animal hides.

In the old peasant society, it was the adults who "went julebukk." Wearing various costumes, they would traipse from house to house, challenging their surprised hosts to recognize who was beneath the mask. They would virtually demand they be given food and drink. Often this seasonal prank would result in being given leftovers from Christmas dinner. Even Norwegian immigrant communities in the U.S. indulged in the seasonal masquerade.

But the use of goat heads largely disappeared in the 1950s, according to Kathleen Stokker, author of *Keeping Christmas: Yuletide Traditions in Norway and the New Land*, and Norwegians made other masks.

According to a 1997 newspaper article from Bergen, contemporary Norwegian julebukking has moved to New Year's, and it's mainly the children who stage what is more and more like the American Halloween.

### **Wheat woven herds**

But there's little chance the goat will disappear from the Nordic Christmas. Made in varying sizes, from miniature to gigantic, straw goats emerge throughout the land as the jul festival approaches. They decorate trees; they munch away in store windows and Christmas displays throughout the land.

Straw also plays a major role in the centuries of Nordic jul traditions. The last sheaf of grain bundled in the harvest was credited with having magical properties as the spirit of the harvest and was saved for the jul celebrations.

Norwegians decorate their Christmas trees with small straw goats, a product of hvetevefting—wheat weaving. At one time, these miniature figures were thought to ward off evil spirits that abound in history's mythical Northern skies.

Now they hang suspended from pine boughs and wreaths of holly, sometimes as tiny as an earring, sometimes nearly gigantic. They don't bleat a word, but they hold centuries of history and the many dramas that abound in the winter solstice setting. It is a starring role that the goat has been playing for many centuries."





## Message from the District 3 President, Kathy Dollymore



As we are close to the end of 2019 and thinking about programming and membership in 2020, it can't be said enough that membership is the life blood of a lodge. Strongly encourage every member who has children or grandchildren to become heritage members, a membership level that is FREE to age 16. Kids will bring in their parents, parents will join as members, those children will bring their friends, the trick is to get them into a lodge with a program to attract and then to keep bringing them back with attractions. With the Christmas holidays coming upon us let's think about giving those grown children a membership into SON and show them what their heritage looks like with the Viking Magazine and lodge newsletters. Mentoring new leaders, promoting new ideas, giving new life to a lodge!!

New members join because they want to belong to something meaningful—and they want to know that their involvement is important. Help them feel valued and appreciated from day one. These are some ideas for getting your new members engaged –

- **Assign a mentor.** Mentors can answer questions, serve as a familiar face and help connect new members and answer questions about the lodge or get the answers for them.
- **Have a new-member ceremony.** Welcome new members with a new member welcome ceremony. (Found in the guide for leadership at [sofn.com](http://sofn.com)) It's an opportunity to provide them with a better understanding about your lodge and learn about their skills, what they're looking for in the lodge by way of programs and interests. Members only get a "first time member" initiation once—so make it memorable. Help other members get to know the new member by including details about their life and interests in your introduction. This is also a good opportunity to show your appreciation to the sponsoring member.
- **Ask for their feedback.** After new members are inducted, you might consider asking some to meet casually with some board members. A new person's input can provide new perspective
- **Show them they're needed.** Assigning a new member to a committee can also help to engage special talents and interests. Alternatively, giving new members a simple task connected to a meeting or project can help them feel like part of the team. If they miss a meeting, follow up and let them know you noticed.

The holiday season reminds me to think about the people in my life. My family, my friends, and my Brothers and Sisters of Sons of Norway. They give me the opportunity to grow and succeed. As we close out 2019, I'd like to thank our members for making this a District I am proud to be part of. I wish you all a very happy and healthy holiday season.

Gledelig jul og glade nytt år,

Kathy

### ***Find out more about Sons of Norway!***

Sons of Norway Website	<a href="https://www.sofn.com/">https://www.sofn.com/</a>
Facebook	<a href="http://www.facebook.com/groups/SonsofNorway/">http://www.facebook.com/groups/SonsofNorway/</a>
Twitter	<a href="http://twitter.com/#!/SonsofNorway">http://twitter.com/#!/SonsofNorway</a>
LinkedIn	<a href="http://www.linkedin.com/company/2080826">http://www.linkedin.com/company/2080826</a>

### ***... 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](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	<a href="http://www.Norway.org">www.Norway.org</a>
Royal Norwegian Embassy, Washington D.C.	<a href="http://www.norway.org/embassy/washington/">http://www.norway.org/embassy/washington/</a>
Royal Norwegian Consulate General New York	<a href="http://www.norway.org/News_and_events/CG-New-York/">http://www.norway.org/News_and_events/CG-New-York/</a>
Norway's Travel Requirements	<a href="https://travel.state.gov/content/passports/en/country/norway.html">https://travel.state.gov/content/passports/en/country/norway.html</a>
Hurtigruten Voyages	<a href="http://www.hurtigruten.us">http://www.hurtigruten.us</a>
Viking River Cruises	<a href="http://www.vikingrivercruises.com">http://www.vikingrivercruises.com</a>
Norwegian American Genealogical Center & Naseth Library	<a href="http://www.nagcnl.org">http://www.nagcnl.org</a>
Vesterheim Museum: "A Norwegian American Treasure"	<a href="http://vesterheim.org/index.php">http://vesterheim.org/index.php</a>

