



# North Carolina Vikings

Founded in 2007



December 2020

Sons of Norway / Vol. 13, No. 7 / NC Vikings Lodge 3-675

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2019-2020

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\*\*OPEN\*\*

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## President's Message

Hei NC VIKINGS!

We had thought and prayed the COVID-19 pandemic would be over by this December, but unfortunately not. Therefore, our longboat is still in safe waters, away from the potentially COVID contaminated shore. We are practicing safe protocols and virtual communications until face-to-face joy returns.

We are restructuring my officer's helm as President of our lodge. It has been an intriguing and wonderful 2 years. However, at my tender age of 83, it is time to pass the compass to a younger, dynamic leader. I will stay with our lodge as Vice President.

Asgeir (Andy) Kristoffersen will be our new Lodge President. Andy has years of experience in various important SONS officerships in our 3-675 Lodge as well as other SONS lodges. Andy was born in Norway, has a cabin/hytte on top of a Norwegian mountain, speaks Norwegian and has the leadership skills of a true American Viking. It is an honor to pass the President's duties to Andy.

I wish y'all GOD YULE and a SAFE, HAPPY 2021.

Med Vennlig Hilsen,

Frank Bell, President

North Carolina Vikings Lodge 3-675

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## 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.

December                    **Christmas Meeting** / Good Shepherd Lutheran Church Raleigh, NC  
North Carolina Vikings Potluck Dinner & Juletefest

**\*\*Cancelled due to Covid Protocols. See you in 2021!**

### November / December Lodge Birthdays

Walter Lewis	December 4	Karin Mede	January 1
Cynthia McMillan	December 4	Jane Fast	January 3
Michael Thys	December 5	Gladys Murdoch	January 17
Andy Kristoffersen	December 9	Theodore Ropp	January 19
David Murphy Forler	December 11	Cory Quammen	January 29
Brett Richardson	December 21	Jo Ann Hoff	January 28
Maureen Bell	December 31	David Ropp	January 30
Michelle Evjen	December 31	Ann Myhre	January 31

*Gratulerer med dagen!*

### 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 or Andy Kristoffersen 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](mailto:bellfrank2@gmail.com) or Andy Kristoffersen at [asgeirkristoffersen@gmail.com](mailto:asgeirkristoffersen@gmail.com).



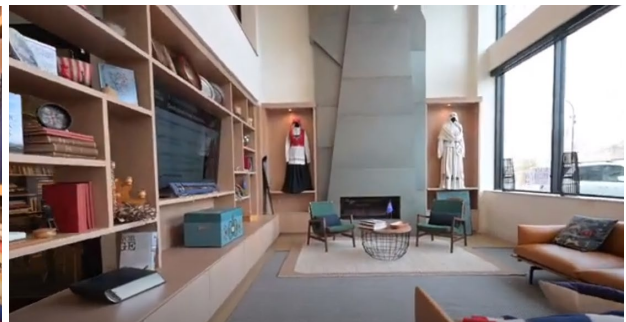
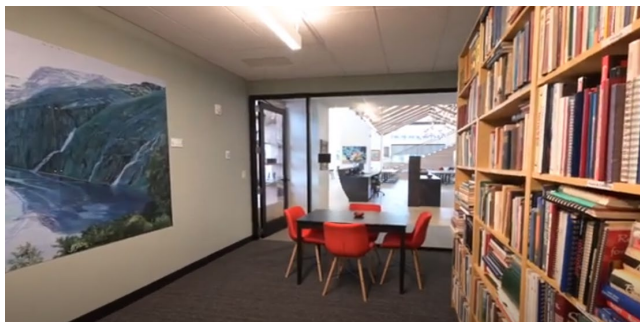
# Sons of Norway 125<sup>th</sup> Anniversary



## New Headquarters!

In June 2020, we moved into our brand new headquarters building. Watch a virtual walkthrough of our new space in the Uptown neighborhood of Minneapolis, MN.

[https://www.youtube.com/watch?v=8RDlaM\\_G-go&feature=youtu.be](https://www.youtube.com/watch?v=8RDlaM_G-go&feature=youtu.be)



## Music break

Norwegian composer Kim André Arnesen arranged **Nordic Christmas**, a suite of carols, in honor of our 125<sup>th</sup> anniversary. Recorded by premier choral music organization VocalEssence, Arnesen hopes that listeners will “experience the celebration, the mystery, and the spirit of Christmas in this work.”



<https://www.vocalescence.org/recording/nordic-christmas/>

## Trivia

How much do you know about Sons of Norway? Test your skills on a few fun trivia questions!

### 125th Anniversary Membership and Cultural Trivia Questions

1. How many Heritage members (members age 15 and under) belong to Sons of Norway? A. 550  
B. 2,302 C. 4,101 D. More than 10,000
2. In 2013, Sons of Norway created the Virtual Pilgrimage to celebrate the 200th anniversary of the Norwegian constitution. Which king trekked this route to convert Norway to Christianity?
3. True or False: In the last 3 years, Sons of Norway has welcomed more than 18,000 new members.
4. What is the Norwegian concept that encompasses embracing the outdoors as a way of life?
5. Name the first boat of Norwegian immigrants that landed in the US.
6. True or False: The first Sons of Norway lodges were organized in Norway in 1962.
7. Who was the famous fiddler who performed all over the U.S. in the mid-1800s and established an American colony?
8. True or False: Canada's first Sons of Norway lodge was Sleipner Lodge, founded in 1910.
9. Name the town where the Norwegian Constitution was signed.
10. Which city in Norway is home to the UNESCO world heritage site Bryggen, the colorful harbor-front buildings used by the Hanseatic league?
11. What is Norway's national instrument?
12. Who wrote the Norwegian national anthem "Ja, Vi Elsker Dette Landet?"

*Check your answers on the last page of this newsletter!*



## Anniversary Gift Items for Sale

Visit [sofn.logoshop.com](https://sofn.logoshop.com) to shop a selection of logo wear and other Sons of Norway themed items to help you show off your Nordic pride, including T-shirts, socks, bags and our special 125<sup>th</sup> anniversary pin!



<https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>

## Snowfall Transforms Walled Garden in Norway into Wintry Fairyland

<https://news.yahoo.com/snowfall-transforms-walled-garden-norway-224607595.html>

Snowfall near Oslo, Norway, turned a carefully landscaped garden into a lovely winter scene on December 8. Footage taken by professional gardener Kenneth Ingebretsen shows a series of complex plantings and outdoor spaces covered with picturesque snowfall. "It's started to snow," wrote Ingebretsen on the post. Up to 10 centimeters of snow fell on the Oslo municipality on December 8.



See the full video here: <https://news.yahoo.com/snowfall-transforms-walled-garden-norway-224607595.html>

## A Norwegian Church in San Pedro Honors a Saint Who Brings Light to Darkness. Fitting in a Pandemic.

<https://news.yahoo.com/norwegian-church-san-pedro-honors-080128665.html>



In an empty nook of the Norwegian Seamen’s Church in San Pedro, long-ago memories bubble up like seafoam.

Here, sailors used to huddle thousands of miles from home and regale each other with yarns about their lives. In a corner long since repurposed, the seafarers gathered to smoke, read newspapers from tiny towns in Norway and drink coffee. There were bunks to sleep, a pool table for entertainment and phone booths to call home, alongside Lutheran sermons. It was equal parts nourishment for body and soul.

The church, perched near the Port of Los Angeles, dates to the early 1940s, a haven for ship-weary crews who might be anchored for a week or two between sailings that often kept them away from the Nordic country for months at a time.

The chapel still boasts a nautical theme: A small wooden ship hangs from the sanctuary ceiling; a painting depicts crashing waves.

The adornments bear witness to the church's fading past, even as it transitions to a new phase — one in which homesick college students and Norwegian expatriates living in L.A. take comfort in the trappings of home.

“Today, it's more kind of a gathering place for what we usually call ‘modern seamen,’” the Rev. Morgan Berg said of the people the church now serves.

On December 13, the church celebrates St. Lucia’s Day, one of the biggest holidays in Scandinavia. The saint, a 4th century Sicilian girl martyred for her Christian faith, is represented as a woman wearing a white robe, red sash and a crown of glowing candles.

“She brought light into darkness,” literally and metaphysically, said Berg — an uplifting observance fitting for a year that has seen the worst pandemic in a century.

Traditional St. Lucia’s Day celebrations feature a woman or girl dressed as Lucia, wearing the signature candle-adorned headpiece, leading a procession of singing children dressed as “star boys,” Santa’s helpers and gingerbread men. But like so many other events in 2020, this year's parade and live concert were upended by the coronavirus, which is raging unchecked in L.A. County and beyond.

The church, instead, will have an outdoor service and screen a recorded musical program.

When the Norwegian Seamen's Mission arrived in San Pedro in 1941, Norway reportedly boasted the largest shipping fleet in the world, with hundreds of vessels visiting the Los Angeles harbor every year. The Seamen's Church — and dozens of others like it — were built in ports around the world, including one constructed in the early 1950s overlooking the bay in San Francisco.

"The sailors got to be here and have some connection with the home country" more than 5,000 miles away, said Jay Cook, an organist whose great-grandfather helped found the local church.

And the house of worship that offered much more became a beloved sanctuary, according to "50 Years on Beacon Street," a Norwegian-language historical book put together by the church. Besides being a hub for mariners, the church became an anchor for the approximately 10,000 Norwegians living in L.A. at the time. To accommodate the growing numbers, the church moved to its current location, atop the Beacon Street bluff overlooking the San Pedro Harbor, in 1951.

Until the mid-1970s, 400 Norwegian ships came through the harbor each year. By 1985, that number had been reduced by half, the Rev. Arne Oystese told The Times that year.

Catherine Chiaro, an Oslo native who moved to Southern California in 1987 and now works as an administrator at the church, remembers hunting down hometown newspapers for visiting sailors, who came by the hundreds annually.

She and Tone Grunwald, who bakes for the church and works in its gift shop, now see a different kind of bustle in the building. The women, both wearing matching red face masks and T-shirts bearing the Norwegian flag, recently helped customers purchase traditional Scandinavian Christmas decorations, such as *julenisse*, a Santa-like gnome, and *julebuk*, the Yule goat.

The church saw record sales during its annual Christmas market. They sold out of the bright-yellow S-shaped saffron buns called *lussekatter* that mark the holiday season.

"People are looking for that nostalgic sense," Cook said. "Especially when, you know, isolation is the norm."

The pandemic has brought plenty of changes to the Seamen's Church. Two Norwegian couples heading the San Pedro site returned home earlier this year, and Berg, who had arrived from Norway in the summer of 2019 to pastor a sister church in San Francisco, now splits his time between the two locales.

The tall, ruddy-cheeked minister was tasked by the church's headquarters in Bergen, Norway, with surveying where his compatriots live on the West Coast. UC Berkeley likely has the largest group of students, with around 150, Berg said, but he is in contact with others across the state. About 50 to 60 students live in Southern California, he estimated.

Norwegian high school students are typically allowed to spend their penultimate year in the country of their choice, but that didn't happen in 2020 because of the coronavirus, Chiaro said.

Some college students returned home when the virus shuttered in-person classes. Others were left stranded in California because of visa and travel restrictions.

**Read more here:** <https://news.yahoo.com/norwegian-church-san-pedro-honors-080128665.html>

# Christmas Food in Norway

<https://bit.ly/2IIDWdC>

The festive season is upon us once again! Here's what you can expect to be served during the Christmas season in Norway. There's no better time of the year to study these differences than at Christmas. As with many countries at this time of year, food and drink are an important part of Norwegian Christmas traditions. That goes for the whole month of December too, and not just on Christmas Eve.

For the main meal, the English tend to eat turkey. Americans veer towards ham, roast beef, or goose. But Norwegians have totally different traditions for their Christmas dinner. Things are also quite different when it comes to the food and drink eaten throughout the season. In Norway, the focal point of the celebration is very much the evening of the 24th December. Gifts are exchanged and the family gathers together for the main Christmas meal. Christmas Day itself is a much quieter affair.

But what do Norwegians eat on Christmas Eve? It actually varies quite a lot, typically along regional lines and family traditions.

The most common popular dish Christmas Eve dish is **ribbe**, or seasoned pork belly. It's usually served with sauerkraut and redcurrant sauce. **Pinnekjøtt** (dried sheep) is popular in the western counties, as is cod or other fresh fish.

While Christmas Eve is the main meal for Norwegians, there's plenty more opportunities for festive food. That's thanks to the **julebord**. Yep, the good old-fashioned Christmas party! Every company, school, sports club and social group hold their own julebord, meaning Norwegians often attend at least one during late November or December.

## Ribbe

The most popular Norwegian Christmas Eve dish, ribbe is eaten by more than half of Norwegians on the big day. Whichever style of cut is used, a serving of ribbe always includes the crispy rind. Ribbe is served with sweet and sour sides. Typically, these are sauerkraut, red cabbage and/or sprouts. Christmas sausages, cranberry sauce, fried apple slices with honey are other common accompaniments. The sauce can be anything from a regular brown gravy to one flavored with cranberry, juniper, red wine, or many other possibilities.

## Pinnekjøtt

Pinnekjøtt translates literally into English as 'stick meat.' The dried and salted sheep ribs have long been a traditional Christmas dish in the western counties but can now be found all over Norway. Up to 70% of Norwegians eat pinnekjøtt at some point over the festive season.

Although it's known to come from western Norway, the precise origin of the dish is unclear. Some believe the name comes from the birch sticks used in the traditional recipe for steaming the ribs. However, preparation methods vary. Some boil them, some roast them or even cook them over coals.





## Cod

Especially popular in coastal communities, cod takes third place for the main Christmas Eve dish. It's important that freshly caught cod is used and served with simple accompaniments. Most commonly, those are boiled potatoes, carrots and a white sauce.

## Lutefisk

The dish that splits opinion more than any other on this list! Although heavily associated with Christmas (especially in Norwegian American communities), lutefisk is more commonly eaten in the two months leading up to Christmas rather than as the main Christmas meal. That being said, in some Norwegian homes you will absolutely find lutefisk on Christmas Eve! According to [frskning.no](http://frskning.no), lutefisk has been a common Christmas dish for a lot longer than people realize. It was eaten on Catholic holidays as long ago as the mid-16th-century.

## Christmas porridge

Grøt, or Norwegian rice porridge, is a common dish throughout the year. **Julegrøt** is the festive version! Recipes vary wildly but will usually include festive touches such as cinnamon, raisins or cranberries.

## Christmas cookies and cakes

Have you ever heard of the *seven sorts*? Christmas cookies are an important part of any Norwegian Christmas celebration. Ranging from shortbread to gingerbread and everything in between, the name comes from the seven traditional choices that should be offered in a home over the festive period.

Perhaps the most commonly available is the **pepperkake**, a crispy gingerbread cookie. These extremely more-ish bites are heavily publicized in Norwegian supermarkets in the two months prior to Christmas. They also tend to be super cheap. Bonus!

Another popular variety is the **krumkake**, a thin waffle cookie rolled into a cone and often filled with whipped cream. **Sirupsnipper** (syrup snaps) are similar to pepperkaker but much sweeter, diamond-shaped, and with an almond baked into the center.

## Christmas drinks in Norway

In the run-up to the festive period, most breweries release batches of **juleøl**. These are Christmas versions of their beers, most usually darker and spicier than their regular brews. For those who don't drink alcohol, more and more breweries are producing non-alcoholic versions of their juleøl.

Although if you don't drink, I'd recommend julebrus instead! Also produced by the breweries, julebrus is a sweet, red, cherry-flavored soda loved by Norwegians young and old.

**Gløgg** is another popular drink in Norway, especially at Christmas markets throughout December. The Scandinavian take on mulled wine, gløgg is a hot red wine drink with added sugar or syrup and spices such as cinnamon. It's often served with raisins and almonds.



## From the District 3 President, Kathy Dollymore



Elections should be over and Lodge officers are organizing their boards for the new year for their role in supporting their lodge and the SON organization as a whole. With new boards many lodges write goals to precisely define their desired results. Goals help to focus energies on a number of achievement areas. Adopting this practice is an effective and crucial tool for your board.

If you are feeling like me, you may be experiencing a sense of relief that 2020 is nearly over. The amount of uncertainty we all have been facing throughout 2020 is really taking a toll on us. We have been facing a lot of doubt and have been eyeing 2021 with hopes that it will be a better year than the one we have just gone through, understandable that everyone wants to see a return to normal. But I will say that one of the few good things that's come out of this year is that we're interacting in new ways that seem to be working. Zoom (or other virtual online sites) for many of our lodges is working nicely. Members who have not been able to attend a meeting, be it that it necessitates driving at night or being that they live too far away have now been visiting with other lodge members virtually and we're spending less time needlessly traveling. I'm hopeful that some of these trends will continue in the future.

Some lodges are making the decision to cancel their Juletreffests for this year with the intentions of looking forward to a bigger gathering in 2021. Some lodges are offering a "Jul By Zoom." There are lodges that are able to hold a Julfest and are adhering to CDC guidelines. Each lodge will decide what works best for them. You may be celebrating by yourselves for safety sake but I hope you know you are thought of today and all this season. A traditional Norwegian Christmas Tree decoration are small paper baskets called 'Julekurver' which are made in the shape of a heart. It's said that the writer Hans Christian Andersen might have invented them in the 1860s. Why don't you try your hand at making some of the baskets for your tree and don't forget to put a cookie in one for Santa! Instructions on how to make the Julekurver are on the website <http://www.stavanger-web.com/baskets.php>.

But no matter how you or your lodge decide to celebrate this holiday season I want to send a special thanks to all of you who have devoted time and effort into the success of this organization. Warm wishes to every member in our Tremendous Third District.

God Jul og Godt Nyttår til alle. Ta være på hverandre. (Merry Christmas and Happy New Year to all. Take care of each other) Stay healthy, be safe, and be kind! Kathy

Kathy Dollymore, 3D President

**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	<a href="http://vesterheim.org/index.php">http://vesterheim.org/index.php</a>



## 125th Anniversary Membership and Cultural Trivia Questions Answer Key

1. C – 4,101
2. King Olav II Harraldson, or Saint Olaf
3. True
4. friluftsliv
5. Restaurasjonen / The Restauration
6. False: The first lodges were organized beginning in 1981. By 1982 there were 3 lodges. Currently there are 14 lodges in Norway.
7. Ole Bull
8. True. Sleipner Lodge is located in Vancouver, BC.
9. Eidsvoll
10. Bergen
11. hardingfele
12. Bjørnstjerne Bjørnson (lyrics) and his cousin Rikard Nordraak (music)

