



# North Carolina Vikings



February / March 2019

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## Lodge Officers 2018-2019

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Open

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## President's Message

We should be happy that both Punxsutawney Phil and Raleigh Wally groundhogs have told us that we will not have six more weeks of winter in our lodge area. Being educated in the scientific method, I will put my money on the groundhogs and other God's creatures rather than on super computers.

We have planned several "hot" meetings for the rest of winter and early spring. The February 23 meeting will feature MMs. Rachel Dudas of Raleigh who is a student at Cape Fear Community College in Wilmington studying Marine Technology. She will speak about her experiences as a crew member on cruises of the school's ship of marine technology.

Hurrah, we exceeded our new member recruiting goals for 2018. The new Family Membership gives us all a great opportunity to get our kids, grandkids and friends into our lodge for sustaining our growth.

Looking forward to seeing y'all on February 23!

Med Vennlig Hilsen,  
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!

February 23, 2019	Lodge Meeting Special Speaker: Rachael Dudas* 3pm – 5pm
March 16, 2019	Lodge Meeting: TBD 3pm – 5pm
April 2019	Lodge Meeting: TBD 3pm – 5pm

### **\*February 23 Meeting:**

Learn about ongoing collaboration in the area of marine science and technology between the Norwegian Embassy in Oslo and other Norwegian entities with the Cape Fear Community College in Wilmington, NC. Special speaker **Rachael Dudas** will share her experiences as student and crew member of the *R/V Cape Hatteras* (see below), a presentation that will also appeal to children and grandchildren of lodge members in terms of future college studies and eventual travel to Norway. All family members are welcome to attend this special lodge meeting.

For more information on CFCC's Marine Technology program the ship *R/V Cape Hatteras*, please go here ... <http://cfcc.edu/martech/>



R/V Cape Hatteras

## January / February Birthdays

Bonnie Johnson	February 11
Linnea Quammen	February 15
Brian Stensvad	February 23
Greta Holst	February 25

Frank Bell	March 2
Kari Crenshaw	March 5
Chris Christiansen	March 8
Cheryl Weathers	March 10
Ted Schmidt	March 11
Berit Blankenship	March 13
Sandra Quammen	March 15
Sandra Gaudier	March 20
Kathryn Hansen	March 23
Kjell Ottesen	March 28



***Gratulerer Med Dagen!***

## 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 [mmtilder@twc.com](mailto:mmtilder@twc.com) or Frank Bell at [bellfrank2@gmail.com](mailto:bellfrank2@gmail.com).

## New Family Membership Option

As a reminder, Sons of Norway has introduced a new Family Rate for membership! The membership includes two or more members who live together at the same address or who share a mailing address. For instance, a husband, wife, grandmother, 17-year old living at home and 21-year-old away at college (who still uses the home address) are all covered by a Family Membership! Family members do not need to be related. Please contact Sherry Gorse, Membership Services at [fraternal@sofn.com](mailto:fraternal@sofn.com) or 612.821.4654 with any questions!

## Oslo Ranked 2nd Healthiest City in the World

Sons of Norway Newsletter Service, 2019



Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free and adding more pedestrian and bike friendly areas.

Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit [spotahome.com/healthiest-cities-world](http://spotahome.com/healthiest-cities-world).

## The Magnus Effect Grips Norway

Sons of Norway Newsletter Service, 2019

Norway's chess superstar Magnus Carlsen has done it again. Aside from taking victory in the recent 2018 World Chess Championship, and being the world's top ranked chess player since 2013, he's managed to accomplish the incredible: making chess popular.

Carlsen's continued success has sparked fascination in the game all over Norway, with many calling it The Magnus Effect. The effect can be seen everywhere and describes the many cultural changes associated with his victories. The game has become entrenched in clubs and bars, and some even play a version on their phones while riding the tram. Podcasts on the subject of chess are among the most downloaded throughout the country, and millions have integrated the game into their daily lives. In a country of just over five million people, the Norwegian Chess Federation claims nearly half a million Norwegians play chess regularly online.



# Norwegian Cheese Claims Top Prize in 2018 International Competition

Sons of Norway Newsletter Service, 2019



The annual World Cheese Awards—known as the largest cheese-only competition on the planet—has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever but was also a home win for the local Norwegian cheese producer Ostegården. Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fanaost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows.

The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.

## Walnuts and Cheese Recipe

<https://www.thespruceeats.com/julekake-norwegian-christmas-bread-recipe-305849>

### **Ingredients:**

Walnut halves	Butter or light cream
Normanna cheese (Norwegian Roquefort)	Green grapes

### **Directions**

Step 1 -

Rub cheese through a sieve, or mash with a fork and blend with a little butter (room temperature) or cream.

Step 2 -

Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half and top with the other half.

Step 3 -

Place a toothpick into the grape. Arrange the appetizers on a platter with curly endive.

Find this recipe and more on Sons of Norway's online recipe box at [https://www.sofn.com/norwegian\\_culture/recipe\\_box/](https://www.sofn.com/norwegian_culture/recipe_box/).

# Norwegian Child Prodigy Remembered

Sons of Norway Newsletter Service, 2019



This month, precisely 209 years ago on February 5, Norway's first internationally known musician was born; Ole Borneman Bull.

A child prodigy, Bull began studying the violin at the age of five, and just four years later was soloing with the Bergen Harmonic Society. Known for his unique performance method, Bull would file down the bridge of his violin allowing himself to play several tones at once using all four strings.

Ole Bull traveled the world performing concerts and campaigning for preservation of the Norwegian culture and music throughout Europe and the United States. He even later established a Norwegian colony called "Oleana" in northern Pennsylvania in 1852. The settlers were met with poor soil and were later forced to move west to Wisconsin and Minnesota—where a statue of the legend still stands in Minneapolis, Minn., in Loring Park.

## 10 Films from Norway to Look out for in 2019

<https://www.screendaily.com/features/10-films-from-norway-to-look-out-for-in-2019/5136675.article>

From family adventures to documentaries to historical biopics, 10 upcoming films to check out!



**"Amundsen"** / Director Espen Sandberg

## **Norwegian Students Craft Fantastic Mountain Retreat with a Wooden Tunnel Entrance**

<https://inhabitat.com/norwegian-students-craft-fantastic-mountain-retreat-with-wooden-tunnel-entrance/>

This mountain cabin has a strange wooden tunnel door that looks as though it might lead into another dimension. Located on a steep mountain in Bergen, this room with a view was crafted by a design-build workshop at the School of Architecture, lead by Espen Folgero from OPA Form Architects. Called Tubakuba (Tuba Cube), it uses different types of Norwegian wood and prides itself on being the only off-grid hotel room in Bergen.



## **Norway's Kristoffersen topples a sick Hirscher to win GS at Worlds**

<https://www.summitdaily.com/news/sports/norways-kristoffersen-topples-a-sick-hirscher-to-win-gs-at-worlds/>

ARE, Sweden — Norwegian skiing is in safe hands, even with its beloved king now in retirement.

Henrik Kristoffersen gave Norway its second individual gold medal of the world championships by toppling an under-the-weather Marcel Hirscher to win the giant slalom on Friday.

With Kjetil Jansrud also victorious in the downhill last week, Norway appears in great shape heading into the post-Aksel Lund Svindal era.



# Message From the District 3 President, Kathy Dollymore



February 2019

## **“Strengthen Unity, Boost Communication, and Support and Work with Each Other.”**

The 3rd District has communication options available for members to use for social media, web site design and maintenance (including the linked calendar) and the newsletter of the district. Here's how you can use the district to help you and your lodge communicate:

1. The TDT is the newsletter of the 3rd District.

It is sent electronically to 3D email addresses and forwarded by several lodge secretaries to their members. Articles of interest may be submitted to [3dpublicityguy@gmail.com](mailto:3dpublicityguy@gmail.com) , Mary Andersen, [andersenmaryb@gmail.com](mailto:andersenmaryb@gmail.com) or myself [kdollymore@aol.com](mailto:kdollymore@aol.com) for publication. Articles may include a recently held or upcoming event or any article of general interests to members within the district. Make sure you read your TDT.

2. The District website has a calendar that anyone can add to their phone or google calendar. You can view the calendar on the 3D website at <http://3dsofn.org>

If you don't have google calendar you can still request to add your event by sending an email to [3dpubliciyguy@gmail.com](mailto:3dpubliciyguy@gmail.com) . Please put INVITATION in the subject to make sure it gets acted upon promptly.

3. The District has a facebook presence. Search facebook for Ttd SON (The Third District Sons of Norway) The facebook will allow members to share pertinent information and will allow the district leaders to notify members of upcoming events and deadlines.

4. Would you like to reach everyone in the district and let them know what your lodge is doing? Ask one of your lodge officers to share the information with us. Then we can send it out in the TDT.

5. Communications Tool Kit can be found at SON International

([https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/communications\\_tool\\_kit/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/communications_tool_kit/) ) Here are resources to help lodges connect with members and the community, keeping them informed about news and events, while enhancing their relationship with Sons of Norway. The officers of the district are looking forward to getting to know everyone better and assisting the lodges in any way possible. Please take advantage of the events around the district, get involved, build some friendships and support your lodges. Together we can make a difference in our lodge and our SON community.

Fraternally, 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.naqcnl.org">http://www.naqcnl.org</a>
Vesterheim Museum: "A Norwegian American Treasure"	<a href="http://vesterheim.org/index.php">http://vesterheim.org/index.php</a>

