



North Carolina Vikings

Founded in 2007

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NC Vikings Lodge 3-675 Supports a Dementia Friendly Society



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2020-2021

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President's Message

Along with many of you, I've been keeping track of the news from Ukraine. We've been shown the horrifying wartime realities unfolding in Ukraine. The effects of war are shared across generations, and it reminds me of my own family's stories from troubling times in Norway during World War II.

As we continue to monitor human conflict in Europe and abroad, I thought it appropriate for Janet

Oakley, the author of The Jossing Affair and The Quisling Factor, to join us during our April 9 meeting via Zoom. She has accepted our invitation and will share her research on World War II in Norway. This talk will coincidentally take place on the 82nd anniversary of the German invasion of Norway. We'll be hearing about what life was like for Norwegians during the German occupation, the aftermath, and what Janet found surprising during her research. Regardless of whether you've read her works of historical fiction, or not (I've read both, and they're excellent), this is a presentation you won't want to miss.

This speaker event will be open to virtual attendees as well for those who are unable to attend in person. We'll send out more details with call-in information at a later date. In the meantime, we look forward to our next meeting on March 19, 2022

Med Vennlig Hilsen,
Asgeir (Andy) Kristoffersen
North Carolina Vikings Lodge 3-675



NC Vikings Officer Spotlight: Frank Bell, Vice President

Hello from Frank Bell, (President of this lodge from 2019 to 2021).

Just a little about my background~

My carefree young years were spent in Florence, Alabama, where my father was with TVA. Our next moves were to Washington DC; Tell City, Indiana; Dayton, Ohio; Cranston, Rhode Island; and eventually to Beverly, MA. Looking back on it, it seems like a lot of uprooting, but it wasn't. There is excitement in moving and we as a family enjoyed the adventure. Our nomadic life was left behind in my third grade when we moved to Beverly, MA, replacing it with a "Leave it to Beaver" life in a beautiful town by the sea.

At Beverly High School I enjoyed academics as well as sports, from president of the student council to co-captain of the football team. When I graduated from Dartmouth College I was also commissioned as a second lieutenant in the U. S. Army.

My two-year active duty was served at the Pentagon in Human Espionage. Halfway through my tour of duty I married Maureen. We loved living in DC; it's an exciting place but it was time to go back to Dartmouth to earn my MBA with my wife and new baby boy.

My business life had begun! We left the picturesque village of Hanover, NH for the excitement of the Big Apple. Several moves and businesses later found us in Raleigh, NC. We have enjoyed raising our family of three in this area with so many educational and cultural opportunities. Our youngest daughter and family lives in Oslo, Norway. That was the spark that ignited our interest in Norway opening up a whole new magnificent world. Through The Sons of Norway, we have met many "real Norwegians"; we enjoy and treasure their friendships.

To borrow a few words from Louis Armstrong:

I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself what a WONDERFUL WORLD

Upcoming Vikings Lodge Program and Lodge Meetings

Meetings in 2022 will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

March 19, 2022 2:00 pm

April 9, 2022 2:00 pm

Items for the Newsletter

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

March Lodge Birthdays

Frank Bell	March 2
Pauline Price	March 3
Kari Crenshaw	March 5
John Christiansen	March 8
Cheryl Ann Weathers	March 10
Theodore Schmidt	March 11
Gene Crenshaw	March 12
Berit Anne Blankenship	March 13
Sandra Valnes Quammen	March 15
Sandra Gaudier	March 20
Reidun Brown	March 28
Kjell Ottesen	March 28



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 Andy Kristoffersen or Frank Bell to pick an activity you can line up for the lodge!

North Carolina Vikings Facebook Page

Join the NC Vikings Sons of Norway Lodge 675 Facebook page, set up and maintained by lodge member Terri Richards. Learn all about life in Norway, including Norwegian food, culture and history. It's a great way to keep up with the group between meetings.

Meet Musher Hanna Lyrek, the Iditarod Rookie Who's Racing Closest to the Front of the Pack

<https://www.alaskapublic.org/2022/03/13/meet-musher-hanna-lyrek-the-iditarod-rookie-whos-racing-closest-to-the-front-of-the-pack/>



GALENA — Hanna Lyrek wore a handknit wool hat with dog designs and a sweater her friends made her as she put booties on her dogs in Galena Saturday afternoon, preparing to head to the next checkpoint. Her face was red from days on the trail, racing sometimes into heavy snow and strong headwinds and other times into bright sunshine. She could hardly remember where she was.

“Uhhh... where are we? Are we in Galena?” she asked.

While she’s a newbie to the Iditarod, Lyrek has already proven her mettle in long-distance dog mushing. At age 19, she won the 2019 600-kilometer Finnmarksløpet, one of the biggest races in Europe. The year before, she completed the 1,000-kilometer version of the race as an 18-year-old. Now, Lyrek is 22, more than halfway through her first Iditarod and is the rookie closest to the front, setting her up to win this year’s Rookie of the Year award.

She said the Iditarod has been challenging. The subzero temperatures she encountered on the Yukon River the day before were something she hadn’t experienced in Norway, she said. Also, she said, normally she would kick or run behind her sled, but the fast trail made that futile. Instead, she did exercises to stay warm through the night and morning.

“Probably looked weird,” she said.

She said a run through the snowless area into Nikolai, known as the Farewell Burn, was also tough. But overall, she said, her first Iditarod has been pretty good. Before the race, she consulted with fellow Norwegians Joar Leifseth Ulsom and Thomas Waerner, both Iditarod champions, about the trail. She remembered asking them how bad the twisty and steep Dalzell Gorge would be, but found it to be relatively straightforward. “That was not bad at all,” she said.

Lyrek is also on a racing team, The QRILL Pet Mushing Team, with Leifseth Ulsom and Waerner, plus five-time Iditarod champion Dallas Seavey. It bills itself as the “world’s first professional long-distance dog sled team, with some of the best mushers in the world.”

Mushing runs in Lyrek’s family. Her dad, Don Lyrek, was an Iditarod musher who competed in the 1995 Iditarod. He is American. Her mom is Norwegian. Her dad flew into McGrath, at race mile 311, to watch her race. Both parents will meet her in Nome. So far, she said, she hasn’t texted them, even though she has an inReach satellite phone.

“I saw my dad on the trail at a checkpoint, but I haven’t talked to them,” she said. “I’m really enjoying myself.”

Lyrek lived in Alaska until she was 5 years old. Then she moved to Alta, Norway with her family, where she still lives today. She helps with a sled dog guiding business there. She said she played competitive handball when she was younger, and one of her main Iditarod leaders, Koren, is named after a star Norwegian player.

She said she tried to go to college in Alta, but she withdrew after less than a year because she was too busy taking care of her dogs. “It was just too much to do when you wanna do well in mushing, and I’m pretty dedicated and spend all my time with the dogs,” she said.

She’s forged a bond with her dogs, despite a nearly two-year pandemic related hiatus on dog racing in Norway. She calls them her “corona team” due to their inexperience around racing. For now, Lyrek said, she’s not thinking about the competition for Rookie of the Year.

“It’s such a long way to go and I really, just, I want to finish,” she said. But she’s got her sights set on the future. “Hopefully I can be doing long races and be even more competitive as I get older and more experienced,” she said.

As for winning the Iditarod someday – she says maybe. “I don’t know,” she said. “If I have the opportunity just to do it again, that’d be pretty cool.”

Sons of Norway Book Club Update

Sons of Norway Book Club Selections | March 2022 – June 2022

All books available from Amazon.com (see descriptions on Amazon)



March 2022 Book Club Selections

Main Read: **Peer Bynt** by Henrik Ibsen

Mystery Read: **Burned** by Maj Sjowall & Per Wahloo

Special Add-On Read: **In Cod We Trust: Living the Norwegian Dream** by Eric Dregni

Zoom Meeting/Discussion Date: March 31

Main Read: **Peer Gynt** by Henrik Ibsen

Synopsis: Among the masterpieces of world literature, this early verse drama by the celebrated Norwegian playwright humorously yet profoundly explores the virtues, vices, and follies common to all humanity — as represented in the person of Peer Gynt, a charming but irresponsible young peasant. Based on Norwegian folklore and Ibsen’s own imaginative inventions, the play relates the roguish life of the world-wandering Peer, who finds wealth and fame — but never happiness — although he is redeemed by love in the end.

Mystery Read: **Burned** by Thomas Enger

Uncovering class divisions, racial conflicts, and tangled emotions, this gritty, shocking novel of suspense heralds the arrival of a major new talent.

Book One in Thomas Enger’s Henning Juul series.

Synopsis: Henning Juul is a veteran investigative crime reporter in Oslo, Norway. A horrific fire killed his six-year-old son, cut scars across his face, and ended his marriage, and on his first day back at the job after the terrible tragedy a body is discovered in one of the city’s public parks. A beautiful female college student has been stoned to death and buried up to her neck, her body left bloody and exposed. The brutality of the crime shakes the whole country, but despite his own recent trauma – and the fact that his ex-wife’s new boyfriend is also on the case - Henning is given the assignment.

Special Add-on Read: **In Cod We Trust: Living the Norwegian Dream** by Eric Dregni

Synopsis: Eric Dregni’s great-grandfather Ellef fled Norway in 1893 when it was the poorest country in Europe. More than one hundred years later, his great-grandson traveled back to find that—mostly

due to oil and natural gas discoveries—it is now the richest. The circumstances of his return were serendipitous, as the notice that Dregni won a Fulbright Fellowship to go there arrived the same week as the knowledge that his wife Katy was pregnant. Braving a birth abroad and benefiting from a remarkably generous health care system, the Dregnis' family came full circle when their son Eilif was born in Norway. Dregni's Scandinavian roots do little to prepare him and his family for the year in Trondheim eating herring cakes, obeying the conformist Janteloven (Jante's law), and enduring the mørketid (dark time). In *Cod We Trust* is one Minnesota family's spirited excursion into Scandinavian life. The land of the midnight sun is far stranger than they previously thought, and their encounters show that there is much we can learn from its unique and surprising culture.

Book Club Zoom Meeting - Eastern U.S. March 31, 2022, 7:00 - 9:00 p.m. Eastern Time

Link <https://us02web.zoom.us/j/86897750028?pwd=cUcvVjgrQUVZWkZTaUUyeE1EMUd4QT09> or Sign-in from Website, Meeting ID: 868 9775 0028 / Passcode: 316874

**To let us know if you will be participating this month, please send an email to
SonsofNorwayBookClub@gmail.com**



April 2022 Book Club Selections

Main Read: ***Out Stealing Horses*** by Per Patterson

Mystery Read: ***The Fellowship of Ghosts: Travels in the Land of the Midnight Sun (a Travelogue)*** by Karin Fossum

Zoom Meeting/Discussion Date: April 28

May 2022 Book Club Selections

Main Read: ***To Be Determined***

Mystery Read: ***To Be Determined***

Zoom Meeting/Discussion Date: May 26

June 2022 Book Club Selection – Special Author/Editor Presentation

Main Read: ***From Day to Day: One Man's Diary of Survival in Nazi Concentration Camps***

The Editor, Timothy Boyce, will give a presentation and lead a discussion of his book at the monthly Book Club Zoom meeting.

Zoom Meeting/Discussion Date: June 30



To join the Sons of Norway Book Club,

send an email to SonsofNorwayBookClub@gmail.com
**Melting Glaciers Reveal 1,700-Year-Old Weapons Used
by Reindeer Hunters**

<https://www.livescience.com/melting-glaciers-reveal-weapons-hunting-blinds>



Glacial archaeologists in Norway have discovered weapons and secret hideaways on a remote mountain where stealthy hunters waited for reindeer more than a millennium ago.

While surveying part of the inland mountain peak Sandgrovskaret, the archaeological team recovered five arrows, three of which are up to 1,700 years old. The researchers also discovered 40 stone-built hunting blinds, which made the hunters "invisible" to nearby reindeer.

"When the reindeer had approached to within 10-20 meters [33 to 66 feet], the hunter would get up and start shooting arrows," said Lars Pilø, an archaeologist at the Department of Cultural Heritage, Innlandet County Council, Norway, co-director of the Glacier Archaeology Program and the editor of the Secrets of the Ice website.

For years, Pilø and his colleagues have trekked into the mountains to search for artifacts exposed by melting glaciers. They found this particular site in 2013, but they weren't able to return to do a large systematic survey there until 2018, when they found the weapons and hunting blinds. "There is a lot of melting going on due to climate change, and we had to prioritize other sites in the short time window for glacial archaeological fieldwork," he said.

Of the five arrows, three still have a preserved iron arrowhead. Based on an analysis of the arrowheads' shapes, these weapons likely date to between A.D. 300 and 600, Pilø said.

One of the three iron arrowheads is "a rare type not found at the ice before and hardly in graves in the lowlands, either," Pilø told Live Science in an email. When Secrets of the Ice announced the findings on social media in February, they received "quite a lot of comments that it had to be a spearhead, but the arrow shaft was found beside it, so it is



an arrow," he noted.

Read more here - <https://www.livescience.com/melting-glaciers-reveal-weapons-hunting-blinds>

This is the Most Expensive Country to Buy a Sports Car

<https://247wallst.com/autos/2022/03/07/cambodia-is-the-most-expensive-country-to-buy-a-sports-car-in/>

Cars are so scarce worldwide that some models are not available at all. Inventories are extremely low, mostly due to a shortage of microchips used in car electronic and infotainment systems. Dealers have started to charge above the manufacturer's suggested retail prices, which has angered manufacturers who do not want resentful customers.

The problem has cost much of the car manufacturing industry greatly. Some companies have needed to shutter assembly lines, and many have posted poor financial results in recent quarters. Fortunately for many Americans, cars have stayed on the road longer than ever, with an average of over 12 years since purchase in 2021. Some models have high percentages of cars that have been on the road for over 200,000 miles.

Car prices vary by country. Some of the countries where cars are most expensive are, ironically, poor and have impoverished populations. These include Iran and Angola, according to The Global Economy. Others are considered rich countries, including Singapore and Bermuda.

The recent Cost of Buying a Car Around the World report from product and service comparison website Confused.com looked at sports cars, sport utility vehicles, hatchbacks and electric vehicles. For purposes of comparison, the study used the Ford Mustang as its sports car. It has been one of the top-selling sports cars in America since it was launched in 1964. Based on occasional redesigns, it has gone through six generations. Recently, Ford released an electric version.

Unit sales of the Mustang peaked in the 1960s, but U.S. sales have remained above 70,000 most of the past 10 years.

The United States is the second cheapest country to buy a Mustang in, with a base price of \$27,205. In countries where the cost is high, the number is several times that. It is highest in Cambodia, at \$145,000. Cambodia is among the poorest countries in the world, according to the World Factbook. Gross domestic product per capita is \$4,200, which ranks it 180th in the world.

These are the 10 most expensive countries in which to buy a sports car:

- Cambodia (\$145,000)
- Norway (\$124,204)
- Denmark (\$123,180)
- Netherlands (\$118,924)
- Thailand (\$110,091)
- Portugal (\$106,751)
- Argentina (\$101,995)
- Brazil (\$96,828)



Norwegian Spring Potato Salad (Potetsalat)

<https://northwildkitchen.com/norwegian-spring-potato-salad/>



(Serves 8)

Ingredients:

- 5-6 medium potatoes (about 2 lbs), peeled
- ½ cup (120 ml) sour cream
- ½ cup (120 ml) mayonnaise
- 3 scallions, green and white parts chopped
- 2 tablespoons fresh dill, chopped
- ½ large English cucumber
- 1 bunch of radishes, thinly sliced
- 3 hard-boiled eggs
- salt & pepper to taste

Cover the peeled potatoes with salted water in a large pot; bring to a boil over medium-high heat. Reduce heat to low and simmer until the potatoes are tender, about 20 minutes. Drain and cool.

In a small bowl, mix together the sour cream and mayonnaise.

Cut the cucumber, radishes, and hard-boiled eggs into thin round slices, with the radishes having the thinnest slices. Cut the cooled potatoes into slices or quarters as you prefer. Place everything into a serving bowl.

Pour the sour cream and mayonnaise mixture in the serving bowl and add the chopped dill, scallions, salt and pepper and mix gently.

Garnish with a little more dill, serve chilled or room temperature and enjoy!

From the District 3 President, Kathy Dollymore



As I look out the window, I see the leaves of the crocus and daffy-dills peeking through the snow that is still lying on the cold, cold ground. A first sign of Spring and how happy I am to see it.

I find it almost unbelievable that we are 2 years since the beginning of the pandemic but am gratified to see so many lodges opening for meetings and programs. I recently was at Bondelandet lodge to install their new officers and it was wonderful to see how many came out for the meeting, a resurgence of interest in personal interaction so important to the human psyche.

Congratulations to all the new and returning officers. You all are to be commended for accepting the responsibility for your lodges. And to the members of the lodges – remember the officers and directors can't do it alone. YOU are a necessary part of the running of the lodge. Help when able, join the book club, language group, sunshine club, respond to requests for committee involvement. Many hands make light work.....

Spring is springing this month and are you as excited as I am for the resurgence. There are deadlines that became due at this time of year. Did your lodge submit the AFA Lodge activity report due Feb 15th? Remember this can be done online at FraternalGives.org. Please do not take this form lightly, for it ensures that the order of Sons of Norway will keep it's not for profit status. There are still 2 grants available for members if there is a need: Helping Hands to Members – Disaster Relief and Helping Hands to Members – Medical Relief. Look at the particulars at <https://www.sofn.com/foundation/>

Delegate report (<http://3dsofn.org/wp-content/uploads/3D-Delegate-Report-Form-2022.pdf>) should be mailed to 3D Secretary by April 1.

Remember to send me pictures of your gatherings so we can send to the Viking Magazine. We'll show the organization how wonderful it is to be in the "Tremendous Third."

Did you know that the Vikings did not have four seasons as we do today, they only had two seasons, Sumarr ("Summer") and Vetr ("Winter"). So, Happy Spring!!

Fraternally,

Kathy Dollymore, 3 D 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

<http://vesterheim.org/index.php>