



# North Carolina Vikings

Founded in 2007



May 2021

Sons of Norway / Vol. 14, No. 4 / NC Vikings Lodge 3-675

## Lodge Officers

2020-2021

### President

Asgeir (Andy) Kristoffersen  
[asgeirkristoffersen@gmail.com](mailto:asgeirkristoffersen@gmail.com)  
(919) 345-2164

### Vice President

Frank Bell  
[bellfrank2@gmail.com](mailto:bellfrank2@gmail.com)  
(919) 787-7063

### Counselor

Michael Tilder  
[Mike70Tilder@gmail.com](mailto:Mike70Tilder@gmail.com)  
(919) 349-0102

### Treasurer

Kjell Ottesen  
[imnorsk@hotmail.com](mailto:imnorsk@hotmail.com)  
(919) 848-9152

### Secretary

Michelle Evjen  
[superfastreader@hotmail.com](mailto:superfastreader@hotmail.com)  
(507) 202-1298

### Membership Secretary

Steven Evjen  
[Skecpa@hotmail.com](mailto:Skecpa@hotmail.com)  
(507) 319-3367

### Social Director

\*\*OPEN\*\*

### Webmaster

\*\*OPEN\*\*

### Newsletter Editor

Jennifer Axness  
[jenniferaxness@gmail.com](mailto:jenniferaxness@gmail.com)  
(919) 802-8212

## President's Message

I would like to begin with a personal note about citizenship. I became a US citizen when my Norwegian parents became naturalized citizens. I had no idea that my Norwegian citizenship was revoked since I was born in Norway, so I continued to renew my Norwegian passports, the last one expired in 1980. As of 2020, Norwegian citizens are allowed to hold dual citizenships. You will no longer automatically lose your Norwegian citizenship by becoming a citizen of another country. The only caveat is that you have to apply to regain your citizenship.

Last month I traveled to the Norwegian Embassy in DC and presented my original documents along with copies. Hopefully, my Norwegian citizenship will be restored, I should find out in a few months. Should any lodge members be in a similar situation I am happy to provide more information about how to navigate thru this process.

We have good news under Governor Roy Coopers Executive Order No. 209. While masks are still required indoors, the order increased mass gathering limits to 100. Therefore, our Lodge officers have agreed that we should have a Lodge meeting in June. We are looking into booking the Good Shepard Lutheran Church gym. This is the same Gym we have used for the annual Juletre Fest and will provide enough room for social distancing. Please stay tuned for details. It will be wonderful to get together once again.

Syttende Mai (17th of May) is only a few days away so don't forget to do some flag flying to commemorate the day. We have lots to look forward to this Fall as things get back to normal. Hope to see everyone in June.

Med Vennlig Hilsen,

Asgeir (Andy) Kristoffersen  
North Carolina Vikings Lodge 3-675



## Upcoming Vikings Lodge Program and Lodge Meetings

Meetings in 2021 will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

As mentioned in the President's letter, the Lodge is planning on holding an in-person meeting – the first in over a year! – in June. Please be on the lookout for more details about when and where our first meet-up of 2021 will be taking place within the next week or two!

### May Lodge Birthdays

Karen Chichester	05 / 15
Curtis Conover	05 / 26
Oliver Ropp	05 / 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 Andy Kristoffersen or 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 Andy Kristoffersen at [asgeirkristoffersen@gmail.com](mailto:asgeirkristoffersen@gmail.com) or Frank Bell at [bellfrank2@gmail.com](mailto:bellfrank2@gmail.com).

### Norway Crowned Best Country in the World for Women in Work

<https://www.tnp.no/norway/panorama/norway-crowned-the-best-country-in-the-world-for-women-in-work>

A new study reveals that **Norway is the best country in the world to be a woman in work.**

Norway, which scored highly right across the board, is the number one country with one of the smallest wage gaps of the countries that the researchers analyzed, as well as providing one of the best environments for women looking to start a business, with the process of setting up a new startup taking just four days for women and costing 0.8% of the gross national income per capita.

**Norway has the 5th lowest gender wage gap (4.99%), the 10th highest percentage of women in work (46.99%) and the 4th highest number of maternal/parental leave (91 weeks).**

The research analyses countries on the gender wage gap, women as percentage of total workforce, total maternal and parental leave (weeks), and average number of days to start a business as a woman.

Read more here – <https://bit.ly/3hmTT8t>

# How One Hotelier is Preserving a Fairytale Region of Coastal Norway

<https://bit.ly/33u1ucZ>

“In Norway’s western archipelago of Sunnmøre, Knut Flakk is working to safeguard nature while supporting the surrounding communities.

On a small island off the crinkle-cut northwest coast of Norway, with no land between it and Iceland, there lives an artist whose brooding, semi-abstract oil paintings draw inspiration from the surrounding soil and sky—sometimes literally. His name is Ørnulf Opdahl, the isle is called Godøy, and sometimes he walks the few yards to the beach and scoops up a handful of sand to give his paint texture. Opdahl's home is Norway's landscape in miniature. There is a lake and a mountain and a red-striped lighthouse that seems to act as a conduit for the northern lights. All around is ocean.

It would be almost madness for an artist not to be influenced by the elements here. Godøy is part of Sunnmøre, an archipelago along the western coast of the country and one of the world's great, insurmountably raw regions: etched by glaciers, shaded by intense greenery. These islands ripple out into the Norwegian Sea, some threaded together by tunnels burrowed beneath the water, though there are far more routes for boats than for cars. The dark Sunnmøre Alps, which possess a sublime, magnetic beauty, have drawn climbers since the 19th century. There are many places of solitude, with names that could have blown in with the wind. Storhornet. Aksla. Skårasalen. Life has long been measured by the rhythm of the seasons, tangled with sheep's wool and scattered with fish scales. The area's one and only city, Ålesund, is really an overgrown fishing village, albeit one crafted in a rainbow of sherbet-hued Art Nouveau, the stone chiseled into turrets and spires, a pocket of watercolor politeness in the face of so much wilderness.

“It's quite different to anywhere else in Norway, which can often be so much more of the same,” says Vebjørn Andresen, who was born farther north, in Tromsø, and arrived here from the wide-open polar expanses of Svalbard. “But the landscape is so compact here. Scenery can change by the minute. The first time I drove through the valley of Norangsdalen, I was so startled by the view I had to pull over and sit on the grass.” Last summer he took a boat out by himself and spent the weekends sculling through the fjord, often the only figure in the landscape, dwarfed by the peaks and wondering how the tiny, red-roofed farms clinging to the sides had ever been built. Rowing along these shores in a small vessel, the rock faces plunging at almost sheer angles, can feel like Jonah entering the belly of the whale....”

Read more here - <https://bit.ly/33u1ucZ>



# Nordic Walking

Sons of Norway Newsletter Service: May Issue



## **Jump on the Trend of Nordic Walking**

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

### **Nordic walking:**

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

### **Getting started:**

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program



# Celebrating Syttende Mai

Sons of Norway Newsletter Service: May Issue



## **Celebrate Syttende Mai**

*Syttende Mai* (May 17<sup>th</sup>) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

### **Décor**

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

### **Attire**

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.



## Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

National Anthem of Norway: Ja vi elsker dette landet

<https://www.youtube.com/watch?v=XLJwIEEUTkl>



Sissel Kyrkjebø – Norge I rødt, hvitt og blått – 2020

<https://www.youtube.com/watch?v=hpRGqekTbol>



## Gratulerer med dagen!

A typical activity on Syttende Mai is saying “Gratulerer med dagen!” (Congratulations on this day!) or “Hurra for Syttende Mai!” (Hooray for May 17<sup>th</sup>!). Repeat this to everyone you see throughout the day.

## Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurray for Syttende Mai!



# The Fascinating History of Oslo's Akershus Fortress

<https://bit.ly/3y1iIMK>

by David Nikel

**“Since the Middle Ages, Akershus Castle and Fortress has been a landmark of Oslo. Here is its fascinating story.**

Akershus Fortress is a medieval castle on the waterfront of the Norwegian capital Oslo. Originally built to protect the city and provide a royal residence, the castle has also been used as a military base and prison.

When I first moved to Oslo, it was one of the first places I went to visit. Wandering the grounds gives you a sense of how the city used to be—and offers great views across to Aker Brygge and out to the Oslofjord. But this is no museum! While the halls of the castle tell many stories of Oslo's history, the fortress is still actively used today. Many cultural and administrative functions are based here and the government uses it for formal events.

## **A medieval castle**

Akershus castle was originally a military stronghold built in the late 13th century by King Haakon V. It also served as a royal residence for the King and his administration.

The fortress was first used in battle in 1308 as Swedish duke Eric of Södermanland attempted to take the castle. 140 years later, the castle was besieged again by a Swedish king. Attempts to take the fortress continued sporadically throughout the late Middle Ages.

## **A landmark for Christiania**

Christian IV served as the King of Denmark and Norway from 1588 to 1648. He did a lot during his 59-year reign, but one of his longest-lasting legacies was the renovation of the castle into a modern fortress. During his reign, the castle was transformed with bastions to the north, east and southeast and an expansion of the fortress grounds. Earthworks and wooden barriers were built prior to stone fortifications...”

Read more here - <https://bit.ly/3y1iIMK>





## Vafler (Waffles)

[https://www.sofn.com/norwegian\\_culture/recipe\\_box/baked\\_goods\\_breads\\_and\\_desserts/vafler\\_waffles/](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/)



### Ingredients for the Waffles

6 eggs  
1/2 cup sugar  
1 tsp. ground cardamom  
1 1/2 cup flour  
1 tsp. baking powder  
pinch of salt  
1 cup sour cream  
1/2 cup melted butter  
3 Tbsp. butter for frying

In America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The vafler in Norway are served for dessert or as a treat in heart-shaped sections. They are much sweeter and softer than American waffles and are almost always homemade.

### Recipe

Mix eggs, sugar, and cardamom together in a big bowl. Add in flour, baking powder, and salt.

Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

Heat up the waffle iron and brush some butter on the surface of the iron. Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

Remove waffle (watch out, it's hot!) and serve warm. Top with jam, whipped cream, or sour cream. Try different toppings or make a waffle sandwich.



## From the District 3 President, Kathy Dollymore



May is a pretty month here in the Northeast. It is also a busy month. There are dates in this month that we can celebrate. It's time to fly the flags. May 8th Norwegian Liberation Day (known in Norwegian as Frigjøringsdagen) and International Viking Day, honor Mom on May 9th Mother's Day, Hurrah for May 17th. The 17th has many names (Syttende Mai (17th of May), Nasjonaldagen (The National Day) or Grunnlovsdagen (The Constitution Day) so what better time to fly your Norwegian flag. Memorial Day, May 31st, is a US federal holiday remembering the people who died while serving in the armed forces and marks the start of the unofficial summer vacation season.

I'm pleased and proud to say the Norwegian flag will fly over Philadelphia City Hall on May 17th and I will be attending the ceremony. If your lodge is meeting, whether by Zoom or in person, this is a great month to provide a history of our organization (126 yrs) and the reason behind organizing. Recounting the history of our organization is a perfect way to celebrate and reaffirm the enduring power of Sons of Norway. Our values of trust respect, and care are as essential today as ever before.

Here in my part of Pennsylvania it is azalea time, dogwoods budding time, cherry blossoms time, daffodil, hydrangeas, the smell of new cut grass, oh I could go on. But the fact that we can get outside and BREATHE. Oh Yea! My son has all sorts of allergies so I do feel for him and anyone dealing with pollen etc., but I am so happy to be outside now and hope you will be able to get out and about too. I went out to a lodge meeting and we had a wonderful &me. Now we are talking about being outside for meetings and programs. I hope you are all able to get your COVID shots as things are starting to open up and get back to normal. As the temperatures warm and you spend more &me outdoors in your yard or walking the neighborhood, you may be more acutely aware of the birdsongs in the air as spring gets into full swing. As you take your walks use this opportunity to add to your sports medal. The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of friluftsliv (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference. Talk to your lodge Sports Director for information on different awards. Have a great summer and we'll connect in September.

Ha en fin sommer, nyt naturen vi kobler &ll I september.

Fraternally  
Kathy Dollymore  
3D President

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

Sons of Norway Website  
Facebook  
Twitter  
LinkedIn

<https://www.sofn.com/>  
<http://www.facebook.com/groups/SonsofNorway/>  
<http://twitter.com/#!/SonsofNorway>  
<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](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](http://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/](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.nagcni.org>

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

