



North Carolina Vikings



September 2018

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President's Message

It is the end of summer here in Raleigh and Eastern North Carolina, and most of us are suffering from the potential hurricane and monsoon season of miserably hot and sticky humid weather outside our air-conditioned homes.

I have also been watching YouTube videos of views from the engineer train drivers of the FLAM Railroad in ice and snow in Norway to cool me off and get in the mental realm of thinking about Norway and our SONS through Autumn 2018, winter 2018/19 and Spring 2019.

Dates and locations for future lodge meetings are listed below. You may note that we are not participating in the Scandinavian Christmas Fair at the fairgrounds this year on the first Saturday of December. Our lodge board reviewed the amount of time and energy that goes into participating in the event, the amount of money earned, the number of new recruits gained, and the effort that goes into trying to sell unsold inventory at the Scan Fair, and we have determined that our participation this year is not worth all these efforts.

Our Christmas party is scheduled closer to Christmas this year (Saturday, December 22) due to the fact that the church hall will be in use by the church on other weekends in December.

The 2018/2019 winter/spring lodge meetings do not yet have set agendas, but we do have several tentative subjects in mind suggested by some folks going to Norway for projects in medicine and marine science, and some additional topics that might be of interest to our lodge. If any of our lodge members have suggestions for future meetings, please let us know.

We all look forward to being together for an enjoyable and inspiring 2018/2019 lodge year.

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!

September 29, 2018	Welcome Back Potluck 3pm – 5pm
December 22, 2018	Jultrefest 3pm – 5pm
February 23, 2019	Lodge Meeting: TBD 3pm – 5pm
April 27, 2019	Lodge Meeting: TBD 3pm – 5pm



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 or Frank Bell at bellfrank2@gmail.com.

Membership Dues

Please read more, here, about Sons of Norway's new criteria for adding family members - https://www.sofn.com/join_or_renew/. Dues for an individual are \$60, but new family membership dues are only \$90. A family membership can include all adults and children living in a household. Adults in a new membership are considered as actual "new members," whereas children under the age of 16 are not. Everyone in the family, however, gets the magazine, etc. It's a fantastic way to get all our family members involved, and our lodge receives extra money each time a family joins. If family members are added now, the family will not be charged "family dues" until their next annual membership renewal date.

September Birthdays (*Bursdager i september*)

Doug Blankenship
Erik Askekand
Jan Carlson

September 11
September 19
September 30

Gratulerer Med Dagen!

Congratulations to King Harald V and Queen Sonja, who celebrated their 50th wedding anniversary on August 29th!



Norwegian Teacher Needed in Raleigh Area

“Listen and Learn” is a successful language training company working with freelance teachers of 35 different languages in over 100 cities across the USA and Canada. Students are either in-company or self-funded who need to learn a language at their office or their home for work, family or travel reasons. Founded in 2004, the company’s motto is Any Language, Anytime, Anywhere! They are currently looking for a Norwegian teacher for one of their clients. They predict around 100 hours of total teaching time for this student, and the course is to start ASAP.

The preferred schedule for this student would be once per week on Sunday evenings. Location of the classes and schedule could be flexible based on your and the client’s availability. The hourly rate is negotiable depending on qualifications and experience, and they are also happy to discuss travel costs. This is a freelance, part-time position.

If you are interested and would like to reach out to the organization, please contact Mike Tilder at mmtilder@twc.com for more information.

History of the Marius Sweater



The Marius Sweater was designed in 1953 by Unn Søliland and sold to Sandnes Woolen Factory in 1953 as a knitting pattern. Today it is known as the best-selling and most-knitted pattern in Norway. It is considered a Norwegian national sweater, an icon that says something about the Norwegians' enthusiastic relationship with trips in the woods and fields, in the free Norwegian nature.

Designer Unn Søliland made history by designing new patterns and using wool with strong colors, which was unusual at that time. This made "Norwegian sweaters" great fashion, also abroad - and "Norwegian sweaters" became an internationally popular term. Unn Søliland Dale received the King's Medal of Merit in gold for her life-long pioneering work to develop Norwegian knitting traditions and designs for hand knitting and wool, and to make Norwegian woolen textiles known internationally.

Unn Søliland was the first woman to become a member of the Norwegian Federation of Industries, when she organized women who knitted throughout Norway, which was regarded as a "cottage industry." Over the years, she organized more than 1,000 Norwegian women for her production. She designed and produced hand-knitted goods for German Uli Richter. She designed patterns for the American company McGregor, and later in the 90s she designed the most exclusive handknits for the French Christian Dior, Hubert de Givenchy and Castelbajac. She is the only Norwegian designer to have had handknits on French catwalks in Paris.



Unn Søliland

Lutefisk: The History of Lye... Fine Dining

Provided by John & Patsy Christiansen



Lutefisk - translated lye fish - has been a Scandinavian delicacy since viking times.

It is written in Runic of a time where a peaceful Swedish fishing village was nestled in a quiet cove, having just hung their catch of cod to dry on racks, when a horde of screaming, bloodthirsty Norwegian Vikings bent on rape and plunder came in from around the bend, and headed for the village.

The terrified villagers, dragging their goats and cows and children, ran for the hills. The Norwegians ransacked the village, knocked down the racks of freshly caught cod, and set fire to the drying sheds.

There was a drunken frenzy for a week, where they burned the buildings and roasted the goats and pigs that were left behind. There was a drunken frenzy for a week, where they burned the buildings and roasted the goats and pigs that were left behind on the coals. Cries of "Hüron häst en Oden SKÅÅÅLL" could be heard by the villagers in hiding, their revelry around the bonfires of burning huts clearly visible.

Eventually, with the village a smoking ruin, they gathered up what loot they found, took the remaining goats and pigs, and headed home.

After a while, the villagers returned. Clearing the wreckage, they found that the cod, buried under the ashes, had undergone an amazing transformation. They emitted a most tantalizing aroma, the flesh was glistening and unsteady, and the flavor enticing. This wonderful transformation occurred because the fish were in the ashes for over a week, and slowly the lye in the wood ashes had transformed the cod into lutefisk. Thereafter, part of their catch was buried in barrels of wood ash. Over eons of time, it was discovered that lye could be extracted from wood ash, and cod was transformed into the refined delicacy that we savor today.

Trivia of note: A codpiece is not a piece of cod...



Meatballs in a Gjetost Sauce



For the Meatballs

2 Lbs Ground Beef

½ Tsp Pepper

1 Cup Milk or 1 Cup Beef Broth

1 Tsp Salt

2 Eggs - lightly mixed

½ Cup Flour or ½ Cup Fine Dry Breadcrumbs

For the Sauce

2 Tbsp Butter

¾ Cup Light Cream

1 Cup Shredded Gjetost Cheese

2 Tbsp Chopped Parsley or 2 Tbsp Fresh Dill

2 Tbsp Flour

½ Cup Chicken Broth

¾ Cup Sour Cream

Making the Meatballs

In a large bowl combine ingredients using your hands or an electric mixer. Moisten your hands and shape the mixture into ¾ inch meatballs.

In a large frying pan at medium heat, add 2 tbsp of oil. Add meatballs to the pan and shake the pan gently to turn the meatballs. Cook the meatballs for about 10 minutes, and then remove as they start to brown.

Place meatballs on a plate lined with paper towels to drain prior to serving. Save the pan and the cooked-on bits to make the sauce.

Making the Sauce

Remove as much of the oil from the pan as possible. Evenly stir in the light cream. Add the chicken broth, return pan to the burner at medium heat and bring to a boil. Make sure to stir evenly until thickened. Reduce the heat to low and stir in the gjetost.

Mix a small amount of the sauce into the sour cream, return the sour cream to the pan of sauce. Add the chopped parsley or dill, return the meatballs to the pan and simmer until heated through.

Serve with cooked rice, potatoes or egg noodles.



****Call for Recipes!**

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic-inspired recipes to be considered for inclusion in our Recipe Box located on the sonsofnorway.com homepage. For a chance to be featured, simply email your recipe to jkohlhofer@sofn.com. Feel free to include a high-quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted!

Recap of the 2018 International Convention



Sons of Norway members and delegates from throughout our organization came together for the 2018 Biennial International Convention, held in Bloomington, MN.

When approved, the official minutes of the lodge meeting will be distributed to all International Board Officers and Directors, delegates and Sons of Norway lodges. A synopsis of changes to the policies, procedures and laws of Sons of Norway approved at the convention will appear in an upcoming issue of *Viking* magazine.

Travel Opportunities

If you are interested in a possible group cruise in the spring of 2020, please let either Frank Bell or Mike Tilder know. Below are some ideas for week-long European river cruises that are all good possibilities. Please let Frank or Mike know specifically which option appeals most to you. Based on feedback – enough individuals who respond as well as clear interest in one itinerary over the others – we will provide pricing information and plan a group trip that should be fun and interesting for all!

Amsterdam to Basel / Spring 2020 / Viking River Cruises

<https://www.vikingrivercruises.com/cruise-destinations/europe/rhine-getaway/2020-amsterdam-basel/index.html#search/sfym=2020-4|2020-5&sftcm=21-6122>

Passau to Budapest / Spring 2020 / Viking River Cruises

<https://www.vikingrivercruises.com/cruise-destinations/europe/danube-waltz/2020-passau-budapest/index.html#search/sfym=2020-4|2020-5&sftcm=21-6092>

Avignon to Lyon / Spring 2020 / Viking River Cruises

<https://www.vikingrivercruises.com/cruise-destinations/europe/lyon-provence/2020-avignon-lyon/index.html#search/sfym=2020-6&sftcm=21-29619>

Norway Keeping Trash out of Nature



It's no secret that Norwegians want to protect their natural wonders from garbage. While recycling is commonplace for Norwegians, other countries are looking to Norway as the recycling expert.

The U.K. is looking into starting a recycling program based on Norway's, after stats came out showing that Norway has the world's most effective bottle recycling program. Through this program, 97 percent of all plastic bottles are recycled. Less than 1 percent of the bottles are ending up in Norway's environment.

In this bottle recycling program, Norwegians pay an extra charge on recyclable bottles when they purchase an item, about \$0.12-0.30 depending on the size of the bottle. That fee is returned to the purchaser once the bottle is emptied and brought to a machine.

Recycling isn't the only way Norway is trying to keep their country clean; the country also advocates for the use of compostable materials. For example, for the last two years running, the Edible City Party, a large food festival in Norway, has used beer glasses made of bio-plastics. These glasses are made of compostable materials such as sugar cane, vegetable oil and cornstarch. These compostable cups have become increasingly popular in Norway and are now also being used at other festivals.

But what about the trash that's already in nature? Oslo recently called upon the help of underwater drones to locate garbage in the fjords to assist with cleanup efforts. Once the garbage is located, divers can go into the water to retrieve it.

From beer glasses made from compost, to running an effective bottle return program, it's easy to see why other countries would look to Norway when it comes to recycling.



Kvikk Lunsj and the Candy Bar War



Norway's Kvikk Lunsj and England's Kit Kat have long been the subject of comparison - Which came first? Which tastes better? Who has cooler packaging? Recently the candy bar war has extended to "Which one should own the trademark to the four-bar shape?" (Spoiler alert: neither one.)

Origin of the Story

While Kit Kat began production in London in 1935, Freia started producing Kvikk Lunsj ("Quick Lunch") in 1937. The son of Freia's factory owner Johan Throne Holst had tried a Kit Kat while visiting England and his father came up with a similar product for the Norwegian market after consulting with Kit Kat's producer. The four-bar look remained consistent, but the recipe was adapted to Norwegian tastes and changed the packaging to a wrapper with red, yellow and green stripes.

Taste Tests

Various bloggers have made reviews of the two candy bars or held blind taste tests. A reporter for British newspaper The Guardian rated the two bars based on look, feel, snap, chocolate, nibble-ability and texture, with Kvikk Lunsj winning handily, 24-17.

A National Pastime

While Kit Kat is sold worldwide, Kvikk Lunsj is only sold in Norway and in the duty-free shops in Sweden and Denmark. The cultural connotations of Kvikk Lunsj are deep: the candy has been associated with hiking and skiing adventures and Easter holidays, when many Norwegians visit rustic mountain cabins. First marketed as "tursjokolade" or touring chocolate, it's often paired with coffee and oranges as the perfect trail food. On average, Norwegians consume nine Kvikk Lunsj bars per year, with one third of them consumed at Easter.

Sentimental value

It's clear that Kvikk Lunsj is more than just a candy bar to Norwegians. Its name has been hashtagged 46,000 times on Instagram, largely in rugged outdoor settings. You can find a Kvikk Lunsj hat pattern, purchase cufflinks and—of course—make your own wool hiking socks. The product is so closely associated with *friluftsliv* (outdoor recreation) that Freia has incorporated maps, hiking tips and portraits of famous trekkers on the packaging. An ad campaign, "The Tour Awaits" was created for Kvikk Lunsj's 80 year celebration. The spot portrays how closely hiking culture and Kvikk Lunsj are related.

Message From the District 3 President, Kathy Dollymore



September 2018

"Individual commitment to a group effort - that is what makes a team work a company work, a society work, a civilization work." Vince Lombardi There are lodges that are gearing up for a new year of programs, a change of officers, new issues and new ideas. The organization of Sons of Norway has been around for almost 125 years and I expect it will be here another 125 and more.

After visiting at the International Meeting in Minneapolis I can tell you that I am proud of our Third District delegates for insightful thoughts and comments. More information will be forthcoming after all the delegates get their notes to me. We, in the Third District, are a strong group with differences in geography, age, ideas, temperament. That being said, I have found we are also a group who will often share their ideas and mentor those in their roles and responsibilities and represent their local lodge and its values to others. We also are a group that will listen and help ensure a free flow of ideas and challenges from all. Listening involves accepting and respecting the ideas, feelings, behaviors, and experiences of members different from ourselves. We are trying something new on our District Board in that we have some Committee Chairpersons with committee people in position to assist them in the job. This also allows the Chair/Director to mentor a committee person in fulfilling the position at a later election time. As an existing example, we can look to Zone 5- There is a Zone Director, an Assistant Zone Director and two committee members on the "Zone 5 team". All working hard to establish, retain, and excite existing lodges members.

Another example of a committee approach is Publicity where we have a Publicity Chair, assists for the TDT, assists with photos for the Viking Magazine and a webmaster. If your lodge is having difficulty fulfilling roles perhaps it is time to choose the "committee approach". Knowing you are part of a team can help develop a positive attitude about that position and develop strong relationships with your other committee members. Members on a team develop a sense of working for a larger cause, which can provide strong motivation to perform well. They also realize that if they ever need help, they can count on a teammate to provide it, and they are willing to return the favor in the future.

Be a part of the puzzle and join a committee, working together makes a great picture.

Fraternally, Kathy

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.nagcni.org
Vesterheim Museum: "A Norwegian American Treasure"	http://vesterheim.org/index.php