



North Carolina Vikings

Founded in 2007



September 2021

Sons of Norway / Vol. 14, No. 6 / NC Vikings Lodge 3-675

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2020-2021

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President's Message

We all agree that June's meeting was a success. Since that time, Covid variants have set our recovery back. For that reason, out of an abundance of caution, we will delay our next meeting to **October 16 at 2:00pm** - same place, Good Shepard Lutheran Church on Creedmoor Road in Raleigh.

Ever wonder why we celebrate Canada along with Norway during our meetings? It is part and parcel to North America. North America is the other Norway, just as populous as the one we know at the edge of the North Atlantic. Over 4 million people in North America proudly identify themselves as Norwegians. They do this to remind themselves and others that their forefathers came to this land from Norway.

I can tell you this, those in Norway never forgot. No other country except Ireland lost a greater share of their population to the land of gold paved streets. Norway watched their youthful dreamers move to build a life of unlimited opportunity. Very few families were spared the loss. Those that immigrated, in turn, suffered the loss of homeland. It's no wonder that the Norwegian ethnic group held onto their heritage. Though many generations have passed, Norway holds a mystical attraction for those of us that call ourselves Norwegian.

Norwegians that I meet in Norway hold a special affinity for Canada and the United States. Almost everyone has a relative that has settled here and in Canada. I'm proud to be a member of SON as we navigate what our heritage means in the context of our present culture.

I look forward to seeing everyone soon.

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.

October 16, 2021

2:00 pm

September/October Lodge Birthdays

| | |
|---------------------|--------------|
| Teri Richards | September 18 |
| Erik Askeland | September 19 |
| Katherine Serumgard | September 22 |
| Jan Carlson | September 30 |
| Robert Horvick | October 7 |
| Sara Haukas | October 8 |
| Cecily Wainschel | October 14 |
| Richard Herschel | October 21 |
| Tanya Parise | October 30 |



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 or Frank Bell at bellfrank2@gmail.com.

Four Stops Along St. Olav Ways

<https://www.sofn.com/blog/four-stops-along-st-olav-ways/>

Named after King Olav II, a renowned Viking leader buried in Trondheim's Nidaros Cathedral, St. Olav Ways is a group of historical pilgrim pathways with a variety of destinations for travelers to explore today. The August 2021 issue of **Viking** features an in-depth look at the history and present-day pilgrimage of St. Olav Ways, rich with nature and culture. Here are four additional destinations to discover along the routes.

Dovrefjell National Park

Known for its wildlife, including reindeer and arctic foxes, this mountainous landscape boasts both nature and culture. Visitors trekking along the Gudbrandsdalsleden route can spend time exploring the waterfalls and mountains, with raw natural beauty all around. Plus, within the national park is a large collection of stones of all sizes, known as a cairn, called Allemansrøysa. This landmark offers an opportunity for



passersby to add to it with a stone of their own from along their journey. The idea behind this tradition is that each rock represents something the person carrying it wants to release, such as a negative thought or habit. In the process of adding it to the rock monument, they're joining the many pilgrims who came before and did the same.

Sundet Farm



With authentic ornamentation from a 1700s storehouse and a cabin suitable for up to six people, Sundet Farm is a convenient and charming place to stay along the St. Olav Way's Gudbrandsdalsleden route.

The farm dates back to the 1100s, and due to its close proximity to the river, it has been used for ferry rides and fishing. Today, the destination is one of the few riverside farms to still have a ferry. It's open year-round with food, wine, and

sleeping accommodations for guests traveling through.

Dale-Gudbrands Gard

Another stop along the Gudbrandsdalsleden path, Dale-Gudbrands Gard is a historic garden with a hotel and dining available, perfect for those seeking a comfortable place to rest and recharge. Up-to-date amenities make for a relaxing stay—travelers have the option to sleep in one of 12 renovated rooms or in the farm suite. The site blends modern elegance and history, having previously been a meeting place for events and gatherings in the Viking Age, with several gravestones from this era still standing today.



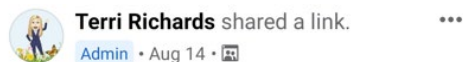
Tynset Rom & Camping



If traveling on the Østerdalsleden route, stop at Tynset Rom & Camping, which is close to a supermarket, shops and restaurants. The destination is known to be a hub for skiers, hikers, bikers and outdoor enthusiasts—without wandering too far, guests can soak up spectacular views. Choose to sleep in a cabin or motor home, or keep it simple with a tent. Either way, visitors are sure to enjoy the surrounding beauty year-round, and all the unique attractions nearby.

North Carolina Vikings Facebook Page

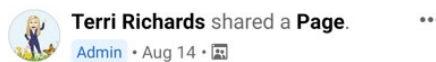
Join the NC Vikings Sons of Norway Lodge 675 Facebook page, set up and maintained by talented lodge member Terri Richards. Learn all about life in Norway, including Norwegian food, culture and history. It's a great way to keep up with the group between meetings. Thank you, Terri!



Are you ready to learn Norwegian? If so, check out this option.



NORWEGIANCLASS101.COM
Learn Norwegian Online - NorwegianClass101



<https://www.facebook.com/sonsofnorway/>



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Sons of Norway

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Sons of Norway Book Club

Update
August 31, 2021

Our Book Club Selections

I thought it might be a good idea to take our selections, as sent to me by members of the book club and schedule our readings for the next three months. Thanks to our club member, Susie Helms, for suggesting we do this. We can change and adjust if necessary.

September 2021 Selections

Main Read: ***The Shetland Bus*** by David Howarth

Synopsis: From the author of *We Die Alone*, ***The Shetland Bus*** recounts the hundreds of crossings of small boats from the Shetland Islands to German-occupied Norway to supply arms to the Resistors and to rescue refugees – all under constant threat by German U-boats and winter storms.

Mystery Read: ***Faceless Killers*** by Henning Mankell (his first Kurt Wallander mystery)

Zoom Meeting:

Date: Thursday, September 30

Time: 7:00 p.m. – 9:00 p.m.

Link - <https://us02web.zoom.us/j/87259463182?pwd=WXNtTHpsbHY3Y09UVjh5Yy9wdUhaZz09>

Or, sign on from website -

Meeting ID: 872 5946 3182

Passcode: 375010

October 2021 Selections

Main Read: ***Grass of the Earth: The Story of a Norwegian Immigrant Family in Dakota*** by Aagot Raaen

Synopsis: An engaging, richly detailed biography of a family of Norwegian immigrant homesteaders in eastern North Dakota in the late 1800s. Educator and world traveler Aagot Raaen wrote this reminiscence late in her life. Like *Giants in the Earth* and *Old Jules*, ***Grass of the Earth*** deals frankly with a darker side of pioneer life on the prairie.

Mystery Read: ***The Bat*** by Jo Nesbo (Nesbo's first Harry Hole mystery)

Zoom Meeting: Date, time and sign on information TBA

November 2021 Selections

Main Read: ***Children of Ash and Elm: A History of the Vikings*** by Neil Price

Synopsis: The Viking Age saw an unprecedented expansion of the Scandinavian peoples into the world. As traders and raiders, explorers and colonists, they ranged from eastern North America to the Asian steppe. But for centuries, the Vikings have been seen through the eyes of others, distorted to suit the tastes of medieval writers, Victorian imperialists, Nazis and more.

Mystery Read: ***The Princess of Burundi*** by Kjell Eriksson

Zoom Meeting: Date, time and sign on information TBA



Notes and Sources

All books are available from Amazon.com. Barnes & Noble also carries the main selections; I did not check the mysteries on B&N, although I would guess they probably have most, if not all of them.

At the moment, ***Children of Ash and Elm*** is available only in hard cover and Kindle format. The paperback edition will be released in early 2022 (I have already downloaded the Kindle version to my Kindle).

For each book we read, there will be a trivia contest during our Zoom meeting based on the content of the book(s) we read in that particular month.

We will continue to use Slack to post our thoughts on the books we are reading or respond to posts by other Book Club members. I will begin posting to Slack within the next few days. I also have to set up our September books on Slack. If you are not already set up on Slack, let me know and I will take care of your initial set-up.

RSVP to let me know which months you will be participating.



Please Continue to Spread the Word!

Let your fellow lodge members and friends know of our book club. The more members we get, the more suggestions for good Scandinavian reading will come our way. Please let anyone who is interested in joining our Book Club know that all they have to do to get on the email list is to send an email to **Bill Browning** at SonsofNorwayBookClub@gmail.com.

Kubb, the Viking Sport that Unites

<https://www.norwegianamerican.com/kubb-the-viking-sport-that-unites/>

by Kell Knutsen, Luther College



It was a classic summer day, the sun was shining, and I had just gotten home from a shift at work. As I parked the car in my family's garage and made my way toward the door I noticed it—a kubb set, one that has been in my family for years.

Even though we had a set, my family did not play kubb much. My mother and older sister played the sport in Sweden when they visited, but their stories were the extent of my knowledge of it. It was not until I went to Luther College in Decorah, Iowa, where I am currently attending school, that I gained more experience with the game.

While I have still yet to play kubb, I have been learning more about its roots and why it is so important to everyone who plays it. With all the exposure I have been getting to the sport over recent years, all the stories seem to start the same way—with one set of wooden blocks.

Eric Anderson, director of the [Kubb National Championship](#) in the United States in Eau Claire, Wis., and his wife were introduced to the game by some of their friends in Sweden during a trip in 2002. They found kubb to be a great way for them to relax and connect on this trip. These wooden blocks showed an ability to bring people together, and they inspired Eric to spark a great expansion of kubb in the United States.

Viking origins

Where did kubb get started? This is something I wanted to learn more about as I talked with Eric. I knew it was known as a Viking sport, but where were its specific origins? Eric informed me that the sport, known to some as Viking chess, is believed to have originated on the small island of Gotland in Sweden.

This island located in the Baltic Sea produced a sport that would survive generations. And how has kubb sustained itself for so long? The secret lies within its ability to connect people....

Read more [here](#).

Photos of Norway's Fjords that Will Have You Booking a Flight Immediately

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



Norway is said to be the country of many things – the midnight sun, the northern lights, and last but not least, the fjords. Indeed, the spectacular formations are so integral to Norway's famous landscape that the English word "fjord" is derived directly from the Norwegian language.

So sit back, relax and enjoy these breathtaking views...



Starting off with a classic, Trolltunga (directly translated to "Troll Tongue") is a famous rock formation in Western Norway. Sitting at a whopping 1180 meters above sea level, the rock boasts a spectacular view of the lake Ringedalsvatnet.

A refined answer to Trolltunga's rugged platform, the Stegastein viewpoint sits 650 meters above sea level and offers a panoramic view of the fjord Aurlandsfjorden.

Read more [here](#).

Fiskesuppe (Norwegian Cod and Root Vegetable Chowder)

<https://www.saveur.com/article/Recipes/Norwegian-Cod-Vegetable-Chowder/>



* When making this creamy fish stew, feel free to substitute mahimahi, salmon, scallops, or shrimp for the cod. Yield: serves 6-8

Ingredients

- 6 tbsp. unsalted butter
- 4 cloves garlic, chopped
- 2 stalks celery, chopped
- 1 small onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 small leek, sliced 1/4" thick
- Kosher salt and black pepper, to taste
- 2 medium carrots, sliced 1/4" thick
- 1 large parsnip, peeled and chopped
- 1 small celeriac, peeled and chopped
- 4 medium new potatoes, peeled and cut into 1" pieces
- 3 cups fish stock
- 2 cups milk
- 1 cup heavy cream
- 1 ½ tbsp. Worcestershire sauce
- 2 lb. boneless, skinless cod fillet, cut into 2" pieces
- ⅓ cup dill, chopped, plus more for garnish
- ¼ cup parsley leaves, chopped
- Juice of 1 lemon
- Crusty bread, for serving

Instructions -

Heat butter in a 6-qt. saucepan over medium-high heat. Add garlic, celery, onions, peppers, and leeks, and season with salt and pepper. Cook, stirring, until soft, 8-10 minutes. Add carrots, parsnips, celeriac, potatoes, stock, milk, cream, and Worcestershire; bring to a boil. Reduce heat to medium, and cook, stirring occasionally, until vegetables are tender, about 25 minutes. Add cod, and continue to cook, stirring gently, until fish is cooked through, 6-8 minutes. Stir in dill, parsley, lemon juice, and salt and pepper. Serve with bread.

From the District 3 President, Kathy Dollymore



Welcome back from summer. Welcome September. Velkommen Vlbake fra sommeren. Velkommen September.

Meetings on Zoom or meetings in person? Some lodges are meeting in person for the first time in a long period, some are continuing with Zoom, some are hybrid and doing both. We are starting to get back to normal or may I say in some cases better than normal with technology showcased in some lodges. If you haven't yet, and want to try Zoom for your lodge, fill out a Fraternal Funds form found on the 3dsfn.org website and send to our District Secretary. However you plan to get together, I hope you will have a fun and lively meeting.

We have adapted, we've added online speakers and presenters, we've hosted hybrid meetings and enjoyed events outside, we have joined online with members from other lodges. Getting to know our membership from other lodges. WE WERE DETERMINED!! I am just so proud of our District, our lodge leaders and members who have found ways to make it all work. Placing our members welfare first, despite the type of meeting, events, and experiences that had been planned - we are taking the next step and continuing with meetings, events and experiences in a positive way. I'd like to wish all lodges a Happy Anniversary no matter the year and note that Nordkap Lodge has reached the century mark. Hoorah!!

We are advancing with September meetings and thinking forward to nominations, elections, Juletreffs, installations, resolutions, then on to the 2022 convention in Jacksonville. Time just has a way of flying by. All of these items are of import and deserve our attention and your District board is there to assist if you ask.

Last year at this time I was writing a note to everyone to keep a positive outlook on life as the world around us was crashing down around us with meetings uncertain, events put on hold, people unsure of the future - just sitting and waiting, trying to keep optimistic thoughts, it was difficult to process. To a certain extent it is still tough to comprehend. I hope you are all taking precautions staying safe and well. Enjoy your Labor Day off if you are able. It's thought by some to be the last hoorah of summer. And please remember Patriot Day, it has been 20 years since September 11th. If you have taken pictures of your adventures during the summer send them so we can get them in the Viking Magazine.

Fraternally, Kathy

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

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

