



# NORTH CAROLINA VIKINGS

Juni 2007

## President's Message:

Hi Folks! We are off and running as the newest Sons of Norway lodge in District 3. The lodge's institution celebration on April 20th was quite an event (for those of you who missed it) – the District 3 President, Barbara Berntsen, installed the lodge's new officers with assistance from District 3 Vice President Ralph Peterson and his wife Anne Grete, District 3 Secretary Gail Ekloff, and Zone 6 Director Rannveig Klinge. My heartfelt thanks to the District 3 team for their support during our formation and for their participation in the institution celebration. I would also give thanks to those lodge members that worked so hard preparing for the event and assisting during the celebration.

As our lodge matures, we, as members, must be willing to participate in the activities of our lodge. This will allow us to continue to grow and be successful. Your participation means much more than attending meetings and events – we need you to help create these events. We truly need your ideas and your energy since they will ensure that North Carolina Vikings will grow and be healthy. Your willingness to share your talents is one of the building blocks needed to expand our foundation. We still have a couple of offices that need a lively and interested member to fill – give it some thought. Why don't you take the action needed ... VOLUNTEER!  
As always, I remain fraternally,

Mike Tilder

## Vil du lære norsk?

Several members have expressed interest in learning Norwegian. We have some possible instructors who would be willing to teach a class to adults or children. Please contact us if you would like to attend a weekly class starting this fall (probably in sets of classes, such as 6 weeks). Please also let us know if you have children or grandchildren who would like to attend, along with their ages. Contact editor Ida Eliassen-Coker at [editor@northcarolinavikings.org](mailto:editor@northcarolinavikings.org)



# Verdens beste

## -World's Best Cake

Step 1 – First layer of base

5½ ounces butter  
¾ cup sugar  
6 egg yolks  
1 teaspoon vanilla sugar  
6 tablespoons milk  
1 cup all-purpose flour  
1½ teaspoons baking powder

Whisk the sugar and butter until smooth and pale. Fold in the other ingredients. Mix well. Spread on a 14 x 17 inch baking pan lined with baking/greaseproof paper.

Step 2 – Second layer of base (meringue)

6 egg whites  
1 cup sugar

Whisk sugar and egg whites together until stiff peaks form (meringue). Spread evenly over base made in step 1. Sprinkle 4 ounces sliced almonds on top of the meringue.

Bake the two layers together at 350 degrees Fahrenheit in lower part of the oven, for 25–30 minutes.

Step 3 – Filling

1 package instant vanilla pudding mix  
1 cup heavy cream

To make filling, whip the cream and make the vanilla pudding separately. Then mix the cream and vanilla pudding gently together, and refrigerate until cold and firm. Let the cake cool down after removing it from the oven. Cut it in half. Spread the filling on top of one half, and cover with the other. Garnish with fruit or berries.

Bon Appétit!

Source:

<http://www.norway.org/food/>



*Kvæfjorkake / Verdens beste*

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*“Bok alene gjør ingen klok, sa kjerringa, hun svidde grøten med nesa i kokeboka.”*

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## Make a World of Difference!

### One Student At a Time

AFS students from countries around the world are eager to experience what it's like to live as a member of a family and community in America while attending local high schools. The ways in which students participate in family, school and community life help to build a greater understanding of and appreciation for the many different cultures of the world.

There are many kinds of host families. Host families are two-parent households with small children, teenagers, or no children at home, single parents, grandparents, and adults who do not have children. Families are asked to include their international students in their daily lives, to provide a bed and meals, and to give their hosted students the same kind of support they would give to their own sons and daughters. Students come with their own spending money and medical coverage. Host families receive the support of a network of community-based AFS Volunteers.

Families who wish to host an AFS exchange student should contact Diane Soto, Regional Field Coordinator, at 1-866-237-8721 or [Diane.Soto@afs.org](mailto:Diane.Soto@afs.org). Also see [www.afs.org](http://www.afs.org)

**Example** of this years` local exchange students:



### **Viola (FEMALE from Norway)**

Age at Arrival: 16

GPA/Quartile: A/1

Diploma/Graduate: No/No

Religion/Active: Christian/Occasional

English Fluency: Very Good/10 years

Program/Year: Year Program Summer Arrival/2007

Chapter/School: Carolinas Area Team

She's is involved in a theater group. She loves to cook family dinners & cakes! Comedy & horror films are her favorites. She's an A student described by her teacher as motivated to do her best. Her parents say she is very kind. Happy & outgoing is how she describes herself. She's independent & earns money working at the local ski slope & campground. She helps with housework & washes her own clothes. Viola prefers to be with a family with children her age. She has 2 younger sisters. She likes to travel.



## Upcoming Meetings

Good Shepherd Lutheran Church

7000 Creedmoor Road

Raleigh, NC 27613

Tel #: (919) 848-1573

It is at the corner of Sawmill Road & Creedmoor Road

We have booked room for the following dates:

- June 12
- July 3
- August 7
- September 11

## VELKOMMEN!

**Please send your ideas and contributions to**

[editor@northcarolinavikings.org](mailto:editor@northcarolinavikings.org)