



North Carolina Vikings



February / March 2020

Sons of Norway / Vol. 13, No. 2 / NC Vikings Lodge 3-675

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President's Message

Welcome, North Carolina Vikings crew. Our waterways and roads appear to have missed the snows of winter, so it is clear sailing into the warm beauty and joys of spring in Central and Eastern North Carolina.

ELECTIONS – As the crew members of our 3-675 Lodge created fourteen years ago all know, each SONS Lodge is a separate entity, but bound together with currently 400 lodges in the USA, Canada, and Norway by a central headquarters. That is a strength – but, we also have to follow procedures. Our lodges missed the election of lodge officers in November 2019. Therefore, I am asking that any persons receiving this newsletter let us know if they would like to be a lodge officer for the remaining 2 years, through November of 2021. Please send a note to my email at bellfrank2@gmail.com so we can chat about your questions and thoughts about being an officer. In the meantime, the officers listed in this email will continue until we get new volunteers.

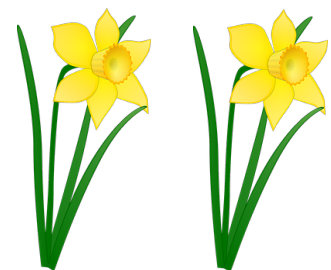
Looking forward to seeing you at our February 29 meeting at Good Shepherd Lutheran Church in Raleigh. Also, for those who did not sign up for the discount tickets for the Rodgers and Hammerstein concert in Raleigh on Saturday, March 7, if regular tickets in the auditorium are available, it would be great to see you there, followed by a group dinner (individual tabs) at the Lonnie Poole Golf Club Restaurant at the N.C. State Campus overlooking the Raleigh Skyline. The concert will be our March meeting.

We anticipate the April meeting will be in New Bern on Saturday, April 18. Details will follow. Unless you crew decide otherwise, April will be our last meeting until September 2020.

Happy rowing and travels.

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!

February 29, 2020

Lodge Elections / 3pm – 5pm

Norwegian Family Heritage: Memorabilia Sharing

****Each member is invited to give no more than a 5-minute presentation to the group. Takk!**

April 18, 2020

TBD

February Birthdays

Granville Green	February 10	Linnea Quammen	February 15
Bonnie Johnson	February 11	Benjamin Mattern	February 17
Elise Quammen	February 12	Brian Stensvad	February 23
John Morck	February 13	Greta Holst	February 25

March Birthdays

Frank Bell	March 2	Gene Crenshaw	March 12
Pauline Price	March 3	Berit Blankenship	March 13
Kari Crenshaw	March 5	Sheila Polythress	March 14
Chris Christiansen	March 8	Sandra Quammen	March 15
Kenneth Mattern	March 10	Sandra Gaudier	March 20
Cheryl Weathers	March 10	Kathryn Hansen	March 23
Ted Schmidt	March 11	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? Contact 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 Frank Bell at bellfrank2@gmail.com.

Vikings in Ireland

Reprinted from <https://www.sofn.com/wp-content/uploads/2018/11/MiniPres322.pdf>



They came from the North to explore along the coasts of the North Atlantic. They sailed in longships crafted to withstand the ocean waves and versatile enough to navigate narrow river ways: eager to raid, trade and establish new settlements. Ireland was just one of the many lands the Vikings encountered and settled.

There were two significant eras of Viking expansion that reached Ireland; the first lasted from c. AD 795-850 and the second from AD 914-980. Upon first contact with these visitors from the north, the Irish called them Gaill, 'Foreigners,' or Locklannaigh, 'Northerners,' and their presence in Ireland had a lasting effect. Even though the Vikings stole from and committed acts of violence on the Irish, they eventually built permanent settlements and brought about positive change for coastal ports through trade and urbanization. This era was well documented in Irish Annals, which were texts written by monks that mark the Norse visitors' yearly feast days, obituaries and attacks on the church. The annals reveal that while the Norse were responsible for 140 plunderings, the Irish were the plunderers on 139 occasions, and maybe even more surprising, on 19 occasions the Irish and the Norse carried out the plundering together. It should be noted that the motive for these attacks was not due to religious reasons, but because the monasteries were the location where fine metal works and jewels were typically stored. In the Middle Ages, churches served as sanctuaries, not only for persons, but also for goods, and the priests were often safekeepers of people's valuables. This tempted looters of all kinds, not just Vikings, and it explains why the cooperation between the two ethnic clans developed.

The two peoples were alike in more ways than one. Both the Irish and the Norse had an extraordinary fine poetry tradition and we know that they admired and enjoyed one another's works. Another quality common to both groups was a fierce demand for independence.

Toward the end of the first era, the Vikings began to create port settlements and longports or protective ship harbors for themselves in Dublin and other areas along the coast.

The Irish responded by strengthening their defenses against the Vikings. Within the next 10 years the Vikings were pushed out of Ireland and the Irish regained their land. But all was not over in Ireland,

the second Viking Era in Ireland arrived about 64 years later in A.D. 914 and this time their settlements would endure and become known as Ireland's Viking towns, which were located primarily on the coast. They served as vital links to the Scandinavian homelands and Western Europe. The Irish political system at that time was based on small areas, ruled by kings of local clans. The Irish leaders might have been slain, but their domains could not be consolidated. Every man, woman, and child of the inland clans formed a quiet, but invincible resistance force. The Norse had to be content with sitting on the Irish coast, where they found comfort in crossing the Irish Sea to raid the English, who were less difficult to deal with.

Early historical sources note that political, military, economic and personal alliances formed between the Irish and Scandinavians during this time. The Viking longports gradually integrated with Irish ways and trade began to develop. Archeologists have found caches of Viking style silver pieces in early Irish settlements near the coast substantiating that trade did in fact occur. The most significant settlement for the Vikings was Dublin, which later served as a key player in the politics surrounding the Irish Sea and the Isle of Man. In fact, a Viking ruler of Dublin provoked rivalries that eventually led to the politics of early medieval Ireland.



Over time a gradual shift towards urbanization and trade was introduced that was unmatched at that time by any other Viking settlement in the North Atlantic region. The presence of the Scandinavians in Ireland from AD 915 and on was significant in the growth and development of Ireland's port cities. When celebrating all things Irish on St. Patrick's Day, don't forget the role that Vikings played in Ireland's history as fearless explorers, groundbreakers, and catalysts for growth.



Waterford, Ireland



Wood Quay Viking Excavations, Dublin, Ireland

Read more here:

<https://www.irishtimes.com/culture/books/viking-dublin-the-wood-quay-excavations-by-patrick-wallace-review-1.2515357>

<https://www.irishtimes.com/news/ireland/irish-news/viking-centre-discovered-in-cork-city-predates-waterford-settlement-1.3350654>

<https://www.yourirish.com/history/medieval/vikings-invade-ireland>

Scandinavian Wine? A Warming Climate Tempts Entrepreneurs: Hotter Weather is Fueling Efforts to Create a Commercial Wine industry in Denmark, Norway & Sweden

<https://www.nytimes.com/2019/11/09/business/wine-scandinavia-climate-change.html>

“SKAERSOGAARD, Denmark — On a mild autumn morning, Sven Moesgaard climbed a sunbathed hill and inspected an undulating expanse of neatly planted vines. A picking crew was harvesting tons of hardy Solaris grapes that he would soon turn into thousands of bottles of crisp white and sparkling Danish wine.

A decade ago, winemaking was regarded as a losing proposition in these notoriously cool climes. But as global temperatures rise, a fledgling wine industry is growing from once-unlikely fields across Scandinavia, as entrepreneurs seek to turn a warming climate to their advantage.

“We’re looking for the opportunities in climate change,” said Mr. Moesgaard, the founder of Skaersogaard Vin, cradling a cluster of golden grapes. “In the coming decades, we’ll be growing more wine in Scandinavia while countries that have traditionally dominated the industry produce less.”



Bottles of rose at the Skaersogaard Vin Winery, Denmark

Nordic vintners are betting that they can develop what were once mainly hobbyist ventures into thriving commercial operations. The dream is to transform Scandinavia into an essential global producer of white wines, which are beginning to flourish along Europe’s northern rim.

The growth has been rapid: Denmark now boasts 90 commercial vineyards, up from just two 15 years ago, and around 40 have sprung up in Sweden. Nearly a dozen vineyards are operating as far north as Norway.

But many are in the start-up stage and are tiny compared with established wineries in Europe, which has 10 million acres of vineyards — enough to cover almost all of Denmark. Producers in France, Italy and Spain own three-quarters of that land, dominating the European industry. By contrast, Denmark and Sweden have European Union approval to grow less than 1,000 acres of vineyards, and questions persist about quality and price.

“We’re still a drop in the bucket,” said Hans Münter, the head of the Danish Wine Association. “Right now, we don’t have the volume to evaluate if this is a good business or just a business.”

Yet in 50 years, Scandinavia’s climate is forecast to be more like northern France’s, as regional temperatures climb as much as 6 degrees Celsius. In the last decade alone, warming has

produced milder winters, a longer growing season — and a small but rising number of award-winning wines.

“You’re seeing a natural progression of pioneers looking for cool climate limits for viticulture, and we will likely see more development,” said Gregory Jones, a climatologist who is the director of the Evenstad Center for Wine Education in Oregon. “Whether a strong vibrant industry will emerge, time will tell.”

Nordic vintners are emboldened to invest as they watch Southern European wine producers struggle with a more volatile climate. Grapes, including sensitive varieties used for white wine, burned on the vine this summer in parts of France, Spain and Italy as temperatures topped 105 degrees Fahrenheit.

Climatologists say the global wine map could be transformed by 2050. Dominant producing countries in Europe and Latin America, along with parts of California and Australia, may become too hot to grow grapes, while areas not traditionally known for winemaking — including China — take off.

Winemakers in France are experimenting with grapes from warmer countries like Tunisia to see if they can retain the blockbuster tastes and yields that generate billions of euros in worldwide sales. Spanish and Italian winemakers are planting higher on mountainsides or on shaded north-facing slopes to keep wine flavors recognizable.

But half a century from now, those regions may no longer be a safe haven, while the climate for growing in Denmark and neighboring countries may improve. Already, winemakers here are credited with creating white wines with crisp, structured flavors that are fading in southern climes where heat is reducing grape acidity.

“We’re trying to define the Nordic style of wine,” said Tom Christensen, who founded Dyrehøj Vingaard, Denmark’s largest winery, a decade ago with his sister, Betina Newberry. That includes investing in grape varieties with an acidic, fresh quality and an organic production without pesticides and sprays.

“People expect Nordic products to be cleaner,” he said.

The winery, on the lush Rosnaes peninsula, produces 50,000 bottles of premium white and sparkling wines, and he plans to expand. “If I had a Spanish vineyard, I’d hedge my bets by buying land here,” Mr. Christensen said. “In 20 years, you’d have a leading business in Europe.”

The hurdles are steep. Rising temperatures have improved growth conditions but are increasingly volatile, bringing acute heat one year and excess rain the next. That makes for uneven harvests. The amount of wine produced is still small, and most is consumed domestically, leaving little for export. Revenue from wine in Denmark, Norway and Sweden was an estimated €14 million this year, compared with €28 billion in France....”

Read more: <https://www.nytimes.com/2019/11/09/business/wine-scandinavia-climate-change.html>

Cherokee Nation Sends Heirloom Seeds to 'Doomsday' Seed Vault in Norway

<https://www.forbes.com/sites/grrlscientist/2020/02/18/ Cherokee-nation-sends-heirloom-seeds-to-doomsday-seed-vault-in-norway/#335bc6396a9f>

The Cherokee Nation is the first US Tribe to deposit culturally important crop seeds in the Global Seed Vault in Svalbard.

The Cherokee Nation is the first US tribe to be invited to deposit its traditional heirloom food crop seeds in the Global Seed Vault. The Seed Vault is a long-term seed storage facility housed deep inside a frozen mountain under the Norwegian permafrost. It is located more than 800 miles north of the Arctic Circle. The hope for this cold storage facility is that, if there is a global emergency, like a nuclear war, a pandemic or a natural catastrophe that leaves future generations without food supplies, these seeds could grow new food crops. For this reason, this seed bank is often referred to as the 'Doomsday Seed Bank'.

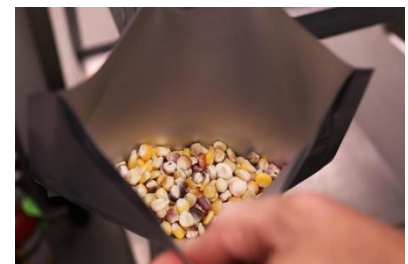
Spitsbergen Norway, located on the Svalbard archipelago, is home to the Seed Vault, which will host its largest yet seed deposit event on 25 February where the 2020 collection of seeds will be added, including those sent by the Cherokee Nation. This event will take place on the 12th anniversary of the launch of the Seed Vault, which also happens to be when the recent structural upgrade was completed to make the access tunnel watertight in preparation for warmer, wetter seasons resulting from global climate change. Thanks to this upgrade, banked seeds continue to be secure, and the Seed Vault remains the safest seed storage facility in the world.

In 2019, Pat Gwin, senior director of environmental resources for the Cherokee Nation, was interviewed by National Public Radio about the Cherokee Nation's heirloom seed bank program that they launched in 2006 (more here). Shortly after that interview, Mr. Gwin was contacted by Luigi Guarino, director of science for the Global Crop Diversity Trust. Also known as the Crop Trust, this international nonprofit organization works to protect global food security by preserving the genetic diversity of its crops, and it also helps administer the Seed Vault.



"He sent me an email and said they would be honored to have the tribe's seeds in the seed vault", Mr. Gwin said.

The Seed Vault has the capacity to store 4.5 million varieties of crops and currently holds more than 980,000 seeds from nearly every country in the world. It only accepts seeds that are important for food and agriculture. Additionally, applicants must also meet detailed guidelines outlined in its deposit process. In the majority of cases, the seeds must be deposited in another seed bank prior to sending additional samples to the Vault.



"This is a tremendous opportunity and honor for the tribe", Mr. Gwin said. "Additionally, knowing the Cherokee Nation's seeds will be forever protected and available to us, and us only, is a quite valuable thing indeed."

Norwegian Cabbage Rolls

<http://thankstothefood.com/norwegian-cabbage-rolls/>



Parts of this recipe can also be made in advance, such as boiling the cabbage leaves or pre-mixing the meat mixture. Be sure to bring all ingredients up to room temperature before assembly and baking.

Ingredients

- 2 medium-sized heads of cabbage (12-16 cabbage leaves in total- I used new spring cabbage, but you can also use white cabbage)
- 1 liter (ca. 4 cups) water for boiling the cabbage leaves
- salt for the boiling water
- 400g (ca. ½ lb.) ground beef
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg, ground
- ¼ teaspoon ginger, ground
- 1 egg
- 2 tablespoons cream
- 1 can crushed tomatoes
- Salt and pepper for additional seasoning

Instructions

1. Bring a large pot of water to a boil and add in one tablespoon of salt. You want to add in about 1 tablespoon per 2 liters (about 8 cups) of water. Once the water is boiling, add one whole head of cabbage and allow it to boil for 5-7 minutes, or until the outer layers turn slightly transparent.
2. Remove the entire head of cabbage from the water and allow it to cool off on a baking sheet until cool enough to handle. Repeat the same process for each head of cabbage.
3. Once the cabbage had cooled off enough to touch with your bare hands, remove the leaves from the core. They should be quite flexible and easily malleable, but if you get some resistance from the vein of the cabbage leaf when you try to bend it, shave it down with a paring knife.
4. To make the meat filling, combine the beef, salt, all spices, egg and cream into a bowl. Using your hands or a large spoon, combine the ingredients until well incorporated.
5. Next, add a lump of filling into the middle of the leaf, and wrap the edges of the leaf around the meat as to form a parcel or mini-burrito. Repeat this process until all the meat and leaf have been used.
6. Place all of your cabbage parcels into a baking dish. Pour the can of tomatoes over the top, season to taste with salt and pepper, and bake in an oven pre-heated to 190C/375F for 35-40 minutes, or until the tomatoes bubble into a sauce.
7. Serve warm with boiled potatoes.

Message from the District 3 President, Kathy Dollymore



Welcome February. The days are getting longer, the sun is coming up earlier. Here in the Northeast, it has been a pleasant winter season – so far, knock on wood. I actually see sprouts sticking out of the ground for my tulips. What a way to confuse us, Mother Nature.

Has your lodge held their installation ceremony (or planning to this month) Thank you and congratulations to all of our new and returning officers. Remember, it will take everyone working with these officers to continue to be the great lodges I know you are. There may be new ideas and maybe some proposed changes but the changes may be positive and make our organization better. Why not give them a try?

This is Sons of Norway's 125th Anniversary and the District has chosen the Alzheimer's Association as a cause. We WILL raise \$12,500.00 as our commitment to our members and community. This exemplifies one of the core values of SON. Please do your part as a lodge or individual, and a big THANK YOU for your generosity and support. If you haven't voted on your convention delegates, I hope it's on your agenda for your next meeting. Our District Convention is one of our most important events of our two-year cycle. We have business to conduct and your lodge needs to have their voice heard and be counted. In addition to the business, there will be great fraternal events and some educational events so please make sure your lodge is represented. Perhaps the best part will be to meet old friends and make new ones. There is information about the convention on our 3dsofn.org web site. Remember if your lodge plans on offering resolutions they will need to use the new format listed on the [3dsofn](http://3dsofn.org) website.

Have you heard about the new products from the Insurance Department? The Insurance department has come out with some excellent new ones. Check them out, they might make for good recruitment/retention items.

Due March 1: Domestic Scholarships for United States citizens studying in the United States. Many individual lodges and Zones offer Scholarships for their members or family members. February is the month to get all your information together and get the paperwork done and mailed. If you want to know more or which lodges/zones have scholarships, contact your Zone Director for more information. go to the web site www.sofn.org, then click "Scholarship/Grants" to download all the information you need. The International Lodge also uses the Foundation Grants for disaster funding. When disasters strike the foundation sends money to members in need of help. And, please note, the Third District has its

own Charitable Trust, which helps members in need of financial assistance, whether a one-time grant or monthly stipend.

Congratulations to the 18 lodges in District 3 who met their membership goal. (goal # - actual recruitment #)

3-428 Washington Washington, DC 33 – 54

3-433 Scandinavian Heritage Soc, Rochester, MN 6-6

3-439 Pleasant Point Point Pleasant, NJ 4 – 7

3-475 Lauderdale Ft Lauderdale, FL 7 - 21

3-476 Troll Mahopac, NY 6 – 8

3-501 Vikingworld Orlando, FL 4 - 7

3-506 Norumbega Boston, MA 19 – 28

3-514 Gulfstream, Fort Pierce, FL 9 - 18

3-515 Tampa Bay, Tampa, FL 5 – 5

3-522 Hampton Roads Norfolk, VA 17 -28

3-541 Gateway To Florida, Jacksonville, FL14- 14

3-545 Morgensolen, Beverly, MA 4 - 8

3-555 Restauration, Media, PA 5 – 12

3-562 Suncoast, Clearwater, FL 5 - 8

3-566 Bernt Balchen, Rowlands, PA 9 – 9

3-630 Southern Star, Myrtle Beach, SC 7 - 10

3-675 North Carolina Vikings, Raleigh, NC 5 - 12

Fraternally,

Kathy Dollymore, 3D 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: "A Norwegian American Treasure"	http://vesterheim.org/index.php

