



# North Carolina Vikings



Founded in 2007

January 2022

Sons of Norway / Vol. 15, No. 1 / NC Vikings Lodge 3-675

## Lodge Officers

2020-2021

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\*\*OPEN\*\*

### Webmaster

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## President's Message

HAPPY NEW YEAR!

As we continue to emerge from the pandemic fog, we are starting to feel our way towards what normal-ish looks like. We celebrated Christmas on-site at Good Shepherd Lutheran, it was a true pleasure to see our lodge members singing Christmas carols around the Juletre. We were not able to celebrate last year, and it was nice to safely enjoy

each other's company.

To kick off our new year we are looking for speakers to present at our monthly meetings beginning in February. Speakers can be from our lodge membership or from the community.

Our first guest speaker's topic will be *"Connecting to Viking Roots through Modern Day Seafaring"* We will hear from an American-Norwegian about her off-shore experience and similarities/differences to Viking-Era methods. Don't miss it!

Our next lodge meeting is scheduled for February 19 at 2:00 pm at the same place, Good Shepherd Lutheran Church on Creedmoor Road in Raleigh. I look forward to seeing you all.

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.

February 19, 2022

2:00 pm

### January / February Lodge Birthdays

Karin A. Mede	January 1
Jane H. Fast	January 3
Gladys A. Murdoch	January 17
Theodore Ropp	January 19
Cory W. Quammen	January 23
Jo Ann G. Hoff	January 28
David Ropp	January 30
Ann H. Myhre	January 31
Tessa Ropp	February 1
Sarah Smith	February 10
Elise Quammen	February 12
John F. Morck	February 13
Linnea Marit Quammen	February 15
Sylvia Bjorge Berman	February 24
Greta N. Holst	February 25



## 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).

## North Carolina Vikings Facebook Page

Join the NC Vikings Sons of Norway Lodge 675 Facebook page, set up and maintained by 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.

## NC Vikings Officer Spotlight: Kjell Ottesen, Treasurer

I was born and raised in a small valley 30 minutes west of Oslo called Lommedalen (Pocket Valley). My first career at the age of 17 was a deck hand on a Norwegian cruise ship. This job took me to the US for the first time in 1986.

From that time until 1998 I had the privilege of sailing the world. It was wonderful but I knew that it was time to settle down with a new career. Since my brother lived in Raleigh, I decided to attend college here. While in college, I met the love of my life, Deidri and we married after I graduated in 2001.

Fast forward to 2022, and I can look back at a 10-year career in the IT industry and running my own company importing the Springer Dog Exerciser from Norway. I have two grown step children that have now given us 4 grandchildren. And they know me as 'Farfar' (Father's father). Deidri and I also have a son together, Anders, who is currently a freshman at Appalachian University in Boone, NC.

I have been a member of Sons of Norway since 1995 and was very excited when I learned that there would be a lodge in Raleigh. I joined the NC Vikings and since 2010, have had the honor of being the lodge's Treasurer. I value the connections with the other members and have enjoyed the Christmas and May 17<sup>th</sup> celebrations that the lodge hosts which always reminds me of the celebrations growing up in Norway.



## Sons of Norway Book Club Update

Sons of Norway Book Club Selections | January 2022 – June 2022

*All books available from Amazon.com (see descriptions on Amazon)*



**January 2022 Book Club Selections (\*\*Updated Main Read, available from Amazon and B & N)**

Main Read: ***The Fellowship of Ghosts: Travels in the Land of Land of the Midnight Sun (a Travelogue)***  
by Paul Watkins

Mystery Read: ***The Girl with the Dragon Tattoo*** by Stieg Larsson

Zoom Meeting/Discussion Date: January 27

**February 2022 Book Club Selections**

Main Read: ***The Ice Palace*** by Terjei Vesaas

Mystery Read: ***Roseanna*** by Maj Sjowall & Per Wahloo

Zoom Meeting/Discussion Date: February 24

**March 2022 Book Club Selections**

Main Read: ***Peer Gynt*** by Henrik Ibsen

Mystery Read: ***Burned*** by Thomas Enger

Zoom Meeting/Discussion Date: March 31

**April 2022 Book Club Selections**

Main Read: ***Out Stealing Horses*** by Per Patterson

Mystery Read: ***The Fellowship of Ghosts: Travels in the Land of the Midnight Sun (a Travelogue)*** by Karin Fossum

Zoom Meeting/Discussion Date: April 28

### **May 2022 Book Club Selections**

Main Read: ***To Be Determined***

Mystery Read: ***To Be Determined***

Zoom Meeting/Discussion Date: May 26

### **June 2022 Book Club Selection – Special Author/Editor Presentation**

Main Read: ***From Day to Day: One Man's Diary of Survival in Nazi Concentration Camps***

**The Editor, Timothy Boyce, will give a presentation and lead a discussion of his book at the monthly Book Club Zoom meeting.**

Zoom Meeting/Discussion Date: June 30

**To join the Sons of Norway Book Club, send an email to [SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)**

## **Books & Culture: Star Over Scandinavia**

<https://www.city-journal.org/review-of-the-morning-star-by-karl-ove-knausgaard>



***The Morning Star: A Novel***, by Karl Ove Knausgaard (Penguin Press, 688 pp., \$30)

In Karl Ove Knausgaard's spellbinding new novel, *The Morning Star* (*Morningstjernen*), we follow the fortunes of several protagonists—all living in various places in western Norway—over the course of a few warm days in August 2023 that will prove earth-shakingly momentous, not just for them but for all of humanity. Arne, a literature professor preparing to teach *The Divine Comedy*, is vacationing at a summer home with his three kids and his wife, Tove, a bipolar artist who's entered a manic phase. Egil, Arne's eremitic childhood friend, who has directed one documentary about a Christian fundamentalist sect and another (never completed) about a Satanic death-metal band, lives year-

round on the road from Arne's summer home and spends his time reading Nietzsche, Kierkegaard, and Heidegger.

In the city of Bergen, there's Emil, a young day-care worker; Iselin, a recent college dropout and convenience-store cashier; Solveig, a hospital nurse; Jostein, a cynical, hard-drinking newspaper reporter who's been put on the arts beat but longs to return to crime reporting, at which he's a virtuoso; Turid, his wife, to whom he's casually unfaithful, and who works at a depressing night-shift job at a residential home for the mentally impaired; Vibeke, an ambitious young art curator whose husband, Helge, a prominent architect, is turning 60; and Kathrine, a pastor in the Church of Norway, who's tired of life with her husband, Gaute, and who, when we're first introduced to her, is flying back home from Oslo, where she's been serving on a committee producing a new Bible translation.

**Read more here** - <https://www.city-journal.org/review-of-the-morning-star-by-karl-ove-knausgaard>

## Casper Ruud Adds His Name to Tennis World

<https://www.norwegianamerican.com/casper-ruud-adds-his-name-to-tennis-world>



The Ruud name in Norwegian sports evokes the legendary ski jumping brothers, Birger, Asbjørn, and Sigmund, as well as the Sigmund Ruud sporting goods/ski-making store he ran for several years in Oslo.

Casper Ruud is changing that but is also carrying a family legacy. His coach is his father, Christian, whose 39th ranking was the previous high for a Norwegian.

When he won the ATP (Association of Tennis Professionals) Argentina Open on Feb. 16, 2020, Casper became the first Norwegian to win an ATP tournament and rose to 34th in the world rankings.

After the just completed tennis season, Casper, who turned 23 on Dec. 22, rose from 27th to eighth in the FedEx ATP world rankings. He won five tour-level tournaments, and players nominated Casper for the most improved player and for the Stefan Edberg Sportsmanship Award. Christian was nominated for Trainer of the Year.

The season finale had Casper participating in the prestigious Nitto ATP championships in Turin, Italy, Nov. 15-21, for the top eight players. In the round-robin, he lost to top-ranked Novak Djokovic of Serbia 6-7 (4), 2-6, defeated 12th-ranked Cameron Norrie (Great Britain) 1-6, 6-3, 6-4, and fifth-ranked

Andrey Rublev of Russia 2-6, 7-5, 7-6 (5), to reach the semifinals, where he lost to nemesis second-ranked Daniil Medvedev of Russia 4-6, 2-6.

“It has been a great year for me and my development as a tennis player,” Rudd said to atptour.com. “Getting to know my opponents more and to finish a very good year off here in Turin has been a great experience for me. I will be eager to try to be back here next year.”

He improved his play and record on hard courts, from 16-27 in tour-level matches last year to 25-9.

“He’s improved his first and second serve a ton,” said Brad Gilbert, former No. 4 and former coach of Andre Agassi and Andy Roddick “His forehand is his big weapon. He’s so much more consistent and accurate with his forehand. Those two shots are why he is playing so much better.”

## Norwegian Cabbage Rolls

Norwegian Cabbage Rolls - Thanks for The Food



### 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

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.

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.

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.

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.

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 leave have been used.

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.

Serve warm with boiled potatoes.

## Why Ice Bathing is Growing in Popularity Among Young Norwegians

<https://www.thelocal.no/20220111/why-ice-bathing-is-growing-in-popularity-among-young-norwegians/>



**A recent survey found that one-fifth of young people in Norway are planning on taking the plunge into icy waters this winter, if they haven't already. Experts predict the pastime will only increase in popularity.**

Nordic tradition, the ice bath has seen a resurgence of popularity in recent years, and a survey has found that swimming in icy waters is increasing in popularity among young people in Norway. As many as one fifth of young people are planning

on wading into ice-cold waters this winter, a survey from the Norwegian Association for Outdoor Organisations found.

Overall, around 13 percent of people said they intend on submerging themselves into teeth-chattering waters, seven percent fewer than those in younger age groups. One of those who has made good on those plans in recent weeks is prime minister Jonas Gahr Støre, who made headlines with his annual New Year's tradition of taking an ice bath.

The pastime of swimming in icy waters saw its popularity peak prior to World War Two before seeing a significant drop-off in popularity in the 60's and 70's and then a resurgence in interest in recent years.

“The fact that this (ice swimming) has become popular can probably be linked to the time we are in, which means that you may need to try new activities and challenge yourself in new ways. Many

people state that ice bathing gives an almost therapeutic effect and an enormous feeling of accomplishment,” Lier explained.

Another potential reason for the growing popularity of ice bathing could be its reported health benefits. Research indicates that benefits of winter bathing include lower risk of infections, reduced inflammation, better stress control, and can help with dementia and depression. When the body cools quickly, blood vessels contract, causing a rise in blood pressure in the central parts of the body and more circulation in the trunk than in the limbs.

At the same time, stress hormones adrenaline, norepinephrine and cortisol are released to raise blood sugar. This can leave swimmers feeling elation or less stressed afterwards.

Those with heart conditions or high blood pressure should consult a doctor before giving ice swimming a go, and all bathers are urged not to stay exposed to the cold for too long due to the risk of hypothermia. Winter bathing should not be done alone.

## From the District 3 President, Kathy Dollymore



January is a great time to look back on 2021 and to also look forward to 2022. This type of introspection gives us an idea of how far we've come and also reminds us of what is yet to be done. I enjoyed my lodge's 45<sup>th</sup> anniversary/Juletefest and hope you also have had some pleasant times whether with your lodge, family, church or friends. I want to wish you and yours a prosperous and Happy New Year. As we leave the year there are reasons to be optimistic. Multiple COVID-19 vaccines are approved and are available to the public. As you gather for the holidays, I hope you are taking all the precautions that are available and warranted. Let's keep everyone safe. This should put us on a path to a degree of normalcy as the year progresses looking forward to our in-person lodge meetings, events, dinners out, and of course our convention in Jacksonville.

If you are interested in being considered for a leadership role, please contact a current officer or nominating committee members Barbara Berntsen at [barbarajb1230@optonline.net](mailto:barbarajb1230@optonline.net), or Gail Martinsen at [gail8402@aol.com](mailto:gail8402@aol.com) to better understand the commitment. The District Board approved the motion that each and every lodge in our District receive a check from the Third District to go toward any kind of Lodge event or used to cover operating expenses. We want you to know even with how bad things had gotten during this pandemic, when push came to shove your lodge members came through and your lodge is prevailing. Let us know what you found your lodge using this little bit of "Good will" for.

Keeping the lodges informed is essential to developing and maintaining strong membership participation. We are working hard on a District level and are also keeping in touch with the International Board to keep our Sons of Norway 3rd District's membership informed about what's going on in Sons of Norway. It's an ongoing process and the updating of the Sons of Norway Bylaws is continuing. Following, I'm repeating what our District Secretary Jeanne Addison has to say about important deadlines. Please have your lodges follow-through with these. You can find a good list of yearly important deadlines for Lodge business on the Sons of Norway website [www.sofn.com](http://www.sofn.com) at Log In/Member Resources/Lodge Leadership Resources/Administrative Resources/Important Deadlines.

Over the next few months, lodge will begin for preparations for 3D convention 2022. This will include selecting and voting for delegates, looking into fund raisers for your elected delegates, writing resolutions that you may want your lodge to present, getting your folk-art crams ready for competition, donations to the Viking Auction, journal ads, etc. I recently traveled to the Jacksonville Hotel chosen for the convention and what a wonderful site it is. Right on the St. John's River and the Riverwalk. The water taxis that pick-up just out the door and the riverside pool and sundeck. It's going to be a great couple of days doing District 3's business, seeing some old friends, making new ones and having some fun while were working for the betterment of our lodges and District 3. Finally, for the majority of calendar year 2021 the focus has been on navigating the pandemic and incorporating safety measures throughout Lodge operation and social activities. The last 20 months have been hard on all of us, but it is so wonderful to see how much we have accomplished together. Thanks to you all we'll be going into the new year with strength to build on. A new year that will bring new opportunities and challenges. In closing, please stay safe, look out for family and friends.

"Let our new year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word." - Hans Göran Persson, former Prime Minister of Sweden.

Fraternally, Kathy

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

Sons of Norway Website	<a href="https://www.sofn.com/">https://www.sofn.com/</a>
Facebook	<a href="http://www.facebook.com/groups/SonsofNorway/">http://www.facebook.com/groups/SonsofNorway/</a>
Twitter	<a href="http://twitter.com/#!/SonsofNorway">http://twitter.com/#!/SonsofNorway</a>
LinkedIn	<a href="http://www.linkedin.com/company/2080826">http://www.linkedin.com/company/2080826</a>

**... 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.	<a href="http://www.norway.org/embassy/washington/">http://www.norway.org/embassy/washington/</a>
Royal Norwegian Consulate General New York	<a href="http://www.norway.org/News_and_events/CG-New-York/">http://www.norway.org/News_and_events/CG-New-York/</a>
Norway's Travel Requirements <a href="https://travel.state.gov/content/passports/en/country/norway.html">.html</a>	<a href="https://travel.state.gov/content/passports/en/country/norway.html">https://travel.state.gov/content/passports/en/country/norway.html</a>
Hurtigruten Voyages	<a href="http://www.hurtigruten.us">http://www.hurtigruten.us</a>
Viking River Cruises	<a href="http://www.vikingrivercruises.com">http://www.vikingrivercruises.com</a>
Norwegian American Genealogical Center & Naseth Library	<a href="http://www.nagcni.org">http://www.nagcni.org</a>
Vesterheim Museum	<a href="http://vesterheim.org/index.php">http://vesterheim.org/index.php</a>