



# North Carolina Vikings



November, 2016

Sons of Norway / Vol. 9, No. 9/ NC Vikings Lodge 3-675

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## President's Message

Hvis du ikke kan gjøre det til møtet, har en fornøyd Thanksgiving!!

We had a good turnout for October's meeting – Karin Mede's presentation, Contemporary Scandinavian Crafting, was very informative. She led the lodge members through a little bit of the background, a little bit of the evolution, and a little bit of current crafts in Scandinavian quilting and embroidery. Karin's knowledge of the crafting was certainly evident throughout her talk and her handling of numerous questions, mainly from us male members of the audience. It became very obvious that it must surely take a lot of patience and dedication to be an accomplished artisan in either a quilting or embroidery career/hobby. *Mange taak* Karin for taking the time to prepare and present the subject!

We will have a booth at the 20th annual Scandinavian Christmas Fair on Saturday, Dec. 3<sup>rd</sup>. We are certainly hoping you will come to the fair, visit and partake of the items our booth has to offer, and enjoy the many booths and shows.

Remember that we will celebrate the Christmas holiday with a night of food, festivities and friendship on Saturday, December 17<sup>th</sup>. This will be a special event and I really hope you will bring all your family. It will begin with dinner at 3:00 PM and afterward we will gather around the Juletre to sing, dance. The dinner will be potluck and I hope that y'all will be able to create and bring delicious. I will send the invitation separately by email to you. Come and enjoy the festivities.

The Sons of Norway is about all of us - being able to give while sharing it with others. We can continue to be a prosperous lodge as long as we continue to have your participation. So please, step up and get involved.

Fraternally,  
Mike Tilder, Vice 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.

Upcoming Events –

### December, 2016

December 3 <sup>rd</sup>	Scandinavian Christmas Fair Holshouser Building, NC State Fairgrounds	10am – 5pm
December 17 <sup>th</sup>	Jultrefest	3pm – 5pm

### January-May, 2017

January 28 <sup>th</sup>	DNA & Norwegians: How and why to have Your DNA tested and what you might learn Presented by Ann Myhre	3pm – 5pm
March 25 <sup>th</sup>	TBD	3pm – 5pm
May 13 <sup>th</sup>	Syttende Mai Celebration	11:30am – 2pm

## Scandinavian Christmas Fair

The Scandinavian Christmas Fair will be held on Saturday, December 3<sup>rd</sup> from 10:00 AM to 5:00 PM. We are looking for volunteers to work 2 hour shifts during the fair. If willing to volunteer, please contact Mike Tilder at 919-460-9214 or [mmtilder@twc.com](mailto:mmtilder@twc.com).



## 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 Mike Tilder at 919-460-9214 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](mailto:mmtilder@twc.com).

## November Birthdays

Harry Iverson	11 / 4
Karen Kvam	11 / 4
Chis Higgins	11 / 9
Diane Mickelson	11 / 12
Dennis Oglesby	11 / 21
John Myhre	11 / 23
Judy Vanhoozier	11 / 25

*Gratulerer med dagen!*

## First Unmanned, Fully-Automated Vessel for Launch in 2018

<http://www.norwaynews.no/first-unmanned-fully-automated-vessel-for-launch-in-2018/>

“To safeguard lives and protect people from the hazards from the sea environment, United-Kingdom based, Automated Ships Limited, and Norway’s Kongsberg Maritime, have signed a Memorandum of Understanding (MoU), to build the world’s first unmanned and fully-automated vessel for offshore operations.

The historic project is expected to take off in January 2017, when Automated Ships will contract the vessel tagged ‘Hrönn’, which will be designed and built in Norway in cooperation with KONGSBERG. The vessel is expected to begin operations in 2018....”



## 5 Places Telling Tourists To Stay Home

[http://www.huffingtonpost.com/entry/5-places-telling-tourists-to-stay-home\\_us\\_5824d0e0e4b094483eef3635](http://www.huffingtonpost.com/entry/5-places-telling-tourists-to-stay-home_us_5824d0e0e4b094483eef3635)

An interesting article regarding certain nations' responses to the negative impact of tourism on the environment. Several – including Norway – have put into place measures designed to restrict the number of yearly visitors....

### Norway

“Norway is now faced with the prospect of weighing whether or not too many tourists is a good problem to have – especially at its natural sites. According to The Local, Norsk Friluftsliv, Norway’s leading hiking and outdoors group, has called for a limit on tourists trekking to popular spots and vantage points including Preikestolen (Pulpit Rock) and Trolltunga (Troll Tongue). Norwegian People’s Aid has already performed 34 rescue emergencies at Pulpit Rock (pictured) this year, and due to the number of accidents and injuries, the Norwegian Tourist Association in August has called for new laws preventing climbing to the location altogether.”



## Drone Tour of Norway

<http://www.travelandleisure.com/video/norway-drone-video>

A stunning drone tour of the mountains, fjords and more incredible landscapes of Norway; click on the link above.



# Fiskegrateng

<http://thanksforthefood.com/fiskegrateng/>

Fiskegrateng is a classic Norwegian baked fish and macaroni dish.



\*\* Serves 4-6.

## INGREDIENTS

250g (about 2 cups) macaroni  
3 tablespoons butter  
4 tablespoons flour  
400 ml (1½ cups) milk  
100g (1 cup) Jarlsberg cheese, grated  
¼ teaspoon nutmeg, ground  
salt and pepper to taste  
400g (ca. 1 ¼ lbs) deboned cod filet, skinned and cut into small cubes (uncooked)  
125g (about 1 cup) green peas  
125g (1 cup) dried breadcrumbs

## INSTRUCTIONS

1. Cook the macaroni in a large pot of salted water until al dente. Drain, rinse with cold water and set aside. Be careful to not over cook the pasta as it will cook again in the oven and you do not want the final result to be mushy.
2. Pre-heat the oven to 200C/390F.
3. To make the cheese sauce, slowly melt the butter in a medium sized pot. Once the butter is just about melted, whisk in the flour until a paste forms. Allow the paste to cook for a minute or two, then add in your milk and whisk until smooth. Cook for 2-3 minutes, or until it begins to thicken slightly.
4. Next, place a small handful of the cheese into the sauce and stir. Allow the cheese to melt a bit, stir and add in more cheese. Continue this pattern until all of the cheese is melted and well incorporated into a smooth sauce.
5. Add the nutmeg and season with salt and pepper to taste. Set aside and allow to cool for 5 mins while you assemble the dish.
6. To assemble the dish, add the macaroni to a baking dish, then layer in the peas and fish. Pour the cheese sauce over the macaroni dish and sprinkle the breadcrumbs on top.
7. Bake for 25-30 minutes, or until golden brown on top.
8. Serve with grated carrots, a side salad or boiled potatoes.

## Message From the District 3 President, Mary Andersen



November 2016

**Fra Presidenten**

*Advice from a tree- Remember your roots* ([www.YourTrueNature.com](http://www.YourTrueNature.com))



As you know from my October letter, I was recently in Maine. I stopped into a store and bought a mug. I need another mug like a hole in the head (no comments please) but the saying caught my eye - Advice from a Tree – remember your roots. As you may recall from previous letters ([January 2013 Vice-President letter](#)), I like trees. The saying on the back of the mug (reproduced below) is an excerpt from a larger poem that I found on the internet (<http://spiritoftrees.org/poetry/advice-from-a-tree>).

I thought that the saying fits Sons of Norway perfectly! Why did we join Sons of Norway? Many reasons I am sure but connecting with our roots was probably a key motivator.

How do we strengthen and deepen our roots? How do we extend the love and care of our roots beyond the shadow ring of a tree? We can “water” the roots by communicating. It is something we can never do enough – whether it be family, neighborhoods, work, friendships and within our beloved Sons of Norway. Many of our lodges have great newsletters with fabulous events. Do

### **From the back of the mug**

Stand tall and proud

Sink your roots into the earth

Be content with your natural beauty

Go out on a limb

Remember your roots

you post them on the 3D calendar? Do you tweet them on the 3D twitter page? Do you post them on the 3D facebook page? Do you advertise in the local free newspaper? Those lodges that communicate are reaping the rewards of their communication efforts in increased membership. Keep in mind that communication is an ongoing process. It used to be that you needed “three touches” to get people to remember you, then it increased to “seven touches”; now I think it is seven touches within 12 or 18 months. The key is repetition and a communication plan. Do you have one?

If you develop a communication plan and are able to implement it consistently your view should be one of a roomful

of members!

All the best,  
Mary

## Thank you to all our Veterans! Happy Thanksgiving!

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

Sons of Norway Website:

<http://www.sofn.com/home/>

Facebook:

<http://www.facebook.com/groups/SonsofNorway/>

Twitter:

<http://twitter.com/#!/SonsofNorway>

LinkedIn:

<http://www.linkedin.com/company/2080826>

Sons of Norway Blog:

<http://www.sonsofnorwayblog.blogspot.com>

### *... and here are some informative Genealogy Websites!*

<http://homepages.rootsweb.ancestry.com/~norway/>

A comprehensive list of sites related to Norwegian-American genealogy.

<http://www.nndata.no/home/jborgos/register.htm>

Oldest church registers in Norwegian Parishes. Shows the year in which different parishes began keeping church records.

<http://www.cyndislist.com/norway/>

List of sites related to Norwegian-American genealogy

<http://www.nb.no>

The National Library of Norway, including Norwegian newspapers.

<http://www.emigrationcenter.com/index.cfm>

The Norwegian Emigration and Genealogy Center

<http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Norwegian National Archive. Includes the 1660, 1801, 1865 and 1900 censuses.

<http://home.online.no/~cfscheel/index.htm>

List of Norwegian local histories, dictionary, calendar, and more

[http://www.dokpro.uio.no/dipl\\_norv/diplom\\_field\\_eng.html](http://www.dokpro.uio.no/dipl_norv/diplom_field_eng.html)

Search amongst 16,000 documents from Norway during the period 1050 – 1590.

