



# North Carolina Vikings



October, 2015

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## Lodge Officers 2015-2016

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## President's Message

Hei alle sammen!

Jeg håper virkelig at du nyter den herlige høst været!!

We had a great turnout for September's potluck dinner and everyone really enjoyed the food and libations. *Mange takk* to Kari Crenshaw and Martha Arnum for organizing the dinner and setting up the tables.

Our October lodge meeting will feature the election of lodge officers for 2016 and a video about an incredible survival of a Norwegian soldier during WWII. Bound for the coast of Nazi-occupied Norway, a team of 12 expatriate Norwegian commandos disguised as fisherman was betrayed by Nazi sympathizers. German soldiers ambushed the platoon and only one man survived--Jan Baalsrud--and this video is his story of fortitude against incredible odds.

Remember, it is not too late to sign up to serve in leadership positions for the Lodge. If you are interested, please let Chris Christiansen ([jocmpc@att.net](mailto:jocmpc@att.net) or 919-676-3370), me or one of the other officers know of your interest. We are seeking members who would like to serve in leadership positions for the Lodge. Are you able to help our NC Vikings Lodge be viable in the coming years? If so, please contact me or one of the other officers and let us know of your interest.

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.

Vennlig hilsen,  
Mike Tilder, 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 –

October 24 <sup>th</sup>	Lodge Officer Nomination & Cultural Event (Saturday): <b>Jan Baalsrud Video</b>	3pm – 5pm
December 19 <sup>th</sup>	Juletrefest (Saturday)	3pm – 5pm

## Scandinavian Christmas Fair

The Scandinavian Christmas Fair will be held on Saturday, December 5<sup>th</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](tel: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!

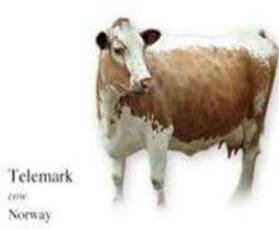
## Items for the Newsletter

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).

## Norway's Telemark Cattle

Norway's Telemark (Telemarkfe) cattle have been an established breed since 1856, making it Norway's oldest breed. That same year they had their first official exhibition in Telemark. Johan Lindeqvist, Norway's first agronomist, was the force establishing the breed. He felt that Telemark cattle was a suitable mountain breed for all of Norway. So, Telemark cattle were crossbred with a lot of mountain cattle throughout Norway. The breed spread across all of southern and eastern Norway. Around 1900, they felt the breeding in Norway acquired traits that were inherited because of generations adapting to their local environments. In many Norwegian areas the Telemark cattle were thought of as an alien breed. But, still the Telemark breed became a national symbol and farmers throughout Norway had at least one Telemark cow.

The Telemark are red or brindle sided with a white color shaped like a cross on their back. Their spotted head has a red muzzle, cheeks and ears plus well-formed horns. They are a dairy breed and don't grow very big. Usually, they are no more than 1,100 pounds, Due to their agility and small size they can graze on a rough terrain and in dense forested areas. Their meat is tender and marbled and their milk is great for making cheese. There were only 200 to 300 Telemark cattle in the late 1980s. So, a preservation project was started. Today only 275 head are left in 81 herds. Most Telemark cattle are bred in the historic production area. Their small herds are in competition with larger herds of imported breeds. Today you can find the Telemark breed in more than 20 countries, including the United States, Italy, United Kingdom and Poland.



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## Norway's Amazing Atlantic Road: Atlanterhavsveien

<http://www.theatlanticroad.com/>



“Situated in Norway, The Atlantic Road (in Norwegian called **Atlanterhavsveien** or **Atlanterhavsvegen**) is a part of Norwegian national road 64 (Rv 64). It is close to the cities Molde and Kristiansund in the midwest part of the Norwegian coastline. It is ranked first on The Guardian's list of the world's best road trips!

This fantastic and spectacular road is a very popular tourist attraction. Both the local population and tourist visitors frequently use the road to go fishing for cod and other fish directly from the bridges. One of the bridges is special designed for fishing.”

<http://www.bing.com/videos/search?q=carbuzz+norwegian+coastal+road&FORM=VIRE1#view=detail&mid=7F92E20D55D805A6CF157F92E20D55D805A6CF15>

## Norwegian Rhubarb Cake with Cardamom



- 1/4 cup unsalted butter = 1/2 U.S. stick = roughly 57 g., plus more for buttering pan
- 1/3 cup whole milk
- 2 eggs
- 1 cup granulated sugar
- 1 and 1/4 cup self-rising flour
- 1/2 teaspoon cardamom (or up to one teaspoon, according to taste)
- pinch of salt
- fresh rhubarb, cut diagonally into 1/4-inch-thick pieces. I used two smallish stalks (150 g., or roughly 5 oz.) but would use more next time – maybe 200 g./7 oz.
- confectioner's sugar for dusting

### **Directions:**

1. Preheat oven to 350 F/180 C and butter a 9-inch spring-form baking pan.
2. Melt the butter in a small saucepan over low heat, then add the milk, stir, and set aside to cool slightly.
3. Beat eggs and most of the sugar (reserve a little sugar for sprinkling on top) on high (I used an immersion blender) until light and fluffy. Turn speed to low as you carefully drizzle in the butter/milk mixture while continuing to blend.
4. In a large bowl, whisk together the flour and cardamom and salt, then add the blended wet ingredients and mix with a spatula. Pour the batter into the buttered pan and then add the chopped rhubarb, scattering evenly over the cake (it's prettiest if you can keep them buoyed on the top of the batter). Sprinkle the reserved granulated sugar on top.
5. Bake until a toothpick inserted into the middle of the cake comes out clean, about 40 minutes. Remove from the oven to a cooling rack and after a few minutes, release & remove the side of the pan to let the cake cool more.
6. When cooled and ready to serve, sprinkle with confectioners sugar.

# Leif Eiriksson

**Leif Eiriksson** (Leiv Eiriksson, Norwegian) was born in Iceland in the year 970 to Erik the Red and his wife, Thjodhild (Þjóðhildur). His grandfather, Thorvaldr (Old Norse: Þórvaldr Ásvaldsson). Thorvaldr was charged with manslaughter and banished from Norway. He went into exile to Iceland with his young son, Erik. Erik met his wife, Thjodhild at her family's farm, Haukadal near Breioafjorour, Iceland. Leif was the second son of 3 boys and one girl. His brothers were Thorsteinn and Thorvaldr and his sister is Freydis. Erik the Red was banished from Iceland and traveled to Greenland. In 986, Erik established the first permanent settlement in Greenland. Leif traveled from Greenland to Norway in the year 1,000 and was converted to Christianity by Norwegian King Olaf I Tryggvason. The next year, King Olaf commissioned Leif to sail back to Greenland and spread the word of Jesus to the Greenlanders. Leif's ships went off course and finally found dry land on the North American continent in what is now Nova Scotia. His landing party discovered grapes there, so, he named it Vinland. He landed in North America about 5 centuries before Columbus. He left Vinland at the end of the winter never to return. His brother, Thorvaldr did revisit Vinland and so did Thorfinn Karlsefni.

Leif spent his time back in Greenland spreading Christianity to the people. Leif's mother was an early convert to Christianity and she built the first Christian church in Brattahild, Greenland. In 999, Leif married Thorgunna and they had 2 children, Thorgils and Thorkell. Leif passed away in Greenland in the year 1020.

## **Some other facts about Leif Eriksson:**

- 1: He's known as the first European to set foot in the New World.
- 2: He was born in Iceland of Norwegian descent.
- 3: He gathered a crew of 35 men to sail to discover the new lands to the west.
- 4: Erik the Red planned to join Leif in his voyage, but, he fell from his horse on a patch of ice and was badly injured.
- 5: Leif landed first on Baffin Island.
- 6: Continuing the voyage Leif landed in a dense forested land, he named Markland (probably, Labrador).
- 7: Leif kept going and landed in Vinland and started a small settlement.
- 8: Archaeological studies show Vinland must have been around the Gulf of Saint Lawrence.
- 9: His sagas inspired other European explorers including Christopher Columbus to cross the Atlantic and find the New World.
- 10: President Calvin Coolidge at the 1925 Minnesota State Fair gave a speech before 100,000 Americans proclaiming Leif Eriksson was the first European to discover America.
- 11: The 1st Leif Erikson statue was by Anne Whitney, it was erected in Boston in 1887. Shortly after, the second Leif Erikson statue, also by Anne Whitney, was erected in Milwaukee, WI.
- 12: In 1929, Wisconsin's legislature passed a bill to make October 9th Leif Erikson Day in Wisconsin. The bill was signed by Governor Walter J. Kohler in May of that year.
- 13: In 1964, the U.S. Congress authorized and asked the president to proclaim October 9th of each year as Leif Erikson Day.
- 14: The Leif Erikson Commemorative Stamp was issued on October 9th, 1968.



## Message From the District 3 President, Mary Andersen



### **Why should I join your organization?**

How would you answer that question? Zone 1 Director Karen Olsen-Helmold and I were faced with that question at the 3D membership table at ScanFest in Budd Lake, NJ over the Labor Day Weekend. After providing a lighthearted initial response, we asked him if he was familiar with SofN and he said yes and then we launched into our elevator speech regarding all that Sons of Norway has to offer. We then began a dialogue regarding what he was interested in and he was a bit guarded in his response. We asked him to put his email address on our mailing list sign-up sheet and he balked but did mention he planned on going to Bernt Balchen's upcoming fest weekend at which point former International Secretary Auden Gythfeldt (an affiliate member of Bernt Balchen) came and we turned the person over to Audun! I hope he did actually attend; I am curious to see if he joined.

Could we have done anything better? Perhaps, it really depends on the situation and the person. Another approach would have been to first engage him in a conversation regarding his interests/needs and then point out all that SofN has to offer in that particular area. The key is to listen carefully, then find the SofN offering that meets the particular need expressed. For example:

- Learn a language – we offer lessons on line and many lodges offer language classes
- Learn a skill – again, we offer lessons on line and many lodges offer classes. Pinpoint the specific skill and you can provide better information. Maybe your lodge offers the class the person is interested in!
- Make a difference – recently retired people might be looking for something to do, some way to contribute. Many lodges are involved in community outreach programs e.g., food banks, fund raising walks for specific issues.
- Take a leadership role – individuals retiring from leadership roles may still want to lead. We have plenty of leadership opportunities!

The key is to listen and be prepared to take the conversation in the direction that the person is interested.

We had a great time at ScanFest and left with 24 people interested in being on our mailing list! Fairs and festivals are a great opportunity to set up a Sons of Norway table and let the community know we exist. It doesn't have to be a ScanFest, think about community fairs and festivals too. We have a great story to tell!!

Try it, you may like it!

Høsthilsen, Mary

## ***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.

