



North Carolina Vikings

Founded in 2007

Sons of Norway / Vol. 15, No. 2 / February 2022

NC Vikings Lodge 3-675 Supports a Dementia Friendly Society



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2020-2021

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President's Message

I hope that everyone is doing well as we emerge from the pandemic. Hopefully the infection rate continues to decline.

As I write this message the winter Beijing Olympics are in full swing. Norway's all time gold count is now over 150 and counting. We see wonderful examples of good sportsman ship when the world's youth come together for the Olympic games.

The Norwegian word for sportsmanship is "sportsånd." Back in 2006 during the Torino Olympic games a Norwegian cross-country coach, Bjornar Hakensmoen set a good example of sportsånd. The Norwegian coach handed a spare ski pole to Sara Renner after the Canadian skier broke hers midway through the team sprint event. This act of fair play and sportsånd allowed Renner to win silver and dropped the Norwegians out of the medals. The Canadians were so grateful that they shipped 5 tons of Canadian maple syrup to the Norwegian Olympic committee!

As a reminder, don't miss this Saturday's meeting and our guest speaker on off-shore sailing today versus Viking-Era methods. Our 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 2022 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

March 19, 2022 2:00 pm

February / March Lodge Birthdays

Tessa Ropp	February 1
Sarah Smith	February 10
Elise Quammen	February 12
John F. Morck	February 13
Ann Marie Nicols	February 13
Linnea Marit Quammen	February 15
Sylvia Bjorge Berman	February 24
Greta N. Holst	February 25
Frank Bell	March 2
Pauline Price	March 3
Kari Crenshaw	March 5
John Christiansen	March 8
Cheryl Ann Weathers	March 10
Theodore Schmidt	March 11
Gene Crenshaw	March 12
Berit Anne Blankenship	March 13
Sandra Valnes Quammen	March 15
Sandra Gaudier	March 20
Reidun Brown	March 28
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? 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 or Frank Bell at 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: Steven Evjen, Membership Secretary

Hello!

My name is Steve Evjen and I'm the Membership Secretary for our lodge here in Raleigh, NC.

I'm originally from Rochester, MN and 100% Norwegian. I live in Wilson, NC with my wife Michelle (our lodge Secretary) and two furry babies (Zoey and Bear), both dogs.



I am a CPA and have been doing taxes for over 30 years. Nothing better than tax time each year!

I have been married for 24 years to my wonderful wife Michelle who moved to MN after we were married to live in the frozen north for 17 years before deciding it was time to move back South.

I love to travel and anything associated with History.

I'm looking forward to getting to know our lodge members!

Special Event

Michael Sfraga: Navigating the New Arctic

U.S. Arctic Research Commission Chair

Monday, February 28, 6 pm

Location: Sanford 05

This event is free and open to the public.

RSVP for the in-person

event: https://duke.qualtrics.com/jfe/form/SV_6R05W5KvRKMIZ6e

We hope you can join us in person, but if not, register for the Webinar

livestream: https://duke.zoom.us/webinar/register/WN_vv5POb8iQO6EzCkz8QDYVA

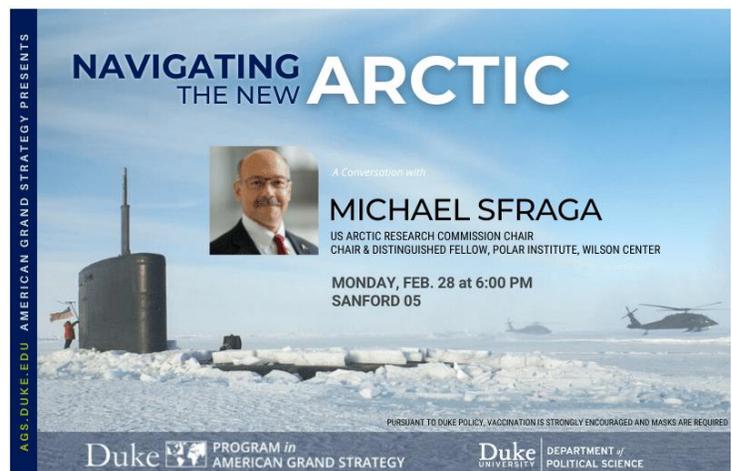
Sign up for the small group, Feb. 28 from 2-

3pm: https://duke.qualtrics.com/jfe/form/SV_e3cFd0NPltk7ZIA

Request to attend the dinner: https://duke.qualtrics.com/jfe/form/SV_6SxMqrapyo7rKR0

Please join AGS for “Navigating the New Arctic,” a conversation with Professor Stephen Kelly and Dr. Mike Sfraga, Chair of the US Arctic Research Commission. The Arctic has evolved from the perception of a cold, dark, remote, isolated, and disconnected region to a new, interconnected, increasingly consequential, and globalized Arctic. Dr. Sfraga will contextualize the importance of the Arctic in foreign policy and how the strategic area is pivotal to national security.

Dr. Mike Sfraga is the founding director of the Polar Institute. President Biden recently appointed Dr. Sfraga incoming Chairman of the United States Arctic Research Commission. Dr. Sfraga is an Alaskan and a geographer by training, his work focuses on the changing geography of the Arctic and Antarctic



landscapes, Arctic policy, and the impacts and implications of a changing climate on political, social, economic, environmental, and security regimes in the Arctic.

Sfraga has testified before the U.S. Senate and House of Representatives, he maintains an active national and international speaking and facilitation schedule, and his commentary has been featured in several major media outlets including MSNBC, National Public Radio, Voice of America, The Wall Street Journal, Alaska Public Media, CCTV/CGTN, Bloomberg News, and C-SPAN.

Sfraga is the author of the biography *Bradford Washburn: A Life of Exploration*, is affiliate professor at the International Arctic Research Center, University of Alaska Fairbanks, serves as the co-director of the University of the Arctic's Institute for Arctic Policy, and has served on a number of non-profit boards and advisory committees.

Norway Returns to Normal: Face Mask & Social Distancing Rules Removed

<https://bit.ly/3gSw4DH>



Today (February 12, 2022), prime minister Jonas Gahr Støre announced the removal of virtually all restrictions of affecting everyday life.

Among other things, Norwegians will not be required to wear face masks or conform to social distancing requirements in public places. There are also changes to testing and isolation procedures.

“We can ease the measures because omicron does not cause as serious a disease as previous variants. Even though the infection is rising, the proportion who end up in hospital is low. We are well protected with the vaccine,” said Støre.

The following changes apply immediately:

There are no longer any rules or recommendations on social distancing, i.e. keeping a distance of one metre from others.

- There are no longer any requirements for the use of face masks in public.
- Only adults who have symptoms are recommended to take a test.
- Requirements for isolation upon a positive test are removed. Instead, infected adults are recommended to stay at home for four days.
- Young children are recommended to stay at home when they are ill but can go to kindergarten and school as long as they have been fever-free for 24 hours.
- There are no requirements for children to test themselves regardless of symptoms.

In addition to the everyday restrictions, Norway's border is now open as it was before the pandemic began.

With immediate effect, there are no longer any requirements for vaccination certificates or testing when entering the country.

The previous requirement for all arrivals including Norwegian citizens to fill out a digital registration form prior to arrival have also been removed.

Health minister Ingvild Kjerkol outlined changes to the rules for testing and isolation in the event of a positive test.

“We are now moving away from the recommendation that household members and close relatives should be tested. Adults who have symptoms will still be tested, while kindergarten children and students will not have to,” she said.

The new rules are as follows:

- Adults should get tested in the event of new symptoms, but the testing of asymptomatic individuals is not recommended.
- Children no longer need to be tested, even with symptoms.
- Positive self-tests should be registered in the municipality's infection tracking system.
- Anyone testing positive with a self-test who is not fully vaccinated should follow up with a test at a municipal test station.

Things May Change

Both the prime minister and health minister were keen to emphasize that the future remains uncertain. Støre said that up to four million people may get infected before the



winter is over, leading to a potential surge in sick leave.

He also warned that there may be new waves of infections and/or new variants to come. “The virus can surprise us and mutate again,” he said.

Støre also recommended those in risk groups should continue to take care. “The rest of us must pay attention and we must have solidarity with others and common sense,” he said.

Sons of Norway Book Club Update

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

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



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

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

Synopsis: 'How simple this novel is. How subtle. How strong. How unlike any other. It is unique. It is unforgettable. It is extraordinary' Doris Lessing 'I'm surprised it isn't the most famous book in the world' Max Porter, author of Grief is the Thing with Feathers 'She was close to the edge now: the ice laid its hand upon her' The schoolchildren call it the Ice Palace: a frozen waterfall in the Norwegian fjords transformed into a fantastic structure of translucent walls, sparkling towers and secret chambers. It fascinates two young girls, lonely Unn and lively Siss, who strike up an intense friendship. When Unn decides to explore the Ice Palace alone and doesn't return, Siss must try to cope with the loss of her friend without succumbing to a frozen world of her own making.

Mystery Read: **The Dogs of Riga** by Henning Mankell

Synopsis: The mystery thriller series that inspired the Netflix crime drama Young Wallander

From the dean of Scandinavian noir, the second riveting installment in the internationally bestselling and universally acclaimed Kurt Wallander series.

On the Swedish coastline, two bodies, victims of grisly torture and cold execution, are discovered in a life raft. With no witnesses, no motives, and no crime scene, Detective Kurt Wallander is frustrated and uncertain he has the ability to solve a case as mysterious as it is

heinous. But after the victims are traced to the Baltic state of Latvia, a country gripped by the upheaval of Soviet disintegration, Major Liepa of the Riga police takes over the investigation. Thinking his work done, Wallander slips into routine once more, until suddenly, he is called to Riga and plunged into an alien world where shadows are everywhere, everything is watched, and old regimes will do anything to stay alive.

Book Club Zoom Meeting - Eastern U.S. - **February 24, 2022, 7:00 - 9:00 p.m.**

Eastern Time Link

<https://us02web.zoom.us/j/82804435677?pwd=d1MycU5tSEJRMXkxbUs2dHNYL0o1Zz09>

or

Sign-in from Website

Meeting ID: 828 0443 5677 / Passcode: 394698

**To let us know if you will be participating this month, please send an email to
SonsofNorwayBookClub@gmail.com**



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
Norwegian Olympic Stories / Beijing 2022

Team  Norway Profile
<https://bit.ly/34zvF6Z>

Medal count as of **February 14, 2022** –

Medals						
#	Teams	G	S	B		
1	 NOR	9	5	7	21	
2	 GER	8	5	2	15	
3	 USA	7	6	3	16	
4	 NED	6	4	2	12	
5	 AUT	5	6	4	15	

Medals won at previous Olympic Winter Games

Games	Gold	Silver	Bronze	Total
PyeongChang 2018	14	14	11	39
Sochi 2014	11	5	10	26
Vancouver 2010	9	8	6	23
Torino 2006	2	8	9	19
Salt Lake City 2002	13	5	7	25
Nagano 1998	10	10	5	25
Lillehammer 1994	10	11	5	26
Albertville 1992	9	6	5	20
Calgary 1988		3	2	5
Sarajevo 1984	3	2	4	9
Lake Placid 1980	1	3	6	10
Innsbruck 1976	3	3	1	7
Sapporo 1972	2	5	5	12
Grenoble 1968	6	6	2	14
Innsbruck 1964	3	6	6	15
Squaw Valley 1960	3	3		6
Cortina d'Ampezzo 1956	2	1	1	4
Oslo 1952	7	3	6	16
Sankt Moritz 1948	4	3	3	10
Garmisch-Partenkirchen 1936	7	5	3	15
Lake Placid 1932	3	4	3	10
Sankt Moritz 1928	6	4	5	15
Chamonix 1924	4	7	6	17
Total:	132	125	111	368

Winter Olympic Medals Table / 1924 to 2018

Country	Gold	Silver	Bronze	Total
Norway (NOR)	132	125	111	368
United States (USA)	105	112	88	305
Germany (GER)	92	88	60	240
Soviet Union (URS)	78	57	59	194
Canada (CAN)	73	64	62	199
Austria (AUT)	64	81	87	232
Sweden (SWE)	57	46	55	158
Switzerland (SUI)	56	45	52	153
Russia (RUS)	47	39	35	121
Netherlands (NED)	45	44	41	130
Finland (FIN)	43	63	61	167
Italy (ITA)	40	36	48	124
East Germany (GDR)	39	36	35	110
France (FRA)	36	35	53	124
South Korea (KOR)	31	25	14	70

Johaug Wins First Gold Medal of Beijing Olympics in Skiathlon

<https://bit.ly/3gIm4gx>

Therese Johaug won the first gold medal of the Beijing Olympics on Saturday, finishing first in the women's 15-kilometer cross-country skiathlon. The Norwegian fought wind and frigid temperatures to ski away from a chase group of four, winning in 44 minutes, 13.7 seconds.



The skiathlon is a mass-start race that began with 7.5 kilometers of classic skiing. After two laps around the 3.75-kilometer course, racers came through the stadium and quickly switched to skate skis before heading out for another two laps.

Johaug has won 10 world championship titles but had never before won an individual Olympic gold medal.

Marte Olsbu Roiseland Collects Another Olympic Gold Medal in Biathlon Pursuit

<https://bit.ly/34LGORU>



Another day, another gold medal for Norway's Marte Olsbu Roiseland.

The 31-year-old completed the women's biathlon pursuit in 31:38.2 to win her third gold medal of the 2022 Olympics. She has four total medals in Beijing, adding to her two silver medals from the 2018 Games.

Despite treacherous, snowy conditions throughout the event, Olsbu Roiseland remained nearly perfect. She hit 19 of 20 shots, limiting her penalty time and running away with the victory after starting with a time advantage due to her gold medal win in the sprint.

Winter Olympics 2022 – Norway's Marius Lindvik Stuns Ryoyu Kobayashi to Win Ski Jumping Gold in the Large Hill

<https://bit.ly/3sZSysr>

Ryoyu Kobayashi had been one of the in-form athletes heading into the Beijing 2022 Winter Olympics with seven World Cup wins leading up to the Games. After triumphing in the normal hill last Sunday, the defending Four Hills champion was bidding to pick up his second Olympic gold medal at the Zhangjiakou National Ski jumping Center, but he was stunned by Norway's Marius Lindvik.

Norway's Marius Lindvik put down a massive second jump to win gold in the men's large hill, stunning the hot favorite Ryoyu Kobayashi.

Lindvik, who scored 144.8 with his first jump to rank second going into the final round, scored 151.3 for an Olympic gold-winning score of 296.1 to produce a surprise upset. The 23-year-old is the first Norwegian to win Olympic large hill gold since Toralf Engan at the 1964 Winter Olympics in Innsbruck.



Norwegian Plukkfisk

<https://www.anthonyschock.com/home/2018/5/15/norwegian-plukkfisk>

INGREDIENTS

- 2 cod loin fillets (sustainably sourced pretty-please)
- 1 liter whole-fat milk
- 1 bunch fresh parsley
- 1 bunch fresh dill
- 5 spring onions
- 2 teaspoons salt
- 1 teaspoon fresh black pepper
- 1kg potatoes (King Edward, Rooster)
- 1 tablespoon salted butter
- Smoked, streaky bacon
- 1 tablespoon corn flour
- Thai Fish Sauce/Worcestershire sauce (optional, to taste)
- Rye Crackers to serve



INSTRUCTIONS

Preheat the oven to 200C. Now it's best to start with the potatoes. Bring a large pot of salted water to boil and add the peeled, quartered potatoes to cook for 20-25 minutes, until a knife slides through easily.

In the meantime, place the cod loins in an ovenproof dish and add 1 liter of milk, or enough milk to just cover them. Add 2 teaspoons of salt, a teaspoon of black pepper, a chopped bunch of fresh parsley and dill and chopped spring onions. Coax everything down so it is submerged and soaked in the milk (otherwise it will burn). Place the whole dish in the oven and the fish will poach in 20 minutes. While the fish is poaching, fry some bacon until crispy.

If you started with the potatoes, they should be cooked through before the fish. Drain the potatoes and add them back to the pot you cooked them in. Add a tablespoon of butter to melt over the potatoes.

After 20 minutes, remove the fish from the oven. Carefully pour out the poaching milk into a jug, without taking any of the fish or herbs. A sieve or a colander might help. Pour roughly 150-200ml of the poaching milk into the buttered potatoes and mash until you have a smooth, creamy mash.

Take the chopped herbs and spring onions left behind in the fish-poaching dish and stir them through the mashed potatoes. Also snip up some of the crispy-fried bacon into the mashed potatoes and whip everything through. Add more salt to taste if desired.

Take one of the cod fillets and gently break it up with your fingers into the mashed potatoes. Gently fold it into the mashed potatoes, being careful not to mash the fish, but keep it as big flakes. Leave it to stand with a lid over to keep it warm.

To a saucepan, add a tablespoon of corn flour and add a tablespoon of the leftover poaching milk. Mix to a paste before gradually adding the rest of the milk. Heat this mixture up until it thickens to form a light fish gravy. Add a dash of Thai fish sauce or Worcestershire sauce to add a tangy, fermented note if you prefer. Leave the gravy to stand once thickened.

Scoop dollops of the flecked mash onto serving plates. Gently flake the remaining cod fillet over the top of each mound of mash. Decorate with rashers of crispy bacon. Pour over the fish gravy. Best eaten with rye crackers to dip in.

New Hampshire Students Launched a Boat in 2020... It was Just Found in Norway

<https://bit.ly/3gMosTo>



A small boat – containing photos, fall leaves, acorns and state quarters – launched in October 2020 by some New Hampshire middle school students has been found 462 days later by a sixth grader in Norway.

The 6ft-long (1.8-meter) Rye Riptides, decorated with artwork from the kids and equipped with a tracking device that went silent for parts of the journey, was found on 1 February in Smola, a small island near Dyrnes, Norway, the Portsmouth Herald reported Monday.

It had lost its hull and keel on the 8,300-mile journey and was covered in gooseneck barnacles, but the deck and cargo hold were still intact. The student who found it, Karel Nuncic, took the boat to his school, and he and his classmates eagerly opened it last week. The school in Norway plans a call with the Rye Junior High students soon.

“When you’re sending it out, you have no idea

where it's going to end up, how it's going to get there, if it ends up (anywhere) at all," said Cassie Stymiest, the executive director of Educational Passages, a Maine nonprofit that began working with the school on the project in 2018. "But these kids, they put their hopes and dreams and wishes into it, and I tend to think sometimes that helps."

The students set the boat out in the Atlantic Ocean and followed its path. They dealt with the retirement of their teacher, Shelia Adams, and long periods when its GPS went quiet.

The boat came back online during hurricane season, registering plot points in August and September around the same latitude as Ireland. Then it vanished again. On 30 January they learned the boat had appeared to hit land just west of a small island in Norway.

"I was surprised the boat actually made it somewhere," seventh grader Molly Flynn said. "I thought it was going to get stuck in some middle spot (on the map) and it actually made it, and it was really, really cool and surprising."

From the District 3 President, Kathy Dollymore



Here it is February – And yes, although we are still dealing with the pandemic let's focus on some happy thoughts: Hopefully the virus will see a plateau soon and we will begin to readjust to what we have learned and become in these past 2 years.

Technology – Many of our members have talked with others via video calls at some point since the pandemic's onset. Many of us have used technology or the internet in ways that were new or different to us. But to be fair we would have liked to have had those interactions in person, but instead had online or over the phone - useful – but not a replacement for in-person contact.

Installation of new officers – If your new or returning officers are being installed or have already been installed, we congratulate them and offer our support. I am deeply grateful and proud of our lodge leadership who continue to face the many and often difficult obstacles this pandemic continues to bring to our lodges with renewed determination and resilience. You get to take an active role in helping your lodge become a better place. I expect our lodge membership to support, in any way they can, those who have taken on this responsibility. Have your Delegates been chosen for the upcoming Convention? Leadership roles filled? Committees organized? Share the experience. This saves single members taking on the majority of a burden.

Celebrate – We are happy to celebrate Saami People's Day on Sunday Feb. 6 and Norway's Mother's Day on Feb 13. Valentine's Day is February 14th – let's share some love with our members.

Fastelavn – The Norwegian answer to Carnival. This year it is søndag 27. Februar (Sunday, February 27). This holiday occurs seven weeks before Easter Sunday and is sometimes described as a Nordic Halloween, with children dressing up in costumes and gathering treats for the Fastelavn feast. The holiday is generally considered to be a time for children's fun and family games. Why not try to bring some festivity to your lodge meeting. Adults are ready to have fun along with the kids. Funny hats, decorating masks, what brings a smile to your lodge members. In Norway a popular baked good associated with the day is Fastelavnsboller ("Fastelavns bun", also known in English as "shrovetide bun" or "lenten bun"), a round sweet roll usually covered with icing and sometimes filled with whipped cream. Yummm.

Scholarship – Those of us with adult children or grandchildren may wish to pose the questions to them as to what might interest their peers. Whether their interests lie in financial products, travel, culture or heritage, Sons of Norway has a lot to offer, including the assistance of Financial Benefits Counselors and the fellowship and philanthropy opportunities of your local lodge. The Sons of Norway Foundation Scholarship season is upon us. Check them out and see if there is help for members, child, or grandchild - www.sonsofnorway.com/foundation for complete information.

Fraternally, Kathy Dollymore, 3 D 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 .html	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	http://vesterheim.org/index.php