



# North Carolina Vikings

Founded in 2007



October 2021

Sons of Norway / Vol. 14, No. 7 / NC Vikings Lodge 3-675

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2020-2021

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\*\*OPEN\*\*

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\*\*OPEN\*\*

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## President's Message

It now appears that the Covid variants are largely behind us. As I mentioned in our September newsletter, our next meeting is scheduled for October 16 at 2:00PM at the same place, Good Shepard Lutheran Church on Creedmoor Road in Raleigh. Hope to see you there.

On a personal note, I would like to share that I have recently been granted Norwegian citizenship. In January 2020

Norway became the latest country to permit dual citizenship. This law change meant that I no longer had to relinquish my original Norwegian citizenship when I became an American citizen. That's the good news; the bad news was the surge of new applications. By the time I began the process in April 2020 I was one of 26,000 people who had applied for citizenship as a result of the new law, and the wait list was up 40,000 people.

The waiting time was long for many reasons, including the Coronavirus restrictions that resulted in my Embassy interview being delayed for over 5 months. The case processing was not smooth, with duplicate requests for documentation that reached into late August. They are now working on a planned automation of case processing.

So, why did I go thru all this time and expense? A Norwegian passport is one of the best in the world for freedom of movement. Norwegian citizens have visa free access to 173 countries. (Cuba may be in my travel plans). It also gives me access to Norway's healthcare if I need it during my annual vacations.

I'm happy to provide more detailed information should anyone be interested in doing the same. I look forward to seeing everyone soon.

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.

October 16, 2021

2:00 pm

### October/November Lodge Birthdays

Robert Horvick	October 7
Sara Haukas	October 8
Cecily Wainschel	October 14
Richard Herschel	October 21
Tanya Parise	October 30
Karen Nancy Kvam	November 4
Diane Mickelson	November 12
Susan Horvick	November 16
Jayne Richards	November 20
John Myhre	November 23
Judy Vanhoozier	November 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 talented 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. Thank you, Terri!

## October is Foundation Month at Sons of Norway

October is Foundation Month at Sons of Norway. Please help us celebrate and support the services that the Sons of Norway Foundation provides to members. Annually, We provide over \$35,000 in grants to lodges and partners that advance the core values of Sons of Norway and over \$110,000 in scholarships to members, the children of members, and the grandchildren of members. We would not be able to provide this assistance without you!

Applications for Scholarships open on October 1. This year we are offering 16 different scholarships, including, for the first time, the Elaine Nelson Scholarship for student members studying Business, Agriculture, or Education. You can find descriptions of all the scholarships we offer and apply on our website: <https://www.sofn.com/foundation/scholarships/>. We encourage everyone to visit the site to learn more and facilitate applications.

Donating to the Foundation is an opportunity to incorporate your passion for the Sons of Norway into your charitable giving plans. This year with our “Together We are the Future” fundraising campaign, we are trying to raise \$150,000 to support our grants and scholarship. Visit <https://www.sofn.com/give2021/> to learn more and donate!

### Sons of Norway Book Club

Update

October 14, 2021

#### Remaining Sons of Norway Book Club Selections for 2021

##### October 2021 Book Club Selections

Main Read: *Grass of the Earth: The Story of a Norwegian Immigrant Family in Dakota* by Aagot Raaen  
Mystery Read: *The Bat* by Jo Nesbo (Nesbo’s first Harry Hole mystery)



##### November 2021 Book Club Selections

Main Read: *Children of Ash and Elm: A History of the Vikings* by Neil Price  
Mystery Read: *The Princess of Burundi* by Kjell Eriksson



##### December 2021 Book Club Selections

Main Read: *Assault in Norway: Sabotaging the Nazi Nuclear Program* by Thomas Gallagher  
Mystery Read: *Roseanna* by Maj Sjowall and Per Wahloo

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

## Lapskaus – Hearty Norwegian Stew Recipe

<https://nordicnibbler.blogspot.com/2010/11/lapskaus-hearty-norwegian-stew-recipe.html>



Lapskaus is best served with lots of [flatbrød](#) (flat bread) and sprinkled with freshly chopped parsley – don't leave this out as its flavor here is a fantastic addition and really lifts the dish. And, like most stews, it tastes even better the next day.

### **Ingredients (serves 6-8)**

- 1.3 kg chuck steak (off the bone and trimmed of excess fat), cut into  $\frac{3}{4}$ -inch pieces
- 6 large carrots, chopped into  $\frac{3}{4}$ -inch pieces
- 300 g parsley roots, chopped into  $\frac{3}{4}$ -inch pieces
- 750 g swede (rutabaga), chopped into  $\frac{3}{4}$ -inch pieces
- 1 kg floury potatoes such as Kerrs Pink or Maris Piper, chopped into  $\frac{1}{2}$ -inch cubes
- 1.5 ltr fresh chicken stock
- 30g butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

### **Method**

1. Melt the butter in a large casserole pot and brown the meat in batches.
2. Add the chopped vegetables and the browned meat, pour over the stock and add some salt and pepper.
3. Bring to the boil. You may need to skim the stew a couple of times.
4. Cover the casserole with a tight fitting lid and let it simmer gently for 2½ hours, but don't stir too often otherwise the vegetables will turn to mush.
5. After 2½ hours or so the meat should be very tender, check and adjust seasoning if necessary. If the stew is too thick you can always thin it out with more stock or water.
6. Serve in large bowls, sprinkle with freshly chopped parsley and serve with plenty of of flatbrød.

## Ja Vi Elsker: The Norwegian National Anthem

<https://www.lifeinnorway.net/norwegian-national-anthem/>



The Norwegian national anthem—known as *nasjonalsangen* in Norwegian—is heard by millions of people around the world at the Olympic games or when Norway's national football teams take to the field. I am of course talking about *Ja vi elsker dette landet*, often referred to simply as *Ja vi elsker*. Within Norway, the song is perhaps most closely associated with the national day celebrations on 17th May.

### **A new national song—sort of!**

Despite these uses, it's only been the official national song of Norway since December 2019. It had been used as the de-facto national anthem for many years, but other songs had also been used. Here is the fascinating story of the Norwegian national song, *Ja vi elsker*.

### **Lyrics in Norwegian**

Ja, vi elsker dette landet, som det stiger frem,  
furet, værbit over vannet, med de tusen hjem, —  
elsker, elsker det og tenker på vår far og mor  
Og den saganatt som senker drømmer på vår jord  
Og den saganatt som senker drømmer på vår jord

Norske mann i hus og hytte, takk din store Gud!  
Landet ville han beskytte, skjønt det mørkt så ut.  
Alt, hva fedrene har kjempet, mødrene har grett,  
har den Herre stille lempet, så vi vant vår rett.  
har den Herre stille lempet, så vi vant, vi vant vår rett.

Ja, vi elsker dette landet, som det stiger frem,  
furet, værbit over vannet, med de tusen hjem.  
Og som fedres kamp har hevet det av nød til seir,  
også vi, når det blir krevet, for dets fred slår leir.  
også vi, når det blir krevet, for dets fred, det fred slår leir.

## Lyrics in English

Translation is a complex business, especially for songs. What follows is a literal translation of the Norwegian words. There have been efforts to create a more poetic version in English over the years, but there is no official translation.

Yes, we love this country as it rises forth,  
rugged, weathered, over the water, with the thousands of homes,  
love, love it and think of our father and mother  
and the saga-night that lays dreams upon our earth.

Norwegian man in house and cabin, thank your great God!  
The country he wanted to protect, although things looked dark.  
All the fights fathers have fought, and the mothers have wept,  
the Lord has quietly eased so we won our rights.

Yes, we love this country as it rises forth,  
rugged, weathered, above the sea, with those thousand homes.  
And as the fathers' struggle has raised it from need to victory,  
even we, when it is demanded, for its peace will encamp (for defense).

## The history of Norway's national anthem

*Ja vi elsker* has a long history as a nationalist song and song of protest. In the last days of the Norway-Sweden union, Swedish socialists sang the song in support of the Norwegian right to leave the union. 'Ja vi elsker' is often sung to commemorate the signing of the Norwegian constitution in 1814.

During [World War II](#), Norwegian resistance members used the song. It had originally been used by Nazi collaborators as a propaganda song, but the regime eventually banned its use because of its connection to the resistance. Bjørnstjerne Bjørnson began to write the lyrics of what he intended to be a patriotic song around 1859. An accompanying melody was written by his cousin Rikard Nordraak sometime during the winter of 1863-1864.

The song's first public performance took place on 17 May 1864, to mark the 50th anniversary of the Norwegian constitution. Over many decades, *Ja vi elsker* eventually replaced *Sønner av Norge* (Sons of Norway) as the de-facto national song, but both were used for long periods of time until the early 20th century. In December 2019, Norway officially adopted *Ja vi elsker* as the official national anthem.

## Other national songs in Norway

While *Ja vi elsker* is commonly heard at sporting events and on the constitution day, there are other national songs used in various situations. As previously mentioned, *Sønner av Norge* had the title of national song for many decades. Since 2011, Ole Paus' *Mitt lille land* has been referred to as a "new national song" and it was used several times in connection with the 2011 terror attacks. There is also an unofficial Royal anthem known as *Kongesangen*, or the King's song. It is played alongside *Ja vi elsker* on 17 May. Brits will instantly recognize it as the melody is the same as the British national anthem, *God Save the Queen*.

## Oldest Ever Set of Skis Discovered in Norway

<https://www.lifeinnorway.net/oldest-ever-set-of-skis-discovered-in-norway/>

**Archaeologists in Norway have found a 1,300-year old ski trapped in the ice. It is the matching ski from one found in 2014 and completes the oldest known set in history.**

Back in 2014, the Secrets of the Ice research program found a well-preserved ski in the melting ice of Norway. It dated back to before the Viking age and even included the foot binding.



It was a rare find, one of only two skis with a preserved binding found from before the Viking Age. Ever since then, researchers have monitored the ice patch, hoping to find the second ski. Now, the matching ski has been found, and it's in even better condition than the first. Lars Pilø described it as “an unbelievable find.”

Secrets of the Ice is a research program run by Norway's Innlandet county. The team investigates several archaeological sites at-risk of damage due to the melting of Norway's glaciers.

### **Second Digervarden ski**

The newly-discovered ski measures 187cm long and up to 17cm wide. As it was found 4-5cm further into the ice, it's better preserved than the previous ski. This is likely the reason that the ‘new’ ski is actually 17cm longer than the original.

This could mean a missing piece remains in the ice, or it could simply be a mismatch. Skis were not mass produced 1,300 years ago!

The new ski isn't just a preserved plank of wood, however! Three twisted birch bindings, a leather strap and a wooden plug feature in the new ski. The original ski just had one birch binding and a leather strap.

Lars Pilø explained more: “The foothold of the new ski shows repairs, so it was well used. A part of the back end of the ski is missing. The missing piece is presumably still inside the ice. Whether it broke when lost or while inside the ice may be possible to say at a later stage based on a careful study of the edge of the break.”

### **The ski discovery**

Just a few weeks ago, archaeologist Runar Hole and his colleague Bjørn Hessen found the second ski just five meters from where the first one was found in 2014.

The ski was firmly encased in the ice, so the team had to leave it behind. A mountain storm and then fresh snowfall hampered efforts to return, but eventually the team was able to return and retrieve the ski before the winter fully arrived.

On 26 September, an expedition team complete with ice axes, gas cookers and packing material set out to Mount Digervarden. Their objective? To free the ski from the ice and transport it back safely.

Read more here: <https://bit.ly/3j3ekY2>

## MAGICAL NORTHERN LIGHTS

A very special thanks to **Kjell Ottesen** for providing these recent, stunning photos of the Northern Lights, taken by his family in northern Norway.

Find out more about this incredible phenomenon here - <https://www.visitnorway.com/things-to-do/nature-attractions/northern-lights/facts-about-the-northern-lights/>





## From the District 3 President, Kathy Dollymore



I hope that everyone was able to enjoy the many splendors that summer had to offer and now Fall has finally arrived I cannot believe we are already into the 10th month of 2021. Autumn is here with SON Lodge events and holidays to attend and celebrate this coming season! This time of year always brings changes to the weather and colorful scenery. It's also a nice time for a road trip and leaf peeping! You can tell that fall is here as all of the unhealthy indulgences at the supermarkets and coffee shops are available in Pumpkin Spice.

I was pleased to be able to visit Norumbega Lodge and present them with their 50 (+1) lodge anniversary plaque. What a welcoming group of lodge members. After some music on the accordion by Luanna Jøsvold, some speech -a-fying and a wonderful potluck, visiting with friends, both old and new, I traveled to Bernt Balchen Lodge. This lodge can really appreciate the change of colors in the Pennsylvania Mountains. They have new signage on the highway welcoming folks to "Little Norway" Rowling, Pa, home of SON Bernt Balchen. How nice to see that! Bernt Balchen hosted the Zone 3 meeting. Fredheim, Nor-Bu, Noreg, Pleasant Point and Bernt Balchen were all in attendance and Zone Director Audun Gythfeldt ran a great meeting. It was a wonderful visit with new friends sharing information and news about our Third District and then a terrific potluck meal. We do have some fine cooks in our Third District. October looks just as busy with the Nordkap celebrating their 100 years on October 2; Hudson Valley celebrating 75 years on October 9; Bla Fjell celebrating 25 years on October 23, and what a wonderful time of year to see the change of the colors in the Blue Ridge area; and a Zone 2 meeting later this month.

The 3D District board will meet at the end of this month by Zoom. Your District Board has been, and will continue, working to make the 3D stand out in all the lodges of Sons of Norway, and I congratulate the local lodges for doing their part in making us a shining star.

Your lodge may have started back with a welcome back from summer event and now moving forward with nominations, elections, Thanksgiving events, Juletefest parties. Let's show our support for these functions and all those hardworking people who give up their time to make these lodge functions a success. Remember, it is your Lodge, and your support is needed.

Speaking of nominations and elections, please consider becoming involved with any of the committees in your lodge. You don't have to handle the roll of officer on your own- share the position and it will be light work. Thank you all for supporting your lodge and the Third District and I hope to see you at one of the upcoming functions!!!

Last but not least you all know that October is Foundation month. The SON Foundation supports our members and their communities by offering a wide range of scholarships and grants focused on promoting Norwegian heritage and culture. Take the opportunity to make an October meeting a fundraiser (a 'fun'draiser)—an excuse to get people together to have a great time, while raising money for a good cause. A 'fun'draiser can help support the Foundation, and engage and bond your membership, while providing another opportunity to make the community aware of your lodge and all that it has to offer. Tapping into friends and neighbors not only attracts more potential members but can also increase the amount raised for the Foundation.

Fraternally, Kathy

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

Sons of Norway Website  
Facebook  
Twitter  
LinkedIn

<https://www.sofn.com/>  
<http://www.facebook.com/groups/SonsofNorway/>  
<http://twitter.com/#!/SonsofNorway>  
<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](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. <http://www.norway.org/embassy/washington/>

Royal Norwegian Consulate General New York [http://www.norway.org/News\\_and\\_events/CG-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.nagcni.org>

Vesterheim Museum <http://vesterheim.org/index.php>

