



North Carolina Vikings

Founded in 2007

Sons of Norway / Vol. 15, No. 7 / October 2022

NC Vikings Lodge 3-675 Supports a Dementia Friendly Society



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2021-2022

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President's Message



Now that autumn has arrived and temperatures are gradually growing cooler, we look forward to striking colors as the leaves turn. It is said that what we lose in flowers we more than gain in fruits. Hundreds of Norwegian orchards and farms cultivate some of the world's best fruit and berries, including apples, pears and plums, blueberries, strawberries and cherries.

My annual summer trip to Norway this year was met with lost baggage in both directions. Mine were caught up in the now-notorious meltdown in service at Heathrow airport. Waves of cancellations were commonplace this summer. My advice is to prioritize nonstop flights or at least layovers with generous amounts of time. If you own a iPhone, consider an AirTag. It is a super easy way to keep track of your luggage; put one in your bag and, just like that, the bag is on your radar, trackable from your smart phone.

It is once again time to nominate and elect our officers. There are several openings that we will discuss at our upcoming meeting. Please consider being part of the lodge leadership in the coming year.

See you all at our upcoming meeting on Saturday, October 15'

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.

October 15, 2022	2:00 pm
November 19, 2022	2:00 pm
December 10, 2022	2:00 pm
	Christmas Party



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.

October Lodge Birthdays

October 7	Robert Horvik
October 8	Sarah Haukas
October 21	Robert T. Herschel

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!

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.



Sons of Norway Book Club Update

Sons of Norway Book Club Selections | October – December 2022

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



Update:

A new component to the book club, “Author Presentation Mondays,” has been scheduled with authors and their books through January of 2023. These author presentations will be on the 2nd Monday of each month at 7 pm. The regular book club meeting will remain on the last Thursday of each month, and that series will continue without change. The Monday series will be a test to see if there is interest in a second series with authors present.

Author Presentation Mondays

November 14, 2022

A Coat Dyed Black: a Novel of the Norwegian Resistance

Don Pugnetti

December 12, 2022

Fiddling with Fate

a Chloe Ellefson Mystery #10

Kathleen Ernst

January 9, 2023

The Quisling Factor

a story of World War II

Janet Oakey

All Books are available through Amazon.com and Barnes & Noble.

All presentations are at 7:00 p.m. Eastern time on the second Monday of each month.

A Zoom sign-on link will be announced approximately a month in advance of the book club author presentation.



October 2022 Book Club Selections

Main Read: Madhouse at the End of the Earth by Julian Sancton. Published: 2021

Mystery Read: The Darkness (Detective Inspector Hulda Hermannsdóttir #1) by Ragnar Jonasson. Published: 2015 (Icelandic original)

Zoom Meeting/Discussion Date & Time: October 27 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



November 2022 Book Club Selections

Main Read: Giants in the Earth by Ole Edvart Rolvaag. Published: 1927

Mystery Read: My First Murder (Maria Kalio #1) by Leena Lehtolainen. Published: 1993 (Finnish original)

Zoom Meeting/Discussion Date & Time: November 24 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



December 2022 Book Club Selections

Main Read: For the Love of Cod by Eric Dregni. Published: 2021

Mystery Read: The Redbreast (Harry Hole #3) by Jo Nesbo. Published: 2000 (Norwegian original)

Zoom Meeting/Discussion Date & Time: December 29 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



**To join the Sons of Norway Book Club,
send an email to SonsofNorwayBookClub@gmail.com**



International Convention Summary



The 2022 International Convention took place virtually August 31 and September 1. The 168 Delegates heard an update from International President Ron Stubbings, and CEO Chris Pinkerton provided a summary about the business of the Foundation, Fraternal and Insurance areas of Sons of Norway.

Though the event was virtual, some of the traditions remained, like the Memorial Service, where those International Board leaders who passed away within the past two years are honored. There were cookie and coffee breaks, this time with the music of International Board member Robin Fossum on her Hardanger fiddle. Another video presented the American, Canadian and Norwegian national anthems.

One of the goals of the International Convention is to seat the new International Board members. The delegates were successful in seating our new Board. The new International Board members and International Directors are:

Executive Committee

International President – Ron Stubbings
International Vice President – Mark Agerter
International Treasurer – Mary B. Andersen
International Secretary – Robin Fossum
5th Member* - Dean Stiller

International Directors

District One Director – Dennis Rusinko
District Two Director – Chris Hicks
District Three Director – Kathy Dollymore
District Four Director – Claudia Berg
District Five Director – Duane Kittleson
District Six Director – Luella Grangaard
District Seven Director – Erik Brochmann
District Eight Director – Per Mikalsen

*Dean Stiller was nominated and appointed by the Board at the September 2022 Board meeting. Dean was also appointed to the Executive Committee as 5th Member.

US Midterm Elections: The Country with the World's Youngest Politicians

<https://www.bbc.com/news/world-europe-63068931>

As part of a new series that looks abroad for inspiration on how to fix flaws in the US political system, the BBC asks whether Norway's young MPs have the answer.

Democratic President Joe Biden, 79, is the country's oldest ever leader. His chief rival, Republican Donald Trump, is 76. In the US Congress, the median age is the highest in two decades. Baby boomers dominate and millennials represent barely 6% of the body.

Midterm elections this November will reshuffle the makeup of the legislative branch of government - but many of its oldest faces will remain. The problem is a structural one, according to experts. Congress prizes seniority, with the longest-tenured lawmakers typically first in line for leadership posts, plum committee assignments and other forms of influence. Name recognition and visibility give incumbents a smoother path to re-election.

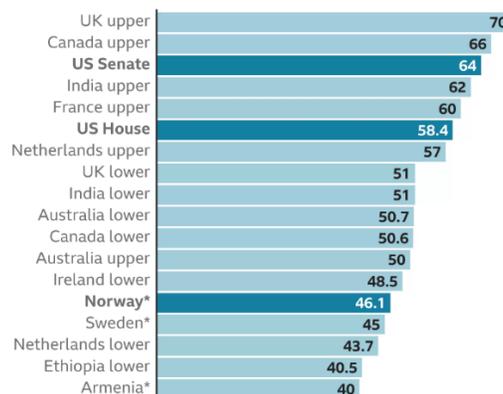
Making matters worse are the age requirements. You must be at least 25 to join the House of Representatives, the lower chamber of Congress, and at least 30 to qualify for the Senate. Meanwhile, young hopefuls face financial barriers to seeking office with fewer resources, less access to wealth and obstacles like childcare costs or student debt. Some believe youth under-representation has had a profound impact on US democracy.

"Lived experience informs legislative priorities," says Amanda Litman, co-founder of Run for Something, a group that supports progressive candidates under 40. She claims that a lack of progress on issues young people care about, such as gun violence and climate change, have fed "a cycle of cynicism" and disengagement.

Norway has the highest proportion of young politicians in the world, according to **data published by the Inter-Parliamentary Union (IPU)**, with 13.6% under 30. In the US, it's 0.23% in the House of Representatives and zero in the Senate. It's a similar story with average age - only the UK's House of Lords and Canada's upper chamber are "older" than the US Senate. Norway's average age is 18 years younger.

How the US and Norway compare

Average age of members of parliament, by country / chamber



*These countries only have one legislative chamber

Source: Inter-Parliamentary Union

BBC

Maren Grøthe became the youngest national politician in Norway's history when she was elected to its national assembly, the Storting, aged just 20 last year. Born just a few months before the terrorist attacks on 9/11 in 2001, she is one of 23 representatives under the age of 30, up by six since 2013. "I really enjoy it. This is a job with great responsibilities, and I feel those responsibilities every day," Grøthe tells the BBC.

The average age in the Storting is 46 and has remained so since the end of the 1990s, because while a record number of young people are joining, they are also working longer. The oldest is 77.

Jonny Lang of the IPU which collects the global data says it's crucial that parliaments look more like the countries they represent. And having young people's perspectives leads to better policies. Despite her young age, Grøthe had already served two years as a local politician in her home municipality when she was elected to the national assembly. She has a wide range of tasks. A recent week began with a parliamentary committee trip to Germany and ended with her back home to attend the opening of a new football pitch outside Trondheim in central Norway where she lives with her boyfriend. The workdays are long, and the business trips are many. Every week she commutes to her apartment in the capital Oslo. She describes herself as an "ordinary Norwegian youth" who likes both partying with friends and hiking in the mountains. But since she was elected to the Storting, there has been far less time for such activities.

Grøthe believes that having so many young politicians in the Storting brings many advantages, with different cultures and ages better represented. "We young people have life experience, but in a different way. We need to develop policies for everyone in the country." But what can she contribute to politics that a 55-year-old can't? "I have completely different perspectives and knowledge on being young today. More and more young people struggle with their mental health. I have also just finished my high school education, which is useful in the education committee in the national assembly," she says.

The electoral system is one reason Norway has the world's youngest parliament, believes Ragnhild Louise Muriaas, professor of political science at the University of Bergen. Several people from the same party can be elected in the same district. "This means that an older and well-known man may be the top candidate, but unknown, young women may be nominated for the next positions on the list and be sure to be elected," she says. In France, UK and the US it's winner takes all and parties feel they cannot "afford" to top the lists with young, inexperienced candidates.



Read more here - <https://www.bbc.com/news/world-europe-63068931>

Traditional Folk Music of Norway

<https://folkcloud.com/folk-music-by-country/norway>

Norway is a country with rich folk music. It has about 5 million population in a relatively big area, but it has a diverse and complex folk music tradition. With a vast amount of oil and democratic and social type of government, Norway differs greatly from most dictatorship oil countries in the world, politically and historically. It is one of the most homogeneous societies on the planet.

The folk music of Norway and its traditions have been passed down by ear for many years. Its asymmetrical rhythms and old scale system is still in use. Many young musicians learn traditional vocal singing or folk music instruments. Other than learning and using these traditions, they also try to add elements to these traditional types of music and spice it up with new experiments.

Different genres of dances are a large part of the folk music tradition. These dances are called bygdedans. These Norwegian folk dances are divided into three categories by their structure of rhythms. These categories are 2/4 time, 3/4 time and 6/8 time. Some of these dances came from Europe mainland, but developed separately in each area. Some of them are performed as solo dancing, some of them as couple dancing and some as group dancing. Some of the more notable dances are Runddans, polka, vals, springar, gangar, halling and many more.

The Vocal tradition is a big part of Norwegian folk music. Traditionally it was transmitted orally from one generation to another. This method is still used to teach this music, although musicians can read notes, too. Epic songs are the most important part of the vocal singing tradition, and the most interesting part of epics are medieval ballads which have been passed down to our generation from the Middle Ages. Other notable types of vocal music are lullabies and various types of work songs.

Various types of instruments are used in folk music of Norway. But the most famous and notable one is the Hardanger fiddle, which is basically a violin with some difference in the structure and eight or nine strings (rather than four string in a normal violin). Four of these strings are for resonating under the influence of the other four. Usually, the player plays with double notes or with two strings, the same as Celtic and Irish styles of fiddle playing.

Some other notable folk music instruments are the Norwegian dulcimer (langeleik, which is from the zither family), lur (an older, trumpet-like instrument), tungehorn (clarinet), various flutes, the Jew's harp etc. Ethnically speaking, Norway has two types of folk music – Sami music and North Germanic music. North Germanic music consists of vocal music including ballads and short, often improvised songs, works songs, hymns (religious or praying songs), etc.

Sami music

This type of folk music refers to the music of the Sami people, who are an indigenous people living in the Arctic. The Sami are the only indigenous people of Scandinavia who are recognized and protected under the international conventions of indigenous peoples. They are separated between Nordic countries. The most important aspect of Sami music is joik. Joik is one of several traditional forms of song and singing in Sami culture. Joik is a monotonous chant which is usually accompanied by the shaman's drum. Joik usually does not follow an epic format, and sometimes it is with short lyrics. It depicts a person or a phenomenon through single words and short sentences. It is very symbolic.

Visit <https://folkcloud.com/folk-music-by-country/norway> to hear some beautiful examples of Norwegian folk music.

The Forgotten Home in Norway With a Secret

<https://www.msn.com/en-us/travel/news/the-forgotten-home-in-norway-with-a-secret/ss-AA12LVIH?li=BBnbkIE>



One Family's 100-Year History in a Windswept Island Home

Nestled on the rugged tip of an island in northern Norway, two degrees above the Arctic Circle, lies an enigmatic house that time forgot. While it may not have been occupied in decades, its walls hold remarkable stories of the lives that unfolded there, reaching back more than 120 years. Photographed by [Britt Marie Bye](#), these fascinating tales were told to her by relatives of the home's last resident. Click or scroll on to discover its secrets...

Enchanting Landscape

Flanked by the sea and mountains, this corner of Scandinavia is steeped in mysticism, experiencing an ever-present midnight sun in the summer months and 24 hours of polar night in the winter. This is the land of the aurora borealis – in years gone by, locals revered the magnificent phenomenon, believing the northern lights could whisk them away if they so much as waved at the sky. Back in the mid-19th century, the land the house was built on was no more than a small farm until the dwelling's first owners, Sedrup and his wife Joakima, acquired the property in 1893, transforming it into the structure we see today.

Frozen in Time

Encompassing three levels, the ground floor includes three living rooms, a kitchen, a pantry, a bedroom and a bathroom. The years may have left their mark on the house but this reception space with its charming clapboard walls feel frozen in time, dining chairs poised around an elegant dining table as though waiting for the home's residents to return.

Read and view more here: <https://www.msn.com/en-us/travel/news/the-forgotten-home-in-norway-with-a-secret/ss-AA12LVIH?li=BBnbkIE#image=2>

Norwegian Oatmeal Molasses Bread

<https://www.tasteofhome.com/recipes/norwegian-oatmeal-molasses-bread/>



INGREDIENTS

- 2 cups boiling water
- 1 cup quick-cooking oats
- 1 package (1/4 ounce) active dry yeast
- ½ cup warm water (110 to 115 degrees)
- ½ cup molasses
- 1 tablespoon canola oil
- 1 tsp salt
- 6 to 6-1/2 cups all-purpose flour
- 1 teaspoon butter, melted

DIRECTIONS

1. In a bowl, pour boiling water over oats. Let stand until mixture cools to 110° to 115°, stirring occasionally.
2. In a bowl, dissolve yeast in warm water. Add the molasses, oil, salt, oat mixture and 3 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1-1/2 hours.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into loaves. Place in two 9x5-in. loaf pans coated with cooking spray. Cover and let rise until doubled, about 1 hour.
4. Bake at 350° for 40-45 minutes or until golden brown. Remove from pans to cool on wire racks. Brush with melted butter.

From the District 3 President, Stephen Helmold

Fall is upon us and your Third District Board and its committees have been very busy working in all areas of District business.

The website committee met and determined that the district website was too old and recommended to the Board that a completely new website was needed, so I appointed a website search committee to get quotes (bids) from companies for what was needed for a user-friendly website that would allow us to add more things on as needed in the future. Cost for the new website will also be considered. This committee will choose the top 3 bids and refer those bids to the Board for a final decision.

Tom Bakos, Third District Youth Camp Director with Susan Olson, Third District Youth Director are working on having youth camp in summer of 2023. If you have children, grandchildren, nieces, or nephews of camp, age 8 to 16 years old, please consider having them attend youth camp so they can learn about their heritage and culture and make new friends.

Tom and the District Board are looking at sites for camp which would be in either New Jersey or New York. The final decision for the site will be decided at the Third District Board meeting at the end of October. Susan will be sending out letters to the lodges to see if there are any children that would like to attend camp. Please respond to her letter.

The By-Laws and Policy Review Committee have been busy updating the Third District by-laws and policies since the new International Constitution and By-Laws came out in mid-September. The International Constitution and By-Laws are available for you to view on the Sons of Norway website.

The convention policy committee has been working on convention policies for potential host lodges/zones which will help them to know what is expected of them and what they can expect of the District. This will be a big help going forward as the policy book for conventions needed to be brought up to date and clarified.

The Local Lodge Support Committee (Team) has met several times and is working on ways to help lodges that are struggling with their membership, programs and getting officers. They have renamed their committee to the Lodge Revitalization Committee, a name that better fits their goals.

Going forward I am going to be starting zoom meetings with all the district lodge presidents so they can express their concerns about their lodges, zone, district, and Sons of Norway. Hopefully, this will also be an opportunity for the sharing of ideas among lodge presidents.

We have hopes to have zoom meetings with the District Vice President and lodge vice presidents coming up in the new year so they can discuss membership issues.

It is my goal to have better communications with all the district lodges and the District Board.

If your lodge has zoom or hybrid meetings please include me in your zoom link invitation, as, if possible, I would love to attend your meeting.

Fraternally,

Stephen Helmold

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