



# Capital Viking

Sons of Norway Washington Lodge  
Established 1943 ♦ [www.norwaydc.org](http://www.norwaydc.org)

## Syttende Mai Events!

The Lodge joins other area organizations each May for two events: a Gala Dinner and a Family Picnic, to celebrate May 17, Norwegian Constitution Day.

The next Lodge meeting at Norway House will be Saturday, June 24 with author and filmmaker Kirk Kjeldsen (see page 9).

### Syttende Mai Picnic

**Sunday, May 21, 1 — 3 PM, Carderock Park in Maryland.** Free for all. Hot dogs, popcorn, ice cream, children's games, live music, speeches, parade through the park — a real family celebration! Address: Chesapeake & Ohio Canal National Historical Park, National Park Service George Washington Memorial Parkway, Chesapeake and Ohio Canal Towpath, Potomac, MD 20854. For map see <https://goo.gl/maps/N5eGfccJSiS2>. If you can lend a hand at the picnic please contact Susie Fosaaen at [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org) or call (703) 861-4071. See page 24.



*Lovely "norske jenter" (Norwegian young ladies) at last year's picnic.*

### Syttende Mai Gala Dinner with Ambassador Aas

**Wednesday, May 17**

**Note the revised time — Gala starts at 7 PM (not 6 PM)**

**Capitol View at 400, 444 N. Capitol St. NW, Washington, DC.** An elegant affair with cocktail reception at 7PM followed by three-course dinner and entertainment starting at 7:30 PM. Speakers will be H.E Ambassador Kåre R. Aas & Norwegian Parliamentarian Mr. Abid Q. Raja. Tickets are \$90 per person for members of SON and other Norwegian-American organizations, and \$110 for non-members. See page 25 for more information.

For reservations see <https://www.naccma.org/events/annual-norwegian-constitution-celebration-gala/>. This event is sponsored by The Norwegian-American Chamber of Commerce Mid-Atlantic Chapter, along with the Norwegian Church Service in Washington DC, Norwegian Ladies Club, Lakselaget DC, Sons of Norway, Washington DC Lodge, and Norwegian Society of Washington DC.

**Lodge Contacts**—See page 23. To join Washington Lodge 3-428, visit [www.norwaydc.org/membership](http://www.norwaydc.org/membership) or email Lodge VP Dave Brown at [VP@norwaydc.org](mailto:VP@norwaydc.org) or call SON HQ in Minneapolis (800-945-8851). See page 18.

## Lodge Calendar

[www.norwaydc.org/events](http://www.norwaydc.org/events)

Activities are open to non-members and are at Norway House unless stated otherwise below. Directions are on page 23 and at [www.norwaydc.org/directions](http://www.norwaydc.org/directions).

### Genealogy Interest Group

Sunday, May 7 2 — 4 PM

### May Board Meeting\*

Monday, May 15, 7 PM  
Members only.

### Syttende Mai Gala Dinner

Wed., May 17, 7 — 11 PM  
444 N. Capitol St. NW, Wash., DC  
Page 1 and 25

### Syttende Mai Family Picnic

Sunday, May 21, 12:45 PM  
Carderock Park, MD  
Page 1 and 24

### June Reading Circle

Tuesday, June 20, 7:30 PM  
See page 9

### June Lodge Meeting

Saturday, June 24, evening (time TBA)

### Norw. Language & Conversation

Every Wednesday  
Beginner 6 PM, Interm. 7 PM, Adv. 8 PM.  
[www.norwaydc.org/language](http://www.norwaydc.org/language)  
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\* This is the **Board** meeting, not the monthly Lodge meeting. All members may attend to make suggestions and to learn how Lodge decisions are made.

## Other local events

### Norwegian Pianist Leif Ove

**Andsnes**, with Marc-André Hamelin

Mon., May 1, 8 PM

The Music Center at Strathmore, 5301 Tuckerman La., North Bethesda, MD

[www.washingtonperformingarts.org/calendar/view.aspx?id=3181](http://www.washingtonperformingarts.org/calendar/view.aspx?id=3181)

A few seats are left. See page 22.

### Spring Springar Spree

Sat, May 4 — 7

Takoma Park, MD.

The Mid-Atlantic Norwegian Dancers (MAND) annual Spring event is “drenched” in Hardanger fiddle music and Norwegian dance, including lessons, concerts and more.

<http://mand.fanitull.org/Home/spring-springar-spree>. See page 11

### “Perspectives on Ibsen”

Lakselaget Luncheon Meeting

Sat, May 6, noon

The Capital Grille, 5310 Western Ave., Chevy Chase, MD.

\$35 Members, \$40 Non-members

RSVP required to [lisaba785@gmail.com](mailto:lisaba785@gmail.com).

See [www.lakselagetdc.org/calendar/](http://www.lakselagetdc.org/calendar/)

### Ibsen’s “Hedda Gabler”

Film of British National Theatre’s contemporary adaptation on May 8 at Shakespeare Theater Company’s Sidney Harman Hall movie screen, and May 14 and 16 at Bethesda Row Cinema. [http://](http://ntlive.nationaltheatre.org.uk/productions/59687-hedda-gabler)

[ntlive.nationaltheatre.org.uk/productions/59687-hedda-gabler](http://ntlive.nationaltheatre.org.uk/productions/59687-hedda-gabler)

### Norwegian Church Service

Sunday, May 14, 3 PM

Syttende Mai service

Emmanuel Lutheran Church,

7730 Bradley Blvd., Bethesda, MD

*(Continued on page 3)*

Welcome new member Kenneth Lerwick of Front Royal, VA, who transferred to our Lodge from California.

*(Continued from page 2)*

Norwegian language church service. Sunday School in Norwegian for children during church. Coffee hour after. All are welcome. Contact Lasse Syversen, 301-641-7908, [lasse@flagship.com](mailto:lasse@flagship.com).

### **Newlands Workshop & Concert**

Workshop Sat., May 13, 2 — 4 PM, May 13, 7010 Westmoreland Ave, Takoma Park, MD

House Concert Sunday, May 14, 3 PM in suburban Maryland. Acoustic music from Norway and Finland. Space limited. Contact Chris Kalke at [ckalke@verizon.net](mailto:ckalke@verizon.net) or [ckwsgo@gmail.com](mailto:ckwsgo@gmail.com). See page 11

### **“Does the Truth Matter in the Age of Digital Media?”**

Am. Scan. Assoc. (ASA) Meeting  
Mon., May 15, 8 PM  
St. John’s Episcopal Church  
6701 Wisconsin Ave, Chevy Chase, MD  
Presentation by Fulbright Scholar Miika Tomi of Georgetown Univ. [www.scandinavian-dc.org](http://www.scandinavian-dc.org). See page 11

### **Scandia DC Dance Party**

Sat, May 20, 7 — 10 PM  
Greenbelt Community Center  
15 Crescent Dr., Greenbelt, MD  
Recreational Scand. dance group. Live music.  
\$10. [www.scandiadc.info/](http://www.scandiadc.info/) or contact Linda Brooks & Ross



*Syttende Mai Barnetog (Children’s parade) in front of the Royal Palace in Oslo.*

Schipper at 202-333-2826 or send an email to [linda@scandiadc.org](mailto:linda@scandiadc.org)

### **Nordic Dancers of Washington, DC**

Meets most Wednesdays, 7:30 PM  
Highland View Elem. School,  
9010 Providence Ave., Silver Spring, MD  
Learn Scan. Dances. Chris Kalke 301-864-1596, [NordicDancers@aol.com](mailto:NordicDancers@aol.com), or <https://sites.google.com/site/nordicdancersdc/>

### **Norwegian Embassy News and Events Website**

<https://www.norway.no/en/usa/norway-usa/news-and-events/>

### **SON Wash. Lodge Facebook**

[www.facebook.com/groups/SonsofNorwayDC](http://www.facebook.com/groups/SonsofNorwayDC)



## **The Mission of Sons of Norway**

is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

## *From Lodge President Doris Goodlett*

Hei, Hei,

Ardis Morton, Verlin Morton, Karen Doty, Burt Koske, and I traveled to Bensalem, PA on Saturday, March 25th to join in the celebrations of Fredriksten Lodge on the occasion of their 105th lodge anniversary. There was a great turn out with nine 3rd District Lodges represented plus several members of the 3rd District Board. Fredriksten Lodge members spoke about the history of their lodge, the purchase of their unique English Tudor style Lodge House, and their remembrances of times, events, and members from their past. There was great music, and delicious food. It was a fun and interesting event. Thank you, Fredriksten Lodge for the invitation to join in your celebrations. We congratulate you on your 105 years as a successful Sons of Norway 3rd District Lodge, and we wish you at least 105 more years. A photo of the lovely event will be in next month's newsletter.

Hooray for Syttende Mai! It is almost here. Have you made your reservations yet for the Gala Dinner on Wednesday, May 17th at Capitol View 400, 444 North Capitol Street N.W., Washington, DC near Union Station? Don't miss out on the fun, with illustrious speakers, a delicious dinner, live music, raffle prizes, tons of patriotic spirit with fellow Norwegians, and a great view of Washington, with lots of convenient parking. Go online to <https://www.naccma.org/events/annual-norwegian-constitution-celebration-gala/>

to reserve your tickets: \$90.00 per person for members of Norwegian-American organizations, including SON, or \$110 for non-members. See details on pages 1 and 25.

Also, I hope you will plan to attend the FREE Syttende Mai Picnic on Sunday the 21st at Carderock on the Potomac Park with live music, more illustrious speakers, hot dogs, popcorn, ice cream, children's games, and lots of Norwegian Pride with a flag-waving parade around the park grounds. Many attendees will be wearing their bunads or festdrakts. Come celebrate with us, Norway's Constitution Day. Hooray for Syttende Mai!

These two Syttende Mai events will be in lieu of a May lodge meeting, so the next lodge meeting will be Saturday, June 24. See page 1 for details.

Fraternally,

*Doris Goodlett*



### Youth activities

Activities for children are usually planned during the presentation portions of our monthly meetings. If you plan to bring your children email [programs@norwaydc.org](mailto:programs@norwaydc.org) prior to the meeting to ensure we have enough materials.



## Norway's National Anthem: Saga of one thousand years

The Norwegian National Anthem condenses more than 1,000 years of history into eight verses, from Harald Hårfagre's unification in the 9th Century, to reconciliation with Sweden and Denmark in the 20th. In honor of Syttende Mai, all eight verses are translated here.

The lyrics were written for the 50th anniversary of the Norwegian Constitution by nationalist poet and Nobel prize winner [Bjørnstjerne Bjørnson](#), with music by his cousin Rikard Nordraak. The English translation below is more literal than poetic — there are many English versions.

1

Ja, vi elsker dette landet,  
som det stiger frem,  
furet, værbitte 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,  
senker drømmer på vår jord.

2

Dette landet Harald berget  
med sin kjemperad,  
dette landet Håkon verget,  
medens Øyvind kvad;  
Olav på det landet malte  
korset med sitt blod,  
fra dets høye Sverre talte  
Roma midt imot.

3

Bønder sine økser brynte  
hvor en hær dro frem;  
Tordenskjold langs kysten lynte,  
så den lystes hjem.  
Kvinner selv stod opp og strede  
som de vare menn;  
andre kunne bare grede,  
men det kom igjen!

1

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.  
And the saga-night that lays  
dreams upon our earth.

2

This country Harald united  
with his army of heroes,  
this country Håkon protected  
whilst Øyvind sung;  
upon the country Olav painted  
with his blood the cross,  
from its heights Sverre spoke  
up against Rome.

3

Farmers their axes sharpened  
wherever an army advanced,  
Tordenskjold along the coastline thundered  
so that we could see it back home.  
Even women stood up and fought  
as if they were men;  
others could only cry  
but that soon would end!

*(continued on page 6)*

4

Visstnok var vi ikke mange,  
men vi strakk dog til,  
da vi prøvdes noen gange,  
og det stod på spill;  
ti vi heller landet brente  
enn det kom til fall;  
husker bare hva som hendte  
ned på Fredrikshald!

5

Hårde tider har vi døyet,  
ble til sist forstøtt;  
men i verste nød blåøyet  
frihet ble oss født.  
Det gav faderkraft å bære  
hungersnød og krig,  
det gav døden selv sin ære —  
og det gav forlik.

6

Fienden sitt våpen kastet,  
opp visiret fór,  
vi med undren mot ham hastet,  
ti han var vår bror.  
Drevne frem på stand av skammen,  
gikk vi søderpå;  
nå vi står tre brødre sammen,  
og skal sådan stå!

7

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.

8

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.

4

Sure, we were not many  
but we were enough,  
when we were tested sometimes,  
and it was at stake;  
we would rather burn our land  
than to declare defeat;  
just remember what happened  
down at Fredrikshald!

5

Hard times we have coped with,  
were at last disowned;  
but in the worst distress, blue-eyed  
freedom was to us born.  
It gave (us) father's strength to carry  
famine and war,  
it gave death itself its honour -  
and it gave reconciliation.

6

The enemy threw away his weapon,  
up the visor went,  
we, in wonder, to him hastened,  
because he was our brother.  
Driven forth to a stand by shame  
we went to the south;  
now we three brothers stand united,  
and shall stand like that!

7

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 moved  
so we won our rights.

8

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).

Source: [https://en.wikipedia.org/wiki/Ja,\\_vi\\_elsker\\_dette\\_landet](https://en.wikipedia.org/wiki/Ja,_vi_elsker_dette_landet)



## New Tee Shirt Available at Lodge

The tee shirts are black with a large logo, seen at left, on the back of the shirt. The front has a pocket with the Norwegian flag. Short-sleeve shirts are \$20, long-sleeve \$22. If you are interested please contact Susie Fosaaen at [hospitality@norwaydc.org](mailto:hospitality@norwaydc.org) or call 703-861-4071.



## “Heavy Water Wars” on MHz in May and June

The story behind Hitler's WWII drive to obtain the atomic bomb, and the heavy water sabotage in Rjukan, Norway, seen from four points of view: German, Allied, the saboteurs and the hydro power company. Produced in 2014 in Norwegian with English subtitles. MHz offers it for free on the channels listed below in May and June. It's also available on Amazon and Netflix.

**Episode 1, May 19, 9 PM:** April, 1940. Germany invades Norway and orders a doubling of production at the heavy water plant in Rjukan. Norwegian professor and reserve officer Leif Tronstad escapes to England to warn the Allies about what he believes is an effort to build a German atomic bomb. Also shown on May 20, 12 AM.

**Episode 2, May 26, 9 PM:** Tronstad establishes contact with the War Ministry and a plan to destroy the hydro facilities is drawn up. In Rjukan, new managing director Erik Henriksen is confronted with sabotage of the heavy water facility. Operation Freshman takes off with 34 British commandos, but is hit by a severe storm. Also shown on May 27, 5 AM.

The series continues in June.

**Where to find MHz Worldview:** WNVN channel 30.1, Cox 470, Comcast 271, Fios 0451, RCN 301, and DirecTV satellite channel 2183.



# Tim Recommends Hell

*By Lodge Member Tim Christenson*

When you mention towns in Norway, the first one that comes to my mind is Hell. It's a village of some 1,440 souls in the southern part of Nord-Trondelag county, near the Trondheim airport.

Like many tourists who pass through Hell, I bought a postcard from Hell showing a wintry scene. I sent it to my old Lutheran pastor back in the USA: "Dear Pastor, Since I was in Norway, I decided to go to Hell. As you can see, Hell does freeze over. It was a much nicer place than you led me to think it would be. If you don't believe me, you can go to Hell!" The church secretary loved it, and Pastor forgave me.

I was not, of course, the first English-speaker to employ such witticisms. In fact, Hell has developed itself into something of a minor tourist attraction for people who want to go to Hell — but only temporarily for a bit of fun. The train station's sign has become



a popular site for selfies. Hell has even accommodated visiting photographers by changing the spelling on the its "Goods Handling" freight warehouse from a contemporary Norwegian spelling (*Godsekspedisjon*) to the Old Norse spelling seen above.

In Norwegian, Hell has a very different meaning. It's true that, according to Norse mythology,



Loki's daughter Hel presides over the place of the dead, so "go to Hel" means to die. The town's name, however, comes from a different and more prosaic root: The Old Norse word *hellir* means "overhang," a reference to the cliffs just

outside of town.

Many folks, however, are unwilling to let that etymological fact stand in the way of a good story. The town was where the British punk rock band The Boys recorded its third album: *To Hell with The Boys*.

*(Continued on page 9)*



## June Reading Circle Selection: *Land of Hidden Fires*

The Reading Circle will meet at 7:30 pm on Tuesday, June 20th, at Norway House to discuss Kirk Kjeldsen's *Land of Hidden Fires*. Kirk's inspiration for this novel was an ancestor who was a member of the Norwegian resistance during the WWII German occupation who assisted stranded members of the U.S. Air Force get to safely into Sweden. His book of fiction is about a 15-year-old girl who risks her life to help the American pilot of a downed plane reach safety.

After discussing Kjeldsen's book, Christine will briefly review *Seeds on Ice: Svalbard and the Global Seed Vault* by Cary Fowler, and then open the discussion to those present. Attendees may read Fowler's book and/or any other articles available on the topic ahead of time.

If you plan to attend the next Reading Circle, please RSVP to Christine Meloni at [reading@norwaydc.org](mailto:reading@norwaydc.org).

Christine's review of Kirk's book can be found on



*Author Kirk Kjeldsen will speak at the Lodge Meeting on June 24. The Reading Circle will discuss his book on June 20.*

the website of the *NorwegianAmerican* newspaper at [www.norwegianamerican.com/featured/hidden-fires-shines-brightly/](http://www.norwegianamerican.com/featured/hidden-fires-shines-brightly/)

Kirk will be the speaker at the Lodge's monthly meeting on June 24. See calendar, page 2.

*(Continued from page 8)*

Even the locals occasionally trade on their town's celebrity. The town sponsors a September blues music festival every year: "Blues in Hell." And when lovely local Mona Gundt won the Miss Norway pageant in 1990, she went to the Miss Universe pageant advertising herself as "The Beauty Queen from Hell"—and was chosen Miss Universe! She managed to parlay that success into a role as Ensign Graham in the 1991 season of *Star Trek: The Next Generation*.

It's a small town, but there are those who love it. And even if you wouldn't want to stay there, perhaps you should, as I told my pastor, go to Hell.



*Hell local Mona Gundt*

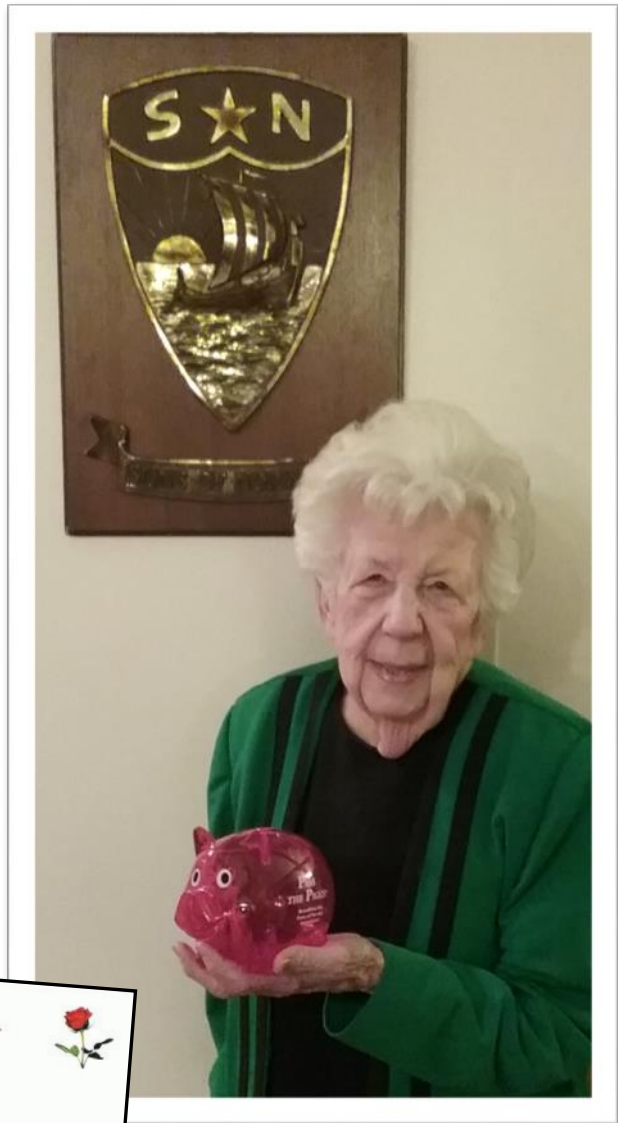
# Foundation News

## Pass the Piggy

Foundation Director Ardis Morton is reviving the "Pass the Piggy" tradition, which collects small donations for the Foundation run by SON International. Please drop your loose change in the pink plastic piggy banks at the Lodge to support this effort. The Foundation awards scholarships and grants to individuals and lodges. In fact, last year our Lodge received a grant for cultural activities. See [www.sofn.com/foundation](http://www.sofn.com/foundation) for scholarships you or your family might be eligible for.

## Lodge Donations

Below are some of the letters acknowledging Lodge donations for 2016. Last year your dues and our fundraising helped support Martha's Table and Best Kids in Washington, DC, Food for Others and the Lamb Center in Virginia, and Children's Inn at NIH and Daughter for the Day in Maryland. We also made contributions to SON International Foundation and the Third District Charitable Trust.



**Martha's Table**  
 Association • Food • Opportunities  
 January 31, 2017

Varkin Morton  
 Sons of Norway  
 3848 Meredith Drive  
 Fairfax, VA 22030-3021

Dear Varkin,

Thank you for standing with civility and their families in our nation's capital. Your generous gift to Martha's Table will strengthen our community by making healthy food and quality education more accessible. Please save the official tax receipt for your records.

For more than 25 years, Martha's Table has been an important community resource for our most vulnerable neighbors. Whether someone needs a free meal from our mobile food truck, a safe place for their toddler to learn while they are at work, or a low-cost suit for a job interview, they know they can count on Martha's Table. We are excited to have your partner in important work.

Because of supporters like you, during 2016 we have been able to expand our reach. We now pop-up grocery markets that bring fresh produce and healthy pantry staples to underserved communities, allowing families to shop for food in a joyful environment. We also offer our new headquarters east of the Annapolis River to ensure access to food and education for neighbors in need. You make all of this possible, and with your continued support we accomplish even more in 2017.

If you have any questions about Martha's Table or your gift, please contact Ann Sprengel at (202) 858-8216 or [aj@marthastable.org](mailto:aj@marthastable.org). Thank you again for helping us support stronger and stronger families, and stronger community in the District of Columbia!

Yours in service,  
 Ardis Morton  
 President & CEO

Confirmation of donation from Sons of Norway, Washington Lodge 428  
 Date: December  
 Amount: \$250.00

No goods or services were received in consideration for this contribution. Martha's Table is a 501(c)(3) nonprofit, tax-exempt organization under IRS code 501(c)(3). Federal Tax ID No. 2114 - 147 in file, Washington, DC 20019 | Phone: 202-322-0808 | Fax: 202-392-3917

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**Daughter For The Day, Inc.**  
 10905 Indian Head Highway, Suite 304  
 Fort Washington, MD 20744  
 (301) 203-7050  
[www.daughterfortheDay.org](http://www.daughterfortheDay.org)

December 29, 2016

Sons of Norway Washington Lodge 428  
 3848 Meredith Drive  
 Fairfax, VA 22030-3021

Dear Sons of Norway,

Daughter For The Day, Inc. would like to thank you for your generous donation in the amount of \$250.00. Your donation will allow us to continue providing vital services to our seniors. Our tax ID # is 342040096.

Thank you,

**SONS OF NORWAY**  
 District Lodge No. 3-428 District Trust Fund  
 Peter C. Hanson, Counselor

January 4, 2017

Dear William:

Please extend my sincere gratitude to the executive board and all of the members of Washington Lodge #428 the generous gift amount of \$250.00 to our Third District Charitable Trust.

As you know, the Charitable Trust is dependent on the generosity of lodge members such as yours. Monetary gifts donated are deposited in the Trust and used to offer financial assistance to those brothers and sisters who, due to age, infirmities or circumstances, have fallen on hard times. Donations such as these are what enable us to continue our work.

The Trustees of the Charitable Trust and all the members of District Lodge No. 3 appreciate your contribution to help with the mission of the Third District Charitable Trust.

Travis Tark  
 Fraternally,  
 Peter Hanson, Counselor

Thank You!

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**BEST Kids, Inc.**  
 1212 4th Street SE, #2003  
 Washington, DC 20003  
 202.397.2999  
[www.bestkids.org](http://www.bestkids.org)  
 Tax ID: 52-2302752

Sons of Norway Washington Lodge  
 3848 Meredith Dr  
 Fairfax, VA 22030

December 21, 2016

Dear Friends at Sons of Norway, Washington Lodge 428:

Thank you for supporting Food for Others. Your generous contribution of \$250 will be utilized to provide free groceries to people in need from Northern Virginia to help fight hunger and food insecurity. Food for Others provides free food for more than 1,800 families, on average, each week. People who cannot meet needs like food, housing, and transportation without help. Your donation helps provide groceries to the elderly, families with unemployed high school kids, the unemployed help provide food for those in need from our warehouse, and at 16 different neighborhood sites throughout Northern Virginia, our Power Pack Program (affiliated with the local food bank) provides public elementary schools. Your donation helps students targeted by national social workers receive help on providing other social service organizations, like shelter food pantries and homeless shelters, with food for their clients.

In these ways and more, your gift helps build a stronger community as Food for Others continues to serve people every day. We are grateful for your support and the various ways Food for Others continues to make a difference in the community. If you are interested in donating a case, email [volunteers@foodforothers.org](mailto:volunteers@foodforothers.org) and we will gladly show you around.

Thanks again for contributing generously to Food for Others to fight hunger!

Sincerely,  
 Anne Fester  
 Executive Director

Food for Others is a 501(c)(3) organization and this letter acknowledges that no goods or services were provided to you for your contribution.

## House Concert May 14

Artists of the Hardanger fiddle, guitar and voice, the Newlands Co-op (Vidar Skrede from Norway and Sara Pajunen from the USA) will perform music from Norway and Finland at a house concert in suburban Maryland on Sunday, May 14 at 3 PM. Vidar has a background in traditional music from Rogaland (southwest Norway) and holds a Master's Degree in Nordic folk music from the Royal Academy of Music in Stockholm. Sara has been described as an 'amazingly versatile musician who now counts among the most ambitious and notable practitioners of Finnish folk music outside Finland.' (<https://www.thenewlandscoop.com/>). For more information or to reserve your spot e-mail [ckalke@verizon.net](mailto:ckalke@verizon.net) or, if the Verizon address is no longer valid when you write, [ckwsgo@gmail.com](mailto:ckwsgo@gmail.com). Reservations will be confirmed by e-mail and will include directions.



Vidar and Sara will also lead a workshop on Saturday, May 13. See <https://hmtrad.com/products/sat-may-13-scandinavian-music-workshop-w-newlands-co-op>.

### American Scandinavian Association Meeting May 15:

#### “Does the Truth Matter in the Age of Digital Media?”

In the new era of citizen journalism, the masses have been empowered to produce and receive information. As a result, the credibility of governments to present objective views and the traditional media to act as a gatekeeper have diminished. Authoritarian foreign governments can clearly manipulate the openness of Western liberal democracies. But what can foreign policy professionals do to combat these modern propaganda tools? Miila Tomi, Fulbright Scholar at Georgetown Univ., will present the issues at the May ASA meeting at 8 PM, St. John's Church, 6701 Wisconsin Ave, Chevy Chase, MD. See [www.scandinavian-dc.org](http://www.scandinavian-dc.org).

## Spring Springar Spree with Hardanger Fiddle music, May 4 — 7

The weekend will be saturated with fabulous, live Hardanger fiddle music by two top U.S. fiddlers who have spent extensive time in Norway: Paul Morrissett and Loretta Kelley. Attend all or part of the Spree, which includes a Thursday evening concert and dance parties and classes from Friday evening through late Sunday afternoon. There will be jamming, baking, knitting, and a cozy potluck brunch. Various locations in Takoma Park, MD. The schedule is subject to change, so check this site for more information and to confirm everything before you make plans: [mand.fanitull.org/Home/spring-springar-spree](http://mand.fanitull.org/Home/spring-springar-spree)



**Newbies**, this is a great year to attend—the featured dance is easy and fun. Feel free to ask anyone to dance—we've all been newbies and we want to share the joy--“newbies will be welcomed, encouraged, and assimilated.”

## Jiffy Pots — roots in Oslo

Did you know that Jiffy Pots are made by a Norwegian company? *Ja*, these earth-friendly pots, used to start seedlings, are made by Jiffy International AS, headquartered in Kristiansand Norway.



Jiffy Pots are made of biodegradable, compressed, peat, which allows the gardener to plant the entire pot in the soil, avoiding transplant shock.

The concept started with ten-year-old Leif Koxvold, when his mother sent him to a market in Oslo for cabbage plants. On the long walk home, Leif noticed the plants drying out, and wondered how to protect young plants. Years later he started his own company and developed

pots made of peat and wood fiber, allowing roots to grow through the biodegradable container.



They were christened “Jiffy Pots” by the American company that marketed them in the U.S.

Jiffy International, still based in Norway, is now a global operator supplying both home gardeners and industrial horticulture. It has manufacturing locations near peat bogs in Canada, Denmark and Norway. It blends mixes in the Netherlands, Estonia, Sweden and the U.S., and manufacturers products in the Netherlands, U.S., Spain, Japan and Sri Lanka.

Jiffy’s HQ in the U.S. is in Lorain, Ohio, The largest facility in North American is in New Brunswick, Canada.

Learn more about Jiffy Pot’s Norway connection here: [www.jiffygroup.com/jiffy-group/our-history](http://www.jiffygroup.com/jiffy-group/our-history).

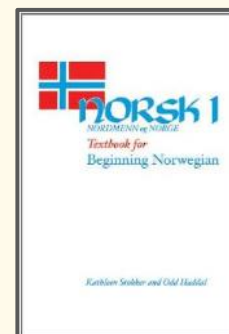
### Norwegian Language Classes Every Wednesday at Norway House

Level 1 - Beginners: 6-7 PM ♦ Level 2 - Intermediate 7-8 PM ♦ Level 3 - Advanced 8-9 PM

Students can decide which level works best for them and can attend different classes to find a fit. In the first two levels, students use the book *Norsk, Nordmenn og Norge*, available from Amazon. A workbook accompanies the textbook, but is not mandatory. Classes meet at Norway House. [directions](#).

Cost is a bargain \$10 per hour to the Instructor and \$5 per evening to SON Lodge. The Lodge provides coffee and other beverages.

Contact the instructor, Nina Brambani Smith, at [language@norwayDC.org](mailto:language@norwayDC.org) for more information.



# Constitution Day — A Norwegian remembers

*By Greta Goszinski, Vice President, Restauration Lodge, Wallingford, PA  
Reprinted with permission from the Restauration newsletter "Sloop"*

The Constitution Day of Norway is described as the Children's day. The country does not parade uniformed troops in the streets, with an intimidating show of military weapons and tanks. State leaders, as they are driven by in limousines, are not waiving at applauding underlings forced to make an appearance. Instead, children are marching in parades waiving Norwegian flags in step with the drums of their local school bands. Even the smallest, most rural location will arrange for their local children's parade.

For those of us who grew up in Norway, we can still remember how we waited with anxious anticipation for May 17th to come along. How we hoped for nice spring weather to allow us to wear our new summer outfits and dressy shoes. At school, we rehearsed marching in the parade with flag waiving and singing the traditional freedom songs. My little country school was located near a small Army base, and every 17th of May the base commander invited our school to celebrate the fes-

tive day with military salutes, sack races, sports competitions, and a variety of other games. The celebration culminated in the military mess hall where we were treated to hot dogs and cake.



*Norwegians celebrate their national day with **Barnetog, or Children's Parade, instead of military displays. Children represent Norway's pride and hope for the future.***

Most of you know that that the Norwegian Constitution was ratified on May 17, 1814, and in addition to signing the document, the Danish Prince Christian Frederick accepted the title as the new King of Norway. However, he was not to hold that title for long. Norway was traded to Sweden with a sort of independent but subjected status under the Swedish King Karl Johan, an arrangement that was to last until 1905. The Norwegian Independence Day was therefore only sporadically celebrated following the Eidsvoll ratification of the Constitution.

The first Independence Day parade took place in Trondheim where the Danish-Troender Mathias  
*(Continued on page 14)*



## Sunshine Committee

Please keep **Care Committee Chair Shelley Berg Mitchell** informed about members who are ill, undergoing surgery, recuperating, homebound for an extensive period, or just need cheering up. We will send them best wishes from the Lodge

*(Continued from page 13)*

Conrad Petersen was the initiator. His example caught on, and on the noted May day in 1826 thousands participated in a citizens' parade at Ilevollen in Trondheim. During the following decade, in what was then Christiania (later renamed Oslo) the Norwegian Students' Society (norske student samfunn) organized various celebrations of the Independence Day, often with an anti-Swedish undertone.

In 1829 the 17th of May fell on a Sunday. Crowds of people therefore had the opportunity to gather in the streets to welcome the steam ship *Constitution*. The spirit of celebration and demonstration of freedom spread throughout the gathered people, and the Swedish officials took offence. Troops were deployed to dispel the crowds, and many were beaten by the broadsides of military swords. It became particularly hostile in the big market place (Stortorvet) where a young and aspiring poet, Henrik Wergeland, witnessed the commotion. He had his student uniform slashed by the military, and was detained for questioning. This incident later barred him from his choice of ministerial position.

However, he often referred to the market place incident in his writing, and the experience influenced his support of total freedom for Norway. He actively promoted a country wide celebration of the 17th of May. The Swedish rulers never again actively interfered with such celebration, but truly free celebration had to wait until King Karl Johan died.

The first children's parade took place in Christiania in 1826. The arranger was School Administrator Peter Quam. He was a good friend of the famous writer Bjørnstjerne Bjørnson, and together they promoted the idea of children marking the Day of Independence. In 1869, 1,200 boys from Quam's School in Christiania marched in what was called the "small boys' parade". The following year Bjørnson promoted a national participation of boys marching with flags to celebrate Nor-

way's freedom. A few years later girls from Ragna Nielsen's School joined in the parade.

The first Norwegian School Band was started by William Farre at Moellergata's School in Christiania in 1901, and the following year the band played in their first 17th of May parade.

1905 brought the final cessation from Sweden, and King Haakon the 7th became the King for independent Norway. From 1906 it has been a yearly tradition that school children march up Karl Johan's Street where the royal family waive to them from the balcony of the palace.

The only exception was during the German occupation of the country from 1940 to 1945. When the first Independence Day celebration took place after the Second World War, the feeling of festivity among the people was exuberant. My mother can testify to joyous spirit among the Norwegians: she was one of the Russ (graduating high school students) marching in the parade, waiving their red caps with black tassels.

Over the years the 17th of May celebrations have not avoided political debates and conflicts. Several organizations have urged their political leaders to disallow foreign ethnic costumes to be worn in the parade, and only to allow the display of Norwegian flags, even to ban the Samish flag. Some conservative forces have urged that the Russ no longer be allowed to participate in the parade, as they have interpreted the students' youthful pranks as disrespectful. Last year as I witnessed the Oslo parade, many of the Russ students did not march, they crawled(!) up the stretch of the Karl Johan's Street. I personally am convinced that the onlookers suffered to a much less degree that the students themselves, who must have needed medical attention for scuffed up knee caps.

As we know here in the States, Syttende Mai parades are also arranged outside Norway. Minnesota, the Dakotas, Seattle, New York, and also the

*(Continued on page 15)*

*(Continued from page 14)*

Norway section of the Epcot Center have parades. The largest parade outside Norway takes place in Copenhagen every year with thousands of participants, which goes to show that the Danes harbor no ill feelings from the 1814 break-away.

Last year Norwegian TV showed various global

Syttende Mai celebrations, among other locations: London, Singapore, Norwegian troops in Afghanistan, and a Lutheran missionary station in Africa. It has even been known that a certain group of Norwegian-Americans staged a parade with flags outside a Wallingford Presbyterian Church in Pennsylvania, causing slowdown and cheers from passing cars. Bjørnson would have been pleased!



*May 17, 1945: the first Syttende Mai in Trondheim after the German Occupation of WWII. Nazi Germany had surrendered one week prior, inspiring what many believe was the most joyous Constitution Day ever.*

## Norwegian language help needed!

A family new to the area would like someone to help their three-year-old son retain his Norwegian language skills. Young Leo managed to learn Norwegian in the six months he lived in Oslo. The family now lives in the Falls Church, VA, area. They would like someone who could spend about two hours a week with him. If you or someone you know are interested in this job please send an email to [nhubvu@gmail.com](mailto:nhubvu@gmail.com) or contact [editor@norwaydc.org](mailto:editor@norwaydc.org).



## Save the *Norwegian American*

Help the *Norwegian American* stay alive — visit [www.indiegogo.com/projects/the-norwegian-american-strikes-back-news#](http://www.indiegogo.com/projects/the-norwegian-american-strikes-back-news#).

Once upon a time, there were hundreds of Norwegian newspapers in America. On newsstands in local stores, and delivered to people's mailboxes, they provided a touchstone for immigrants and their descendants.

Things are different now. Thanks to the internet, Norwegian immigrants in America can keep right on reading their hometown newspapers, and the descendants of those older immigrants are Americans now. Is there still a need for this 128-year-old newspaper, the *only* (mostly English-language) Norwegian newspaper left from all those hundreds? We think there is. Norway is so much more than bunads and lefse (though we still love bunads and lefse!), and we love looking at both the history *and* the vibrant, modern country the Old Country has become. Please help keep the *Norwegian American* alive!

## Happy May Birthdays! Gratulerer med dagen!



Peter Arntson  
Wayne Bowman  
Jo Ann Carlson  
Peter Churchyard  
Aage Ellila  
Carolyn Figueiredo  
Linda Freeman  
Helen Freudenthal  
Donald Fry

Doris Goodlett  
Lee Halvorsen  
Sofia Hammer  
Billie Jameson  
Drew Johnson  
Ruth Kahn  
Larry Lamborn  
Kyle Matison  
Christian Meloni

JoLee Michelsen  
Meredith Molinari  
Ardis Morton  
Brett Nelson  
Greg Ovrebo  
Ross Schipper  
Jasmin Sinclair  
Sophie Sinclair  
Ellen Storm

Lauren Thomas  
Marga Tucker  
Sonja Ulvedal  
Keith Watters

## Tubfrim Contest — Win tickets to Scandinavia

For every pound of stamps donated in 2017 you, or Washington Lodge, earns one entry in the 2017 raffle for an airline ticket to Scandinavia. Give your used stamps from *any nation* to Pat DeRoche, or leave them at the front hall table at Norway House. Tubfrim is a charity benefitting children in Norway. Visit their website [www.tubfrim.no](http://www.tubfrim.no).





## Book review:

## The Orkneyinga Saga

By Lodge Member Christine Foster Meloni

Reprinted with permission from the [NorwegianAmerican](#)

Who were the Vikings? When this question is asked, what usually comes to mind? Images of violent Norsemen, jumping into their well-crafted ships to go off to raid, plunder, and kill in other lands before returning to Norway.

Sometimes, though, the Vikings decided not to return home but to settle in other lands. Scotland's Orkney Islands became one of the sites of Norse colonialization. These islands were strategically located in the middle of the Vikings' sea roads and therefore served as an ideal base for raids on both Scotland and Ireland. And they provided land to settlers who had none in their home country of Norway.

The first Viking raid in the Orkneys took place in A.D. 794 when the monastery on the island of Iona was attacked. The Vikings then returned in 839 with a large fleet and defeated both the King of the Picts and the King of the Scots, the two Orkney kings.

By the middle of the ninth century, the Vikings had settled in Orkney as well as in Shetland, the Hebrides, Man, and even parts of mainland Scotland. In 875 King Harald Fairhair arrived

to take "official" control of Orkney for Norway.

The Orkneyinga Saga, written by an unknown Icelandic author, covers the period of colonialization up to approximately 1200.

The Vikings continued to control Orkney until James III of Scotland was betrothed to Margaret, the daughter of Christian I of Norway, in 1468. Orkney then finally passed from Norway back to Scotland.

Throughout these centuries Orkney was ruled by earls appointed by the King of Norway. We meet these earls in the saga and see how they sometimes ruled peacefully with another family member (a brother, a son, an uncle, a cousin) and then broke up and formed other alliances. Killing kin as well as foes was commonplace. Not all of the earls died in their beds of natural causes.



PENGUIN CLASSICS

### Orkneyinga Saga

*The History of the Earls of Orkney*

While the reader may frequently get lost in the succession of the earls, power shifts, and bloody battles, certain scenes stand out for their magic or their gruesome humor (not meant, of course, to be humorous).

Who can forget, for example, the unfortunate death of the first earl, Sigurd the Powerful? To consolidate his rule, he had to defeat a formidable enemy, Mælbrigte, Earl of the Scots. The battle was hard fought but, in the end, Sigurd was the victor. Mælbrigte and all of his men were killed. Sigurd wanted to make a big show of his tri-

*(Continued on page 18)*

umph, so he had the heads of the dead strapped to the saddles of the victors. He had the head of Mælbrigte strapped to his own saddle. As he was riding away after the battle, he began to spur his horse and a tooth protruding from his enemy's mouth scratched his calf. His leg became infected and he died.

There was then Earl Harald, who was killed by mistake. One day he discovered his mother and sisters sewing a most beautiful garment. When he asked who it was for, he was told that it was for his brother Paul, who was sharing the rule of the earldom with him at the time. Harald went into a jealous rage and grabbed the garment for him-

self. His sisters started pulling out their hair and yelled at him to stop. If not, he would die. He ignored their warning and put it on. His flesh immediately began to quiver and he died soon thereafter. The poisonous garment had been destined for Paul. (No shrinking violets these women!)

One of the earls, Earl Magnus, became a saint. He was killed in a rocky spot that was overgrown with moss. But after his death, the location turned into a beautiful green field. This proved that Magnus's soul had been taken to the verdant fields of Paradise. After his burial, a strong light was visible over his grave and, when ill people came

to pray at the site, they were immediately healed. He, therefore, was declared a saint.

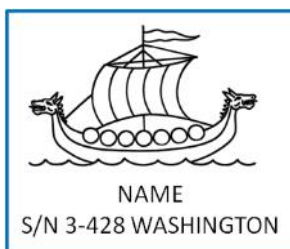
The saga is full of stories that cannot, of course, be considered historical. However, the saga is worth reading as it provides the context for Norway's historical occupation of the Orkney Islands. It also offers an animated account of some very memorable characters who accomplished rather amazing feats (whether they are true or not).

***Orkneyinga Saga: The History of the Earls of Orkney.*** (1981). Hermann Pálsson and Paul Edwards, Translators. Penguin Classics.

## Join Sons of Norway, Renew a Membership, Give a Membership

- ⇒ **To join as a new member** call SON headquarters in Minneapolis (800-945-8851) or sign up online here: [www.norwaydc.org/membership](http://www.norwaydc.org/membership) or email [database@norwaydc.org](mailto:database@norwaydc.org).
- ⇒ **If you need your membership number** or if your membership has lapsed call 800-945-8851 or email [database@norwaydc.org](mailto:database@norwaydc.org).
- ⇒ **Children 15 years of age or under** whose parent or grandparent is a SON member may sign up for a free Heritage Membership. **Youth ages 16-23** who have a parent or grandparent who is a Sons of Norway member may be a free Unge Venner member.

**Current Dues:** Individual \$56.50 (International = \$32 + District \$14.50 + Lodge \$10), Spouse \$49.50, Youth \$23.25, Your children & grandchildren are FREE!



## Name Badges — don't go to meetings incognito!

Washington Lodge Name Badges are available with either a magnetic holder or with a pin on the back. Personalized badges may be ordered from Burt Koske for \$10. (Pin or Magnet). Contact Burt at any Lodge event, or send an email to him at [kobur@cox.net](mailto:kobur@cox.net).

# New Member Brunch

This is just a sample of photos from the April 29 Brunch. See photos from all Lodge events at [www.flickr.com/photos/norwaydc/albums](http://www.flickr.com/photos/norwaydc/albums)



# More from the Brunch...



3D President's Message:

## fra Presidenten, Mary B. Andersen

 **Hurra for syttende mai!** 

May is such a great month. The month is full of occasions to celebrate – Syttende Mai, Memorial Day, Mother's Day and Spring!

The mild winter this year caused early blooms but the last snow/ice storm wiped out my daffodils. The tulips and hyacinths are in full bloom. The roses and lilacs are getting ready to bloom. I had to use plenty of "deer away" to protect my tulips but it worked! Next I have to work on the weeds and will be looking at adding some soil nutrients, as some of my azaleas didn't make it through the last storm. Have you noticed the facebook posts regarding the declining bee population and how that will impact food production? Scary stuff.

So, what is this all leading to? Analogies – you know by now that I like analogies. From time to time we should look at our lodges and do some weeding, spray some deer away, add nutrients and apply a little nontoxic pesticide. It might be time to weed out stale programs and try something new. Spray a little "let's give it a try" on the naysayers or those that will say "we never did it that way", "that won't work". We must nourish and protect new ideas like we protect our plants. Sometimes, you may find that you have to use a little friendly persuasion to isolate a stubborn weed and make a concerted effort to sprinkle some peace and harmony. We must protect all the good that we have and nourish the new growth. Don't let the weed mentality take over;

we don't want to be facing what the bee colonies are facing.

The good news is that many lodges have been working on these very things! I see seeds being planted in the form of new programs and venues. Flowers are blooming in all parts of the District. We have new faces trying new things and it is exciting to watch!

Let's always remember to "nourish" our lodge leaders who do so much, often behind the scenes, with a thank you every now and then. A pat on the back can go a long way. Sprinkle gratitude freely and try to reach those members you haven't seen in a while. You will be rewarded with a vibrant and strong lodge.

I can't thank you all enough for what you do for Sons of Norway and the Third District. I see it and I appreciate your efforts.

Let's not forget our Veterans and their families, for the families serve too!

Jeg ønsker dere alt godt.

*Mary*



### Land of the Vikings Recreational Facility

Land of the Vikings (LOV) is a 150 acre recreational facility run by the SofN 3rd District. It is nestled in a peaceful valley in Northeastern Pennsylvania, 35 miles east of Binghamton, NY. Winter and summer recreational activities are available on the premises or nearby. LOV has very reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, etc. For more information call (516) 791-3983 or see <http://3dsofn.org/land-of-the-vikings/room-rates/>



## Leif Ove Andsnes at Strathmore, May 1

From Washington Performing Arts Society: Hearing a truly great pianist perform is a joy. When two of the

world’s most celebrated perform together, it’s an embarrassment of riches. Leif Ove Andsnes unites his ability to “make nanoseconds indelibly memorable” (Washington Post) with Marc-André Hamelin’s reputation for “drawing the maximum amount of color from the instrument” (Boston Globe) in a rare evening of works for two pianos. The Music Center at Strathmore. [www.washingtonperformingarts.org/calendar/view.aspx?id=3181](http://www.washingtonperformingarts.org/calendar/view.aspx?id=3181)

## Norway moves closer to dual citizenship

The Conservative Party in Norway recently voted to endorse dual citizenship. The Liberal Party endorsed dual citizenship one year ago, but since Conservatives are the largest party in the Norwegian Parliament, their new support makes change much more likely to happen.

Currently, Norway is one of the few European countries to severely restrict dual citizenship. The restrictions work both ways — expats living in Norway must renounce their original citizenship to become Norwegians, and Norwegians who have been living abroad must renounce their Norwegian citizenship to assume that of another country. Of course there are exceptions, but this is the gist of the current law.

See: [www.lifeinnorway.net/move/immigration/dual-citizenship-norway](http://www.lifeinnorway.net/move/immigration/dual-citizenship-norway) and [www.thelocal.no/20170313/norway-opens-doors-to-dual-citizenship](http://www.thelocal.no/20170313/norway-opens-doors-to-dual-citizenship)



*Norway's prime minister Erna Solberg (left) and other ministers and party members vote to support dual citizenship. Photo: Terje Pedersen/NTB scanpix*

### The value of life insurance

Insurance can help to solve these problems:

- Paying for final expenses
- Maintaining a desired standard of living
- Replacing missing income
- Paying or liquidating a mortgage
- Paying for education
- Paying estate taxes

- Charitable donations

For information about Sons of Norway’s financial benefits contact:  
 Michael Beck, LUTCF  
 (p) 757-716-8830  
[mike@vavalueins.com](mailto:mike@vavalueins.com)  
[www.vavalueins.com](http://www.vavalueins.com)

## Directions to Norway House

3846 Meredith Dr., Fairfax, VA 22030  
[www.norwaydc.org/directions](http://www.norwaydc.org/directions)

On weekdays, a residential parking permit is required to park on Meredith Dr. You may park in the Christ Lutheran Church parking lot (entrance directly across the street from the Norway House).



**From Beltway or I-66:** From the Beltway, go West on I-66. Exit I-66 onto Rt. 123 (Chain Bridge Rd.) south toward Fairfax (Exit 60). Go about a half mile. Turn right on Rt. 50 west (also Rt. 29, Lee Highway, and Fairfax Blvd.). Just after the 3rd traffic light, turn right on Meredith Dr. (between a Merchants Tire store and a Mobil gas station). Norway House is on the right.

**From Rt. 50/29:** Go west from the Beltway about 5.33 miles. After crossing Rt. 123 (Chain Bridge Rd.), stay in the right lane. Just after the 3rd traffic light, turn right on Meredith Dr. (which is between a Merchants Tire store and a Mobil gas station). Norway House is on the right.

**From far western suburbs:** From I-66 East, take Exit 52, Rt. 50, east, toward city of Fairfax. Go about one mile. Turn left at Fairfax Blvd., which is where Rt. 29 joins Rt. 50 (which itself angles left). Turn left after a Mobil station onto Meredith Dr. Norway House is on the right.

**Metro & bus:** From the Dunn Loring/Merrifield Metro station (on the Orange Line), go to Bus Bay E. Take bus 1C toward West Ox Rd. and Alliance Dr. The bus will go down Lee Highway/Fairfax Blvd. (Rt. 50/29). Get off about 30 min. later at Meredith Drive (after Warwick Ave.).

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### See the website for a full list see

[www.norwaydc.org/officers/](http://www.norwaydc.org/officers/).

## About Capital Viking

Capital Viking is published by Sons of Norway Lodge 3-428, eleven times per year.

### Address Changes:

Did your email address, mailing address, or other information change? Please notify database manager Marie Hansen at [database@norwaydc.org](mailto:database@norwaydc.org).

### U.S. Mail:

Sons of Norway  
 3846 Meredith Dr.,  
 Fairfax, VA 22030

### Find Us on Facebook:

<https://www.facebook.com/groups/SonsofNorwayDC>

### Newsletter Deadline:

Please submit items by the 25th of the month to [editor@norwaydc.org](mailto:editor@norwaydc.org).

The Royal Norwegian Embassy • Norwegian Church Service in Washington, DC • Lakselaget DC  
• Norwegian Ladies Club • Norwegian Society of Washington DC • Sons of Norway, Washington  
DC Lodge • Norwegian-American Chamber of Commerce Mid-Atlantic Chapter



# 17. mai Family Picnic

Join us in Celebrating Norway's Constitution day!

Sunday, May 21, 2017

1 pm – 3 pm

**GUEST SPEAKER**

**Mrs. Berit Enge**

**Correspondent**

**High North News**

**All Welcome! Free admission!**

Music • Parade • Free Food and Drinks • Games for Children

Carderock Park on the Potomac River  
Montgomery County, Maryland

For more information, please contact: Lasse Syversen, [lasse@flagship.com](mailto:lasse@flagship.com), 301-641-7908

From Beltway I-495 take Exit 41 west on Clara Barton Parkway. Right exit before overpass for Carderock Park; left on overpass onto short winding road under the canal. Inside park entrance, turn left for parking (additional parking on the right). Please park only in designated parking areas (you will be ticketed if you park on the grass!)





The Norwegian-American Chamber of Commerce  
Mid-Atlantic Chapter

together with

The Royal Norwegian Embassy, The Norwegian Church Service in Washington DC, Norwegian Ladies Club,  
Lakselaget DC, Sons of Norway, Washington DC Lodge and Norwegian Society of Washington DC

Invites you to join the celebration of the  
**THE NORWEGIAN CONSTITUTION**  
Syttende Mai Gala



**REGISTER NOW**

For this year's Syttende Mai Celebration Gala  
Capitol View at 400  
May 17, 2017  
7pm-11pm

**Cocktail Reception**

starting at 7pm  
followed by

3 course dinner & entertainment  
at 7:30pm

Program includes  
Remarks by

H.E Ambassador Kåre R. Aas  
&

Norwegian Parliamentarian Mr. Abid Q. Raja



Attire: Business Attire, National Dress  
Adr. 444 North Capitol St NW, Washington, DC 20001, USA

**Register online**

<https://www.naccma.org/events/annual-norwegian-constitution-celebration-gala/>