



Norsk Carolina



Lodge 3-679

February 2017 Newsletter / Nyheter

Letter from the President

Hello all!

Well, the first few weeks of my Presidency have been busy ones! Your new Board of Directors & myself (our Team) met for a few hours on Saturday the 28th to get to know one another and to begin plans to build an even better Norsk Carolina. Our Team consists of a talented group of folks! We are all so fortunate that they have agreed to lend us their time & talents for our organization. Please remember to thank them often!



I am so looking forward to February's meeting where we will hear from our founding President, Carol King & her wife, Mette Anderson. Their move back to Norway has had some adjustments...for Carol, who, as the American had never lived there & for Mette, returning home after an extended stay in America...well, we will find out first-hand how these this went! It should be an informative (& knowing Carol), probably humorous presentation. I hope that we will see you there!

Plans are also being put in place to set up consistent board meetings on the first Saturday of every month, to be held at the church. They will most likely be in the library (which is at the end of the hall, going through the entrance that is labeled "Church Office"). The time is tentatively set for 1pm-4pm, but, a more definitive time will be announced. All are welcome at these board meetings as we would LOVE to hear your ideas & input into future plans.

Until next month.....Please forward your comments or suggestions to our lodge's dedicated email address: norskcarolina@gmail.com. Thank you for being a part of the best Sons of Norway Lodge in the southeast!

Marge Clements, President SON Norsk Carolina Lodge 3-679

THIS MONTH'S TOP STORIES

<ul style="list-style-type: none"> Oslo Students Guide Urban Planning Lodge Information (Board of Directors) A Romantic Restoration 	<ul style="list-style-type: none"> Events Culture and Language Children's Section
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Oslo Students Guide Urban Planning

Thanks to the ingenuity of a Norwegian researcher, students in Oslo are helping to shape urban development through a new cellphone app. Traffic Agent, an interactive mobile game, allows students to report challenges and obstructions along their route to school with just a few simple clicks.

The idea for the app began a few years ago when researcher Vibeke Fredrikke Rørholt was approached by the city of Oslo and the Agency of Urban Development to improve the walkability of city streets for schoolchildren. Rather than using teachers or parents to funnel feedback from the kids, Rørholt proposed the most direct method—going straight to the children.



Since its debut in February, Traffic Agent is now used by more than 35 schools and has logged more than 5,000 reports. Users submit reports on conditions ranging from heavy traffic at street crossings, damaged pavement and unruly shrubs to broken street lamps. Reports are shared with participating schools and app analysts, but are collected anonymously and are identified only by which class the report came from. Reports are also delayed as an additional safety measure to ensure that students cannot be tracked or followed by the location of their reports.

Response to the app has been positive for both the students and city planners. “We just got a telephone call from a mom who said, “My boy reported two days ago that a bush blocked his path to school and he couldn’t see when he should cross the street. And he was so proud when the bush was trimmed a few days later. He came home and said, I did this,” says Rørholt.

As data is collected and problems resolved, the walkability of Oslo for adults and children alike improves. City planners are hopeful these changes will help foster a pedestrian friendly environment and encourage public transportation use as the city moves toward reducing vehicle traffic in the coming years.

Norsk Carolina Lodge Board of Directors

- **President:** Marge Clements
- **Vice President:** Martin Olaf Hovland
- **Secretary:** Nancy Lynn Jacobsen
- **Treasurer:** Diane Robinson
- **Social Director:** Alicia Hanson
- **Cultural Director:** Deb McConaghy
- **Editor:** Elizabeth Traxler

Upcoming Meetings

Next Board Meeting: February 11
Next Lodge Meeting: February 18
3rd Saturday of the month, 4p.m.

Holy Trinity Lutheran Church

1900 The Plaza, Charlotte, NC 28205



A Romantic Restoration

A current restoration project taking place at Maihaugen, one of Northern Europe's largest open-air museums in Lillehammer, Norway, is generating anticipation for the project's completion.

The endeavor is steeped in Norwegian culture, a bit of romance and a royal twist.

Just weeks ago, the disassembled 1930s childhood home of H.M. Queen Sonja of Norway was moved from its original location at Tuengen allé 1b at Vinderen, Oslo, to Maihaugen in Lillehammer. The home is to be reassembled, furnished in an

authentic manner, and opened to the public as part of a popular attraction at the museum that features homes representing each decade from the 1920s through 2001.

Work is now underway to breathe life into the house, which will showcase replicated and original furnishings used from 1935 to 1968. Queen Sonja lived there for most of her childhood years, until 1968 when she married then Crown Prince Harald. According to Maihaugen's website, the home was one of the few places the couple could meet during the nine years they were dating.

The house is constructed in the functionalist style, with hipped roof, horizontal cladding, windows by the corners and balconies with steel rails. Museum guests can look forward to the official opening of the project on August 29, 2018, the date of Their Majesties' 50th wedding anniversary.



Events: Mark Your Calendars

Norsk Carolina Hosted Events

Lodge Board Meetings: 2nd Saturday of the month (**Holy Trinity Lutheran Church**)

Lodge Meetings: 3rd Saturday of the month (**Holy Trinity Lutheran Church**)

Lodge Syttende Mai (Constitution Day) Celebration: May 13, 2017 at Frank Lisk Park, 4001 Stough Rd, Concord, NC 28027

Other Events in Charlotte and Elsewhere

February 22, 2017: World Thinking Day at Hornets Nest Council of the Girl Scouts

Where: Girl Scouts Hornets Nest Council Office, 7007 Idlewild Road, Charlotte, NC.

Cultural program for high school age girl scouts. Tentatively from 6:30 to 9:00 PM. Program may include cultural videos, dance performances, arts and crafts to share the culture, so donations for use in the program are welcome.

April 30, 2017: Norden Lodge #407 80th Anniversary Celebration

Where: Ballroom at the Marconi Manor, 333 Moffit Boulevard, Islip, NY. From 12 p.m. to 4p.m.

Festivities include music by Ellen Lindstrom and her 5 piece Swedish Meatballs Band. Please make your reservations as soon as possible. Seating is limited, therefore first come, first served.

The Buffet Dinner includes beer, wine & soda with a cash bar available for other drinks. The festivities will continue until 4:00PM. The cost is \$55.00 per person. Deadline is April 10, 2017.

Please make checks payable to: Norden Lodge 407 and send checks to Karen Helmold, 183 Evergreen Avenue, Bethpage, NY 11714.

Arrangements have been made for a block of Studio Suites, at a price of \$189/night, at The Residence Inn by Marriott, just a short distance from the Marconi Manor. (special rate includes single or more occupancy, use the code **SONS**)

May 5 – 7, 2017: John Karlsen Memorial Golf Tournament--Land of the Vikings

Where: Land of the Vikings in Sherman, PA. *Golfers and Non-Golfers Welcome*

Reservations: call 570-461-3500 or email vikingland@tds.net (Bev or Rick)

Tournament Fee: \$70.00 for each Golfer • Fee Includes: Golf, Greens Fee, Meal and Prizes.

Send Tournament Fee by April 15th to Audun Gythfeldt, PO Box 702, Pocono Pines, PA 18350

Questions for Audun: call 570-646-3817 or email audun99@ptd.net

May 10-13, 2017: National Genealogy Society 2017 Family History Conference

Where: NC Museum of History in downtown Raleigh, NC.

Free admission, with exhibits open from 6 pm - 9 pm. NC State Archives will have extended hours.

NC Vikings Lodge 3-675 in Raleigh would like to receive donations from Norsk Carolina members for the event. Contact NGS Registrar Courtney Holmes at registration@ngsgenealogy.org.

July 9 -22, 2017: Sons of Norway Third District Youth Camp

Where: Land of the Vikings in Sherman, PA.

A camp for 8 to 15 year olds. The completed application form, along with a \$50 registration fee, must be sent ASAP. The check should be made payable to District Lodge #3 Sons of Norway.

Mail the check and completed application form to Susan Olson, 97 Locust Drive, Rocky Point, NY 11778. You will receive camp materials including health form application is received.

Culture and Language

Recipes

Warm Up Your February with Norwegian Baked Goods

You may not have realized it, but February marks “National Bake for Family Fun Month,” a perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking.



Norwegian Fjellbrød

Makes 1 loaf.

Adapted from <https://mydearkitchenin-helsinki.com/2014/11/21/fjellbrod-a-nutritious-norwegian-bread/>

- 1 cup plus 2 tbsp (2.7 dl) whole milk
- 1 cup plus 2 tbsp (2.7 dl) lukewarm water
- 2 plus ¼ tsp (11 ml) dry yeast
- 3 cups (7.2 dl) whole-wheat flour
- 1 cup (2.4 dl) rye flour
- ¼ cup (0.6 dl) rolled oats
- 1 tbsp (15 ml) light brown sugar

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Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don't forget: baking isn't reserved for desserts, either. You'll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce.

Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you're exploring traditional Norwegian baked goods you could be earning your way to a Medal!

February also happens to be National Heart Month, making it an opportune time to kickstart a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy.

To access the members section, you'll need an account with a username and password. If you need an account, be sure to have your username and an email address handy. If you have questions about creating an account, contact Sherry at fraternal@sofn.com.

(continued from page 5)

- 1 plus ½ tsp (7.5 ml) salt
- 3 tbsp pumpkin seeds
- 3 tbsp sunflower seeds
- 3 tbsp flaxseeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave for 10 minutes.

In another bowl combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky.

Scrape mixed dough onto well-floured counter and form into a rough loaf shape. Add loaf to buttered loaf pan. Top with extra seeds as desired.

Place on middle rack of oven and heat to 100C (212F). After 30 minutes, add oven proof pan of boiling water to the bottom rack of oven. Raise temperature to 175C (347F) and bake for 1 additional hour. Test center of bread with a toothpick and pull from oven when baked. Wait 5 minutes and remove bread from mold and allow to cool on a wire rack.

**a little in English...
IQ Test for Bees**

When one bee managed to reach the sugar water, the other bumblebees learned, too.

First a few bumblebees got to taste sugar water in the center of a blue disc, so that they would understand that an artificial flower was worth investigating.

Then researchers put Plexiglass over the discs and the bumblebees had to try to pull the discs out by a string. They managed just fine.

Another group of bumblebees got to take the IQ test right away, without tasting the sugar water first. Only 2 out of 110 got a hold of the sweets.

What really surprised the researchers was what happened when untrained bumblebees got the chance to watch an expert in action.

An impressive creature

Behind a glass wall the bees observed what happened. When they were released one by one, 60 percent of them managed to do what the mentor had done.

“The bumblebee is an impressive creature, and through our study we demonstrated that it is good at learning,” says Professor Eric Søvik at Volda University College, who participated in the research.

“The bumblebee has a brain that largely functions the like that of humans,” he said on the college's website.

A single well-educated bee was enough so that an entire colony of unskilled bees could acquire this capability.

“Some flowers are very difficult to pollinate. If you teach a few bumblebees to do this, they can transfer the knowledge to other bumblebees. Such cultural

**litt på norsk...
Se humlas IQ-test**

Da én humle klarte å få tak i sukkervannet, lærte de andre humlene det også.

Først fikk noen humler smake på sukkervannet i midten av en blå skive, slik at de skulle forstå at den kunstige blomsten var verdt å undersøke.

Deretter la forskerne pleksiglass over skivene, og humlene måtte klare å trekke dem ut etter en snor. Det fiksa de greit.

En annen gruppe humler fikk prøve seg direkte på IQ-testen, uten å få smake på det søte først. Bare 2 av disse 110 fikk tak i søtsakene.

Men det som virkelig overrasket forskerne, var det som skjedde da utrente humler fikk muligheten til å se på en ekspert i aksjon.

En imponerende skapning

Bak en glassvegg fulgte de med på det som skjedde. Da de ble sluppet løs, en etter en, klarte 60 prosent av dem å gjøre som læremesteren.

– Humla er en imponerende skapning, og gjennom studien vår får vi vist at den er flink til å lære, sier førsteamanuensis Eirik Søvik ved Høgskulen i Volda, som deltok i forskningen.

– Humla har hjerne som stort sett fungerer på samme måte som hos oss mennesker, sier han til høgskolens hjemmeside.

En enkelt velutdannet humle var nok til at en hel koloni av ufaglærte kunne tilegne seg denne evnen.

– Enkelte blomster er veldig vanskelig å bestøve. Om man lærer opp noen humler til å klare dette, kan de videreføre kunnskapen til andre humler. En slik kulturell læring hos humlene vil kunne være

learning in bumblebees could be useful in the production of various plants, for example,” says Søvik.

nyttig i produksjon av ulike planter for eksempel, sier Søvik.

Translated from:
<http://forskning.no/biologi-insekter/2016/10/se-humla-teste-iq-en>

For Kids and adults

As with all Norsk Carolina events, we include all ages as much as possible. We have included a couple of coloring opportunities for your enjoyment. Enjoy!



Norsk Carolina Lodge 3-679, Charlotte, NC



Website: <http://www.norskcarolina.org>

Email: norskcarolina@gmail.com

Facebook: <https://facebook.com/norskcarolina>



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