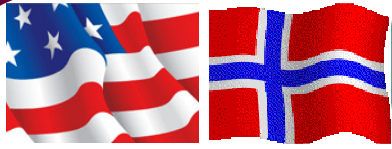


Norsk Carolina: Nyheter (News)



Volume 9

Nov 2008

SON - NORSK CAROLINA LODGE 3-679

Scan Fest and what great volunteers and gifts to benefit the Lodge! You all are Great!

The 2008 ScanFest was a huge success. We had several that signed up as members on the spot and many more interested in all the things we are doing and just plain socializing with those that are Norwegian or of Norwegian decent. Our "Sleeping Nissen" pictured snuggled on a Viking Helmet was sold along with many other of the donated or hand made items. Aprons, Bags, Norway Magnets, Chocolates, Hardanger Embroidery, Juletre decorations and much more. All the benefits to the Lodge. We made over \$700 dollars to date with some going towards expenses.

We hope to sell a little more at the Gaston Day School International Festival that we've been invited to on November 22. We will have a Norway Exhibit with the emphasis on the Christmas Holiday as well as share a vendor booth with the other Scandinavians.

I'm so proud of so many people being involved and so many saying how much they are enjoying it. From our casual but creative monthly meetings to our bigger events. With our 1st Annual Christmas Dinner and Juletre Fest coming up we are ready to cook Pork Ribbe, Wild Salmon and many other Norwegian holiday delights. Yes, my mouth is watering! It will be a great time to share as families and friends in a very Norwegian celebration. I've also heard that Nissen is coming....Santa and maybe a few reindeer....

At this time of year I feel very thankful that almost a year ago Ralph Petersen came to Charlotte and talked with a small group about possibly starting a Lodge. Now look where we are! I am thankful to each of you for sharing in this meaningful community and personal effort. It does take a little work but afterwards you realize how wonderful and warm the feelings are with what we are involved in. The children that get to know some tradition and have fun with it, the adults that get to remember the tastes and even to learn about the crafts and artisans that are known or unknown or one of your own secret passions. Speaking of passions, I've found a member that is very talented in Rosemaling and we're going to have her show off her work and she has agreed to help us learn it in the Spring. Look also for our Lodge Installation after the first of the year and I'd like to have a Fish/Shrimp dinner in February with a bounty of fresh seafood flown in for a casual night of eating for a few hours.

Happy Thanksgiving all of you. May you and yours be safe and joyful!

Takk, thanks, Carol King

President Elect—SON 3-679 Norsk Carolina Lodge

JOIN OUR LODGE! We Need You! Recruit!

- Call Sherry at 1-800-945-8851 or go to <http://www.sofn.com/home/index.jsp> or **our web site!**
- **Our growth is your success! Get new members signed up now! Use your membership number or mine (9420215)!**



All the wonderful things sold for the Lodge!!

A Welcome to our Christmas Season Celebration! Friends of Scandinavia are meeting Saturday 2008-12-06 from 4:00 PM – 8:00 PM. Charlotte NC– You're invited to join them!

Our annual Christmas Season Celebration will take place in the Henry Hall of the Church of the Holy Comforter, 2701 Park Rd, Charlotte NC 28209 on Saturday, 2008-12-06 starting with the traditional Glögg made by Carl. Dinner will be catered by Anderson's Restaurant. The entree will be Chicken (Greek) and/or, beef tips, mashed potatoes, green beans, etc. including deserts and coffee and it will start at 5 PM. Lorna Anderson Brown has promised to bring her accordion, and play for us.

Send your reservations with a check for \$10.00 per person to Rita no later than 2008-11-30 to the following address: Ms Rita Hansen, 8428 Whitehawk Hill Rd , Waxhaw NC 28173.

You can call Rita at 704 843 8411 for more information.

Happenings Coming Up:

Dec 5–7th, 2008 Land of the Vikings NJ 30th Anniversary Celebration (Go to www.sofn3d.org or call Bev at 1-570-461-3500)

Dec 6th, 2008 Scandinavian Christmas Fair 9 am–6 pm State Fairgrounds, Raleigh NC Caravan to event and meet other lodges there too!

Dec 6th, 2008 Friends of Scandinavian Christmas Dinner 4-8 PM Holy Comforter Church

Dec. 7th. Atlanta SON Lodge Christmas Celebration. *A Pot Luck Smorgasbord* call Carol for details.

Jan 9–11th, 2009 Winterpark FLA— Grieg Festival in Florida A three-day music festival including presentations, competitions, master classes, exhibits of copies of Grieg's manuscripts, and performances of Norwegian and American concert artists highlighting lesser-known works of Edvard Grieg Evening concerts are free and open to the public To attend conference and competition events during the day, please see registration fees posted on website. <http://www.griegfestivalinflorida.com> or eckess@ohio.edu

July 2010—Norsk Carolina Lodge and Friends—Trip to Norway. Details coming up! 10 days, lots of choices! Economical and Fun!

Recruit members and win a "Trip to Norway!"

Your Lodge Officers:

President Elect:
Carol King

Vice President Elect:
Ron Olszewski
704-892-0096

Secretary/
Membership Elect:
Deb McConaghy
704-564-1316

Treasurer Elect:
Nina Olszewski

Up Coming LODGE MEETINGS & Special Events:

Dec. 13th: Jule Dinner and Festival with a Juletre (Christmas Tree) Cocktails 5-6, Dinner 6-8, Fun and Juletre 8-until.....

January 17th: Regular Meeting. 1-4 PM.

January 24th. IDEA Exchange with many District Lodges to be held in Charlotte NC 1-3 PM

Installation. TBA

February 21st. Harrisonburg Elementary Diversity Day and Norway Exhibit.

February Fish/Shrimp Dinner. To Be Announced

May 16th, 2009— Syttende Mai Picnic and Parade Reedy Creek Park, Charlotte NC 11:30 A.M. — 4:00 P.M.

Raleigh Scan Christmas Festival Dec 6th. We have several that are meeting to ride up- 9:00 AM at the Church. Give me a call if you still want to join us share/ride in a van or follow!!!! We will have lunch with the Myrtle Beach and Raleigh Lodges and be back by dark. Call Carol 704-674-2778



Did you know that you can go to the SON Website, click on "Online Store" and you can order beautiful framed Family Name History and Coat of Arms based on your Family Name? Check it out! Great gift idea for the holidays coming up.

We're urging everyone to join if they need a new membership and renew if they have received notices from SON to get their renewals in. Don't forget that new memberships put you in the drawing for prizes and a possible trip to Norway through the Norwegian Experience and Borton Overseas!



Picture and article from the Norse Federation November e-news. <http://www.norseman.no/page.aspx?>



LOOKING FORWARD TO SEEING YOU DECEMBER 13th! CHRISTMAS PARTY AND JULTRE FEST.

Real Pork Ribbe, Sukaal, Potatoes and Gravy, Wild Salmon, Cauliflower, Cheeses, Shrimp appetizers and oh the desserts! Who will win the Marzipan Pig?

We will also raffle off two kransekaker. Come join us for an evening of fun and fellowship. Semi Formal with many wearing traditional clothes, bunads and special pins. Please wear yours too!

For directions or to make reservations visit our web site or call Carol at 704-674-2778.

God Jul!!!

Thanksgiving in Norway

Thanksgiving (*høsttakkefest*) has been celebrated in the Church of Norway since 1899. Vegetables, fruits and flowers are brought into the church and placed by the altar. The thanksgiving service includes special Scripture readings and prayers. This celebration is, of course, more important in communities where agriculture is a vital part of daily life. The picture on the left is from Vega Church in Nordland during their thanksgiving service. Agriculture and fishing have historically been very important for the local residents.

Thanksgiving was first celebrated in Norway together with Michaelmas, the feast of St Michael, on September 29. Because Michaelmas falls near the equinox, it is associated with autumn and the shortening of days. *Høsttakkefest* is no longer connected with Michaelmas. Churches now pick a day in October that is suitable for the local farmers and conditions to give thanks.



I want to feature the wonderful art of Rosemaling in the spring. Just to get you all excited please go look at this web site! It is just fantastic! We will start simple and highlight those learning as well as those that are more advanced! I've even found a member with a real talent in Rosemaling that will teach us! http://www.rosemaling.org/show_sale_03.htm

Thank you to all the wonderful members that have contributed time, talents and food/items towards our 1st Annual Christmas Dinner and Jultrefest! You make it special! You honor Norway, Norwegians, Norwegian-Americans, the culture, the heritage and our Norsk Lodge!



'Skål' most popular with beer

Beer remains the drink of choice in Norway, but wine continues to steadily gain popularity. New figures from Norwegian state statistics bureau SSB show that consumers in Norway prefer beer when it comes to drinking alcoholic beverages. The average Norwegian bought around five bottles of wine, 30 half-liters of beer and one bottle of liquor during the first three months of the year. The biggest increase was seen in wine sales. Going out for a traditional half-liter glass of beer has gotten expensive this summer, though. Recent surveys found prices for a half-liter as high as NOK 85 (USD 17), with about 17 kroner going to the brewery, 8 kroner to the state in taxes and the remainder to the serving establishment.

Aftenposten English Web Desk/NTB

Gratulerer med dagen to our members with Birthdays in November and December:

Else Grady 11/19

Brita

Osmundsvaag Formato 11/29

Jason David Krasen 12/20

HAPPY BIRTHDAY!!

Recreation Events

Nordic Walking: Saturdays - 10:00am Just bring yourselves and be ready to walk. Our group is walking for about an hour. For beginners, poles and instruction will be provided free of charge! For more information contact the store at info@charlotterunning.com or call 704-377-8786

In the spring we would like to have a hiking event in the mountains near Asheville. Thanks to Nancy J. for sharing this with us and the WNC article. Go to www.hikertohiker.com and we will bring you more information in Spring about a Scandinavian gathering to hike in the Blue Ridge <http://www.carolinamountainclub.com>.



Julegrøtt is Norwegian for Christmas Porridge.

Småkaker is Norwegian for Cookies!

Carolina **Orienteering** Klubb (COK) is based in Charlotte, NC.

The website URL is: www.carolina-ok.org

Nov 8th—Kings Mtn

Nov 22 Kings Mtn

Military

Jan 10—Latta Plantation

Come Join Us!

Land of the Vikings The District 3 cultural and recreational center, Land of the Vikings (LOV) is located on 150 acres in Sherman, PA. It can accommodate more than 70 overnight guests. Click [HERE](#) (Control + click) to learn more about youth camps, lodge retreats, and other opportunities at this unique facility.

BLOG BLOG BLOG BLOG BLOG

Sons of Norway launched a blog (e.g. an online journal that is updated frequently with news and other tidbits) earlier this year. Since then it provided real-time coverage of the 2007 Norwegian Experience winner's trip to Norway, participation in the 2008 Summer Olympics and the 60th Biennial Int'l Convention in San Diego. During the holiday season the Sons of Norway Blog will have many articles on Norwegian Christmas traditions, holiday recipes and links to interesting Norwegian-related websites. Please visit the blog and see all the new stuff. Go to www.sonsofnorwayblog.blogspot.com.

Norwegian Language Classes to begin after the holidays! Every other Sunday 1-3:00 PM. First Hour will be instruction in reading and writing Norwegian. Second hour will be conversation in Norwegian. We encourage those that speak Norwegian to join us for conversation and to help with dialect or interpretation variations. If you want to sign up, contact **Mette Andersen** at mettenc@carolina.rr.com. Three months of classes initially.

Aftenposten to shut down English news service. Media house Aftenposten in Oslo, faced with a need to dramatically cut costs, has decided to shut down its nine-year-old English-language news service, "News in English."

"I have been reading Aftenposten in English for a long time. This is very disappointing. Guess we all need to learn Norwegian for sure!!!! " :)

Carol



Don't dip at home: The high-altitude lakes in Norway are pure enough to drink without the treatment author Danny Bernstein would use in the Southern Appalachians. Photo by Lenny Bernstein.

From Norway to WNC (Western North Carolina) - Jotunheimen National Park sure ain't the Smokies. By Danny Bernstein in Vol. 15./Iss. 10 on 10/1/2008 (Author of Hiking the Carolina Mountains)

www.hikertohiker.com

Sometimes you have to hike on another continent to appreciate the Southern Appalachians. Negotiating the rocks and stark mountains of Jotunheimen National Park in Norway, I ponder the differences. Jotunheimen—which means “the home of the giants”—is the most-visited park in Norway, yet it attracts only a fraction of the 10 million people who travel to the Great Smoky Mountains National Park each year. For a week, I'm hiking from lodge to lodge, accompanied by 15 strong Scandinavian hikers who are members of the DNT—*Den Norske Turistforening*—the Norwegian Trekking Association. Founded in 1868, the DNT is Norway's largest outdoor-life organization, part of the fabric and culture of the country. In Jotunheimen, barren mountains loom as I walk through glacial valleys. Blazed with a big red “T,” the trail follows a series of cascading lakes, each with its own waterfall barreling down from the snowy peaks. The sun is hot and full, and daylight lasts until 11 p.m. Families have come up to picnic and swim in the glacial lake. I dip my hand in; the water is freezing. In another valley, I spy a hut backed into the mountain and fronted by a lake. Not a single tree—I can see forever in this rocky terrain. It's quite a contrast to the bounty of forests that cover most of our region, where glaciers never scoured the land and even our highest peak remains below the tree line. That gives us a diversity of plants and animals. In the glaciated valleys of Norway, however, only a few species of flowers hug the rocky ground; the most loved is the glacier buttercup, *Ranunculus glacialis*. Tough hiking each day, we walk about 10 miles and make 2,500-foot ascents. Think of North Carolina's Grandfather Mountain hike or the Hospital Rock Trail in upstate South Carolina, and multiply by 10 for difficulty. Spoiled by Southern Appalachia's switchbacked trails, I go slowly, especially downhill.

American hikers wouldn't dream of signing up for such a trip unless they'd trained regularly. But most of my Scandinavian companions have never even day-hiked before. Their attitude is: It's just walking; what's the big deal? The DNT Web site describes the trip as “hilly, challenging and suitable for everyone.” It also notes: “Participation is at your own risk. Participants must read the information given thoroughly and consider whether he/she is fit both physically and psychologically to participate.” No health or release form—a far cry from the Carolina Mountain Club, which goes through more formalities than that for a half-day hike.

Water, water everywhere There's no place in North America where you can safely drink stream water. But in the high Norwegian mountains, we all scoop up water along the way. Most of the Norwegians carry only a thermos of tea, plus a cup that dangles from the pack so they can sip from every watercourse we cross. I like the security of having water. At home, I take two quarts for a day hike, and if I have to refill from a stream, I purify the water with an iodine tablet. The hiking is tough, but thanks to the Norwegian lodge system, I pack light. Instead of the full gear necessary in the Smokies—tent, sleeping bag and cooking equipment—I carry only a sleeping sheet, extra clothes and a modicum of toiletries. The DNT operates a series of lodges and huts similar to LeConte Lodge's bunk beds, warm comforters and three wonderful meals; some DNT lodges even have showers. The typical lodge breakfast is a classic Scandinavian smorgasbord: meat, fish, cheese, cereal and several types of whole-grain bread. From that array, we also made our trail lunches. It'll be tough to return to peanut-butter sandwiches back in the states. Parallel history In the 19th century, outsiders from England and from the Norwegian cities came to Jotunheimen to climb mountains—an activity that didn't make much sense to the locals. Walking and modern recreation in Norway started in the 1850s—around the same time that Thomas Clingman and Arnold Guyot were exploring the Southern Appalachians.

The Norwegian lodges evolved from the mountain cabins once used as summer residences for sheep and reindeer herders. Several original huts still stand—small stone buildings equipped with fireplaces, large enough to sleep four people (albeit cheek to jowl). At one lodge, a reindeer trap has been restored. Our Native Americans burned mountaintops to attract deer. The indigenous people of the Nordic countries, the Sami, would build a V-shaped fence and herd reindeer into the V, which led to a big hole. The animals would fall, break a leg and be unable to escape. Now, reindeer and sheep graze in the grasses and low-lying scrub. As I learn about Norway and speak to its people, it's difficult to explain where Asheville is located. Somewhere between Washington and Florida is not precise enough. Luckily, many Norwegians have seen the movie *Cold Mountain*, which gives them a reference point. Different politics One morning at breakfast, a couple of Norwegians whisper to me, “The prime minister is here with us-- Jens Stoltenberg. He's sitting over there next to the window with his bodyguards.” They point to a good-looking man in his late 40s, wearing a gray T-shirt and knickers. Imagine the U.S. president doing such a thing!

The breakfast room is full, but no one goes up to him to take his picture or shake his hand (though I was tempted). Afterward, as I sit on the lodge steps and put on my boots, the pack-carrying prime minister and his entourage pass us on their way to the next hut. I wonder if he packs his own lunch.

Thank you! Takk!!

To those that have donated time and items for our Norway Cultural Exhibit and Vendor Booth for the 2008 Scan Fest and to benefit our Norsk Carolina Lodge!

You are all awesome, creative and appreciated!

John and Ada Offerdahl
Rune Rolfsen
Ruth Campbell
Nancy and Severin Jacobsen
Else and Rodger Grady
Reidunn Ostergaard
Ron and Nina Olszewski
Shaukat Mehmood
Stan Lahr
Mette Andersen
Carol King
Laura Proctor
Bill and Kay Horne
Brit Moe Andersen-Norway
Anne Kjersti Arnesen-Norway
Ranvik Arbeidssenter-Norway
Karl and Edith Bakkehaug-Norway
Christina and Frank Pettersen-Norway
Deb McConaghy
Mildred Stokes– FLA. SON Lodge
Scott Klefstad

Monica Sprinkle-Eilefstjonn
Brita Formato Osmundsvaag
Ralph Peterson—President District
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Washington DC
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Sons of Norway International
Norway Shop—Norway
Walter Welo and the Gulden
Kunstverk Gallery –Norway

Special thanks to Deb M., Ruth C., Carol K., and Else G. for your special help with ScanFest planning! Our Excellent Table Volunteers: Deb, Ruth, Mette, Carol, Scott, Nancy and Severin J., Bill and Kay H.

Thanks to Cathy and Emily King for being great all round volunteers for the festival!

**SON - NORSK CAROLINA LODGE
3-679**

Carol King and Mette Andersen
428 15th Street
Cramerton, NC 28032 Phone 704-674-2778
Email: ckingnc@carlina.rr.com

Regular Lodge Meetings: 3rd Sat of Month 1-4 PM
Holy Trinity Lutheran Church, Fellowship Hall
1900 The Plaza, Charlotte NC 28205

FUN LINKS AND THINGS:

- * Friends of Scandinavia, Piedmont Lodge, Statesville NC: kok@kok.com
- * Norwill Norwegian Foods and Products you can order: www.norwill.com
- * For **Orienteering schedule and events** please look at: carolina-ok.org or email davidalexander1813@yahoo.com
- * <http://www.nowellsfurniture.com/> Nowells Contemporary & Scandinavian Furniture Cary, NC 919-467-9224
- * The Norwegian Embassy, Washington DC: <http://www.norway.org/Embassy/embassy.htm>
- * Nordic Club of South Carolina, Columbia <http://www.nordicclub.org> or email: dessau@bellsouth.net
- * www.norway.org For anything you want to know about Norway
- * SON Norfolk VA: <http://www.sonhamptonroads.org/>
- * SON Myrtle Beach: kmcilrath@sc.rr.com
- * The Norwegian-American Historical Society <http://www.naha.stolaf.edu/>
- * A unique place to order anything Norwegian <http://www.northerner.com/index.html>
- * Conder Flag Company, 4731 Dwight Evans Road, Charlotte NC 704-529-1976 <http://www.conderflags.com>
- * For information and for events visit [Norway .com](http://Norway.com)
- * Norwegian Genealogy <http://www.rootsweb.ancestry.com/~wgnorway/>
- * Cyndi's List of Genealogical Internet Sites <http://www.cyndislist.com/norway.htm>
- * Everything Norwegian. Inola, OK - Yvonne Mercer <http://www.everythingenterprises.com>

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and Gift Contributors!**

You are so awesome and appreciated!

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Karl Bakkehaug from Norway -beautiful Hardanger Embroidery

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Deb McConaghy and her Mom from Florida!

Walter Welo and www.guldenkunstverk.com Arts Gallery.

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Tusen Takk!!! Thanks so much!!!

**VISIT OUR WEB SITE
TODAY!! Pictures too!**

- Go to www.metteandersen.com

SIGN ME UP! That is what I said when I heard Sons of Norway is 112 years old, financially strong and has very competitive life insurance and annuity rates. Call your Sons of Norway Financial Benefits Counselor Olaf Olsen at 321- 890-7654, or email at olaf@abc.com .

Sports & Recreation

By Phil Nelsen, Sports & Recreation Director

Third time is a charm!

THE ZONE SPORTS MEDAL CHALLENGE

Introducing the first zone sports medal challenge! Bronze, silver, gold or enamel medals will be awarded.

Here's how it works:

1. Each zone in the 3rd district will compete against each other.
2. The object is for each member of each lodge to start the sports medal program..... NOW!
3. This annual program will be from June 1st 2008 - May 31st 2009 and also June 1st 2009-May 31st 2010 and the winning zone for each year will be announced at the 2010 convention in June.
4. The awards for each zone will be on a per capita basis...in other words number of medals divided by the number of members in the zone (based on the most recent 3-D directory). In other words if there are 27 medals earned in a zone of 550 members (27 divided by 550=.049 or 4.9%). The highest percentage wins. The awards will be provided by the third district and have not yet been determined. Just start moving now!

Remember, this is by ZONE and possibly it will bring zones together and work and/or socialize with each other giving strength and camaraderie to the district....use your imagination. The Zone director will get the award and distribute within the zone as he or she sees fit.

Zone directors have enough work to do so I will not ask them to police it but I am asking them to announce and introduce it to the presidents and/or sports directors of each lodge in your zone and have them send the medal forms to Phil Nelsen, 3D Sports Director, not the zone director.

They can fax it, e-mail it or snail mail it; Fax number is the same as my home phone, 727-461-7746.

Just start moving NOW!

Go to <http://www.sofn.com/members/showPage.jsp?document=SportsMedalProgram.html> to learn more about the various sports medal programs.