



Norsk Carolina Juni 2018 Nyheter/ June 2018 Newsletter

FRA PRESIDENTE: DISTRICT 3 PRESIDENT'S MESSAGE

"I am only one, but I am one. I cannot do everything, but I can do something. And what I can do, I ought to do. And what I ought to do, by the grace of God, I shall do."

Edward Everett Hale

I saw the above quote in a Blafjell newsletter and said wow, how powerful. As I reflect on my four years as your District President, I think of how much we were able to accomplish because of fabulous supportive Boards and because of all of you. Thank you for your support during these past four years, your smiles, your kind words, your encouragement. You unselfishly give your time to Sons of Norway and the Third District. You are all amazing.

Life seems to have hit the Third District hard recently, but we continue to weather through it. Whether it is the loss of dear fraternal brother or sister or the stressors of everyday life, illness, new joints (not the kind you smoke), work and family. We keep moving forward. You never lose your enthusiasm for the work you do for Sons of Norway. You are the reason your lodge and our District thrive. Don't ever underestimate the value and impact of your contributions. You may be only one, but to your lodge you are the one.

Ralph Waldo Emerson said – "Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm."
Your enthusiasm shows, and I thank you for it.

Have a happy, healthy and safe summer!!!!

Jeg ønsker dere alt godt,

Mary Andersen



Calendar of Events for 2018

July 7: Board meeting at Nancy's Home, 10a.m. to 12p.m.

August 4: Board Meeting at Nancy's Home, 10 a.m. to 12 p.m.

September 1: Board Meeting at Nancy's Home, 10 a.m. to 12 p.m.

September 15: Member meeting + **Fall Program Kick Off Event** at Holy Trinity Lutheran Church, 1900 The Plaza, Charlotte, NC

⌘ Board meetings 1st Saturday of month;

Member meetings 3rd Saturday of month

unless noted differently ⌘

Follow us on Facebook, Twitter, and Instagram or online at norskcarolina.org for updates

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The new Nordic Museum opens in Seattle

BY ADMIN · MAY 28, 2018

A weekend of speeches and musical performances marks the much-awaited opening

Photo: Eric Stavney, Mukilteo, Wash.

The crowd that gathered for the grand opening waved flags from all the Nordic countries.



The “new” Nordic Museum opened with fanfare in Seattle on the weekend of May 4-5, after an exhausting two weeks of last-minute finishing details, hosting

donor and community receptions, offering member previews, running a “cultural community breakfast,” and putting on a gala and barbecue for visiting dignitaries and bigwigs



Photo: Eric Stavney

Brandur Patursson hangs one of several glass birds created by his father, Tróndur Patursson. The artist is chatting with Kathi Ploeger, the Museum’s music library archivist.

I enjoyed watching Brandur Patursson help his Faroese father, artist Tróndur Patursson, hang his tremendous blue-glass birds high above the central hallway, or “fjord,” at the top of a scissors lift. The two are quiet men from the self-governing archipelago of

Denmark that shares history with the Irish, Old Norse, Vikings, Norwegians, and Danes. I marveled at overhearing them speak the modern Faroese derivative of Old West Norse, similar to modern Icelandic.

At the breakfast—a panel discussion with fruit and pastries provided—I heard First Lady of Iceland Eliza Reid speak about the importance of maintaining strong connections between the Nordic countries and the United States and Canada, as we were strongly linked in the past and that continues today. I was surprised at Reid’s idiomatic, modern English delivery, until I learned she grew up outside Ottawa, Canada, and attended the University of Toronto. I found her ideas to be engaging and compelling.

At the Opening Ceremony on Saturday, May 5, President of Iceland Guðni Jóhannesson spoke about the common

sense of purpose among the Nordic countries and the United States, pronouncing the word “purpose” in the languages of Iceland, Norway, Sweden, Denmark, Finland, The Faroe Islands, and Sápmi. Like his wife, he spoke informally but powerfully about how we build museums to remember our heritage but also embrace the contemporary and the future.

Photo: Eric Stavney, Museum CEO Eric Nelson addresses the dignitaries and crowd at the Saturday morning ribbon-cutting ceremony,

Other speakers included Crown Princess Mary of Denmark, ambassadors from Sweden and Finland, the secretary general from the Nordic Council of Ministers, and Seattle Mayor Jenny Durkan. U.S. Rep. Rick Larsen, who initially got introduced as a “mere” state representative—producing

several giggles from the crowd and smiles on the dais—earned points in my book for acknowledging that those present from the Nordic countries were formally dressed in suits and dresses. He confessed, seemingly with amused embarrassment, that he wasn’t wearing a tie with his suit in order to stay aligned with typical “Northwest” dress.

Because the podium was facing away from the public, the crowd was clearly pleased when Jóhannesson and a couple of other speakers turned and directly addressed the audience, underscoring not only their right to be at the opening, but the key role they (we) played, and will play, in the birth and future of the museum.

What followed was the ribbon cutting, which the public inexplicably wasn’t allowed to watch. A gaggle of

“official” photographers instead were rushed in to form a line blocking everyone’s view. When I asked whether this was some kind of Secret Service or security move, I was told that it wasn’t planned. Given the fairly extensive planning for the opening weekend, this was a strange anomaly.

But the great performances by dancers, musical groups, and even a bit of theater



helped to alleviate that. We delighted in the big sound of the 100-person men’s choir Fóstbræður from Iceland,

and the small but no less enjoyable local violin ensemble of the Lille Spelmanslag. We enjoyed Reidun Horvei's rapid-fire "immigrant" Norwegian in her multimedia *Migrasong* (with translations projected onto a screen), the haunting Sámi yoik of Vokal Nord, and the delightful mix of storytelling and classical piano pieces from Roberta Swedien. Choirs large and small, string and woodwind ensembles, accordionists, dancers, soloists—they opened the museum with joyful sound and movement.

Photo: Eric Stavney

The audience enjoyed Reidun Horvei's rapid-fire "immigrant" Norwegian in her multimedia Migrasong (with translations projected onto a screen)

To make this all happen, a staff of just under 30 trained and coordinated some 160 volunteers who served as

docents, monitors, gatekeepers, ticket-takers, badge-issuers, and performing artist guides, among other things. Many volunteers have worked for the museum for years, and must have enjoyed showing off the new buildings, exhibits, museum shop, and visiting performers.

The top-notch performers were mostly volunteers too, whether from a Nordic country or the greater Seattle area. Representatives of local Nordic societies, associations, and choirs staffed tables and happily talked about their group to interested visitors. Members of a local Viking reenactment group, Hrafngardr, volunteered to help direct visitors while wearing period costumes. No doubt they'll also be in force at the museum's annual Viking Days Festival coming in July.



So now the Nordic embarks

on its aspiration of becoming a top-tier museum.

Photo: Eric Stavney

Members of Hrafngardr, a Seattle-area Viking reenactment group, volunteered in Viking garb.

To recruit new generations of volunteers, they'll need to continue nourishing and supporting those they've got and reach out to those who aren't necessarily of Nordic extraction. To attract performers, authors, and lecturers to the Great Hall, it will need to provide the level of professional production and advertising—to both local and foreign groups—that artists enjoy and expect at other venues. To have the support of the public, it will need to stay relevant to the dramatically changing Ballard neighborhood and the greater Seattle community, and continue the many offerings around the Seattle

community as well as at the museum proper. To maintain a professional museum staff, it will need to have strong leadership from the top down, with the visitor experience foremost in mind, and the kind of “servant leadership” that makes staff loyal and long tenured.

The Nordic is on its way to achieving these things. We can help as a community by guiding and holding the museum to its values and vision of the future: innovative, sustainable, and valuing the equity of all persons.

Eric Stavney is graduate of the UW Scandinavian Studies

Department and cohosts the Scandinavian Hour on KKNW 1150AM, Saturdays at 9 a.m. Pacific at 1150kknw.com/listen.

This article originally appeared in the June 1, 2018, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.

Norway surprises with launch of 'new Skam' series



The Local news@thelocal.no @thelocalnorway

16 April 2018 12:43 CEST+02:00

Some of the actors from hot Norwegian series 'Skam'. Will 'Blank', launched on April 14th, hit the same heights? Photo: Terje Pedersen / NTB scanpix

Norway's national broadcaster NRK on Saturday launched a brand new television series with young adults as its protagonists, **echoing the previous hugely successful 'Skam'**.

The series, titled 'Blank', has several similarities with the highly popular 'Skam' which finished its run last year.

The new show appeared without warning on Saturday on a dedicated NRK website, a marketing tactic reminiscent of its forerunner.

On the website, video clips and social media messages from characters began to appear over the weekend.

'Skam' took Norway and several other countries by storm during its two-year, four-season run chronicling the lives of Norwegian teenagers at the Hartvig Nissens school in Oslo.

The characters in 'Blank' are a little older at 19, and the new series focuses on life after high school, or *gymnasium* to use the Norwegian term, NRK has confirmed.

The Norwegian broadcaster has also announced that content will be continually added to the 'Blank' website, with a complete episode to be broadcast on Sundays.

The website for the new NRK series can be found [here](#).

'Skam' is set for remakes in [a number of European countries](#) as well in the United States, where it [will be broadcast by Facebook's US streaming service](#).

Editor's note: American audiences can also catch Norwegian heritage on [Undercover Boss on CBS](#)



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Do you have an announcement?

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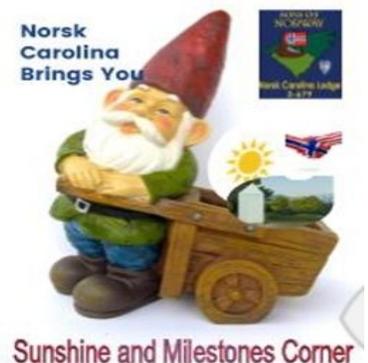
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June
HAPPY BIRTHDAY
FRÅ
NORSK
CAROLINA
GRATULERER MED
DAGEN
juni

Linda Stedje-Larsen	7
Diane M Robinson	14
Richard Eric Thorsen Jr	15
Bjarne Berg	26
Vera A Krynsinski	27

Look for our updated website at www.norskcarolina.org and our Facebook business page as well as our Facebook group. Details in contact section of this nyheter.

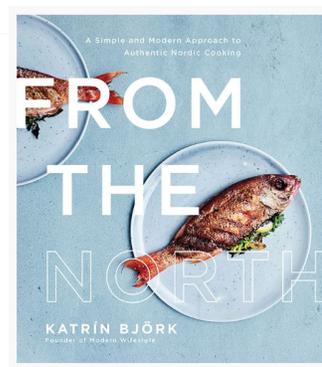


A mouthwatering taste of the North

BY ADMIN · PUBLISHED MAY 30, 2018 · UPDATED MAY 29, 2018

New cookbook celebrates Nordic cooking with an approachable yet modern touch

Cover: From the North by Katrín Björk
Daytona Strong



In recent years, there has been no shortage of Nordic cookbooks. From broad overviews of traditional cooking to narrow focuses such as open sandwiches or Swedish baking, these books are giving the world a fresh look at Nordic food. One of the latest is particularly inspiring. *From the North: A Simple and Modern Approach to Authentic Nordic Cooking* by Katrín Björk (Page Street Publishing, April 2018) is gorgeous and innovative, while retaining authenticity.

Björk—founder of the blog *Modern Wifestyle* (modernwifestyle.com)—lives in New York but is originally from Iceland and lived in Copenhagen for 14 years. Her book is full of the flavors she grew up enjoying, and the subtitle says it all: simple, modern, authentic.

The title—*From the North*—carries through to the chapter level, which are organized by “From the Sea,” “From the Garden,” and so on, with plenty of recipes for fish, meat and game, vegetables, pickles and preserves, breads, and desserts.

Some of the highlights—in addition to the recipes reprinted here—include crayfish for a *kräftskiva* (Swedish crayfish party), fried cod cheeks with root vegetable crisps, crackling pork with sugar-glazed potatoes, stuffed pork tenderloin, grilled asparagus with wild egg and sea truffle, and Danish strawberry tart with marzipan and chocolate.

As a photographer, Björk has the ability to make each recipe mouthwateringly beautiful. For recipes that might otherwise be unfamiliar, the photos beautifully illustrate the nature and flavors of the food.

Whether you’re looking for culinary inspiration or simply want to add a modern touch to the Nordic food you’re already cooking, *From the North* won’t disappoint.

Rømmegrøt with Lavender and Smoked Currants

Katrín Björk - rømmegrøt

Rømmegrøt is a classic Norwegian pudding, but I tend to make things my own way, and this recipe is no exception. I infused the pudding with lavender and added both sugar and smoked currants to this traditionally savory pudding. It might not be the real thing, but it is definitely inspired by and related to the original, so I’m calling it Norwegian either way.

pudding:

1 ½ cups whole milk
10 lavender blossoms
3 tbsps. sugar
1 tsp. pure vanilla extract

1 cup natural sour cream (no stabilizer added & preferably not ultra-pasteurized)

1/3 cup flour

pinch of salt

toppings:

1 tbsp. sugar

½ tsp. cinnamon

¼ stick butter, melted

smoked red currants:

birch and maple wood shavings

red currants

sugar

Warm the milk to the boiling point along with the lavender and sugar, then lower the heat to medium-low and let simmer until the sugar has dissolved, a few minutes. Remove from the heat, put a lid on the pan, and let steep until the mixture comes to room temperature, approximately 2 hours. Strain, discard the lavender, and stir in the vanilla.

Heat the sour cream over medium heat and while whisking constantly sprinkle the flour over, a little at a time. If the sour cream separates, skim off the solids and set aside. Continue stirring, adding flour and whisking until you have a thick dough-like substance. Add the infused milk, stirring constantly, until completely mixed. Raise the heat to medium-high and bring to a boil. Cook until the mixture is glossy and smooth, 5 to 7 minutes. Salt to taste.

Stir the sugar and cinnamon together for sprinkling. Melt the butter, or if you skimmed butter off the sour cream use that.

Divide the pudding into four bowls, drizzle with melted butter, place smoked berries on top, and sprinkle with cinnamon sugar. The pudding can be served hot or cold.

smoked red currants:

Sprinkle wood shavings over the bottom of a Dutch oven. Place an aluminum foil-covered rack on top of the shavings. Spread the berries in a single layer on the foil. Cover with the lid but leave the lid open a crack so the smoke can circulate.

Put the Dutch oven on a stove burner and turn the stove to medium heat. When you can smell the smoke, after 5 minutes or so, turn the heat down to low and let the berries smoke for 7 minutes. Lift the lid and sprinkle a little bit of sugar over the berries. Put the lid back on and let smoke for 3 more minutes.

Remove the berries carefully, because the sugar and heat will have softened them a little. Let them rest and cool down on a plate before using them.

Note: You can substitute unsmoked berries of any kind for the smoked red currants.

Daytona Strong is The Norwegian American's Taste of Norway Editor. She writes about her family's Norwegian heritage through the lens of food at her Scandinavian food blog, www.outside-oslo.com. Find her on Facebook (www.facebook.com/OutsideOslo), Twitter (@daytonastrong), Pinterest (@daytonastrong), and Instagram (@daytonastrong).

This article originally appeared in the June 1, 2018, issue of The Norwegian American.
Excerpt from <http://www.norwegianamerican.com/food/a-mouthwatering-taste-of-the-north/>

Norwegian Bløtkake with Strawberries and Cream

Posted on **March 9, 2016** by **Daytona Strong**

When it comes to cake, I know two things for sure: A mediocre one is barely worth eating, and Scandinavia—especially Norway—boasts some of the best in the world. Take the classic Norwegian birthday and celebration cake, *bløtkake*—which translates roughly to wet cake—for example. Layers of delicate sponge soak up rich creamy filling. The very essence of fresh strawberries permeates the whole thing and infuses every bite. It's hard to imagine a cake much more perfect than this.



Norwegian Bløtkake with Strawberries and Cream

One of the great things about making bløtkake for a celebration is that it can be made ahead of time and refrigerated until you're ready to serve it. In fact,



Astrid Karlsen Scott writes in [Authentic Norwegian Cooking](#) that cream cakes like this reach their peak of flavor if refrigerated for up to 24 hours. Just

wait until right before your event to spread it with whipped cream.



For the cake:

6 eggs, separated
1 cup sugar
3/4 cup cake flour
1 teaspoon baking powder

For the filling:

3 egg yolks
1 cup whipping cream
1/2 cup milk
2 tablespoons butter

(filling ingredients continued)

2 teaspoons vanilla extract
1/2 cup strawberry jam
1/2 pint fresh strawberries, hulled and sliced,
plus more for garnish

For the topping:

1 1/2 cups whipping cream
2 tablespoons sugar

2 tablespoons cornstarch
1/4 cup sugar

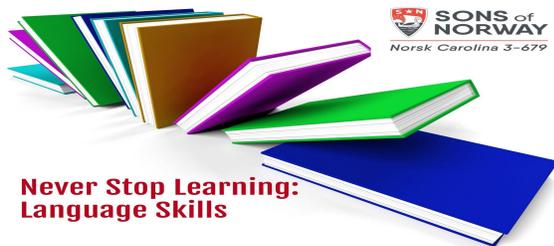
1 teaspoon vanilla extract

Preheat oven to 350 degrees. Butter and flour two 9-inch round springform cake pans. In a large mixing bowl, beat egg whites until fluffy, then gradually add the sugar, continuing to beat until stiff. In one medium bowl, beat the egg yolks. In another, sift the flour and baking powder together. Gently fold the beaten yolks and the flour into the egg whites until the yellow swirls and any clumps of flour disappear. Pour the batter into the two pans, then bake until the centers spring back when you touch them, about 30 minutes. Cool in pans.

For the filling, in a small saucepan cook egg yolks, whipping cream, milk, butter, cornstarch, and sugar in a small saucepan over medium heat, stirring frequently, until the custard thickens. Do not allow it to boil. Set aside to cool. Stir in the vanilla extract.

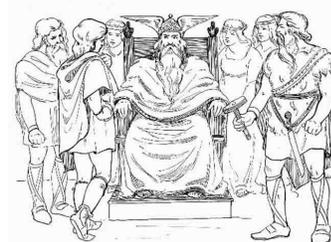
When you're ready to assemble the cake, slice each cake in half horizontally using a long serrated knife. Place one layer on a serving plate or cake stand and spread half of the custard over the top. Place another layer of cake over the custard, then top with the strawberry jam. Cover the jam with the sliced strawberries, working in a spiral from the outside in. Place another layer of cake over the strawberries, spread on the remaining custard, then top with the final layer of cake. (A note for next time: I tried spreading just half the strawberry jam over the second layer of cake and reserved the rest for the third layer, under the custard. I might add an additional quarter cup of strawberry jam to the first layer, under the custard, to add definition between the layers. Looking at these photos, you won't even see the custard nestled between the bottom two—they just look like a single thicker layer.)

At this point, you can refrigerate the cake a day in advance, if you'd like. To finish the cake, whip the cream, sugar, and vanilla extract until stiff but still luscious and fluffy, then spread over the top and sides of the cake. Decorate with additional Strawberries. **Serves 16.** Recipe from <http://www.outside-oslo.com/2016/03/09/norwegian-blotkake-with-strawberries-and-cream/>



 **SONS of NORWAY**
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**Norse gods,
days of the
week, and
Viking fun!**



BY ADMIN · PUBLISHED JUNE 1, 2018 · UPDATED JUNE 6, 2018

Barneblad: A monthly feature to share with kids and grandkids

Brought to you by Lori Ann Reinhall

image: Lucy Fitch Perkins / Wikimedia Commons

Summer is a time for new adventures, and with school out, it's a great time to learn a little more about your Norwegian heritage.

All of us know that there are seven days in a week, but did you know that many of them are named after the Norse gods?

MONDAY – MANDAG (*mahn-dahg*)

image: H. A. Guerber, Myths of the Norsemen from the Eddas and Sagas / Wikimedia



In Norway, the first day of the week is the day of the moon, named after the god Mani, or Måne in Norwegian. It was considered very bold of his parents to name him after the moon, so he suffered a terrible fate: he had to pull the moon across the sky with his chariot for all his days.

What to do on mandag: Since your week is beginning, it's a great time to think about what you are going to do until the weekend—and plan for some fun summer activities for sure!

TUESDAY – TIRSDAY (*teesh-dahg*)

image: H. A. Guerber, Myths of the Norsemen from the Eddas and Sagas / Wikimedia



Tirsdag is the day of the Norse god Tyr, the son of Odin. Tyr was a warrior, the god of the sword, and for a long time, it was believed that Tuesday was the best day to start a war.

What to do on tirsdag: These days, we don't want any more wars, though we don't want to change the name of this weekday! This is a great day to think about one



thing you will do to have the best, most peaceful week possible.

WEDNESDAY – ONSDAG (*awhns-dahg*)

image: Viktor Villalobos / Wikimedia Commons

This day was named for the war god, Odin, most powerful of the Norse gods. One-eyed Odin was also very wise, god of knowledge and poetry.

What to do on onsdag: To be as wise as Odin, take out a book and start reading. If you feel particularly clever, try writing your own story or poem, maybe about a Norse god or Viking.

THURSDAY – TORSDAG (*tawsh-dagh*)



image: Alexander Murray, Manual of Mythology / Wikimedia Commons

This is the day of the Norse god Tor, also known as Thor. Tor rode across the sky in his chariot, hammer in hand, making the sound of the thunder. Torsdag is believed to be the day when magic works best. These days it's the best day to hold a meeting or make an important decision.

What do on torsdag: Try playing a new game, because you are likely to win. If you know a magical trick, this is the best day to show it off!

FRIDAY – FREDAG (*freey-dagh*)

image: Alexander Murray, Manual of Mythology / Wikimedia Commons

Freyja, goddess of love, rode a chariot pulled by her cats.

This was the day of the beautiful Frigg and Freya. They were the goddesses of love, and fredag is a day for love. Since it is the last day of the workweek, it a day for having fun.

What to do on fredag: Do what you love to do on Friday, and make someone you love happy on this

very special day.

SATURDAY – LØRDAG (*lurrr-dahg*)

image: Wilhelm Wagner, Nordisch-germanische Gotter und Helden

/ Wikimedia Commons

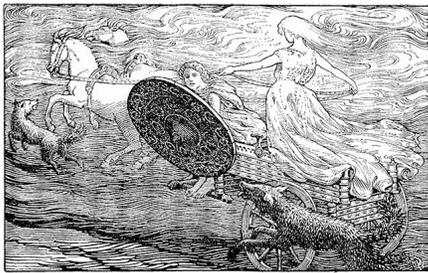
Balder and his wife Nanna were considered to be the most beautiful couple among the Norse gods.



In English, this is the Roman god Saturn’s Day, but in Norwegian, it’s the day to wash your clothes, “laugardagen” or “washday.” The

Vikings were extremely particular about their appearance, and were very clean.

What to do on lørdag: We have washing machines now, but why not dress up like a Viking on this



day? That means you will have to put on a sparkling clean shirt or dress. If you have a helmet, wear that, or if your hair is long you can put it in braids.

SUNDAY – SØNDAG (*surhn-dahg*)

image: The Elder or Poetic Edda; known as Sæmund’s Edda /

Wikimedia Commons

Like in English, the Norse word is related to the sun. The Norwegian word for sun is “sol,” and there was a Norse goddess with this name. She was the sister of Mani, and the gods did not like that she was named after the sun either, so she had to pull it across the sky for eternity.

What to do on søndag: Thinking about poor Sol and her heavy burden, this is still the best day to rest. Some people go to church, and others make it their family day. Like a good Norwegian, go out in nature and enjoy the sunshine this summer!

This article originally appeared in the June 1, 2018, issue of The Norwegian American. To subscribe,

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TEST YOUR KNOWLEDGE:

1. Lørdag is traditionally the day for:

- a. Reading a book
- b. Washing your hair and clothes
- c. Baking cookies
- d. Taking a hike

2. Odin was the god of:

- a. War
- b. Poetry
- c. Knowledge
- d. All of the above

3. Sol was the sister of:

- a. Tor
- b. Odin
- c. Mani
- d. Tyr

4. The god of thunder was called:

- a. Tyr
- b. Odin
- c. Mani
- d. Tor

5. Tyr was the god of:

- a. Love
- b. War
- c. Washing
- d. The Sun

6. The day of witches and magic is:

- a. Mandag
- b. Onsdag
- c. lørdag
- d. Torsdag

7. Søndag is associated with:

- a. The Sun
- b. Sons
- c. Magic
- d. Knowledge

[Click here for the answers](#)

[\(http://www.norwegianamerican.com/days-week-answers/\)](http://www.norwegianamerican.com/days-week-answers/)

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