



VIKING ADVENTURES FOR KIDS

Heritage Youth Program Series!!!



2014 EDITION

VELKOMMEN VIKING ADVENTURERS!

Velkommen, Viking Adventurers, to our fourth year of exciting activities! Like the famous Norwegian explorers Helge Ingstad and Erik Thorvaldsson (Erik the Red), you will be embarking on a series of wonderful new Norwegian adventures. You'll have fun and find the Viking inside of you. Choose just one, or all, of the Adventures below and get ready to make some new friends and learn some VERY COOL THINGS!

Hope to see you on a Sunday in 2014!

This program is designed for the Lodge's Heritage members, ages up to 15. Families are welcome and encouraged to participate together at all adventures and activities. For off-site field trips, parents are responsible for their own children's transportation and supervision. At-Lodge activities may be drop-off for age-appropriate children and younger siblings are always welcome with parent involvement. Light snacks will be served during Lodge activities; for field trips, parents supply snacks and water. Activities are free and most Adventures last approximately two hours.

Advance reservations for all Adventures are truly appreciated by Colby Westhead, the Adventure Series Coordinator, and our gracious activity leaders. This enables the purchase of the correct amount of supplies. Some activities have limited spaces available and are so noted. All Adventures can be reserved on a first come-first served basis by emailing the Lodge's Youth Director David Champion at norseherodotus@hotmail.com. If we receive an overwhelming response to some of the limited classes, we will take a waiting list and call if there are cancellations. (Membership in the Grieg Lodge is strongly encouraged for this program and Heritage members receive first priority when making reservations.)

IMPORTANT!

Some information on this calendar may change. Always check your monthly Grieg Notes for the most up-to-date information and details about the Viking Adventures for Kids series.

FIND YOUR VIKING FUN!

VIKING ADVENTURE CRAFT EXTRAVAGANZA

January 12 (Sunday)
3-5pm, Nordic Room

Kick off the new year of Viking Adventures with first-time leaders Piper Westhead and Fiona Rayne (age 10) and Josephine Borquist and Anna Easton (age 11), as the KIDS step up and teach this craft extravaganza. Candle-Decorating with companion Candle Stand and Valkyrie/Viking Headbands and Clay Trolls will be on the docket for the day. Join these brave Viking kids as they foray into unknown territory and serve as the leaders of a fun day of crafts! Limited to 15.

FORGED COPPER CUFF BRACELET

January 26 (Sunday)
3-5pm, Nordic Room

Join talented jewelry artist Debra Carus and learn how to forge a copper bracelet in the manner of the ancient Viking Torc neckpieces. Using hammers and metal stamping tools, personalize your very own cuff bracelet complete with your choice of stamped rune for good luck. Once the bracelets are shaped and hammered, a colorful heat-based patina will be added using a torch. Limited to 15.

VIKING PANCAKE BREAKFAST & ROCK CLIMBING

February 9 (Sunday - after Pancake Breakfast)
Bergen Dining Room
1-3:30 pm, Portland Rock Gym

Once you have feasted and bulked up at the Viking Pancake Breakfast, head on over to the nearby Portland Rock Gym to rope up and conquer a rock wall. There, our Adventurers can experience the thrill and challenge of a realistic climbing experience. Rock climbing is a skill that every Viking should have! No prior experience is necessary. Signed waiver required. (www.portlandrockgym.com)

NORWEGIAN ROSEMALING PAINTING

February 23 (Sunday)
1-3pm, Nordic Room

Acclaimed artist Patti Jo Meshnik will travel from Eugene to teach a workshop on Rosemaling, a style of decorative painting on wood that is one of the most recognized folk arts from Norway. This method of painting features unique elements such as stylized flower ornamentation, acanthus scrolls and detailed line work. Lodge member Reidar Gundersen has generously prepared 8x8 inch square wooden trivets from the Grieg Lodge's old dance floor for the kids to paint on. The finished rosemaled compositions will truly be special keepsakes. Limited to 15 children ages eight and up. Parent participation requested. (<http://norwayfolkart.com>)

WHO LET THE DOGS OUT! NORWEGIAN LUNDEHUNDS

March 2 (Sunday)
3-5pm, Nordic Room

According to the American Kennel Club, the Norwegian Lundehund originated on the remote islands of arctic Norway where it was used to wrestle and retrieve live Puffin birds (a meat and feather crop for Norwegian farmers) from the crevices of steep vertical cliffs. This agile breed has several unique characteristics including six toes on each foot, ears that can fold closed-forward or backward, and a neck that can tip backwards to touch the backbone. Join Sharon Pederson, current President of the Norwegian Lundehund Assn. of America, and meet her dog "Hammarhojdens Ultra," winner of the Best of Breed at Westminster last year. Come and learn all about the personalities and characteristics of this fascinating breed of VIKING dog. (www.akc.org/breeds/norwegian_lundehund/index.cfm)

VIKING PANCAKE BREAKFAST & SUMMER CAMP RALLY

March 9 (Sunday - after Pancake Breakfast)
1-2pm, Nordic Room

Bring your family to volunteer at the Pancake Breakfast and then reward yourself with a stack of delicious pancakes. After breakfast, interested families are invited to the Nordic Room to hear about the summer camps that are offered by Sons of Norway District 2. This informative session will cover Camps Nidaros, Normanna and Trollhaugen. Former campers and their families will be on hand to share their experiences and Youth Director David Champion will have camp applications and scholarship information available. To volunteer at the Pancake Breakfast shifts (8:30 to 10:30am) or (10:30am to 1:00pm), please contact Pauline Coleman in advance at p3131c@gmail.com. (Children need to be age nine or above to volunteer at breakfast.)

IRISH ROAD BOWLING MEETS THE VIKING ADVENTURERS

March 15 (Saturday)
11:30am-3pm, Oslo Lounge & Buckman Field

Hey Viking kids, invite and organize your Lodge and school friends into teams of four, to compete at this year's Road Bowling Tournament. Expanded children's heats and activities are planned for the day including pizza, movie and games at the Lodge after the competition. Come and show what Vikings are made of and win that trophy back from those Irish kids in 2014!

WOODCRAFTERS FIELD TRIP & TINE BOX I

April 6 (Sunday)

3-5pm, Woodcrafters and Lodge Nordic Room

Join talented woodworker Carl Paasche for a special behind-the-scenes tour of Woodcrafters, a store specializing in wood products and tools and featuring wood from over 50 species of trees. Viking Adventurers will get a hands-on opportunity to experience the different weights, grains, smells, and uses of this important resource. After the tour, return to the Lodge and watch Carl demonstrate how a Norwegian Tine Box is constructed. Come and learn centuries-old traditions of Norwegian woodcrafting from a modern-day expert! (www.woodcrafters.us)

INTERNATIONAL EARTH DAY CELEBRATION – TREE PLANTING II

April 27 (Sunday)

1-4pm, Rayne Forest Tree Farm

Now that the Viking Adventurers have learned all there is to know about trees and their beneficial byproducts from our Woodcrafters Adventure, it's time to get out to the actual FOREST and plant the next generation of trees! Pack a snack/water bottle, dress for the weather, and join fellow Viking Adventurer Fiona Rayne, at her family's tree farm up near Sandy, Oregon, to celebrate 2014's Earth Day. Viking Adventurers will pitch in, plant saplings, get muddy, drink cocoa, enjoy a tractor/hay ride, and run feral in the woods. Mother Nature awaits you! Carpools, gloves and shovels from home requested. Directions given at time of reservation.

PØLSE MED LOMPE

May 4 (Sunday)

3-5pm, Nordic Room

Get ready for Syttende Mai with a tasty and traditional cooking Adventure led by the Lodge's Ladies Social Club. Norway is one of the biggest sausage-eating countries per capita in the world. You will find them served in every market, mountain hut and train station around Norway. There, the sausages come served in Lompe - a culinary cousin of potato Lefse. In this Viking Adventure, come and learn how to make both the Lompe, and the sausages, by grinding the meat, adding spices and then piping it into the casings. Norwegian "hot dogs" never tasted so good!

SYTTENDE MAI CELEBRATION

May 17 (Saturday)

1pm Doors open. Parade at 3pm

Hurra! This year's Syttende Mai celebration is very special as 2014 marks the bicentennial of Norway's Constitution Day, adopted in 1814. (This is the second oldest written constitution in the world!) Luckily, May 17 falls on a Saturday this year, which means an extended fun-filled schedule featuring live music, dance performances, fjord horses, authentic Nor-

wegian delicacies (including Pølse med Lompe, btw) and the annual Parade through the Lloyd District. KIDS! Invite your buddies from your school to join in and wave your school's banner! Alle er hjertelig velkommen!

MAGICAL FELTED MUSHROOMS

June 8 (Sunday - after Pancake Breakfast)

1-3pm, Nordic Room

The classic red-and-white spotted toadstool is a popular image in Scandinavian culture inhabiting the lands of Gnomes, Faeries and Nisse! Join talented Portland artist Athina Hart as she leads our Viking Adventurers step-by-step through the wool-felting process to make these fanciful mushrooms. Using wisps of wool, warm soapy water and the magic of their fingertips, kids will learn a new skill and have lots of FUNgi. Limited to 15. (www.etsy.com/shop/Faeriesinmycloset)

PORTLAND SCANDINAVIAN MIDSUMMER FESTIVAL

June 14 (Saturday)

12-3pm, Oaks Park

Scandinavians have a long tradition of celebrating the Summer Solstice with bonfires and raising the Maypole (Majstång). Here in Portland that tradition has been celebrated for 86 continuous years at the Scandinavian Midsummer Festival. Food and crafts, two stages with music and dancing, plus a Kids-Area, promise continuous entertainment. The Maypole will be raised at 1pm. Viking Adventurers will carpool and enjoy this festival together. Admission fees apply.

CAMP NIDAROS

July 13-26

(Ages 9-12)

Nestled on a bluff overlooking the Pacific Ocean, this 46-year-old camp has been a tradition for countless Grieg Lodge children over the years. Located on the Oregon coast near Seaside, this camp immerses the children in Norwegian culture for two weeks and features instruction in Norwegian dance, language, cooking, crafts, singing, and of course, trips to the beach. Each summer has a theme (last summer's was Viking Olympics) and has all the trappings of a true Viking summer camp Adventure. (www.sofncamps.com)

VIKING PANCAKE BREAKFAST & ROCK CLIMBING II

September 7 (Sunday - after Pancake Breakfast)

12:30-3:30pm, Portland Rock Gym

"Clip in", to this second opportunity to go rock climbing, and after a delicious Viking Pancake Breakfast at the Lodge, head on over to the nearby Portland Rock Gym to rope up and conquer a wall. There, our Adventurers can experience the thrill and challenge of a realistic climbing experience! Signed waiver required. (www.portlandrockgym.com)

SALMON PART I SALMONIDAE ONCORHYNCHUS

September 21 (Sunday)
3-5pm, Nordic Room

This first of three Salmon Adventures will have our curious Viking kids learning about a fish that is critically important to Norway's Fisheries Industry. Educator Jane Chorazy from the Oregon Fish and Wildlife Dept. and Grieg Lodge's own highly-regarded member and fish biologist Kirk Beiningen, will talk about the life cycle, local habitat, pressures on, and successes of the salmon found here in the Pacific Northwest. Activities will include Gyotaku - Japanese printmaking (using real fish!) and more. Children will really get their hands WET on this one!

LEFSE ROLLING 103

September 28 (Sunday)
3-5pm, Bergen Dining Room

Back by popular KID-demand, you can never get enough Lefse! Working with the Master Lefse Rollers from the Ladies Social Club, this is a good beginner or refresher course, in everything lefse. From rolling to flipping to eating, this Adventure has been a real crowd pleaser and a great multi-generational activity in past years. All ages are welcome to come and learn how to prepare this traditional food.

SALMON PART II - HATCHERY/ BONNEVILLE DAM VISIT

October 5 (Sunday)
1-4pm

The second of the Salmon Adventure series will get kids out in the field like real fish biologists to see Salmon at a hatchery and then witness these fish in their natural habitat; the Columbia River. At the hatchery we will join a fisheries expert and learn the stages of the salmon's lifecycle from Egg-Fry-Smolt (the age that they can be released into the wild.). Next stop will be Bonneville Dam to see the adult salmon swimming up the fish ladder as they migrate upstream to spawn. Accompanied by Kirk Beiningen, this Adventure promises to teach our Viking kids the importance of conserving this truly magnificent fish. Trip details given at time of reservation.

ENAMELED RUNE CHARM

October 19 (Sunday - after Pancake Breakfast)
1-3pm, Nordic Room

Create your own rune charm that can hang from a zipper pull, dog collar, bracelet or key chain. Artist Debra Carus will walk the kids through the ancient art of fusing glass to metal, dating back to the Viking age. Using a 2000-degree kiln, Adventurers will pick out colors of powdered glass and then fuse them under high heat to a copper surface. A runic symbol will finish off the charm. This project combines the fun of metal-working with molten glass. Limited to 15. (www.elentari-handverk.com)

BOO NORSK!

October 24 (Friday)
5-8pm, Bergen Dining Room

"Knask eller knip" or "dig eller deng". That's pretty much how Norwegian children say "trick or treat." Games, crafts, food, pumpkins, masquerade parade, and a campy Halloween flick will be featured. Parents can enjoy the TGIF upstairs while the kids are having fun downstairs.

SALMON PART III - GRAVLAX

November 2 - (Sunday)
3-5pm, Nordic Room

Salmon are a traditional staple of diets in both Norway and the Pacific Northwest. To date, Viking Adventurers have focused on the conservation/management of this important resource for future generations. Our final Adventure in the Salmon series instructs the kids on how to prepare the fish using a centuries-old method of curing. Join our esteemed Gravlax experts Edna Koroch and Julie Whipple as they take us step by step through this fascinating process. Participants are requested to provide their own raw salmon fillets and containers. Details given at time of reservation.

CHRISTMAS COOKIES

November 23 (Sunday)
3-5pm, Nordic Room

Kids + Cookies = Happy! Lodge children will bake two kinds of traditional Norwegian Christmas cookies (all new recipes!) under the guidance of chefs from the Ladies Social Club. Children will go home with all of their delicious treats and recipes to try at home with Mom and Dad. Jump start the holidays with a delicious afternoon of baking and tasty sampling at Norse Hall.

ESSENCE OF NISSE & PEPPERKAKER TREE

December 14 (Sunday)
3-5pm, Nordic Room

Kristine and Albert Crompton will combine their talents and co-host this fun and creative Viking Adventure. A traditional Pepperkaker Tree, made of small wooden dowels, is often found in Norwegian homes at Christmastime. The wooden trees are decorated with home-baked Christmas cookies (usually Pepperkaker) and small ornaments. At this Adventure, the kids will construct their own tabletop tree and make some adorable Nisse (elf) ornaments to hang from it. Limited to 15.

SONS OF NORWAY

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