



# VIRGINIA VIKING

## SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Leonard Zingarelli Vice President: Mike Solhaug Secretary: June Cooper Treasurer: Ragnhild Zingler



### The President's Corner

This month's article is so much different from my previous ones because of the national emergency we all are faced with called the coronavirus. So instead of talking about the recent great events we've enjoyed, and the ones planned for in the near future, I am telling everyone to stay safe and healthy. Our lodge and the nation will get through this crisis by following the guidelines and recommendations coming from the CDC. Once we have this

coronavirus beaten, we can once again start enjoying each other's company and camaraderie by participating in the many events that your lodge puts on.

In the meantime, let's take advantage of sharing our lodge friendship by using such social media like our Facebook page and website. Please send to our lodge's Web Master Elizabeth (ekamosa@gmail.com) pictures and stories of the trips you have made to Norway or other fun places around the world. This way, we can all share the heritage and culture by joining in. We can also take this time to check out the International SON Headquarters (sofn.com) and SON 3rd District (3dsofn.org) websites for interesting links to everything from Norwegian language lessons to Norwegian cooking lessons, and so much more.

I'm not sure of how much longer we need to keep our social distances and staying at home, but I want to ensure our lodge members that you are not alone. If any of you need critical supplies and goods but unable to get out yourself, please let me know. We've had several of our members volunteer to help out by getting them to you. The rest of the spring, with respect to events and meetings, is unknown at this point when they will restart. So, I'm not putting out an updated Schedule of Events until I know more of when we can start getting together again. So in the meantime, lodge membership and board meetings are canceled, along with lodge events. Please stay safe and healthy. Please let me know if I can help at all. **Lenny**

Any Future Events

Will Be Announced

In This Newsletter

Or VIA Email

### Sons of Norway Whole Life Insurance

products provide coverage for your entire life,  
with single or level premiums and guaranteed level death benefit.

These permanent life insurance plans can provide you and your family with financial security no matter how long you live.

## **Fra Presidenten, Kathy Dollymore, 3rd District President**

I count my lucky stars every day that I can say I am part of such a wonderful, supportive, and caring organization! Usually, when something disrupts the everyday norm in society, our District comes together and leans on one another. We have faced things TOGETHER. Our members have supported one another and "rallied the community troops" to care for one another in times of personal struggles. The only difference this time is we have to do all this from a safe distance away; ideally from the safety of our own homes. Being quarantined/isolated can be stressful and lonely, whether you live alone or have a household of family members. We have been put through the wringer with this COD-19 Virus and it may not be over yet. My major concern is for everyone to stay safe and healthy. My daughter works in a major hospital as a medical technician scientist and my granddaughter is a self-employed small business owner.

Everyone has been affected. Just be kind and patient and pray for those who are not so lucky as we are. When I am stressed and I feel like I have no control over the world around me, I try to do something creative. Whether I paint, embroider, knit, or reorganize my closets/books/computer files, I find something that focuses me on a fun task and I discover that I'm not worrying about today, tomorrow, or yesterday. Creative moments can, and do, help you to focus and unwind. It doesn't have to be painting a masterpiece or knitting a sweater; it could be something as simple as doodling using simple pen and paper. May I suggest while you are staying at home in a safe place you use that time to practice your cultural skills. Whether you want to try a new recipe, learn rosemaling or research your roots, Sons of Norway provides access to a variety of resources. After signing on look under Member Resources and go to Cultural Programming. Start writing a history. Write a letter. Netflix has some Norwegian movies. YouTube will show you how to make lefse. Take a walk around the block and breath some fresh air. Let's all come together (virtually), make some memories, and appreciate what we have. Reach out to those you know who are alone either by phone, text, Facetime, Zoom, etc. and make that connection. And if you feel like you don't have anyone to turn to, please reach out to a lodge member. Stay home, stay safe and Ta vare på hverandre "Take care of each other". Kathy

### **Gratulerer Med Dagen (Happy Birthday) To the Following Members in April**

<b>Allan Kjeldsen</b>	<b>Anette Johnson</b>	<b>Evelyn Keever</b>	<b>Amanda Kelly</b>	<b>Kelton Meagher</b>
<b>Owen Lindenberg</b>	<b>Kaare Loftheim</b>	<b>Steven Lunde</b>	<b>Andrew Meagher</b>	
<b>Sophia Meagher</b>	<b>Allan Nadolski</b>	<b>Jordan Pagach</b>	<b>Cole Partin</b>	
<b>Patrick Peterson</b>	<b>Disa Power</b>	<b>Deanna Rumney</b>	<b>Austin Sutton</b>	
<b>Kayla Vanwerkhoven</b>	<b>Vivian Zingarelli</b>			



## NORWEGIAN WAFFLES

### INGREDIENTS

- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 tsp kosher salt
- 3 large eggs, separated, room temperature
- 1 cup sour cream, room temperature
- 1 tsp vanilla extract
- 1/2 cup (1 stick) unsalted butter, melted, slightly cooled, plus more for waffle iron
- Brown cheese (Gjetost), crème fraîche, strawberry jam, and/or unsalted butter (for serving)

### RECIPE PREPARATION

#### Special Equipment

- A Norwegian heart-shaped waffle iron

#### instructions

- Whisk flour, sugar, and salt in a medium bowl. Whisk egg yolks, sour cream, vanilla, 1/2 cup butter, and 1/3 cup water in another medium bowl; add to dry ingredients and whisk until smooth. With an electric mixer, beat egg whites to stiff peaks and gently fold into batter.
- Heat waffle iron until very hot and lightly brush with butter. Working in batches, cook waffles until golden brown and crisp. Stack waffles and serve with desired toppings.

Recipe by Bon Appétit

Photos by Danny Kim

## Sports Medals

Congratulations to the following on their sports medal achievements for 2020 to date.

Jeanne MacDonald  
Jane Lipscomb  
Anne Grete Peterson  
Ralph Peterson  
Mike Solhaug  
Henry Lindenberg  
Harriet Lindenberg  
Vivian Zingarelli  
Bob Rumney  
Cindy Sanoba  
Grete Sutton

Bob Rumney  
Sports Director

If you complete any Sports Medal requirements during this period of isolation (due to the Coronavirus Pandemic) just send me an e-mail on what level you have completed and for what activity. I will send for the medal based on your report.

## How has Norway managed to test over 100,000 people for coronavirus?

**Norway on Friday announced that it has now tested more than 100,000 people, putting it behind only Iceland and the United Arab Emirates in the number of tests per head. How has it managed to do it?**

When Norway confirmed its first case of coronavirus on February 26, the country's National Institute of Public Health immediately began taking actions to dramatically increase the number of coronavirus tests it can carry out. "Since the outbreak started, there has been a massive expansion of testing capacity," Didrik Vestheim, Department Director of Vaccine Preventable Diseases, at the Institute told The Local.

"At the time we had the first case reported in Norway, coronavirus testing was already available at a number of labs at the major hospitals. Our institute then made a recommended PCR diagnostic test, and it was rolled out to diagnostic labs across the country."

The country has since tested 101,986 people for the virus, or 18,996 per million people. This compares to just 34,388, or 6,140 per million people in neighbouring Denmark, and under 40,000 in Sweden.

Only Iceland and the United Arab Emirates, which have tested a massive 26,772 and 12,738 people per million of population respectively are ahead.

The country's enormous testing capacity may be part of the reason it has been so successful in keeping the virus under control, with just 44 deaths recorded as of Friday.

That's a mortality rate among those who test positive for the virus of less than 0.9 percent, compared to almost 10 percent in Italy.

"I think the explanation may partly be related to the different levels of testing in different countries," Vestrheim said. "We are one of the countries that has tested the highest percentage of our population and the assumption would be that the more you test, the more mild cases you will have among the confirmed cases, and more mild cases in the denominator will impact the estimation of the mortality." He said that widespread testing may also make it easier to slow the spread of the disease. "The more you test the more people with mild symptoms you find, and you can also do contact tracing and quarantine around people those mild cases," he said.

Dag Berild, a medical doctor and Associate Professor at Oslo University Hospital, argued that the low level of antibiotic resistant bacteria in Norwegian hospitals may also have played a role in the country's lower mortality rate. "The argument for that is that many of the coronavirus pneumonia cases are complicated by bacterial pneumonia, so if that is the case with coronavirus, then patients in a country with a low resistance rate among bacteria would have a better prognosis than those in Italy, where they have an awful lot of resistant bacteria, particularly in Lombardy."

Vestrheim said that expanding Norway's testing capacity had not been easy. "There have been shortages of analytics, for equipment to do the extraction before the PCR testing, for the swabs that you use to take the specimens," he said. "There's also a huge shortage of protective equipment for health personnel." But it had been helped by the fact that the country has more than 20 public testing labs in hospitals around the country, as well as ones run by private providers. "The health service in Norway is quite decentralised because of the geography, so we have diagnostic labs all across the country and a good collaborative network among the labs," he said. This, he said, had made it easy for his institute to roll out the tests rapidly across the country. "Initially we had this quality control mechanism where all the positive specimens were confirmed here at our institute, but gradually more and more labs have established good quality assurance, and so it's more and more widely available around the country."

## Norwegian Delicacies



### Tørrfisk (Dried Fish)

Another notable Norwegian fish dish is tørrfisk. This unsalted and cold air-dried fish originates from the far north of Norway, particularly from the islands of Lofoten and Vesterålen. This specialty was one of Norway's earliest delicacies and has been a traditional dish since the 12th century. Tørrfisk, which is also known as stockfish, is typically made with cod, but sometimes

consists of haddock or pollock. The method of cold air-drying is one of the oldest preservation techniques in the world, giving tørrfisk a long shelf life of up to several years. Tørrfisk is also cured through a fermentation process, by which cheese, for example, is matured. Special bacteria that can survive in freezing temperatures are used to slowly mature the fish, giving it a richer flavor. Tørrfisk can also form the basis of other fish meals, such as a delicacy called lutefisk. For this, the tørrfisk is softened by soaking it in water which is infused with lye, before grilling. (Editor Note: When we visited my grandparents in the North of Norway, we loved it when my grandfather took us out to his garage where the Tørrfisk var hung up and he would use a hammer to soften it and pull off some slivers for us to chew on).

## Fårikål



Situated North, Norway regularly experiences long and harsh winters. Nothing warms Norwegians up more than a hearty stew, and in particular, a bowl of their favourite *fårikål*. Commonly found in more western parts of Norway, this robust mutton stew, made up from only a few ingredients, is relatively easy to prepare. The only ingredients required are mutton and cabbage, with peppercorns and salt for seasoning which are then layered together in a large pot. Covered in water and cooked until the meat is tender, *fårikål* is conventionally served with a side of potatoes. The dish is so popular, that there is even a *Fårikål* Feast Day celebrated on the last Thursday in September each year.

## Smalahove



Another festive specialty dish is the unusual and not for the faint-hearted *smalahove*, made from a sheep's head. Originally associated with lower classes in Norwegian society, and more commonly eaten in its western parts, *smalahove* has now become a widespread Norwegian

favorite. In order to create this dish, the skin and fleece of the sheep's head must first of all be seared. After, the brain is removed, and the head is seasoned with salt and then air-dried. Occasionally the brain is left inside the head, being cooked along with the meat or fried and eaten separately. If the brain is removed, the salted and dried head is then boiled until cooked, and served with mashed potatoes or rutabaga. The title of this dish derives from the words hove and smale. Hove is a dialectal form of hovud, which translates as head, while smale translates as sheep.

## Finnbiff



Reindeer are unique to northern countries, and are often used in traditional Norse dishes and stews. One such stew is called *finnbiff* and consists of a number of flavorful ingredients mixed together to create a unique combination. First, the reindeer meat is cut into shavings which can be cooked quickly, before being browned in a pot alongside bacon and mushrooms. Next, water is added, leaving the meat and vegetables to boil and simmer which creates a rich stock of flavor. Finally, a mixture of crushed juniper berries, sour cream, thyme, milk and brown goat's cheese are added.

## Sons of Norway Names Christopher Pinkerton CEO MINNEAPOLIS

**March 9, 2020** The International Board of the Sons of Norway is pleased to announce Christopher Pinkerton has been named CEO of the organization. The board has evaluated the leadership needs for the growth of the organization and combined the current role of the CEO and the COO into one position, which will report directly to the International Board. Since 2018, Pinkerton served as COO of Sons of Norway, an insurance organization which holds more than \$365 million in assets in 38 states. During the past two years, Pinkerton developed new insurance and annuity products that increased certificate sales growth 195%. He is also credited with growing the agent force from 50 representatives to 473 in two years without increasing the marginal cost of acquisition. Pinkerton will replace Eivind Heiberg who has served as CEO since 2009. Pinkerton brings to the CEO role, more than 20 years of experience as a senior leader in executive positions with Nationwide Insurance, Allianz Life of North America, The Independent Order of

Foresters and Savings Bank Life Insurance of Massachusetts. He also created and led an independent consulting firm specializing in market strategy and implementation programs for the life insurance industry. “Chris has successfully led these companies through business challenges and to positive sales growth and profitability,” says Ron Stubbings, International President, Sons of Norway. “His leadership and track record in his short time at Sons of Norway have helped elevate all factions of the organization, giving us much to celebrate as we mark 125 years.” Pinkerton earned a Bachelor’s degree in Business Administration from Franklin University in Columbus, Ohio and an MBA from Xavier University in Cincinnati, Ohio. He also holds designations as a Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC) and is a Fellow of the Life Management Institute,



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# Virginia Viking

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