



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

We still find ourselves in a pandemic, but we can see the light at the end of the tunnel with three different vaccines now being distributed, but this may take several months to show benefit. It appears as if there is a statewide registration now that will help at getting vaccinations out to everyone. Please register on this website and other websites like CVS to get your

vaccination as soon as possible. In the meantime, continue being vigilant at following the CDC safety recommendations for your health and your family's health. Now is not the time to let your guard down. In-person, indoor gatherings continue to be canceled. However, we have been replacing them with on-line Zoom meetings which have been a huge success. Our presentation programs at the end of the meetings continue to be well received by all. Be on the lookout for an announcement and invite to the meeting as we approach the middle of the month. If conditions continue to improve with respect to the Covid pandemic, I expect to be able to start in-person meetings and events by the end of the summer. I think this is a real possibility. Stay safe and healthy. **Lenny**

March 04, 2021,

Board Meeting at ZOOM
at 7:00 pm.

March 18, 2021

Membership Lodge Meeting
at Zoom at 7:00 pm.
Program by Wendy
Swallow, Author of "Searching
For Nora: After the Doll's
House".

<https://itascabooks.com/searching-for-nora-after-the-dolls-house/> Enter the coupon code DON15 to get the 15% discount. The discount will be in place for some months.

Sons of Norway Whole Life Insurance

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[Fra Presidenten, Kathy Dollymore, 3rd District President](#)

What a year it has been since we've had last March's shut-down of many of our lodges. A long year where we've missed the personal interaction with each other. As humans we need that connection. It is great to see what the 3D lodges have done to connect. Lodges who have continued with newsletters, emails, phone calls, and online meetings all to keep in communications with their lodge members. So, keep up the good work. Congratulations to all the new and returning officers. You all are to be commended for accepting the responsibility for your lodges especially during this time. This is the last hurrah for winter, and here in the Northeast - WHAT A WINTER!! More snow, ice and cold that I can remember. But in spring we will have a rebirth. I feel confident with vaccines being more readily available, restaurants and businesses opening, and with people still taking safety precautions, that we will be back to our new normal for meetings and events in no time. There are deadlines that become due at this time of year. Did your lodge submit the AFA Lodge activity report due Feb 15th? Remember this can be done online at FraternalGives.org. Please do not take this form lightly, for it ensures that the order of Sons of Norway will keep it's not for profit status. There are also grants and scholarships that are available from SON. Look at the particulars at <https://www.sofn.com/foundation/>

A message from Norwegian Prime Minister Erna Solberg that I found timely: **"Better days are coming soon"** These are words of inspiration and hope from Norway. *"Recent weeks have been challenging, as we faced political unrest and social upheaval, all while COVID-19 cases are surging around the world. In Norway, it has also been a difficult time, with a tragic landslide outside Oslo, with the destruction of property and loss of life. This is a time when we need to stick together more than ever, both at home and as part of the global community. It is also a time to be grateful for all that we have: leaders who are working on our behalf, dedicated health-care professionals, our families, neighbors, and friends".* (Norwegian American Paper) (naw@na-weekly.com)

I believe what Prime Minister Solberg has said and with that in mind for your lodges consider trying something new. For example, several lodges have started holding "Dine Around" functions where they pick a date and location for a meal at a local restaurant and use it as an effective and informal gathering of members along with invited guests with interests in Norwegian culture. Be visible in your Community. Fly that SON Flag, show your lodge pride. Programs to support small local businesses, help by donating to homeless shelters, Small acts of kindness go a long way. Participating in these activities not only displays the core value of SON but is rewarding to the participants and recipients. Share email newsletters with other lodges to see how they conduct their meetings and have events. Get involved! Being an active member of our Third District is a fulfilling and enriching experience. Ask your lodge if you want to join or start a committee. Language lessons, book groups, genealogy, fun and fitness. Start an evening of Scandinavian movies, even if these are all done by Zoom. Countless opportunities await; just ask! Keep connected! I believe our resilient membership will come through with time, patience and perseverance. Every one of us can benefit from revisiting these foundation stones of life in our turbulent and ever-changing world. **"Better days are coming soon"** See you in the lodge!

Fraternally, Kathy

Gratulerer Med Dagen (Happy Birthday) To the Following Members in March

Julia Abraham	Sarah Ammons	Larry Berg	Wilma-Fehrs Foss
Michael Fountain	Rosalind Gillett	Lynne Hudson	Vigdis Jolly
Kjersti Lee	Kyle Lindenberg	Lucia Liptakova	Kjell-Ove Skare
Tonya Snow	Barbara Stehlik	Kristine VanWerkoven	Odd Vinnelrod
Dana Fuqua			

Get To Know Nordic Knits

Winter is in full swing which means we have now entered peak jumper season. Whilst ugly Christmas jumpers are pretty much inescapable, it's classier Nordic knit cousin is a fabulously cozy and way less garish option for those who want to keep warm in style. This is a must-have item for both those into Scandinavian styling and the consistently cold.

The Origin of Nordic Knitwear

The traditional Nordic jumper features a wide decorative pattern around the neckline which is the same all the way around, meaning that you can wear it either way round and it wouldn't make a difference. It's named from the Icelandic *lopapeysa* from "Lopa" meaning wool and "peysa" translating to the sweater.

What are Nordic jumpers made from?

The real deal is always made from pure Icelandic wool with both inner and outer fibers that originate from sheep bred over 1000 years in sub-Arctic climates. There's nothing else quite like it in the world and anything manufactured elsewhere is considered a knockoff, the quality texture of the genuine product is both glossy and water resistant.

The Story behind the iconic Nordic pattern

You won't find many bright colors in these cuddly creations as the wool is mostly used in its natural hues: black, brown, grey and white. Although knitting came to Iceland in the mid-sixteenth century, this style of the jumper wasn't adopted until around the 1950's when they became an invented symbol of national identity following the countries' break away from Denmark. It's argued that the pattern draws inspiration from South American, Turkish and Swedish designs.

Norwegian variants of the Winter staple dates as far back as the 1500s and contribute to some of the most popular designs of the sweater to date. These versions of the Nordic sweater tend to be ever so slightly more colorful than their Icelandic counterparts. Two of the most renowned patterns attributed to this style are the Setesdal lusekofte and the Fana cardigan sweater.

Nordic Knitwear in Popular Culture

Nordic sweaters have been popular for Ski holidays since the 1930s. The 1950s saw the likes of Marilyn Monroe and Grace Kelly wearing these knit classic, right through the 1970s where Nordic knitwear became all the fashion for everyday winter wear.

A modern take on the traditional jumper, and the beginning of the craze of wearing festive knitwear on Christmas day. Amy Pond from Dr. Who pulls off a take on a traditional pattern from 1930s ski knitwear.

Nordic Knitwear We Love

Nowadays, Nordic and Scandinavian fashions can be seen everywhere from the catwalk to the high street, and everywhere in between. Style them with a pair of high waisted jeans and a sturdy pair of winter boots and you'll have yourself the coziest ever Winter outfit, ready to tackle the great outside or cuddle up with a book indoors.



Editor's grandchildren. Their Norwegian sweaters are knitted by their great-grandmother. The youngest one is wearing a "Fana-sweater", and the oldest children are wearing "Marius-sweaters".



Editor's youngest son is wearing a Norwegian North-Sea sweater knitted by his grandmother.

FASTELAVENS ROLLS

Fastelavn is a Carnival tradition in the Northern European nations of Denmark, Norway, Sweden, Iceland and the Faroe Islands related to Roman Catholic tradition in the days before Lent. In Norway (and Denmark) this day is associated with the delicious fastelavnsbolle. Fastelavnsboller is quite similar to the Swedish semlor which you might have heard of, but in my opinion much better (although as a Norwegian I am a bit bias...) These delights consist of a sweet bun cut in half and filled with a lovely whipped cream. Add a touch of icing sugar or sprinkles on top depending on what you prefer, or add a berry jam of your choice inside.

For me, this day always brings lovely memories of the family gathering around the table and enjoying fastelavnsboller while having a hyggelig time together, so I hope this will inspire you to do the same this Sunday. (Although these buns can easily be enjoyed all year round with or without the whipped cream inside).

Ingredients:

For the buns:

8.5 ounces milk
100 stick butter
1-2 packages dry yeast
4 cups flour
3-4 ounces sugar
1 tsp ground cardamom
1 egg

or the whipped cream:

1.5 cups whipping cream
1 tbsp sugar
0.5 tsp vanilla sugar or extract (optional)
or use a ready-spray if you do not have time...

For decoration:

1 egg
Icing sugar

Measure up all ingredients so you have it all ready.

Melt the butter, add in the milk and heat it up to about 100 F in a pan (which is body temperature so I usually test it by adding a drop on my wrist) before you stir the yeast into the mixture.

Add all the dry ingredients into the bowl with your milk, butter and yeast mixture and stir it all together. Lastly, add the egg.

Knead the dough for approximately 10 minutes on medium speed (or by hand if you do not have a mixer).

Let the dough rise for about 1 hour under a kitchen towel until it has doubled in size.

Divide the dough up into about 20 evenly sized pieces, roll them into buns and spread them on two trays with baking paper on.

Leave to rise for another 30 minutes under a kitchen towel.

1. Preheat the oven to 400 F.

2. Once finished risen, brush each bun lightly with a beaten egg.

3. Bake for 10–12 minutes until they are golden (make sure you check as this depends on your oven, for me it was 10 min).

4. Take them out of the oven and let cool down.

5. When they have cooled completely, cut the buns in half and spread the whipped cream on the bottom half before placing the other half on top. If you want, you can also add a berry jam of your choice inside under the cream.

6. Finish the presentation off by lightly dusting icing sugar on top.

Best served and enjoyed immediately!



Virginia Viking

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