



# 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

I hope everyone survived the snow that we received this past weekend. One of the nice things about living in Hampton Roads is that if it does snow, the snow doesn't hang around for very long. Many lodge events that we were not able to do during this past year due to Covid, will hopefully be happening here real soon. This includes our

first in-person lodge meeting for the new year on Saturday the 12th of February starting at 5 pm. We will be doing a funny skit titled "Ole and Lena's Wedding." Come and be a part of this featured event, along with a potluck reception following the wedding. This will be taking place at the Bayside Presbyterian Church in their large Fellowship room (the one near the kitchen). More information will be forthcoming. We also have our annual New Members Breakfast that will cover new members during 2020 and 2021. If you live south of the tunnel and joined our lodge during the past two years, you will be getting an invitation for a free breakfast. This will be a pancake breakfast in the Fellowship Room of Bayside Presbyterian Church on Saturday the 19th of February. Exact time and other details will be sent out later. If you live north of the tunnel, the Norge Norsemen will be sending you an invitation for their New Members Breakfast. Their date and time will be forthcoming. Besides a free breakfast, you'll have an opportunity to meet the other lodge members and learn what the Sons of Norway and your lodge has to offer you. Late March, we have the Stoughton Norwegian Dancers here and in May, we have our lodge's 50th Anniversary party. Lots of good stuff. Hope to see you soon. Stay safe and healthy.

**Lenny**

#### February 3, 2022

Zoom Board Meeting  
at 7:00 pm.

#### February 12, 2022

Membership Lodge Meeting in-person potluck at Bayside Presbyterian Church Fellowship Hall. Program is Ole and Lena's Wedding. Please arrive at 5 pm to setup potluck, wedding starts at 5:30pm with reception following.

#### February 19, 2022

New Member Pancake Breakfast for SON Hampton Roads Tidewater area. Breakfast starts at 9:30 at our meeting church Bayside Presbyterian in the large Fellowship room.

#### February 28, 2022

Norge Norsemen Meeting at Viking Hall in Norge at 6:30 pm. Program will be Stave churches by Elaine Norman

#### March 26, 2022

Stoughton High School Norwegian Dancers at Bayside Presbyterian Church at 5:00 p.m.

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**

FEBRUAR Here it is February – And yes, although we are still dealing with the pandemic let's focus on some happy thoughts: Hopefully the virus will see a plateau soon and we will begin to readjust to what we have learned and become in these past 2 years. Technology- many of our members have talked with others via video calls at some point since the pandemic's onset. Many of us have used technology or the internet in ways that were new or different to us. But to be fair we would have liked to have had those interactions in person, but instead had online or over the phone - useful – but not a replacement for in-person contact. Installation of new officers: If your new or returning officers are being installed or have already been installed, we congratulate them and offer our support. I am deeply grateful and proud of our lodge leadership who continue to face the many and often difficult obstacles this pandemic continues to bring to our lodges with renewed determination and resilience. You get to take an active role in helping your lodge become a better place. I expect our lodge membership to support, in any way they can, those who have taken on this responsibility. Have your Delegates been chosen for the upcoming Convention? Leadership roles filled? Committees organized? Share the experience. This saves single members taking on the majority of a burden. Celebrate We are happy to celebrate Saami People's Day on Sunday Feb. 6 and Norway's Mother's Day on Feb 13. Valentine's Day is February 14th – let's share some love with our members. Fastelavn-the Norwegian answer to Carnival. This year it is søndag 27. Februar (Sunday, February 27). This holiday occurs seven weeks before Easter Sunday and is sometimes described as a Nordic Halloween, with children dressing up in costumes and gathering treats for the Fastelavn feast. The holiday is generally considered to be a time for children's fun and family games. Why not try to bring some festivity to your lodge meeting. Adults are ready to have fun along with the kids. Funny hats, decorating masks, what brings a smile to your lodge members. In Norway a popular baked good associated with the day is Fastelavnsboller ( "Fastelavns bun", also known in English as "shrovetide bun" or "lenten bun"), a round sweet roll usually covered with icing and sometimes filled with whipped cream. Yummm. Scholarship -Those of us with adult children or grandchildren may wish to pose the questions to them as to what might interest their peers. Whether their interests lie in financial products, travel, culture or heritage, Sons of Norway has a lot to offer, including the assistance of Financial Benefits Counselors and the fellowship and philanthropy opportunities of your local lodge. The Sons of Norway Foundation Scholarship season is upon us. Check them out and see if there is help for members, child, or grandchild - [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) for complete information.

***Fraternally, Kathy Dollymore, 3 D President***

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

<b>Virginia Ballard</b>	<b>Timothy Bergan</b>	<b>Peggy Carnes</b>	<b>June Cooper</b>
<b>Susan Pincus</b>	<b>Walter Hoff</b>	<b>Britt Kausland</b>	<b>Jared Lindenberg</b>
<b>Amanda Partin</b>	<b>Greger Sutton</b>	<b>Conway Telfeyan</b>	<b>Robert Stanzione</b>
<b>John Zimmerman</b>	<b>Robert Berg</b>	<b>Christine Tremblay</b>	<b>Robert Winters</b>
<b>Kaitlyn Gardner</b>	<b>Ingrid Kross</b>	<b>Anna Marie Ljungberg</b>	<b>Susan Morelli</b>
<b>Martha Silano</b>	<b>Richard Sletten II</b>		

## FASTELAVENS BOLLER (Shrovetide Buns)



Seven weeks before Easter, and sitting at the cusp of Lent, is a celebration spanning the centuries, and evolving to what is known today in Norway as Fastelavn, or ‘the fast evening’. Three days encompass the fastelavnsfeiring celebrations, starting on Fastelavnsøndag (Sunday), followed with Blåmandag (Blue Monday) or Fleskemandag and concluding with Feitetirsdag (Fat Tuesday) or Hvitetirsdag (White Tuesday).

The roots of Fastelavn tie into the fertility cult. When those with life – women, animals & trees – would be awakened to fertility by being struck with the branches of birch trees. This practice is known as Fastelavnris. Birch trees often had buds at this time of year, and those twigs were referred to as *life twigs*. It was believed that those branches which did not bear buds at this time, had the fertility effect in itself, and were regarded with even more favor. The blossoming buds were also used for crop and weather predictions. Later, with the associations of Christianity, the twigs were regarded as symbols of the Passion of Christ and as the beginning of Lent.

The concept of awakening later turned into an old tradition of waking early from bed and grabbing birch branches to then playfully spank those who were not yet awake. It was normal, up until far into the late 1900s, for children to whip their parents for fun and to be treated to a cream-filled bun afterwards. These buns are still eaten on Sunday.

The star of Fastelavn: a bun. A boller, to be exact. Freshly baked. Sweetened cream nestled inside. Topped with a generous dousing of powdered sugar – just enough to crown the lips of the one lucky enough to take a bite. These are decadent, yet simple. Sometimes, a spreading of jam will grace its interior as well, or custard, but traditionally, the cream should suffice. It’s possible these buns originated from the dumplings which previously were eaten with fatty soup and meat on Sunday as a practice of gluttony.

Historically, the three day Fastelavn celebrations were: *Fastelavnsøndag* – also referred to as Pork Sunday; a day filled with indulgence, and the practice of fastelavnris.

*Blåmandag/Fleskemandag* – for some it was a barren day, in preparation for the following day, Fat Tuesday, when they would eat themselves full. In the case of Catholic Priests, they traditionally began their fasting on this day. The name Blue Monday (Blåmandag) refers back to the Middle Ages, where the altar was dressed in a blue cloth to signify that the priests had begun to fast. For those who did not keep a barren day, they would usually dine on meat, especially pork.

*Feitetirsdag/Hvitetirsdag* – could be either Fat Tuesday or White Tuesday. If celebrated as Fat

Tuesday, one would eat the best and fattiest foods in the house, as a way to empty the cupboards before the start of fasting. Many people would eat seven fatty and nutritious meals to ensure they were full and content before Lent. For others, one would begin the transition to eating meager fare and dine on white foods, such as milk and pastry, hence the name White Tuesday.

Today, fastelavnsboller are still eaten on Sunday and it is common to purchase fancily decorated birch branches from organizations, particularly the Norwegian Women's Public Health Association, to raise money for the elderly and sick in Norway. It is still common for Norwegians to eat fatty meat on Tuesday.

## **Fastelavnsboller**

(Makes 18-20 buns)

Ingredients:

- 500 ml (2 cups plus 1 tablespoon) milk
- 850 g (7 cups plus 1 tablespoon) all-purpose flour
- 150 g (2/3 cup) butter, melted
- 150 g (3/4 cup) sugar
- 50 g (2 oz) fresh yeast or 17 g ( 1/2 ounce plus 1/8 oz) dry yeast
- 1 egg
- 1 teaspoon cardamom
- 1/2 teaspoon salt
- 1 egg for brushing
- Hand whipped cream (5 dl or 2 cups whipping cream, adding sugar to taste)

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Preheat the oven to 200°C / 400°F.

Warm the milk in a small saucepan over medium-low heat, until lukewarm. Pour into a mixing bowl and combine with the melted butter. Add in the yeast, sugar, egg, cardamom and salt and mix well. Slowly add the flour and mix with a wooden spoon. Start with 800 g (about 6 1/2 cups) of flour, adding more as necessary to create a soft and workable dough.

Turn the dough out onto a floured surface and kneed until elastic. Place in a greased bowl, cover with a cloth and let the dough rise until doubled, 45 minutes.

Knead the dough lightly on the floured surface and divide into 18-20 portions, rolling into smooth balls. Prepare two baking sheets and divide the buns on the prepared sheets. Cover loosely with plastic or a cloth, and let rise until doubled, about 45 minutes.

Beat the egg with a fork and add 1 teaspoon water. Brush the buns with the egg wash.

Bake in the middle of the oven, 1 sheet at a time, for 15 minutes. Transfer to a wire rack to cool.

Once the buns are cooled, slice them in half, horizontally, and cover the bottom of the bun with whipped cream (and jam if you like). Replace the top and sprinkle generously with powdered sugar.

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\*Sources: *Store Norske Leksikon*; *Aktiv i Oslo*; *Hverdagskost of Festmat Langs Primstaven*. Birger & Brimi. 2001.

# SAVE THE DATE AGAIN

OLE AND LENA  
ARE GETTING MARRIED

February 12, 2022  
5 pm POTLUCK RECEPTION

BAYSIDE PRESBYTARIAN CHURCH  
1400 EWELL ROAD, VA. BEACH



SONS OF NORWAY  
HAMPTON ROADS LODGE  
PRESENTS

A PERFORMANCE BY THE

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# STOUGHTON HIGH SCHOOL NORWEGIAN DANCERS

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MARCH 26, 2022  
BAYSIDE PRESBYTERIAN  
CHURCH  
5 PM

*Scandinavian dancing,  
gymnastics, and fun*

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# Virginia Viking

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