



# 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

Last month, we were able to watch the Stoughton High School Norwegian Dancers at one of three different SON lodge events. They danced at the 24th St. stage at the beach, Tallwood High School in Virginia Beach and at Viking Hall up in Williamsburg (Norge). I certainly hope that you were able to watch them because they put on quite a show. They were so good that our

members gave them what I would consider was a very nice donation. We also had our Norwegian Lady ceremony at the beach which was very well attended by all. Although it was a bit windy, the ceremony went well, and the guests were pleased. We held the New Members Breakfast for the Norge Norsemen members up in Williamsburg on 19 March. Again, a good amount of the Norge Norsemen attended, and all had a very good time, besides a nice breakfast. In April, we will be having our normal in person lodge meeting at our Bayside Presbyterian Church at 7:30pm on the 21st of April (Thursday). We have a special program that all will enjoy, so please attend and be a part of it. On 30 April, come and walk with your lodge during the Norfolk NATO Parade of Nations. We walk at a stroll's pace alongside of our lodge's Viking Float. We march with the Norwegian Group at NATO headquarters here in Norfolk. It is a lot of fun to march (walk) in the parade. If you don't want to walk, at least come to Waterside and watch it. We also have a few important events in May that I'll mention more as we get closer to May. However, mark your calendars now and save the date on Saturday the 21st of May, we have our lodge's 50th Anniversary party. Invitations will be mailed soon. Lots of good stuff. Many things are happening for our lodge this spring. You'll see that in my upcoming "Updated Schedule of Events" for our lodge that I'll be sending out soon

April 21, 2022 at  
7:30 pm

Membership Meeting  
At Bayside Presbyterian  
Church  
Program:  
Norwegian Art Culture  
by Adrianna Murphy

April 30, 2022 at  
9:00 am

Norfolk NATO  
Parade of Nations  
For walkers following  
the float meet at Tides  
Harbor Park Baseball  
Stadium at 9:00 am

Stay safe and Healthy. Lenny

# 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

### APRIL PRESIDENT'S LETTER



Isn't it wonderful to see the sun shining bright and know Easter is around the corner? What a wonderful time of year for many reasons. Here, in the Philadelphia area, we see Spring is starting to arrive, though we still have cooler weather in the mornings the sun chases those cold

weather feelings away. I can't tell you how happy I am to look outside and see the yellow daffodils and purple hyacinths blooming and showing off their springtime smiles. Now's the time to start walking if you haven't been during the winter months. Get out and enjoy the sunshine. Get your start on the sports medals. The Norwegians spend much of their Easter Vacation time as a time for family and leisure. It means eating Easter lamb, getting an Easter tan when skiing in the Easter mountains, giving each other giant cardboard Easter eggs filled with candy, and reading Easter crime novels like those Jo Nesbø and Karin Fossum. I wish for your Easter time to be filled with facetime with family, phone calls with friends, and a chocolate bunny along with a good crime novel.

The convention is coming along, even with this being an unprecedented kind of meeting with in-person and virtual meeting. We are still having a Viking Auction to help with donations to our Charitable Giving Group (Charitable Trust, SON Foundation, and Alzheimer's Assoc. ) It has been 4 years since we've been face to face and hopefully, I'll see YOUR smiling face in Jacksonville. Has your lodge signed up for an ad in the journal, or the Booster sheets that are also out for membership to send welcoming and good wishes to the delegates? I appreciate the fact that this has been a time of patience and I thank you for yours.

Thanks to all of you who have, and are, working so hard for your Lodge and our Third District. It is your individual and collective efforts that will continue to make them successful.

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

Elizabeth Aadahl	Anette Johnson	Evelyn Keever	Amanda Kelly
Kelton Meagher	Larry Emmon	Alivia Wnek	
Owen Lindenberg	Kaare Loftheim	Clark Elverum	Andrew Meagher
Sophia Meagher	Allan Nadolski	Jordan Pagach	Clark Elverum
Patrick Peterson	Lucinda Larsen	Deanna Rumney	Austin Sutton
Ernest Sutton	Karen Condon	Brenda Uyak	Robin Sabo
Kayla Vanwerkhoven	Vivian Zingarelli	Bob Longworth	

## **3D CULTURAL ART COMPETITION EXHIBITS AT THE CONVENTION**

### **Entering the Contest**

- Participants must be current Sons of Norway members
- It is not necessary to attend the Convention in order to participate in the Folk-Art Exhibition & Competition. If you will not be attending, you may send your work along with a delegate from your lodge or district. **DO NOT send your artwork. If you are not attending the convention, ask a delegate to bring it.**
- Space for this year's event is limited. In the event that there are more items than there is space to display them, pre-registered items will be given priority. This means that pre-registration is the only way to guarantee that your item will be included. To guarantee a place in the Folk-Art Exhibition & Competition, send in all registration forms to Third District Cultural Director, Andy Mathisen no later than **May 10, 2022**
- On-site registration will take place on Friday, June 10 from 10-2 PM.

- Each item must have an identification label (included with this packet)
- Entries must fall into one of the following categories:
  - Rosemaling
  - Norwegian weaving
  - Hardanger embroidery (by hand only)
  - Norwegian themed needlework (e.g. klostersøm, diamantsøm, and other traditional needlework)
  - Hand knitting/crocheting w/Norwegian design
  - Figure carving w/Norwegian theme using hand tools only
  - Relief carving w/Norwegian theme using hand tools only
  - Chip carving using hand tools
  - Photography
  - Other w/Norwegian theme (paintings, stained glass, kolrosing, etc.)
- There are three classes for each category:
  - **Adult professional** including instructors of the craft and persons who sell their work
  - **Adult amateur** who engages in a given craft activity as a pastime / hobby and do not sell their work
  - **Heritage** members, 15 years old and under.
- All items submitted for the folk-art competition must have been finished within the past four years, and shall be the sole/exclusive efforts of the registered person.
- Projects from prior years would be for display/exhibit purposes only.
- A member is allowed to enter a maximum of two items per category
- All items must be delivered to the Convention Folk Art Committee by 2PM on Friday, June 10, 2022
- Members who do not wish to compete may enter their items for exhibition only
- Items must be picked up by the conclusion of the convention

Artist's signature

- **All work should be discreetly signed**
- **Rosemalers and wood carvers may sign their objects on the back side only – these signatures will be concealed during the judging**
- **Paintings that have the artist's signature on the front will have tape placed over the name and will be at the owner's risk**

Participants may bring a stand for those items that need it (framed items, Rosemaling, etc.) to allow for better display

## Selling of Exhibited Items

- All participants are welcome to sell their items if they wish

## Prizes

The judges will award:

- First, Second and Third Place ribbons as the Judges see fit for each competitive category
- Honorable mention awards for non-competitive categories
- One People's Choice award, chosen by popular vote
- One Best In Show award



In Norway, Easter marks the end of the long winter, which surely is a cause to celebrate. Many Norwegians chose to celebrate with an Easter lamb feast.

There are several methods that you can use to cook the lamb, but slow roasting is a pretty safe bet, even without a cooking thermometer. The low heat will cook the lamb through and leave the meat pink and tender.

There are also a lot of safe bets when it comes to sides for lamb. Here in Norway Easter lamb is usually prepared with rosemary and garlic, and served with a potato dish of some sort, along with a jus.

Onions, both yellow and red, mint, peas, lemon, and almost any vegetable work well with lamb so feel free to play around and use your intuition.

# Norwegian Style Slow Roasted Leg of Lamb and Pommes Anna



**Prep Time** 30 minutes

**Cook Time** 6 hours

**Total Time** 6 hours 30 minutes

## Ingredients

- One whole leg of lamb
- 5 dl / 2,1 cups water
- Salt & pepper
- 9 garlic cloves
- Rosemary -fresh & dried
- 3 carrots
- 2 yellow onions
- 1 kg potatoes
- 75 g butter
- 6 red onions
- Olive oil
- 1 tbs mustard
- 3 tbs corn starch

## Instructions

1. (I copied this from [Nordicprovisions.com](http://Nordicprovisions.com) and No 1 instructions was empty)
2. Preheat the oven to 250 C/480 F, with the grill on. Rub the leg of lamb with plenty of salt & pepper and place it high in the oven for 8 minutes to brown the meat slightly and caramelize the skin.
3. Remove the lamb when it has a nice color, but be careful to not leave it in too long under the grill as it will toughen up the meat. Turn the oven down to 90 C/195 F, and switch the grill function off to regular oven settings. Leave the door ajar to let the heat escape while you prepare the rest of the roast.
4. Cut the garlic into slices and score small pockets into the roast which you fill with the garlic slices. Rub the roast with plenty of fresh & dry rosemary. Roughly cut the carrots and yellow onions and place them in the tin. Pour over the water, and place the roast on top. Then return to the oven and leave for 5-6 hours until it has reached around 70 C/160 F.



5. Slice the potatoes quite thin with a mandoline, melt the butter with 4 garlic cloves, and rosemary. Place a piece of baking paper in a tin and layer the potatoes in a circle, adding salt, pepper, and melted butter between the layers until the tin is filled.
6. Bake in the oven at 200C/390 F for around 45 min, until it's golden and crispy on top.
7. At the same time bake the onions on the lower rack in a small baking tin. Peel the outer layers, cut the bottoms off to make them stand upright, and score an X on the tops, drizzle with olive oil, salt, and pepper, and rosemary. And bake for as long as you bake the Pommes Anna.
8. When the lamb roast is done, leave it out to rest while you strain the remaining cooking juices into a pan and bring to a boil. Dissolve the corn starch in a tiny bit of cold water, remove the pan from the heat, and add the mustard and corn starch slowly while stirring. Season with salt and pepper to taste.
9. Let the feast commence!

### **What wine pairs well with lamb?**

Red wine is the classic choice to go with lamb. A lamb roast is quite a hearty meal so it will pair well with a full-bodied Cabernet Sauvignon or Merlot. A Syrah / Shiraz will also work just as well.

If you would rather go with a glass of white wine, wine snobs will tell you not to, and you can tell them to mind their own business! A good rule of thumb is to go for a complex or aromatic white, like a Gruner Veltliner or an oaked aged Chardonnay.

## NORWEGIAN ORANGE CAKE FOR EASTER DESSERT

Author: Whitney Love  
Recipe type: Dessert  
Serves: 10 to 16

### INGREDIENTS

- 160g (1½ cups) flour
- 1½ teaspoons baking powder180g (¾ cup) butter, softened
- 200g (1 cup) sugar
- 3 eggs, at room temperature
- Grated zest of 1 orange
- 1 teaspoon orange extract (I like [Organic Orange Extract from Flavorganics](#) )
- 75ml (1/3 cup) orange juice

### INSTRUCTIONS

1. Heat the oven to 175C/350F degrees. In a medium bowl, sift together the flour and baking powder. Set aside.
2. In a separate bowl, beat the butter and sugar until light and fluffy. Using a standing or hand mixer, this should take 3 to 5 minutes. One at a time, making sure they are each incorporated before you add the next, add the eggs to the mixture.
3. Next, beat in the orange zest, orange extract and orange juice to the butter mixture. The mixture might look a little odd once you add the orange juice, but it will all come together once you mix in the dry ingredients
4. Fold the flour mixture into the butter mixture and combine until the cake batter is even and without streaks.
5. Pour the batter into a greased and floured bundt pan, then bake for 45 to 55 minutes, or until a toothpick inserted in the center comes out clean. Allow the cake to cool in the pan for 45-60 minutes on a cooling rack, then remove from the mold.
6. Dust with powdered sugar and serve.

PHOTOS FROM THE NORWEGIAN LADY CEREMONY AND THE STOUGHTON DANCERS









# Virginia Viking

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