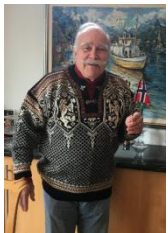




VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Michael Solhaug Vice President: Jerry Blau Secretary: June Cooper Treasurer: Ragnhild Zingler



The President's Corner

Lodge News: On March 26, the Norwegian Lady Ceremony was held at the Norwegian Lady Plaza, Virginia Beach Boardwalk with a reception at the nearby Virginia Beach Surf & Rescue Museum. Alex Pincus, who led the event planning,

was a terrific MC. The event was very well attended by Lodge members, Virginia Beach dignitaries, members of the Norwegian NATO military, and members of local Norwegian community. A special thanks goes out to all the Lodge members who provided the refreshments at the reception, especially the coordinators Vivian Zingarelli and Mona Denton. **Norge Norsemen**

Satellite Lodge News. The Norge Norsemen continue to grow with over 40 members attending the monthly meetings. Members come from several communities including Williamsburg, Toano, Norge, Gum Spring, Henrico, Newport News, Seaford, Gloucester, Quinton, Lanexa, Yorktown, and Mosely. With committed members and strong leadership, particularly from Melody Loftheim and her team, clearly they are on their way to a very successful organization. The group is very busy, and in future reports, we will provide a separate "Norge Norsemen Happenings" section. **April Events:** Please mark

April 22 for the NATO Parade of Nations starting at 10:00 AM in Norfolk. The Sons of Norway Viking Ship Float is always the Best. More details for this fun event to follow. **NORWAY NOTES:** Norway is the Electric Vehicle, EV, capital of the world. The Norwegian fleet of plug-in electric vehicles is the largest per capita in the world. In 2022, 25.5% of all vehicles in Norway were EV; Pure electric 18.9%, plug in hybrid 6.6%. Also, 79.3 % of all new cars sold in 2022 in Norway were 100 percent battery-electric powered vehicles. The fleet of electric cars is one of the cleanest in the world since about 98% of the electricity generated in the country comes from renewable energy sources, mainly hydropower. Finally, the most popular EV in 2022 in Norway is the Tesla Model Y.

All the Best, Mike

April 06, 2023

Board zoom meeting
at 7:00 p.m.

April 20, 2023

Membership Lodge Meeting at
Bayside Presbyterian Church at
7:30 p.m. Program: Ken Reynolds:
"Norwegian Communities and
Culture in South Africa".

April 22, 2023

Norfolk NATO Parade of Nations at
10:00 a.m. in Norfolk

April 24, 2023

Norge Norsemen meeting at Viking
Hall at 6:30 p.m. Program: Sami by
Elizabeth Kahl

Fra Presidenten, Steven Helmold, 3rd District President



Spring and Easter are here and as I walk around my neighborhood, I see new signs of life with Daffodils and Crocuses blooming, and trees and bushes budding after a winter of cold and minimal daylight. It is a welcome change that brings Easter with its story of new life.

I remember growing up in my early years, that I knew Easter was coming when I saw my mother putting sticks in a vase on the table with feathers hanging from them and many handmade decorations around the house. I would come home from church on Easter morning with a Begonia plant that all the Sunday School children received as a gift for Easter and smelling the aroma of roast Lamb with all the trimmings but having to wait for my aunt, uncle and cousins to come so we could have Easter dinner. After dinner my brother, cousins and I would search for Easter eggs that the Easter Bunny hid for us to find which made for great fun or at

least that is what we were told. Later my grandfather would tell us about the good old days in the early 1900's when he first came to this country and how New York City was at Easter time.

It is nice to look back at the past but we must look to the future and the new life that is all around us. Karen and I and the entire Third District Board wish all of you a very Happy Easter.

Fraternally, Stephen Helmold

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

Elizabeth Aadahl	Anette Johnson	Evelyn Keever	Lyndsey Dannon
Kelton Meagher	Larry Emmon	Alivia Wnek	Benjamin Mason
Owen Lindenberg	Kaare Loftheim	James Powers	Andrew Meagher
Sophia Meagher	Tiffeni Goesel	Kirstin Gotthardt	Clark Elverum
Patrick Peterson	Lucinda Larsen	Deanna Rumney	Austin Sutton
Ernest Sutton	Larry Emmons	Brenda Uyak	Robin Sabo
Vivian Zingarelli	Bob Longworth	Jim Thelle	Kayla Vanwerkhoven

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.



The Sami

In the far north of Europe, ancient sounds, unique craftwork traditions, and a particular language live side by side with modern technology. The Sami culture is the oldest culture in large areas of Northern Norway and is currently experiencing a strong renaissance.

The Sami people live in four countries: Norway, [Sweden](#), [Finland](#), and Russia. The total population in these four countries is estimated at approx. 80,000, of whom around half live in Norway. Slightly under half of these people talk Sami. In Norway, the Sami people in Norway live in almost all parts of Northern Norway, and in the southern parts of the country in Trøndelag and Femundsmarka in Hedmark.

The Sami languages are very different from Norwegian The Sami people speak a language that is a member of the Uralic linguistic group along with languages such as Finnish, Estonian and Hungarian. Norwegian and other Indo-European languages are not related to the Sami's tongue.

Nine languages constitute one Sami people.

A total of nine different but closely related Sami languages are spoken in the Sami region. Today, three of these languages are in active use in Northern Norway. Sami people from the south of Northern Norway can talk effortlessly to their nearest Sami neighbours in Sweden, but cannot communicate with Sami people from the far north. The dialect boundaries do not follow the national borders, however, as most of the Sami languages are spoken in multiple countries. Sami language is currently the major language in inner Finnmark and is also used in small communities in most parts of Reindeer, Sea and River Sami were the traditional ways of life

Around 2,600 Sami people in Norway make their living from [herding reindeer](#), and the majority of the region of Northern Norway is actually used for raising reindeer. Traditionally, most Sami people have supported themselves through fishing, livestock farming, and hunting, along the coast, on the fjords and alongside the large rivers farther inland. Today, a large proportion of the Sami people live outside the traditional Sami areas and have moved into the towns of Northern Norway or to the Oslo area. Even more, they still live in traditional Sami settlement areas but earn their living in the modern service sector, industry, travel and the public sector. Northern Norway as well as in some environments in the Northern Norwegian towns.

The Joik is a unique Sami attribute Sami culture has many unique forms of expression. Joik, one of the oldest song traditions in Europe, is alive and well. A joik is dedicated to a person, an animal or a place, and the harmonies reproduce the qualities of the object of the song. If you would like to chat someone up, try “joiking” him/her – it has quite an effect!

The Sami are intricate designers of fashion and crafts The “gákti”, traditional Sami clothing, is another unbroken, living tradition, but mostly used when dressing up for celebrations or parties. In contrast to what “the national costume police” may say, there is nothing wrong with going your own way, and the “kofte” follows fluctuations in fashion. Duoddji is the Sami word for “craft”, and many traditions of craftsmanship such as tin embroidery, pearl embroidery, weaving shoelaces, jacket seams, wood carving, and knife-making are assiduously maintained. Sami boots filled with blister sedge will keep your legs warmer than the latest developments in survival equipment and are used diligently when the temperature drops below -40.

The 21st Century has brought in a new era for the Sami In the twenty-first century, Sami culture is meeting the modern world in a new way. No Sami people live a completely traditional life today, and the everyday lives of many of these indigenous people appear very modern indeed. At the same time, however, interest in joik, duoddji and the language itself is increasing rapidly. Traditional joik is being blended with modern rhythms. The Sami National Theatre Beaivás, rich production of literature, Sami media and broadcasting are all using the Sami language in new fora. This indicates that there is hope for the language and culture.

The Sami parliament The Sami Parliament is situated in the village of Karasjok in Finnmark, and visitors might join a guided tour in the symbolic, and architecturally interesting building. The Sami Parliament was first opened in 1989, and the democratically elected parliament deals with all matters concerning the Sami people.



GRAVLAKS

Recipetineats.com by Nagi

Gravlax is fresh salmon that's been cured with a combination of salt and sugar. It's arguably the ultimate easy-to-make luxury food in the world! This homemade Cured Salmon Gravlax recipe can be made with a small fillet or whole side of salmon, and costs a fraction of store bought.

The beauty of homemade cured salmon is that you can control the salt so it's *not too salty* and it's got a *fresh herb flavor* that you'll never get in a packet!

Gravlax recipe

I've made cured salmon gravlax a bunch of times over the years and my results were varied. Never any epic disasters, they were always edible. But sometimes they were over cured, under cured, and the biggest problem I've had is over salted salmon.

If you've invested in a beautiful sashimi-grade piece of salmon, it's almost criminal if it's so salty that it overpowers the salmon!

If you search around on the internet, you'll find that the ratios of salmon to salt and sugar and curing times are absolutely all over the place. Some recipes use as much as 750g/1.5lb salt + sugar to 1 kg / 2 lb of salmon. Some recipes use as little as 175g/6oz of salt + sugar. Then curing times range from 12 hours to 3 days.

Now finally, I have Cured Salmon Gravlax Recipe that's a keeper with the **right ratio of salt and sugar**:

Salmon Gravlax formula

Equal parts salt + sugar (combined) 50% of the weight of the salmon. Coat, leave 24 hours for lightly cured, 36 hours for medium (this is what I do) and 48 hours for hard cure.

Difference between gravlax and smoked salmon

Smoked salmon and gravlax are actually quite similar in flavor and texture in that they both have a moist, silky texture that is "raw-like", rather than hard like jerky or cooked. But the big difference is that smoked salmon is made by smoking raw salmon at a low temperature which infuses the salmon with smoky flavor which gravlax does not have.

Salmon Gravlax FAQ

CAN YOU MAKE GRAVLAX WITH FROZEN SALMON?

Yes you can, as long as you use high quality salmon (ie don't use vac packed salmon from the supermarket that's been sitting around for days or box packet frozen salmon from Costco or Aldi). Freeze it yourself to -10°F / -23°C for at least a week, or use commercial frozen salmon from a reputable fish monger.

HOW LONG DOES GRAVLAX KEEP?

It depends on how much you cure the salmon. I would not keep lightly cured salmon (24 hours) beyond 36 hours at most (just to be safe). Medium cured salmon (36 – 48 hour

cure) for 2 days to be safe, but 3 should be fine. Hard cured salmon (3 day cure) can be kept for 5 days.

CAN YOU FREEZE CURED SALMON GRAVLAX?

Yes you can, just like you can freeze store bought smoked salmon slices. I keep frozen seafood for up to 2 months, but 3 months should be fine. Do not freeze gravlax if it was made with previously frozen salmon.

WHAT DO SERVE WITH GRAVLAX?

It's typically served on crackers or pumpernickel bread with a sauce. I like using toasted baguette slices with a mustard cream sauce (recipe provided below) with extra fresh dill for serving!

Once you get your hands on fresh salmon, it requires less than 10 minutes effort to prepare salmon gravlax – then just leave it in the fridge!

Ingredients

- ☐ 1 tbsp white peppercorns (whole) (Note 1)
- ☐ 1 cup fresh dill, roughly chopped (1 big bunch)
- ☐ 250g / 8 oz rock salt (Note 2)
- ☐ 250g / 8 oz white sugar (Note 3)
- ☐ 1 kg / 2 lb salmon, sashimi-grade, bones removed and skin on (Note 4)

MUSTARD CREAM SAUCE

- ☐ 1/2 cup / 125 ml heavy / thickened cream
- ☐ 1/3 cup Dijon Mustard (or hot mustard if you want a kick)
- ☐ 2 tsp Mustard Powder
- ☐ Salt and pepper

TO SERVE

- ☐ Rye bread slices or other bread/crackers (Note 5)
- ☐ Lemon wedges
- ☐ 1/4 cup fresh dill, roughly chopped (for garnish)

Instructions

Crush peppercorns with the side of a knife (or roughly grind using mortar and pestle).

1. Combine peppercorns with salt, sugar and dill.

2. Place 2 large pieces of cling wrap on a work surface, slightly overlapping. Spread half the salt mixture in the shape of the salmon.
3. Place salmon on salt, skin side down. Top with remaining salt mixture.
4. Wrap with cling wrap. Place in a large dish. Top with something flat (like small cutting board) then 3 x 400g / 14oz cans ("Weights").
5. Refrigerate for 12 hours. There will be liquid in the dish. Turn salmon over (will be gloopy/wet), then replace Weights and return to fridge. After another 12 hours, turn salmon over again, replace Weights. After another 12 hours, remove salmon from fridge. 36 hours total for Medium Cure - Perfect Gravlox to my taste (See Note 2 for description and more curing times).
6. Unwrap salmon, scrape off salt then rinse. Pat dry. If time permits, return to the fridge for 3 - 12 hours uncovered (dries surface better, lets salt "settle" and permeate through flesh more evenly).
7. Sprinkle over the 1/4 cup extra dill - for garnish and flavour.
8. Slice thinly on an angle, do not cut through skin (i.e. don't eat skin). Serve with toasted bread, Mustard Sauce, extra dill and lemon wedges.

MUSTARD SAUCE

Mix ingredients, making sure to season with salt and pepper. It should taste like creamy mustard - a touch of tartness, but mostly to add moisture to the dish. You can add lemon juice and/or zest if you wish - I like to serve with wedges so people can adjust to their taste.

Recipe Notes:

1. White pepper is slightly spicier than black but has a slightly more milder flavour. The main reason I prefer white over black is so I don't end up with black specks on the salmon = prettier! But black peppercorns or even ground black pepper is fine. If using ground pepper (white or black), use 2 teaspoons.

2. SALT TYPES & CURING TIMES

Salt roughly falls into 4 categories (smallest to largest) - table salt, kosher / coarse cooking salt, flakes and rock salt. Rock salt cures salmon more evenly from the surface to the center.

DO NOT use table salt (grains too small, makes salmon crazy salty) or iodized salt of any type (can turn salmon brown, packet label should say if it is iodized).

* ROCK SALT: 36 hrs cure time per recipe = Medium Cure. 3 days = Hard Cure

* COARSE SALT / KOSHER SALT: 24 hours = Medium Cure, 36 hours will be between Medium and Hard Cure, 48 hours+ will be Hard Cure. Surface will be cured more (i.e. firmer, drier surface) than using Rock Salt because finer grains penetrate more. Highly recommend resting minimum 12, preferably 24 hours before serving - saltiness will distribute more evenly.

CURING STRENGTH:

* Medium Cure (my preference) = surface is fairly firm and not too salty, inside is lightly cured, still moist (but not raw, it's cured). Seasoned enough to eat slices plain.

* Hard Cure = surface is quite firm (like a soft jerky) and quite well seasoned, inside is slightly firmer and pretty well seasoned. Contrast between surfaces and inside more prominent. I find this a touch salty for my taste but is still way less salty than store bought.

3. Sugar, like salt, draws moisture from the flesh and cures it but makes it sweet rather than salty. Using normal sugar rather than superfine / caster sugar ensures that the salmon doesn't get too sweet (i.e. caster sugar penetrates salmon quicker). The right salt and sugar combination is key to controlling the saltiness of Gravlox while still achieving the "cured" effect and without making it too sweet!

4. Please ensure you use SASHIMI-GRADE salmon. I always ask, even if the sign says that! Nowadays in Australian coastal areas, sashimi-grade salmon is quite common at local fish mongers.

Skin-on salmon means that the skin side is cured slightly less, however, for me, I prefer skin-on for this exact reason plus it's easier to carve.

SMALLER FILLETS: The beauty of this recipe is that a little goes a long way! So you don't need to use a whole side of salmon, you can make this with a small fillet. However, if you get one smaller than 500g/1lb, then you'll need to increase the salt/sugar ratio to the weight of the salmon to ensure there's

enough to cover the surface area. For a 300g/10oz piece, rather than using 150g/5oz combined salt/sugar, use around 210g/7oz (this is what I measured when I did a test using a smaller piece). I don't recommend going smaller than 300g/10oz because the width of the salmon will become too narrow and it will probably end up too salty.

5. Rye bread is the classic type to serve with Gravlax but it suits any bread or plain crackers. While some recipes recommend Pumpernickel Bread, I personally find that the flavour overwhelms the salmon.

6. EXTRAS: Some Gravlax recipes use lemon. Just add the zest of 1 - 2 lemons to the salt cure. This recipe is a classic one that doesn't use zest.

7. STORAGE: With the 36 hour cure, this salmon keeps for 3 days. Keep refrigerated in an airtight container.

8. SERVINGS: A little goes a long way with this recipe! It will comfortably serve 10 people as a starter. That's generous!



Virginia Viking

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