



North Carolina Vikings

Founded in 2007



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2020-2021

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President's Message

We have now turned the page on a very difficult year and are well on our way with 2021. It was an honor to succeed Frank Bell as president and I was excited about the prospects for 2021 to celebrate our Norwegian heritage.

Instead, the pandemic has continued and has so far prevented us from hosting any events including our beloved 2020 Juletre fest. We are seeing signs of hope. A successful vaccination program is well begun and that brings us hope that restrictions will be lifted after our summer recess. We'll be sure to host events in the Fall as well as our monthly meetings. I'm looking forward to it!

Despite our inability to hold events I ask that we continue to support the Sons of Norway. As the Viking magazine outlined, our dues support student scholarships and cultural programs and 25% comes back to our lodge. We will be able to support membership dinners and other cultural activities later this year.

It should be noted that many Lodge members and our functional Officers have carried on during these hard times. Without their support and contributions, the lodge would not have been able to continue. We will build upon these experiences and come back strong later this year and into 2022.

Med Vennlig Hilsen,

Asgeir (Andy) Kristoffersen
North Carolina Vikings Lodge 3-675



Upcoming Vikings Lodge Program and Lodge Meetings

Later in the year, meetings will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

February / March Lodge Birthdays

Tessa Ropp	February 1	Sylvia Berman	February 24
John Morch	February 13	Greta Holst	February 25
Linnea Quammen	February 15		
Frank Bell	March 2	Gene Crenshaw	March 12
Pauline Price	March 3	Berit Blankenship	March 13
Kari Crenshaw	March 5	Sandra Quammen	March 15
Chris Christiansen	March 8	Sandra Gaudier	March 20
Cheryl Weathers	March 10	Reidun Brown	March 28
Ted Schmidt	March 11	Kjell Ottesen	March 28
Gene Crenshaw	March 12		



Gratulerer med dagen!

Help Plan a Meeting

Can you invite a professional, expert or overall fun person to help us with cultural programs at our lodge meetings? Call Andy Kristoffersen or Frank Bell to pick an activity you can line up for the lodge!

Items for the Newsletter

If you've got an announcement, or just have something interesting to share with the group, please email Andy Kristoffersen at asgeirkristoffersen@gmail.com or Frank Bell at bellfrank2@gmail.com.

The Cult of Brunost – Norwegian Brown Cheese – and Why You Have to Become a Believer

<https://norwaytoday.info/culture/the-cult-of-brunost-norwegian-brown-cheese-and-why-you-have-to-become-a-believer/>



If you're not Norwegian, it's likely you've never heard of the legendary brunost before. Allow us to introduce you.

While this cult favorite isn't Norway's official national food, it's definitely an unofficial contender that may as well be.

Did Scandinavia grow up on brunost? Sort of!

Meaning brown cheese, brunost has had cultural ties to the entire Nordic region for hundreds of years.

Archaeological finds have shown that the origins of brunost date as far back as 650 BC. A 2016 dig in Jutland, Denmark found cheese residue on pottery – and it's thought to most likely be brunost.

But the story of the brunost we know today is a little different. Around 150 years ago, a farmer and his daughter, **Anne Hov**, lived deep in the Gudbrandsdalen Valley.

In the absence of goat milk to make cheese, Anne substituted cream instead. People initially thought it foolish to waste expensive cream to make cheese instead of butter; however, upon tasting the innovative creation, they changed their minds.

As the popularity of her cheese grew, Anne decided to perfect the recipe and add a couple splashes of goat milk.

The first brunost factory was built in Tretten, Norway, in 1908. The rest, they say, is history.

Creating an icon

At today's industrial factories and farms, brunost is created when cow milk is boiled and the resulting sugars are caramelized, leading to the gooey and tangy brunost. Stronger tasting forms are made with goat milk.

When the milk is boiled and the resulting sugars are caramelized, the leftover pile of mush is our famed brunost.

So, while it does look like cheese and has its consistency, brunost isn't actually the dairy product it's named for. And it doesn't taste like it either – it's often considered sweet and caramel-tasting.

Types of brunost

Two of Norway's most popular varieties of brunost are Gudbrandsdalost and Geitost.

Gudbrandsdalost is named after the Gudbrandsdalen Valley where the "cheese" was first created. This variety is created with 24% goat's milk and 76% cow's milk.

The more traditional version, Geitost, is almost exclusively made from goat's milk.

In addition, many regional varieties exist with varying degrees of color and taste – and depending on where you are in Norway, locals will likely claim theirs is best. You can decide for yourself by taste-tasting the beloved cheese around the country.

How to eat brunost

One characteristic of Norway's brown cheese that makes it so popular is that it can be incorporated into whatever you see fit.

Geitost has a stronger and sweeter taste, while Gudbrandsdalost is more mellow. Both varieties nicely pair with bread, waffles or lefse, Norwegian flatbread.

For breakfast, serve it on top of toast and jam, use it to spice up waffles, or even incorporate it as a sauce for pancakes. The brown cheese can be served in this capacity along with tea or coffee.

Commonly a breakfast specialty along with jam and tea, it can be used in a grilled cheese or ham and cheese sandwich.

For lunch and dinner, you can use it to create sandwiches with cold cuts. Also on the menu are brunost grilled cheese or brunost mac and cheese, more unconventional methods.



An Island in Norway: The World's First Time-Free Zone?

<https://norwaytoday.info/travel/an-island-in-norway-the-worlds-first-time-free-zone/>



You might have heard the stories about a Norwegian island that wants to abolish time. The island of Sommarøy launched a campaign to abolish time. The efforts were led by state-funded tourism agencies Visit Norway and Innovation Norway with the goal of putting stunning Sommarøy on the global tourist map.

“We do what we want when we want.” The campaign video features a voiceover from local **Kjell Ove Hveding**:

“Welcome to Sommarøy, a small island in west Tromsø. Like most of northern Norway, our beautiful island plays host to the midnight sun. Every summer! From May 18 to July 26. We who live here enjoy our lives without the time-zone. We do what we want when we want.

If you want to paint your house at 2AM, it's okay. If we want to cut the grass at 'midnight' we will. If we want to take a swim at 4AM we will. For these 70 days, time simply is no object to us. That's why we want to be officially recognized as the world's first time-free zone.”

Then **Hveding**, surrounded by a group of excited locals, ceremoniously smashes a clock over his knee.

The midnight sun phenomenon

The campaign was, of course, less about actually becoming the world's first time-free zone – and more about drawing tourists in to experience the majestic midnight sun phenomenon for themselves.

Sami Icon: Mari Boine

<https://bit.ly/3bITfDw>

This month, we celebrate National Sámi Day on Feb. 6. In *Viking* magazine's February issue, we highlight Mari Boine. Raised amid a Sámi community on the Finland-Norway border, international singer Boine is inspired by her roots. After singing in her native language for 30 years, she recently released her first entirely English-language album, "See the Woman." Catch Boine on tour in Scandinavia in February and March. Here's more from her interview.

Q: What inspired you to make an all-English album, "See the Woman"?

A: I have been singing in my native language for 30 years. I guess I needed to challenge myself a bit. I also wanted to find the meeting-point between pop-music and my traditional way of singing. I am experimenting, as I have always liked to do.

Q: What was your favorite part about creating it?

A: It's wonderful when all the melodies and the lyrics start to come together. It's a fun part of the creative process. To build a new album is such a wonderful process when you do it with musicians you really work well together with.

Q: Having grown up in a small village, how does it feel to have an international presence as an artist?

A: I have gotten used to it after so many years. But it's still crazy. I think it is great to know both worlds — to have access to the small "world" close to nature and to the urban jungle. I feel rich by being able to move between these different worlds. A beautiful quote from the poems of Sámi artist Nils Aslak Valkeapää is *Mu ruoktu lea mu váimmus* (*My home is in my heart, and it moves with me*).

Q: How has your Sámi upbringing influenced your music?

A: I like to think that my songs have been an important part in the healing process that my people have experienced for the last 30 years after the dark years of colonization. It makes me happy to see that the Sámi self-esteem is stronger today. I like to think that I am one of the artists who have contributed to that. And of course, like for every other artist in the world, one's background is a big part of one's music and art.



A Sweet Lenten Tradition

<https://www.norwegianamerican.com/a-sweet-lenten-tradition/>



Although Lent is observed by few modern Norwegians, some culinary traditions survive to make the days leading up to Lent's advent festive and delicious. On Shrovetide or Fastelavn, the Monday before Lent officially starts, tradition practically requires indulging in sweet treats and edible pleasures one last time until Easter. Favorite holiday treats include plump, yeasty buns, or *boller*, made with a vanilla custard filling and a chocolate topping.

Fastelavnsboller: Lenten buns with vanilla cream

Adapted from The Food and Cooking of Scandinavia (2011)

For the buns:

- 1/4 cup warm water
- 1 1/2 ounces fresh yeast
- 3/4 cup unsalted butter, softened
- 1/4 cup superfine sugar
- 2 eggs, plus 1 extra yolk
- 3/4 cup milk
- 1/2 tsp salt
- 1 tsp ground cardamom
- 3 1/2 cups unbleached bread flour

For the filling:

- 3 egg yolks
- 3 Tbsp superfine sugar
- 2 tsp vanilla sugar
- 1 Tbsp potato flour or cornstarch
- Pinch of salt
- 2 cups milk

For the icing:

- 1 egg white
- 1 1/4 cups confectioners' sugar, sifted
- 1/4 cup cocoa powder, sifted
- Pinch of salt
- 1 tsp heavy cream
- 2 Tbsp pearl sugar, for decoration

Pour the warm water into a bowl and stir in the yeast until dissolved. Cream the butter and sugar in a mixing bowl and beat until light and fluffy. Beat in one whole egg and the extra yolk.

Briefly warm the milk in a saucepan over low heat, add the yeast mixture, and stir into the butter mixture. Add the salt and cardamom. Stir in the flour, a little at a time, and mix to a soft, smooth dough, adding more flour if necessary.

Turn the dough out on to a lightly floured surface and knead for 5 – 7 minutes, until smooth. Lightly oil a large bowl. Place the dough in the bowl and leave in a warm place until doubled in size, about 1 hour.

To make the filling, whisk together the egg yolks and sugar in a saucepan until well blended. Whisk in the vanilla sugar, potato flour or cornstarch, and milk. Stir in the salt. Cook over low heat, stirring for 6 minutes, until the mixture thickens. Remove from the heat and leave to cool.

Grease two baking sheets. Turn the dough out onto a floured surface and divide into four equal parts. Cut each part into six equal pieces and shape into balls. Place on the prepared baking sheets. Make a 3/4-inch diameter well in the center of each roll, and fill with a spoonful of the cream filling. Cover the buns with clear film (plastic wrap) and leave in a warm place for 1 1/2 – 2 hours, until doubled in size.

Preheat the oven to 425°F. Beat the remaining egg. Brush it over the tops of the buns. Bake the buns for 12 – 15 minutes, until golden. Cool on a wire rack.

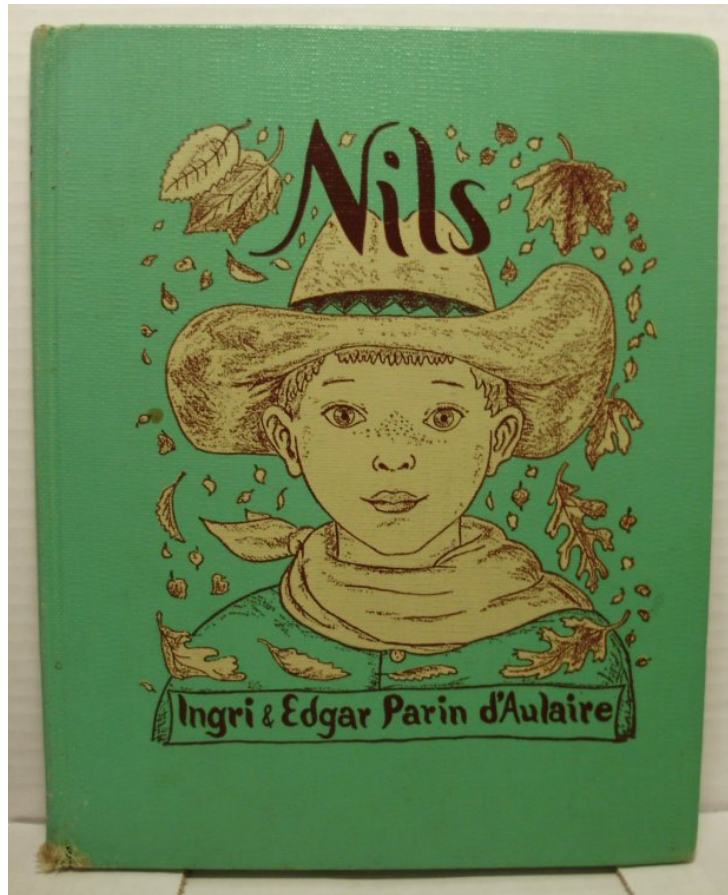
To make the icing, beat the egg white until stiff. Stir in the confectioners' sugar, cocoa and salt, and beat until the mixture is soft. Stir in the cream and beat for 1 minute. Spread the icing over the tops of the cooled buns and sprinkle with pearl sugar. Makes 24 buns.

Variations - To make a white icing, replace the cocoa with an extra 1/4-cup confectioners' sugar. Raspberry jam may also be used as a filling.



Readers and Writers: A Mystery, a Kid Who Wants to be a Cowboy and an Inventive Artist

<https://www.twincities.com/2021/02/21/readers-and-writers-a-mystery-a-kid-who-wants-to-be-a-cowboy-and-an-inventive-artist/>



“Nils” by Ingri and Edgar Parin d’Aulaire (University of Minnesota Press, \$17.95).

This is a beautiful book — in words and illustrations — for middle-grade readers. First published in 1948 by Dutton, this is the UMP first edition.

The story, which encourages first-generation immigrants to celebrate their family heritage and unique traditions, is about Nils, whose family came from Norway. He wants to be a cowboy who’s like brave Norwegian Peer Gynt. When Nils’ grandma in Norway sends beautiful stockings, the boy is delighted at the pretty patterns, until the boys at school laugh at him for being a sissy. He hides the socks, but in the middle of the night something whispered to him: ‘An English boy helped his father build this house’ the house timbers creaked. ‘A Dutch boy helped his father build me,’ the Dutch oven murmured. The dry leaves on the grape arbor under his window rustled as if to say: ‘An Italian boy planted us.’

Encouraged by this “all for one” message, Nils retrieves his stockings and realizes “they were both beautiful and different. They were warm and cozy on his toes.” And on a frigid day, when the other boys were freezing cold, nobody felt like teasing Nils, whose beautiful warm stockings with black stars and white stars and black roses and white roses were keeping him warm.

From the District 3 President, Kathy Dollymore



Even though here in the Northeast the winter “doldrums” have hit, and the month of January is behind us, I see the sun rising a bit earlier every morning. I have seen some crocus and daffodil stems peeking through the ground. Small buds are beginning to appear my trees in my backyard. And there are parts of the 3D that have seen Spring for a while now (no, not jealous at all !!)

With Springtime just around the corner, it’s not too early to begin recruiting new members. If you know someone who is interested in learning more about Norwegian history and culture new members are always welcome. Family, neighbors, friends. As with every year, we want to have positive member growth. Everyone in the lodge is a recruiter. Anyone having ideas relating to membership retention and growth are encouraged to send suggestions to your Vice Presidents and Membership Chairs.

With that in mind I wish congratulations to these 3-D lodges who had reached their 2020 membership recruitment goal. I'm happy to say every one of our 7 Zones has increased membership. I had the opportunity to meet a few members that I haven't seen in quite a long time. The new faces are just an example of the excellent participation that is now going on at our lodge. We are a great organization, and it shows. New members, reinstated members and transfers are still coming to our District to apply for

Lodge No.	Name	Location	Goal	Actual members recruited
3-232	Dovre	Providence, RI	4-	6
3-337	Norge	East Williston, NY	4-	4
3-410	Nansen	Staten Island, NY	4-	4
3-432	Hudson Valley	Kingston, NY	12 -	40
3-433	Scandinavian Heritage Society	Rochester, NY	7-	10
3-438	Oslo	Syracuse, NY	6 -	4
3-467	Norrøna	Pearl River, NY	6 -	13
3-515	Tampa Bay	Tampa Bay, FL	6-	7
3-612	Bondelandet	Lancaster, PA	4-	8
3-664	Maine Nordmenn	Falmouth, ME	6 -	6
3-678	Norskevenner	Atlanta, GA	7-	11
3-679	Norsk Carolina	Charlotte, NC	5 -	8

membership. Your District leadership and your membership together, have been working diligently to get us over the past year’s difficulties, by planning outstanding events, contacting fellow members, sending out newsletters, inviting them to the events, and volunteering their time to help make things happen.

Although we still face many obstacles, there is no doubt in my mind, that by working together, we will keep our district successful into the future. Although we are limited due to the constraints of COVID, we remain active in our communities. Our 3D is operated by volunteer’s time and efforts, and without the devotion of ALL of our various committees and members, we would not be as successful as we have been for the past 126 years.

NOTE: After the sale of Land of the Vikings there was a committee formed of district lodge members to advocate for the funds garnered from the sale. Although we won’t have any final numbers till debts, taxes, capital gains, etc. are determined, it is incumbent upon us to be good stewards of the money. Therefore, the committee has gotten input from our Financial advisor and our CPA and along with the committee are working on the substitutability of the funds.

Kathy Dollymore
3D President

Find out more about Sons of Norway!

Sons of Norway Website	https://www.sofn.com/
Facebook	http://www.facebook.com/groups/SonsofNorway/
Twitter	http://twitter.com/#!/SonsofNorway
LinkedIn	http://www.linkedin.com/company/2080826

... and here are some informative Genealogy Websites!

A comprehensive list of sites related to Norwegian-American genealogy.

<http://homepages.rootsweb.ancestry.com/~norway/>

Oldest church registers in Norwegian Parishes. Shows the year in which different parishes began keeping church records.

<http://www.nndata.no/home/jborgos/register.htm>

<http://www.cyndislist.com/norway/>

List of sites related to Norwegian-American genealogy

The National Library of Norway, including Norwegian newspapers / <http://www.nb.no>

The Norwegian Emigration and Genealogy Center / <http://www.emigrationcenter.com/index.cfm>

Norwegian National Archive. Includes the 1660, 1801, 1865 and 1900 censuses / <http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Search amongst 16,000 documents from Norway during the period 1050 – 1590 / http://www.dokpro.uio.no/dipl_norv/diplom_field_eng.html

And here are some interesting sites related to travel to Norway / Scandinavia –

Norway's Official Site	www.Norway.org
Royal Norwegian Embassy, Washington D.C.	http://www.norway.org/embassy/washington/
Royal Norwegian Consulate General New York	http://www.norway.org/News_and_events/CG-New-York/
Norway's Travel Requirements	https://travel.state.gov/content/passports/en/country/norway.html
Hurtigruten Voyages	http://www.hurtigruten.us
Viking River Cruises	http://www.vikingrivercruises.com
Norwegian American Genealogical Center & Naseth Library	http://www.nagcnl.org
Vesterheim Museum: "A Norwegian	http://vesterheim.org/index.php

