

MARCH 2017



VIKINGS OF THE SMOKIES

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Fra Presidenten,

Thank you to everyone who participated in the Chili cook off last month - both as cooks and as judges! It was very close, but Meredith Liemohn was declared the Viking Chili Champion!

The lefse baking class, hosted by Dee Bumpers, is scheduled for Saturday, March 18th, beginning at 9:30am. Participants will learn the basics of lefse, including recipes, equipment, ingredients, and techniques, on how to roll and bake lefse.

We will also also be baking waffles - This is a great way to work on your culinary cultural skills pin! There is a \$10 class fee and space is limited - so contact Dee Bumpers or info@tnvikings for more information. A krumkake and kranskake session will be scheduled for later this spring.

Norway was a featured country at the annual International Festival organized by the Oak Ridge Children's Museum with an information booth, in addition to the Trollkretsen Dancers who performed. Thank you to Dee Bumpers, Linda and Francis Turmo, Clark Brekke and Trygve Myhre for your help! Thanks also to Jeannette Lively for loaning her beautiful "Frozen" quilt as part of the display.

Vikings of the Smokies will be hosting their "Adopt a Mile" clean up day in March - so if you are interested in assisting with this project, please contact [Clark Brekke](#) for more information. Clark has set the tentative 2017 dates for cleanup.

Lodge events in March include the monthly meeting on Sunday, February 19th, at Faith Lutheran, where we will play "Norsk Jeopardy", and have a presentation by Wendell Liemohn on the second chapter of "Between Rocks & Hard Places". The following Sunday, Lodge members will gather at the Family Bowl for Lodge bowling (with pizza!) on Sunday, February 26th! Guests are welcome at both events!

See you in March!

2017 Adopt A Mile Clean Up Dates

VOTS is again participating in the the Town of Farragut's Adopt A Mile program under the direction of Clark Brekke to clean a one mile stretch of Boring Road four times a year.

Boring Road is located in Farragut off Kingston Pike, next to the Ingles Shopping Center.

| <u>Tentative Date</u> | <u>Rain Date</u> |
|-----------------------|-----------------------|
| June 17, 8:00 am | June 24, 8:00 am |
| September 23, 8:00 am | September 30, 8:00 am |
| November 18, 8:30 am | November 25, 8:30 am |

For more information, on the Adopt A mile program, please contact Clark Brekke.

Join Lodge Members for Norsk Jeopardy & the March Madness Menu on Sunday March 19th.

Do you know your Scandinavian trivia?
Get ready to challenge yourself and compete against fellow Lodge Members as we play Norsk Jeopardy.

The March Madness Menu simply asks Lodge Members to share a favorite dish (appetizer, main, or dessert) that begins with the initial of your last name.

For example: Dewald=Deviled Eggs.

It should be interesting to see what appears on our smorgasbord table!. And, as usual, the Lodge will provide beverages, including coffee and ice tea,



REMEMBER THE RSVP DEADLINE IS 19 MARCH

Please join Lodge members and guests at the Family Bowl, located at 213 Hayfield Rd in West Knoxville, on Sunday, March 26th, from 3:30pm to 6pm
\$15 per person

The Lodge has negotiated a package deal, where each lane is \$85 per lane (\$15 per person).

This includes bowling for 2.5 hours and shoe rental for up to 6 people per lane, along with cheese pizza and soft drinks for each lane. Additional food and drink can be purchased at the snack bar.

The Family Bowl is located on Hayfield Drive between Parkside Drive and Kingston Pike in West Knoxville, near the Pellissippi Parkway. For more information, please visit [Family Bowl](#) or call 865- 690-5211.

In order to reserve the appropriate number of lanes, we need to provide a head count by Sunday, February 19th.

Once again, Viking of the Smokies Lodge members represented Sons of Norway and VOTS at the International Festival hosted by the Children's Museum in Oak Ridge.



VOTS members demonstrated and offered freshly baked lefse for sale, and providing information on Norway and our Lodge. A special Tusen Takk to Trygve Myhre, Dee Bumpers, Clark Brekke, Francis and Linda Turmo for supporting this annual event.



CONGRATULATIONS

Meredith Liemohn named Viking of the Smokies Lodge Chili Champion!



Although the competition was stiff, Meredith Liemohn's Chili Con Carne received the most votes to claim the 2017 championship. In addition to bragging rights, Meredith also received a \$25 gift card to Chili's Restaurant.

Her recipe is adapted from a recipe in *Betty Crocker's Good and Easy Cookbook* (copyright 1954) which was a gift at her bridal shower 56 years ago, and she has made it ever since!

According to Meredith, "It is very basic and easy! I double the original recipe and it freezes well. I cook it in a large heavy aluminum "Dutch oven" which we inherited from my Norwegian mother-in-law and then transfer it to a crock pot to take to a gathering. You could brown the beef in a large skillet and then cook in the crock pot if desired. If you want it to be more spicy you could add more chili powder."

CHILI CON CARNE

2 lbs. ground beef (I used ground sirloin-on sale at Kroger's - but you could use any type ground beef)
2 26 oz. cans diced tomatoes
3 cans dark red kidney beans
1 large onion diced small
3 ½ Tbsp. chili powder
1 ½ tsp. salt

Brown meat and crumble. Add rest of ingredients. Cover pot and bring to a boil. Simmer one hour. At least 8 servings.

From the Treasurer

Our net income for FYTD February 2017 is \$47, which compares to a loss of \$63 last FYTD. The sources of income was \$68 (43%) for membership dues, \$44 (28%) for the January pizza party, \$40 for the Children's Museum International Festival (26%), and \$4 from the December Juletreffest(2.6%).

The total fiscal year expense thus far is \$108. The expenses were \$83 (77%) for accrual of the 2018 bi-annual District 5 Convention and \$25 for the February Chili Cook-Off gift card.

Our financial status is very good, and there are no major expenses expected in the near future.

Respectfully submitted,
Trygve Myhre



"SO, BJORN, I HEAR YOU'VE GONE VEGAN!"

Culinary Skills Workshops

Upcoming classes will include flatbrod, krumkake, kranskake, open faced sandwiches and other classic Scandinavian entrees. Other menu items will be added if there is interest. These are both demonstration and hands on learning activities.

Please contact Darla Berdal or Dee Bumpers if you are interested in participating. This is a great way to work together in a group to complete the various levels of the Sons of Norway unit on Norwegian cooking and baking.

The REAL reason the Irish celebrate St. Patrick's Day

It seems that some centuries ago, many Norwegians came to Ireland to escape the bitterness of the Norwegian winter. Ireland was having a famine at the time, and food was scarce. The Norwegians were eating almost all the fish caught in the area, leaving the Irish with nothing to eat but potatoes. St. Patrick, taking matters into his own hands, as most Irishmen do, decided the Norwegians had to go.

Secretly, he organized the Irish IRATRION (Irish Republican Army to Rid Ireland of Norwegians). Irish members of IRATRION passed a law in Ireland that prohibited merchants from selling ice boxes or ice to the Norwegians, in hopes that their fish would spoil. This would force the Norwegians to flee to a colder climate where their fish would keep.

Well, the fish spoiled, all right, but the Norwegians, as everyone knows today, thrive on spoiled fish. So, faced with failure, the desperate Irishmen sneaked into the Norwegian fish storage caves in the dead of night and sprinkled the rotten fish with lye, hoping to poison the Norwegian invaders.

But, as everyone knows, the Norwegians thought this only added to the flavor of the fish, and they liked it so much they decided to call it "lutefisk", which is Norwegian for "luscious fish". Matters became even worse for the Irishmen when the Norwegians started taking over the Irish potato crop and making something called "lefse".

Poor St. Patrick was at his wit's end, and finally on March 17th, he blew his top and told all the Norwegians to "GO TO HELL".

So they all got in their boats and emigrated to Minnesota---- the only other paradise on earth where smelly fish, old potatoes and plenty of cold weather can be found in abundance!