



FEBRUARY 2021

VIKINGS OF THE SMOKIES

KNOXVILLE, TN

WWW.TNVIKINGS.ORG

Tusen takk to all the Lodge members who participated in our first virtual meeting. While not nearly as enjoyable as meeting in person, it was great to see familiar - and some new - faces!

The Lodge will be hosting another virtual meeting on Sunday, February 21st - and more information on that program will be available shortly.

Tusen takk to our our newest Board member, Ole Kolberg, for his technical know-how, facilitating the Zoom meeting and for being able to coordinate all the moving parts!

For those who were unable to join us in January, we showed several videos (all of which are available on viking.tv) which been created by the Viking Ocean & River Cruise company as part of their marketing program for their many destinations. As a Norwegian company, they include many interesting short videos on a variety of Norwegian subjects, including norse history, music, cooking and travel.

There are some great online opportunities provided by Sons of Norway to take a virtual class to learn Rosemaling, cooking or genealogy. Information is available within the newsletter.

The Lodge is optimistic that, as the days grow longer, and with more and more vaccines available, hopefully, we will be able to celebrate Syttende Mai together!

Joleen

Alle Hjerters Dag

In Norway, Valentine's Day is referred to as Valentinsdagen and is also known as All Hearts Day (Alle Hjerters Dag).

In Norway, Valentines Day is not celebrated with as much fanfare as compared with many other parts of the world, and it is only in recent years that the business sector has promoted this tradition.

But this day of love and friendship, Valentinsdagen is gaining popularity in Norway with both kids and adults, and they often celebrate the expression of love with cards, flowers and chocolate. Many Norwegians now send postcards to the ones they love on Valentinsdagen.

Norwegian Words of Love & affections

Jeg elsker deg
I Love You

Ha en fin Valentinsdag
Have a nice Valentine's Day

Du er min Valentine
You are my Valentine

Elsker
Love

A great way to celebrate Valentinsdagen with some heart shaped waffles!

You will need:

- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1 cup sour cream
- 1/2 cup melted butter

In a large mixing bowl use a hand mixer to beat together eggs, sugar, and vanilla extract until creamy.

- Mix in flour, baking powder, and salt until just combined.
- Add in sour cream and melted butter and mix until the batter is smooth. Let rest 20 minutes before making waffles.
- Heat a heart shaped waffle iron and spray with nonstick cooking spray or brush with melted butter and Pour 1/4 cup of the batter onto the waffle iron, close, and cook until light brown.

- Serve with whipped cream, creme fraiche or sour cream. Traditional toppings include lingonberry jam, brown cheese, sour cream, and berries.



Jerry & Betty Olson

Longtime Vikings of the Smokies Lodge member, Jerry S. Olson, passed away on January 5th at age 92, shortly after his wife ,Betty, passed away on December 26th at age 95.



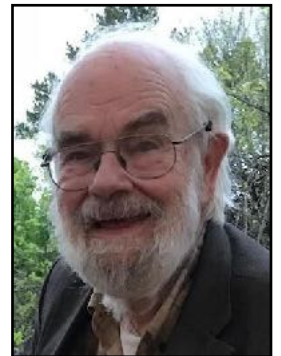
Betty was a graduate of the University of Tennessee in Knoxville and had been retired from Oak Ridge's Y-12 facility for more than 30 years.

After retirement, she was able to fully pursue her passions, which included being outdoors, painting, gardening, photography, and writing poetry and short stories. She had a special place in her heart for animals, including horses, cats, and birds.

Betty was a skilled equestrian, riding until late in life. She enjoyed traveling but was always happy to return to their farm in Roane County.

Jerry was 16 when he started auditing classes in 1944 at the University of Chicago and 19 when he became a teaching assistant in the geology department. He rapidly earned four academic degrees, including a PhD in botany in 1951 at age 23.

Jerry, whose research appeared in numerous scientific journals and textbooks, was well known for his groundbreaking studies into sand-dune succession and global climate change. He was employed by Oak Ridge National Laboratory from 1958 to 1985.



In addition, he held academic posts at the University of Tennessee in Knoxville and many other campuses. Extended assignments included stints in Berkeley, CA, Boulder, CO, and two colleges in Sweden.

From the Treasurer:

Our net loss for January 2021 was \$11. This compares to a net gain of \$50 for January 2020 with \$114 for membership dues, which compares to \$30 this January. The only expense was \$42 towards the District 5 Conference.

Our current assets are \$5,449, including \$4,874 in the Regions checking account, a \$100 SON gift card, \$375 for prepaid Cumberland County Playhouse tickets, and \$100 for playing cards resale and/or awards. This compares to \$5,037 for January 2020. Our only liability is a \$1,264 accrual for the next SON district 5 biannual convention.

Respectfully Submitted,

Trygve Myhre



The Lodge has a limited quantity of the Sons of Norway Photo Playing Cards available for purchase,

Please contact Trygve Myhre for details.

VELKOMMEN KAROLINE & FAMILY

The newest member of the Viking of the Smokies Lodge is Karoline Novilla, along with her two daughters, Bergen and Kari.

Born in Wisconsin, but raised in Tennessee, Karoline's Nordic roots include her grandparents who emigrated from Rodoy and Manger outside Bergen. She maintains strong family ties, having last travelled to Norway during Christmas 2019.

A graduate of MTSU, she worked as a real estate appraiser and then as a regional manager for a publishing company before changing careers to home school her daughters. Two years ago, Karoline again changed careers, and entered the occupational therapy field and now works at Life Care of Jefferson City. She also has served as organist for the past 20 years at the Good Shepherd Lutheran church in Morristown, TN.

Her oldest daughter Bergen was recently married and will be moving to the Boston area in the spring as her husband takes a position as a National Park Ranger, while Kari, an accomplished musician, is currently applying to graduate school to major in Harp Performance.

Recently divorced, Karoline's hobbies include fixing up her foreclosure purchase, operating a small online vintage Persian rug business with Kari and enjoying her cabin cruiser on Douglas Lake.

Her retirement plans include renting a camper and hanging out with her Norwegian cousins at their campground on the fjords in the summertime!

We are glad you have found us, Karoline, and hope to "meet you in person" soon!

Tusen Takk

to Dee Bumpers, Trygve Myhre and Deb and Dan Peterson for volunteering to walk Boring Road on January 24th for the 1st quarter litter pickup as part of the Farragut Adopt-A-Mile Program!

If you would like to volunteer, please contact Dee Bumpers.

Register now for Virtual Cultural Skills Classes!

The Sons of Norway District 5 has announced a variety of online “Virtual” classes designed to help you learn and earn Cultural Skills pins in several different areas, including needlework, cooking, rosemaling, woodcarving and genealogy. All classes are open to both members and non-members.

[Virtual Hardanger Embroidery Class: Registration form](#)

[Virtual Norwegian Cooking Class](#)

[Rosemaling Class via ZOOM Registration Form](#)

[The Cooking class requires registration by mail](#)

Hardanger Embroidery Class

The Basics of Hardanger Embroidery

Thursdays Evenings from 6-8pm (Central Time)

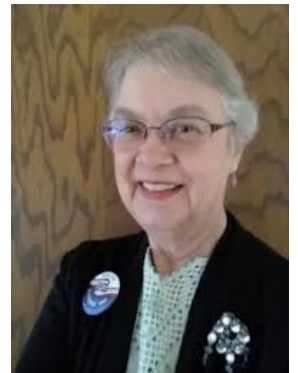
March 4 - April 8, 2021 (Six Weeks)

Sons of Norway members \$50

Non-members \$75

The Sons of Norway District 5 Cultural Committee has arranged a special virtual Hardanger embroidery class with expert, Donna Olson.

Donna became interested in Hardanger embroidery in the early 1970s, when she and her husband moved to Stoughton, WI. She learned the craft from descendants of Norwegian immigrants who were preserving the tradition of their families.



Donna has continued to maintain and celebrate the Hardanger tradition through her teaching, first in the local community, and now at Madison Area Technical College.

She also has taught at seminars for the National Embroidery Guild of America, which honored her last March in their magazine. with a feature article about her Hardanger embroidery work.

Whether you are just beginning to do Hardanger embroidery or have a piece started that just never got finished, this class is for you. The class is all about technique, whether on the class project or your own project.

The class project is Pattern 750 Small Treasures. It consists of four 6" x 6" doilies of different designs. In this class you will work through thread count stitching issues, beginning/ending threads, clean back side of doily, various flower styles, weaving/lacing styles and more!

Rosmaling Class for Cultural Skills Pin #1

Session 1: Saturday February 20-March 6, 2021 (9am - 4pm Central time)

or

Session 2: Monday, Tues & Wed March 1-3, 2021 (9am - 4pm Central Time)

There will be a lunch break each day

Sons of Norway members \$75 Non-members \$100

Registration deadline February 12, 2021

This class will be taught by internationally known rosmaling artist, Lois Mueller. She has been rosmaling since 1977 and received a gold medal for her art from the Vesterheim in Decorah, IA, in 1998. Since that time she has written nine rosmaling instruction books, and in 2016, she was part of a group that created a new organization called, Rosemaling Coast to Coast. She began teaching at the Technical College in Appleton, WI, and now does travel - teaching throughout the USA and overseas.

This class is geared toward earning the Rosmaling Cultural Skills Pin.

Day 1: Brush control and brush technique

Day 2: Complete a flower form or forms and begin working with scroll formations.

Day 3: Complete one project - an 8" plate which will make use of the brush control and technique, flower forms and scroll formations.

To complete the submission for Pin #1, an elective selected from the list provided in the SON Cultural Skill Program information should be completed, including photos and unit evaluation.

A list of painting supplies is included in this registration form. You may purchase the items locally or purchase from Lois.

[Materials List and registration form](#)

Virtual Norwegian Cooking Class: Cooking with Connie and the Kittlesons

Monday Evenings from 6-7:30pm (Central Time)

Feb 15 - March 22, 2021 (6 Weeks)

Sons of Norway members \$25 Non-members \$50

Registration deadline February 12, 2021

The District 5 Cultural Committee presents experienced Norwegian cooks sharing traditional and experimental approaches to Scandinavian cooking. Learn the traditions of making lefse and rullepølse from family heirloom recipes handed down through generations. Explore modern adaptations of recipes and learn about cooking styles of generations of the past. Some featured recipes include Lapskaus, Troll Cream, Knekkebrød, Viking Bread, Hjerte Vafler, and Open Face Sandwiches. Guidance toward earning the first level Cultural Skills Cooking pin will be offered; however, work beyond class is required to complete the requirements for the pin.

Recipes and cultural award program information will be sent to registered students prior to the first class. The Zoom connection will be sent to registered students close to the time of the first class. In addition to recipes provided for the class, two cookbooks are available for purchase. The *Norwegian Kitchen* (email judy62ghastin@gmail.com) and *Baking the Norway Way* (bakingthenorwayway.com) are available in limited quantity.

MEET OUR COOKS

Connie Aiello has been cooking and baking for as long as she can remember. A daughter of a restaurant owner and a home economics teacher, she could always be found in the kitchen learning traditional ethnic recipes from the skillful hands of family members. For the last 16 years, she has been honing her skills with traditional Norwegian dishes. Recently, she has been exploring contemporary Norwegian cuisine.

Currently the Vice-President and Cultural Skills Program Director of Nordlyset Lodge in Racine, Wisconsin. Connie has presented Norwegian cooking at local schools and cultural events and was honored to present a Norwegian Cooking Demonstration at Marquette University's Innovation Kitchen. In August 2016, Connie led a Sons of Norway Youth Heritage Trip to Norway, where they explored the country, customs, and cuisine. While staying with relatives in Røros, she experienced local traditional foods, and was thrilled to come back home with 100-year-old family recipes!

Nancy and Duane Kittleson carry on cooking traditions from both of their families. They grew up in homes with lutefisk, lefse, krumkake and Norwegian coffee. They have been members of Vennelag 5-513 in Mt. Horeb, Wisconsin for more than 20 years and have served

in various offices of leadership within the Lodge, have chaired major fundraising events, and have been delegates to many District and International conventions. The fundraising events involved making 10 or 12 rullepølse for many years for the fall breakfast (Frokost), organizing a crew of 12 or more making and selling about 45 dozen lefse for the Christmas holiday, and teaching at the lodge annual Norse baking workshop. In addition, Duane has served on the District Five Board as Publicity Director and as Treasurer. The Kittlesons are proud of their Norwegian heritage and have traveled to Norway three times.

For more information contact judy62ghastin@gmail.com

Cooking Class Registration Form

Name: _____

Street Address: _____

City: _____ **St** _____ **Zip** _____

Phone: _____

Email Address: _____

Lodge: _____

Membership #: _____

Non-Member: _____

Registration for the class is first come, first served by date received. The maximum number of students is 20. Arrangements will be made to accommodate more students at a different time.

The Registration Deadline for classes is February 12, 2021.

Class Registration Fee: \$25 Sons of Norway member _____

\$50 Non-member _____

Recipes and Cultural Awards information will be emailed upon paid registration.
Zoom information will be sent close to the time of the first class.

Make checks payable to Nordic Legacy Foundation.
Mail registration to Judy Ghastin, 7130 Century Ave., Middleton, WI 53562