



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

PRESIDENT: MICHAEL J. BECK VICE PRESIDENT: BOB RUMNEY

SECRETARY: JUNE COOPER TREASURER: RAGNHILD ZINGLER EDITOR: THOMAS RUSSELL

The President's Corner



My role as Lodge President has come to an end. I would like to thank each and every board member for their support. Also, I wish to say kudos to our members for stepping up and showing how proud you are of your heritage. The new board is floating several ideas that will only make our lodge more active and stronger. Vennligst gi dem så mye støtte som du gav mig.

I will leave you with my final Norwegian Proverb: *Alder ikke alltid hjelpe mot dårskap.*

Mike

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Newsletter Submissions

If anyone has any news or announcements to be published in the newsletter, please send to:

ter3cars@comcast.net

One week before the end of the month.

District President's Message

Dear Brothers and Sisters:

2013-----Wow! A HAPPY NEW YEAR Can you believe how time keeps flying by! Recently on a visit to NYC we saw the Radio City Christmas spectacular. Though some of the old traditional dances were still performed there are NEW acts that require 3D glasses. There is also a skit about a computer game. It occurred to me they understood you must evolve as the years go by and have what is wanted by the young people and future generations. For myself, I have just learned the NEW way to use my computer... it's constant contact. What a great tool to get the message out to members or friends!

The Charitable Trust will have a NEW look and NEW campaigns having had hurricane Sandy bring-to-light how much help our brothers and sisters need. Aren't we fortunate to have such a resource as the Charitable Trust?

NEW officers bring their own unique style to Sons of Norway meetings and events, they keep abreast of the wants and needs of their lodge members.

Land of the Vikings NEW managers Bring a NEW look to our "home away from home" with innovative ideas to help get LOV on the map.

Listed here are some of our LOV manager Pete's ideas:

"December 31st brings us to our New Year's Eve Dinner Dance here at Land of the Vikings. We're serving prime rib or scallops with all the fixins. Also, enjoy the music and a champagne toast at midnight! Bring your family and friends and plan to stay the night!"

"Attention Lodges! We are working on our 2013 LOV activities calendar. Please give us a call and confirm your weekends here at LOV. We're planning a clambake, the annual Lobster-fest, and a pig roast and we don't want to take any weekends you are definitely planning to use. We are also talking to some of the local sporting groups/associations about sponsoring their annual benefits and we need to provide them with open dates. Please claim your weekends! "

On another note... I've been hearing there is a desire from the membership to encourage a renewed sense of **Fraternalism** as defined in the dictionary; fra-ter-nal-ism (adj.). Of or relating to brothers: a close fraternal tie. Showing comradeship; brotherly.

Let's put a NEW focus on Fraternalism in the New Year!

Alt for denne gangen

Gail

Third District President, Sons of Norway

Ask & Advertise ----- Mentor and Mingle.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Years Day	2	3 Board Meeting 7 pm	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Installation Potluck 6:30 pm Fellowship Hall Bayside Presbyterian Church	19
20	21 MLK Jr. Day	22	23	24	25	26
27	28	29	30	31		
					Notes:	

February

- 7th - Board Meeting - 7 pm - Bayside Presbyterian Church.
- 9th - New Members Breakfast - 9-11 am - Cypress Point Country Club.

Fra Presidenten

Norske Humor

There was this Norwegian who was on vacation in Florida. All his life he wanted to have a pair of alligator-shoes and now he thought he would finally be able to get around to buying a pair. Gator shoes are expensive and haggling down the price didn't help. Finally, the Norwegian yelled out in anger, "Keep your lousy shoes. I'll just get myself a boat, go out into the swamp, catch a gator and make my own shoes!" The owner of the store just looked stupidly at him, "Yeah, sure, and give my best regards to the Swede who're already up there trying to do what you just told me."

The Norwegian gets a boat and he heads out into the swamp. After a while he finds the Swede standing up to her knees in the water while holding a spear pointed at the water. That must be the Swede the Norwegian thinks. Suddenly there's a movement in the water and an alligator swims towards the Swede. The Swede stands there like a statue, just waiting for the big gator to get closer. When the gator is close by the Swede sticks her spear into the gator, and with a bit of fighting he gets the beast onto the land, where there is a big pile of gators. The Swede turns the gator on his back and examines its feet, and then finally utters, "Darn! No shoes on this one either!"

Financial Benefits Counselor



A permanent Life Insurance policy is the finest financial instrument ever devised:

- It lasts until you die
- It is tax-sheltered
- It is portable
- It is guaranteed
- It contains cash values that can be used for emergencies, opportunities, college, premium payments, etc.
- You need no one's Permission to use the cash values
- When the stock market goes down, the cash values still go up
- It can be used to help provide a secure retirement
- And it's yours. No one can take it away from you

For Information about Sons of Norway's financial benefits contact:

Michael Beck, LUTCF

Office Phone: (757) 963-5102

E-mail: michael.j.beck@cox.net

Maintaining One of Oslo's Most Iconic Landmarks



Oslo Opera House, Photo by Oikema

One of Norway's most distinctive and popular landmarks, at less than five years old, is already being placed under the protection of a state historic preservation order.

Oslo's beautiful and extremely unique white marble-covered Opera House quickly became one of Norway's top attractions when it opened in 2008. Four years and millions of visitors later the building's exterior is showing signs of wear and tear that the state agency tasked with its maintenance are struggling to keep up with. While several of the problems are environmental, such as algae stains from the fjord and yellowing marble from air pollution, others are more directly attributed to foot traffic and careless visitors, like coffee stains, indiscriminately stamped out cigarette butts and unwanted vegetation growth between the marble tiles from soil and seeds carried in on the shoes of visitors.

Hege Njaa Rygh of Statsbygg, the state agency tasked with care for the building, suggested that upkeep of the exterior usually "goes well" with the use of a vehicle similar to a street cleaner, but it is not safe to use in freezing temperatures. "In freezing temperatures, it's so damp and slippery that soot in the air really fastens itself to the building," says Rygh. "Then it's even more difficult to keep it clean." Budgeted funds for the building's upkeep amount to NOK 20 million a year.

City officials as well as architects with Snøhetta, designers of the Opera House, would like to see an improvement in the timeliness of the building's cleaning and maintenance to ensure that it remains a well-preserved landmark. Jørn Holme, Norway's national preservationist agrees saying, "We don't just have responsibility for historic buildings, but also modern architecture of high international standard... the Opera is such a building." The preservation order, or *fredning*, will apply to the exterior of the building, the lobby and main auditorium, and its immediate surroundings.

2013: Munch Year

Last year was a big news year for Edvard Munch: "The Scream" sold at an auction for a world-record breaking \$119.9 million to an American buyer; Norway continues to debate the location of the new proposed Munch Museum; then in August it was reported that Munch may have an American granddaughter. If all of that wasn't enough, 2013 is shaping up to be an even bigger year for the artist as a range of events and the most comprehensive Munch exhibitions ever assembled will be held to commemorate the 150th anniversary of Munch's birth on December 12.

The complete program of events for the year long jubilee are a collaborative effort between the National Gallery of Norway (Nasjonalgalleriet) and the Munch Museum and events will be centered around eight "Munch municipalities" in Norway. Each of the eight locations (Vågå, Fredrikstad, Løten, Oslo, Horten, Vestby, Kragerø and Moss) are connected to Munch and are places where he lived or worked or had familial or ancestral ties. The activities planned in the municipalities range from book launches, walking tours, documentary film premiers, concerts and exhibitions. A traveling exhibition, titled "Munch on Tour," showcases Edvard Munch's famous "Self-portrait with cigarette" (1895) and will make stops in seven cities in Norway. The anniversary exhibition "Munch 150" running from June 2 to Oct. 13, 2013 will not only be the most comprehensive of all of the year's exhibits, it is also the largest Munch exhibit ever assembled, boasting 220 paintings and 50 works on paper. The exhibition will be split among two venues, the National Gallery of Norway (works from 1882-1903) and the Munch Museum (works from 1904-1944).

Baked Apples with Cardamom



- light molasses or syrup
- 1½ tsp cardamom, ground
- 5 graham crackers, crushed
- ¼ cup butter
- 2 tbsp muscovado sugar or substitute a dark, coarse brown sugar
- 8 apples (similarly sized)

Pre-heat oven to 350°F. Wash and core apples. Melt butter and mix in a bowl with crushed graham crackers, sugar and cardamom. Place cored apples in a baking dish and fill evenly with cracker mixture. (For easier clean up, line baking dish with foil) Top apples with light molasses or syrup and bake for 10-15 minutes. Cooking time will vary based on the size of apples. Apples are finished when soft to the touch, but not mushy.

Norwegian Proverb English Translation:

Age does not always help against foolishness.

Longboat Repair

The Board of Officers would like to extend a big thank you to Asphalt Roads & Materials Company of Virginia Beach for providing us with a working space, and the use of some of their tools. Of course, there were several own members who performed wood working, fiberglass repair and longboat painting. Along with members who worked on the shields, oars, and oar locks. It is impossible to mention all of the names, but you do have our heartfelt thanks.



New Year's Resolutions - Are They Silly or Valuable?

a little in English...

There's a lot of eternal optimism in New Year's resolutions. We set off once more with renewed hopefulness and confidence in our own skill and willpower.

New Year's Eve and New Year's Day are great times to start fresh and incorporate new habits into our everyday rituals. Promises are more official in terms of the New Year. On New Year's Eve, we can easily put the past behind us, what has been done has been done, and we look forward to the new.

The most common resolutions are:

- Quit smoking
- Be nicer
- Start exercising
- Eat Healthier

All these are great New Year's resolutions, but it is also certainly possible to find something fun and original too.

How to keep your New Year's resolutions?

It is often said that most New Year's resolutions go down the drain pretty quickly. This can often be due to lack of planning and motivation.

Making a New Year's resolution is easy, keeping it is much harder. If you really want to maintain your New Year's resolutions you should prepare yourself and get ready in advance.

Tips that make it easier to keep your resolutions.

1. Make a proper plan with specific goals.
2. Give yourself a reward after you each objective is met.
3. Tell people about your New Year's resolutions, the obligation to uphold them is much stronger.
4. Think positive - write down a list of all the benefits you get by maintaining your New Year's resolutions. Look at the list often and have fun!

Good luck and Happy New Year!

Nyttårsforsetter - er de tullete eller verdifulle?

litt på norsk...

Det ligger mye evig optimisme i nyttårsforsetter. Vi setter i gang igjen med fornyet optimisme og tro på egne ferdigheter og viljestyrke.

At nyttårsaften eller første nyttårsdag er en fin tid å begynne et nytt liv på eller å innarbeide nye vaner på har med vårt behov for ritualer å gjøre. Løfter blir mer høytidelige når det gjelder for et nytt år. På nyttårsaften kan vi lett legge bak oss det gamle, det som har vært og se frem mot det nye.

De vanligste nyttårsforsettene er:

- Slutte å røyke
- Bli snillere
- Begynne å trene
- Spise sunnere

Alle disse er flotte nyttårsforsetter, men det går sikkert an å finne på noe morsommere og mer originalt også.

Hvordan holde nyttårsforsettene?

Det sies at de fleste nyttårsforsetter går i vasken ganske raskt. Dette skyldes ofte manglende planlegging og motivasjon.

Å ha nyttårsforsetter er lett, å holde dem er verre. Hvis du virkelig ønsker å holde dine nyttårsforsetter bør du forberede deg litt og jobbe med saken en tid på forhånd.

Tips som gjør det lettere å holde nyttårsforsettene.

1. Lag en skikkelig plan med konkrete mål.
2. Gi deg selv en belønning når du når hvert av delmålene.
3. Fortell folk om dine nyttårsforsetter, det gjør dem mer forpliktende.
4. Tenk positivt - skriv ned en liste over alle fordelene du får ved å gjennomføre dine nyttårsforsetter. Se på listen ofte og ha det gøy!

Lykke til og Godt Nytt År!

JANUARY



Kaden Pratt	2	Mary Friesen	17	Marion Vinnelrod	29
Leah Shewmaker	5	Aaron Lindenberg	17	Berit McCarty	30
Kohler Stevens	8	Richard Keever	18		
Unni Ramsey	11	James Zingler	18		
Carol McCarthy	13	David Silseth	19		
Ana Andersen	15	Robert Larsen	23		
Gerald Blau	15	Billie Letts	24		
Shelly Foster	16	Sissel Holland	27		



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1125 Selwood Drive
Virginia Beach, VA 23464-5809