



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

PRESIDENT: BOB RUMNEY VICE PRESIDENT: MICHAEL J. BECK

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

The President's Corner



Greetings; September has been a very busy month for the lodge; however, it has also been one of unique opportunities. Our participation in the 50th Anniversary of the City of Virginia Beach gave us the opportunity to meet people from our sister city as well as the Mayor of Moss Norway and the Women's Chorus (Vocalis) also from Moss Norway. It gave me great pride to represent the Lodge at several of the events. Astrid Gulas and Mona Denton did a wonderful job coordinating the activities of Vocals and the sister city representatives.

The rededication of the Norwegian Lady statue was very impressive. There were speeches by our own Rolf Williams, the Mayor of Moss Norway and Dgvenka Bard, who was 14 years old when she posed for the making of the statue by her father. The woman's choir (Vocalis) also sang, The weather was beautiful. What a difference from the annual Norwegian Lady ceremony in the spring which usually is cold and windy.

Bill Foss, along with his wife, Wilma attended a performance of the Vocalis at St Nicholas Catholic church where Bill Foss generously gave out copies of his book *The Wreck of the Dictator* to the performers in the group, Vocalis. We had a very good representation from our Sons of Norway Lodge. I want to thank those from our lodge who provided the refreshments following the performance. I would also like to take this opportunity to wish Bill Foss a belated Happy 95th birthday. Vocalis also performed at the Sunday service at 1st Presbyterian Church.

Vocalis performed at the Sandler Center along with musicians representing the other sister cities. All the performers were very talented but Norway was the only country that had performers from their country. Many of our lodge members wore their bunads to the event.

The next major event was the Annual (and 40th) Virginia Beach Neptune Festival. Our long boat and new trailer were ready for the event and many nice comments were made on how great the long boat looked. We had 3 ladies in bunads riding in the boat along with Mball Reynolds and 2 ladies in bunads carrying the banner. Pictures are in this newsletter.

Now we are looking forward to another very busy period as we plan for the celebration of Leif Erickson Day with the Icelandic Federation (9 Oct), the annual bazaar (November 2nd) and the Christmas party (December 8th). Watch for the postcard schedules.

Please remember, we can never have too much help at the bazaar. We need people to help set up, take down, fill in when required, bake, etc. To show appreciation to those who have helped at the bazaar, the lodge has approved a \$10.00 rebate certificate to be applied against the cost of the Christmas party. If you participate in the bazaar in anyway, please let Deanna know (Norskamerican@aol.com).

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and
Sons of Norway-Hampton Roads on facebook

The President's Corner - Continued

Don't forget to come to our next meeting which will be a movie night on October 25th. The movie will be The Heroes of Telemark, starring Kirk Douglas and Richard Harris. In a secret Norwegian Laboratory, the Nazis are developing "heavy water" which is critical to making a nuclear weapon. Physicist Rolf (Douglas) leads a small team of commandos into the country to destroy the lab before it is too late. Come and see what happens.

Have a wonderful fall season and I look forward to seeing you at the up-coming events.

Hilsen,

Bob Rumney

District President's Message

Leadership defined by Webster's dictionary:
one who leads---to guide one way ,especially going in advance; to have charge of; to tend toward or have a result; to direct the course of; to direct the operations

The time for members to look to the futures of Sons of Norway is **now**. With many members recruiting new members to the lodge, are we making certain the new members receive guidance on how the organization operates or how your lodge runs? In past years it was the job of the LODGE Vice President to interview prospective members and to advise them what was required of them as a member of Sons of Norway. However, as the order became less formal this practice has ceased. We must realize the importance of educating our new members. Previously, SoN has endeavored to have leadership seminars.... we have called this an "exchange of ideas". No matter the title... it is a time for members to return to some form of learning how the order functions and to clarify the procedures officers take-on in the fraternity.

The time for this understanding is **HERE AND NOW**. With the election of new officers on the horizon and the start of a new year... **NOW** seems like a logical time to address this issue. The officers can make certain it is now part of the lodge's 2014 calendar.

How will it work? Perhaps a separate lodge meeting? We have found in the past that this doesn't work well, for most lodges. How about incorporating it as part of your monthly meeting? Take 10 minutes to address: officers duties; ceremonies used by the order during meetings (such as initiations of new members), committees the lodge needs; responsibilities of chairpersons, etc. What responsibilities the lodge has to outreach to the community. PLEASE make

educating your members a high priority at your next meeting! Consider what would be best for your members and put it on the lodge's calendar for 2014. Most of all "DO IT"! Knowledge of how SoN operates is what will keep SoN alive and vital. Hopefully, membership involvement will educate the leaders of the organization what direction the members' desire from Sons of Norway. Without some structure and goals we will veer-off course losing sight of our purpose.

On a personal note, it was with great dismay that I must announce the 3D Robert Morton Golf Tournament had to be cancelled. More disturbing was the revelation that a group of past-tournament golfers choose to have their own gathering during the same time-frame... while staying at the hotel that the District had selected. The support of our members is VITAL, and demonstrates to our District Officers that their time and effort has validity. I am very concerned as to the impression this gave our new Sports Director. Put yourself in his position and you'll have the answer. Having served 10 years as a 3D board member, I find it baffling to find two past District Presidents and past District Officers among this group...having served in a leadership role and know the challenge the board faces in trying to run the District. This type of decision begs the question; "How will we motivate members who might have been willing to take a leadership role to do so... and how will this affect our members desire to recruit new members into the 3rd district?" Actions such as this do NOT reflect a fraternal commitment and show a disregard for the fraternal oath we have all sworn to. I am deeply concerned about these types of actions.

REMEMBER LIEF ERIKSON DAY...CELEBRATE YOUR
 NOWEGIAN PRIDE.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Leif Erikson Day Wreath Laying Mariner's Museum 11 am	10	11	12
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25 Movie Night Fellowship Hall 6:30 pm	26
27	28	29	30	31 Halloween	Notes:	

November

2nd - Scandinavian Christmas Bazaar - Bayside Presbyterian Church - Volunteers needed.
23rd - Town Point Parade

December

8th - Annual Christmas Party - Cypress Point Country Club

Newsletter and Website Submissions

If anyone has any news or announcements to be published in the newsletter or on the website please send to: hpsoneditor@gmail.com

Please have newsletter submissions one week before the end of the month.

Neptune Festival



Coffee Tradition in Norway

a little in English...

There is little doubt that coffee is Norway's national drink. On average, Norwegians drink about five cups of coffee per day.

Norwegians have been a longtime world leader in coffee drinking and they have competed with Finland to land on the top of the list. A new survey conducted by Ipsos MMI (ipsos-mmi.no) for the Norwegian Coffee Association shows that nearly nine out of ten Norwegian adults drink coffee. Two out of three drink coffee everyday. All together Norwegians drink 12 million cups of coffee each day.

Central Norway holds most of the coffee drinkers in Norway, a survey shows. There, three out of five people drink coffee daily while just one out of twenty never drink coffee. After that follows the capital (Oslo), while in eastern Norway, however, coffee drinkers are the most careful with their coffee preparations. Daily coffee drinkers increases typically for those 45 years and older while the coffee drinking difference between men and women is small.

To get good coffee

- Use totally clean equipment.
- Use fresh, cold water.
- Use the correct grind in relation to the preparation process.
- Coffee is a perishable commodity. Once the bag is open it should be used within one week.
- Use the correct amount of coffee. It is recommended to filter ground coffee, about 60-70 grams per liter of water. (or about 3 tablespoon per 1 cup of water) This provides a rich coffee.
- Serve the coffee fresh.
- Remember that brewing time and temperature are critical.

More info at www.kaffe.no

Kaffe tradisjon i norge

litt på norsk...

Det er liten tvil om at kaffe er Norges nasjonaldrikk. Gjennomsnittlig inntar en norsk kaffedrikk fem kopper per dag.

Nordmenn har lenge vært i verdenstoppen i kaffedriking, og har konkurrert med Finland om å ligge øverst på lista. Nå viser en fersk undersøkelse gjennomført av Ipsos MMI for NORsk Kaffeinformasjon at nærmere ni av ti voksne nordmenn drikker nordmenn 12 millioner kopper hver dag.

Det er aller flest kaffedrikkere i Midt-Norge, viser undersøkelsen. Der drikker tre av fire kaffe daglig, mens bare én av 20 aldri drikker kaffe. Deretter følger hovedstaden, mens østlendinger for øvrig er mest forsiktige med kaffedrikingen. Den daglige kaffedrikingen øker mest hos folk som er 45 år eller eldre, mens forskjellene mellom kvinner og menn er små.

Slik får du god kaffe

- Bruk helt ren utstyr.
- Bruk friskt, kaldt vann.
- Bruk riktig malingsgrad i forhold til tilberedningsmetode.
- Kaffe er en ferskvare. Når posen er åpnet bør den brukes i løpet av en ukes tid.
- Bruk riktig mengde kaffe. Til filtermalt kaffe anbefaler vi gjerne 60-70 gram per liter vann. Det gir en fyldig kaffe.
- Server kaffen nylaget.
- Husk at tilberedningstid og temperatur er avgjørende.

Fridtjof Nansen Remembered



Fridtjof Nansen explores the Arctic with his ship, Fram.

120 years ago Fridtjof Nansen (1861-1930) set out on a courageous and historic exploration of the Arctic. His ship, Fram, was built to withstand the pressure of the ice and carried 12 men and enough food and equipment to last five years. Nansen's mission was to head north to the remotest and least understood place on earth, the Arctic, in order to study the polar ocean currents.

Before the turn of the century research on the North and South Poles was non-existent and travel to these places was even more unheard of. So little was known that some experts believed the poles would be warm or there was land at the North Pole and the surrounding seas would be shallow, said University of Oslo professor and historian Robert Marc Friedman. Nansen's journey would change the tides of oceanographic research.

The risky voyage planned to use the Northern Hemisphere's east-to-west ocean current. Nansen believed that the current would carry their ship across the North Pole. This theory was doubted by many. He convinced the Norwegian government to grant his crew NOK 20,000 in order to build Fram, their heavy-duty ship and home for the next three years.

The findings were spectacular and even stunned Nansen. Their first goal was to measure the ocean depth, a simple enough task that became an unexpected difficulty. Their 2,000 meter sounding line was too short because the polar sea was surprisingly very deep, twice as deep, in fact as Nansen anticipated. The men were able to measure the depth of the ocean to 3900 meters with line constructed from their ships rigging. Nansen realized that the ocean depths and the different combinations of fresh, salt, warm and cold water played a crucial role in the oceanographic currents and affected weather patterns around the world. "He recognized that measuring different typed of water, based in salinity and temperature, would enable him to determine the origins of the water", noted Friedman, these, he says are "some of the most significant building blocks in our contemporary understanding of physical oceanography."

Nansen's discoveries answered many questions and researchers are still sorting through data in order to figure out ocean mysteries. In fact, a research group at the Norwegian Polar Institute has planned their own voyage to the Arctic, following in Nansen's tracks over a century later. Their vessel, The Lance and its crew will set out into the ice next winter to study the Arctic and its ever-changing climate.

Nansen's legacy transformed the way we predict weather patterns. After returning from his journey in 1896 Nansen had successfully pioneered the unknown. Nansen went on to become a leading politician and activist for humanitarian efforts in Norway and won a Nobel Peace Prize in 1922. 120 years after his Arctic adventure Nansen continues to influence the way we understand the world.

Quarterly Family Matters Page

Because engaging youth is important to the entire organization, Sons of Norway has created a new addition to the Viking magazine, called Family Matters. “This new quarterly feature will be filled with engaging information for young people and their families,” says Sons of Norway CEO Eivind Heiberg. “In fact, in its inaugural edition the Family Matters content is about genealogy and includes activities that can be done by children and adult members.”

In the future, this new youth-related *Viking* magazine content will cover a variety of topics and activities suited for young people to do on their own, or with their family. What's more, the new content will be made available to members and lodges in a PDF format that can be downloaded from the Sons of Norway website and used for lodge activities or to be emailed to family members.

If you'd like to download the current edition of Family Matters, visit www.sonsofnorway.com/family. This Page will include the most recent edition as well as an archive of past Family Matters articles.

family matters

Branch Out!

Exploring the family tree together is a great way for young people to learn about their history and understand the world. BY AMY EGORUD

Kids love to hear about their own family history. What's more, digging into the family tree is good for them. Maureen Taylor, author of "The Family Photo Detective" (Family Tree Books, 2013), says it gives kids a sense of connection within their families, as well as a sense of general history. It also can provide a context for understanding complex issues, such as war and immigration. Exploring genealogy together offers a practical benefit for adults, too: Getting the next generation curious about family history means there will be someone to take care of family artifacts after you're gone. "You need that intergenerational connection to pass down the story and to keep the family history alive," says Taylor.



NEW!

Activities for Young People



<p>PRESCHOOL Tell A Tale Bring genealogy to life by sharing family stories. Children can relate especially well to others' childhood tales. Be animated and use a unique voice for each character to increase the entertainment factor. EXPAND IT: Use family photos and other artifacts to enhance your storytelling.</p>	<p>ELEMENTARY AGES Family Tree Detectives Tailor a family tree project to your child's age and interests. Kids can draw, paint or cut out a tree using large sheets of paper. Draw pictures or paste photos on the branches. Together, record family members' names. EXPAND IT: Help kids create a <i>slektstre</i> by using Norwegian terms for family members. See resources below for terms and pronunciation.</p>	<p>TEENAGERS Story Savers Encourage young people to preserve family stories by videotaping a relative's oral history. All that is needed is a quiet space, an audio recorder or video camera, a list of questions and a willing subject. For helpful tips, see "Oral History How-To," Nov. 2012 <i>Viking</i>. EXPAND IT: Get creative and preserve a family story using an online tool, such as freebies.com.</p>
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LEARN MORE! Here are some resources to get you started:
Norwegian-American Links → [Norwegian American Genealogical Center](http://NorwegianAmericanGenealogicalCenter.com) and [Naesseth Library, norgr.org](http://NaessethLibrary.norgr.org) → [The Norwegian Genealogical Association \(NAGCA\)](http://TheNorwegianGenealogicalAssociation(NAGCA).com) → www.norwegianamerican.org **Norwegian Family Terms** → kiskitrukk.no/generalsektord.html
Norwegian pronunciation → www.lexico.com/dictionary/online-decode/norwegian.html
General Genealogical Links → Ancestry.com → MyHeritage.com → FamilySearch.com → TreeLines.com → FamilyHistoryKids.com → MyHeritage.com → ZipTheGrandmaGap.com

Lapskaus

Makes 6-8 servings

- 2¾ lbs chuck steak (off the bone and trimmed of excess fat), cut into ¾-inch pieces
- 6 large carrots, chopped into ¾-inch pieces
- 1¼ cups parsley roots, chopped into ¾-inch pieces
- 3¼ cups rutabaga, chopped into ¾-inch pieces
- 2¼ lbs floury potatoes such as Russets, chopped into ½-inch cubes
- 6⅓ cups fresh chicken stock
- ⅓ cup butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

Add meat in batches to a large casserole pot and brown. Once meat is browned, add chopped vegetables, stock and salt and pepper.

Bring to boil and skim stew when needed. Cover and simmer gently for 2½ hours. After simmering, check the seasoning and adjust as needed. Top with freshly chopped parsley and serve with flatbrød.

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Erik Arntsen 1

William Foss 2

Catherine Williamson 10

Floyd Friesen 20

Lars Borchert 24

Norma Castellano 24

Julia Hitzel 25

Hanni Peterson 28

Ragnhild Zingler 28



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