



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

PRESIDENT: BOB RUMNEY

VICE PRESIDENT: MICHAEL J. BECK

SECRETARY: JUNE COOPER

TREASURER: RAGNHILD ZINGLER

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The President's Corner



Greetings:

Our first combined celebration of Leif Erickson day with the Icelandic Federation was held on October 9. Before the celebration we had a great tour of the Mariners Museum. All those on the tour decided that we needed to go again to see the many exhibits that we missed due to time constraints. Following the tour we met with the Icelandic Federation at the Leif Erickson statue. In view of the rain downpour the speeches were saved for next year. We laid the wreath and adjourned to the restaurant for lunch. All agreed that it was a great combined

endeavor which we will plan to do again next year and invite the Swedish group.

The program for our October meeting was the film "The Hero's of Telemark". An old but great film.

The program for the November Meeting (21 Nov) will be "The New Polar Express". This film will relive a bygone era on the most luxurious trains. The journey itself was the most significant part of the experience rather than simply getting there.

The Annual Bazaar was a great success. We had a good turnout of volunteers. Many thanks to all who participated. Please send June (the Lodge Secretary) the hours that you worked on the Bazaar (before, during, and after). This is important for our annual report. We had a steady stream of visitors from the opening to the close. The parking lot was so full that people were waiting to get a parking place. As of the writing of this letter we have not determined what the lodge made on the Bazaar. We will announce that at the Christmas Party. We did have surprise visitors when the Vikings invaded. They added a lot to the overall bazaar. Pictures included in this newsletter.

On Sunday following the Bazaar, we had a great relaxing fellowship lunch at the Cyprus Point Country Club.

Unfortunately we will not be participating in the Christmas Parade at Town Center. No one was available to tow the Viking boat and we had no volunteers to just march. Everyone was probably worn out from the bazaar.

We have already begun the preparations for the Christmas Party which will be held at the Cyprus Point Country Club on December 8th. The club has recently been remodeled and will provide more space to dance around the Christmas Tree as well as more space for tables. Mark your calendars and be sure to get your reservation into Pam.

I wish you a wonderful Thanksgiving and look forward to seeing you at the Christmas party. Again, tusen takk for all your help in making our bazaar a success.

Hilsen,
Bob

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District President's Message

For Americans, this is the month all of us take time to appreciate and be thankful for all we have in our daily lives. It's hard to believe that we are the only country in the world, along with Canada, to have the tradition of Thanksgiving.

The last part of that word is GIVING. The election of new officers approaches; this is a reminder that during the past few years, fraternal benefit societies have come under increased scrutiny due to their tax-exempt status. Because of this, it has become critical for societies, including Sons of Norway, to showcase the great volunteer activities that are being done by members in their communities. Therefore the implementation of a new position, Volunteer Coordinator, is to take place with officer elections for 2014.

The duties of the Volunteer Coordinator would include:

- Seeking out volunteer opportunities within the lodge's community.
 - Developing partnerships with other lodges and community groups to create a significant impact with volunteer activities.
 - Organizing members' involvement in lodge sponsored community service.
 - Working with the lodge publicity director to publicize the lodge's community service activities.
 - Coordinating with the lodge vice president to utilize volunteer activities as recruitment and retention tools.
 - Promoting community service to lodge members, by being an advocate for lodge members volunteering.
- Providing detail reporting of lodge community events for the annual reporting to the American Fraternal Alliance.

Make sure that this new position is in place by the New Year. This position is vital to both the lodges as well to all Sons of Norway.

Rolf and I hope you all have that special time with your friends and family to enjoy the fellowship, reflect on your blessings, and be truly THANKFUL, for all that has happened in the past year.

Mange Takk - Alt for denne gangen

Gail

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

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.

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 All Saints Day	2 Scandinavian Christmas Bazaar Bayside Presbyterian Church
3 Daylight Savings	4	5 Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21 General Membership Meeting 7:30 pm Bayside Presbyterian Church	22	23 Town Point Parade
24	25	26	27	28 Thanksgiving	29	30

December

8th - Annual Christmas Party - Cypress Point Country Club

Tesla Supercharger, the New Electric Vehicle Craze in Norway



Electric vehicles have found a home in the oil rich country of Norway, which is the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency performance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf) which expands the average buyer profile. The sizable price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$ 73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within 200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommending, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly 50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtmark with statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car maintenance, taxes and tolls compared to a normal gas consuming vehicle owner.

The 2013 Commemorative Ornament



Ornament dimensions:
3.5" tall by 3" wide.

Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that—with the limited edition 2013 Sons of Norway commemorative Christmas ornament.

This year's ornament beautifully displays the Os style of rosemaling. This style uses very bright, pure colors of dark and light red, rich yellows and blues and many shades of green. Numerous flower forms—rosettes, tulips, bonnets, buds, and dual-colored, candy-corn shaped petals—gives an artist many choices. Groupings of flowers and leaves organically grow on stems with big, round leaves having visible vein lines in large, medium and small sizes to create interest and balance.

Each ornament shows off the beauty of Norwegian heritage with a hand-created design by Shirley Evenstad, a Vesterheim Gold Medal winner. It is sure to be a welcome addition to your tree this Christmas.

Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as a gifts for your friends and family, all you have to do is call 800-945-8851. Members can order ornaments for \$14.99 = S&H.

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

The Nordic Diet

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Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the "healthy" plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

Julebrus, a Norwegian Christmas Tradition

A Norwegian Christmas without *julebrus* (Christmas soda) is like a birthday party without cake. A seasonal favorite of Norwegian children (as well as many adults), julebrus comes in hues of red, brown, yellow-orange and even black. It is a sweet and fizzy drink that is bottled and labeled with festive Christmas patterns and pictures. The seasonal drink is often flavored with lots of sugar, vanilla, ginger, caramel, a variety of berry, citrus or pear flavoring.

It's a staple, which for many across Norway stimulates the *julestemning* (Christmas feeling) intended for the holiday season ahead. As cooler weather approaches and leaves begin to fall, julebrus begins its seasonal distribution, all while decorations begin to take their places in stores, homes, schools and city centers. There is a rush of holiday spirit around Norway as businesses close down and families prepare to gather for their *julaften* (Christmas Eve) dinners.

Joining them on their julebord (Christmas table) is the traditional bottle of julebrus, next to a traditional shot of after dinner aquavit (for the adults). Each member of the family has their favorite flavor, color, taste or brand, but sometimes it's left up to a matter of loyalty, and where you're from determines that. For example, the reigning champs in the annual Julebrus taste test contest come from the Hamar and Lillehammer area. The Hamar and Lillehammer Julebrus brand is a product of Ringnes Brewery and has been voted the best based on varying criteria.

Around 25 tasty, and some not so tasty Christmas sodas are widely distributed across Norway. But these are not the only thing prompting holiday spirit in the stores as grocery stores fill the festive products and holiday spirit: apples are stamped with "godjul," small *nisser* are printed on milk cartons Christmas calendars filled with chocolate are for sale in every checkout line.

Here is the latest winner of the 2012 julebrus blind taste test done in one of Oslo's busy shopping malls. Learn about the runners up by visiting, <http://www.osloby.no/oslosbeste/Julebrustesten-Sott-sol-og-Sanasol-7050410.html#.UjxWA4akoz5>.



#1 Hamar and Lillehammer Julebrus

Score: 6/6

Price: 12,50 kroner = \$2.10

Positives: Strong Christmas feeling, Natural taste of caramel and ginger, nice color, great fizzy taste.

Negatives: It could have been a touch less sweet.

May Ohnemus 3
Emma Query 3
Alex Pincus 5
Inger Pincus 7
Jude Liptak 8
Cathrine Hill 9
Ethan Lindenberg 11



Peter Schaefer 16
Robert Rumney 20
Adda De Pool 23
Harold Bensen 25
Donald Ohnemus 26
Edward McCarthy 27



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