



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

President: Bob Rumney Vice President: Michael J. Beck Secretary: June Cooper Treasurer: Ragnhild Zingler

The President's Corner



Greetings,

I hope you had the opportunity to attend last month's potluck dinner. If you didn't you missed a performance on Norway's National Anthem and how the Norwegian Flag came about. Thanks to the 3 Kings; King Harald Fairhair played by Ed McCarthy, King Sverre played by Bob Rumney and King Olav the Holy played by Ralph Peterson. Thanks to Mary Zimmerman who played the piano and

AnneGrete Peterson and her sister, Elsbeth Carling for assisting us in the singing of the anthem. Also, thanks to the narrator, Deanna Rumney.

It is with great sorrow that I report to you on the death of one of our members, Mario Quaglietta. Our thoughts and prayers are with Synnove and family. Thanks to all who arranged and attended the memorial. We have also recently learned of the death of a Berit Mesarick who was a Past President of our lodge.

Congratulations are extended to Reverend Richard (Dick) Keever on his receiving of the title of Pastor Emeritus at Bayside Presbyterian Church

The ceremony to recognize the landing of Leif Erickson on the North American Continent was held on 9 October along with the Icelandic American Association of Hampton Roads. Leif was born of Norwegian parents in Iceland. The ceremony was held at the Leif Erickson

Statue at the Mariners Museum in Newport News. Prior to the ceremony several of our members had a tour of the old section of the museum. Following the ceremony we went to "feast" at a local establishment in true Scandinavian tradition. We had a great turnout – a total of 33 people attended this function.

Another great fellowship lunch was at Mahi Mahs. We had a beautiful day and many of us enjoyed seeing the King Neptune sand sculptures. Thanks to Elaine Murray and Synnove Quaglietta for arranging this fine event.

November Events

Our Christmas Bazaar

Friday Nov 7th

Set-up begins at 3 p.m.

Saturday Nov 8th

Come one, come all!

There's still time to volunteer

9 a.m. to 3 p.m.

Movie Night

Saturday November 15th^h

6 PM at the Fellowship Hall:

Movie: I Remember Mama.

Now we begin what is the busiest time of the year for the Lodge. By the time you receive this we will have presented and voted on the Lodge Officers for the next two years.

Planning has already begun for the Bazaar which will be held on 8 November at Francis Asbury United Methodist Church on Great Neck Road. As always we will need a lot of volunteer to help ensure success. A big job is setting up all the tables in time for the arrival of the vendors and then quickly getting everything taken down and restored at the end of the day. If you are available, your time to help out at the bazaar would be most appreciated. Set up is on Friday at 3 p.m. We need bakers (call Mary Zimmerman 757-502-0846) or helpers in the kitchen (call Ranny Zingler 757-482-2004) or if you are able to volunteer on the floor of the bazaar call Deanna Rumney 757-490-3030.

Our next meeting will be on Saturday, November 15 in the Fellowship Hall. We will have a family night and enjoy the old but wonderful movie, I Remember Mama". More details to follow.

Planning has also begun for the Christmas Party which will be held on 7 December at the Cypress Point Country Club. Your invitation will be coming shortly.

In January we will have the installation of new Officers. We expect the new Zone 7 Director to attend the installation. The date has been set for January 16 at Bayside Presbyterian Church.

This is a very active lodge. There is always work to be done and positions to be filled. Don't wait to be asked; however, if asked please respond with "Yes, I will be glad to". "Many hands make light work" – John Heywood.

Med vennlig hilsen,
Bob

Congratulations to our NEW OFFICERS for 2015 – 2016

President: Ralph Peterson
Vice President: Jack Kise
Treasurer: Ranny Zingler
Secretary: June Cooper
Historian: Mary Zimmerman
Sports: Cindy Sanoba
Counselor: Robert Rumney
Foundation: Deanna Rumney
Sunshine: Barbra Stehlik / Elaine Murray
Social: Judy Grandstaff / Helen Wallace
Marshalls: Edward McCarthy / Ken Reynolds
Greeters: Synnove Quaglietta / Astrid Gulas
Cultural: Harriet Lindenberg
Website / Email List: Thomas Russell
Publicity: Martha & Gerry Blau
Adopt-a-School: Carol Johnson

Movie Night Nov 15th 1948 Comedy "I Remember Mama"



The life of a Norwegian immigrant family in 1910 San Francisco centers around Mama and her detailed, pennywise household budget. We follow the Hansens' small joys, sorrows, and aspirations, with the boisterous antics of Uncle Chris as counterpoint.



District President's Message from Mary B. Andersen

United we stand, divided we fall – Aesop's fables: [The four oxen and the lion.](#)

I have frequently overheard at my lodge meetings "we are like a family". Like all families, there are moments of joy and sorrow, disagreement and accord. We celebrate together; we mourn the loss of a member together. We have those things upon which we agree and those things upon which we don't agree and may never agree. Disagreements can often lead to a fight or flight mentality. Walt Whitman said "keep your face toward the sunshine – and shadows will fall behind". The successful lodge puts aside the differences and focuses on the main thing, that which brought it together in the first place.

Like a family, each lodge has its own personality. Each lodge brings its own special slant on what it means to be part of Sons of Norway. Some lodges have very active youth groups; others have very strong cultural programs and yet others are increasingly focused on community. Whatever is your "main thing", make sure you nurture it.

A convention is the perfect example of focusing on the main thing. 2014 has been a convention year for Sons of Norway our 3D convention in Albany, NY and most recently the International Convention in Jacksonville, FL. Participating on a Committee exemplifies focusing on the main thing. Whether it be Law, Resolutions or any other Committee. Committee work brings together people you may not know to work toward a common goal. There will be unanimous agreement on some issues; majority agreement on other issues and the occasion where the Committee is split on an issue. What unites all Committee members is each member taking their task seriously, listening to diverse points of view even as your own resolution/law change is dissected! Ultimately, in a situation where there is no majority view, the willingness to agree to disagree and respect each other's perspectives is the ultimate key to success.

Let's agree to disagree while focusing on the main thing that unites us rather than issues that may divide us so that we will continue to be a strong, vibrant organization for years to come. Never miss an opportunity to celebrate. We have so much to celebrate! That delicious krumkake, that great skit, laughter and of course camaraderie.

De beste hilsener,
Mary

Leif Erikson Day – Oct 9



An official U.S. holiday, Leif Erikson Day commemorates the achievements of famous Norse explorer, Leif Erikson. Credited with being the first European to reach the North American continent, Erikson arrived almost four centuries before Columbus. In honor of this special date, let's take a closer look at a few facts about the holiday and the man that inspired it.

Erikson or Eiriksson or Ericson? - The spelling of Leif Erikson's name varies in relation to the language it is being translated

Why October 9? - The official date of Leif Erikson Day doesn't directly correlate to Erikson's arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson's journey—the date marks the arrival of the very first immigrant ship from Norway, the *Restauration*, to New York in 1895. Exactly 100 years later, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson nationwide.

to. In his own language, Old Norse, his name would have been Leifr Eiríksson.

Family Ties - Leif was the second son of legendary Norse explorer, Erik the Red, who is believed to have established the first European settlements in Greenland around A.D. 980. Erik the Red was supposed to join his son's expedition to North America but a fall from horseback prior to the ship's boarding left Erik with misgivings about the voyage. Believing his fall to be a sign of an ill-fated trip, Erik stayed behind.

Where in North America is Vinland? - The Groenlendinga saga suggests Erikson made three landfalls: the first at Helluland, now widely believed to be Baffin Island in the present-day Nunavut, Canada; the second in Markland or what we would now know as Labrador, Canada; and Vinland.

Although it is believed that Vinland is located somewhere in Newfoundland, perhaps at the excavated site of an 11th-century Viking base camp found at L'Anse aux Meadows in the 1960's, the definitive site of the settlement remains heavily debated. In fact, the etymology of the Norse word itself has yielded at least two possible meanings, "wine-land" or "pasture-land" depending on translation and interpretation of the descriptions provided in the sagas. While it is predominantly believed that the correct translation is "wine-land," theorists point out that the wild grapes described in the sagas cannot be found today as far north as Newfoundland. Explanations for this are varied, offering that perhaps Erikson's men mistook wild berries for grapes, that the climate was warmer and more hospitable during that time, or that the saga-writers simply embellished the abundance of the land to make it more appealing.

RECENT SPORTS MEDAL WINNERS



Ralph Peterson: 1st Bronze Sykkelmerke

AnneGrete Peterson: 1st Bronze, 1st Silver Idettsmerke

Don Ohnemus: 1st Bronze Idettsmerke

Mary Ohnemus: 1st Bronze Idettsmerke

James Zingler: 4th Enamel Gangmerke

Cindy Sanoba: 15th Enamel, 16th Bronze Idettsmerke



Cindy Sanoba: 16th Silver Idettsmerke

Harriet Lindenberg: 1st Bronze,
1st Silver, 1st Gold Gangmerke

Carol Johnson: 1st Bronze Idettsmerke

Our Own Leif Erikson Day Commemoration

33 of us from Hampton Roads and the Icelandic American Association of Hampton Roads joined together to visit the Mariner's Museum for a tour & then to the Leif Erikson Statue for a short ceremony.



President Rumney's dedication speech made note of the 50th Anniversary of Leif Erikson Day!



Sesselja Siefert from Iceland's group and Deanna Rumney from our lodge presented the wreath.

Then we all had a wonderful lunch at nearby Mike's. We hope to make this an annual event with the Icelandic American Association of Hampton Roads!

From Membership Secretary Ralph Peterson: I am reprinting an article from April 2013 Viking Resource. If you have a child or grandchild between the ages of 16 - 23 he or she can become a full voting member with no dues. We need all the members we can get so sign them up. If you have a question call **Sherry Gorse, Membership Services**, (800) 945-8851 ext 643 or fraternal@sofn.com or me at 319-9414

Do you have youth joining your lodge, but you are uncertain in which membership category they belong and what rights they have as members? Here is a handy guide to help you out:

Unge Venner (Members 16 to 23)

All Unge Venner (dues waived and dues paying) can vote, hold office, serve on committees and be delegates to the district and international conventions. All Unge Venner receive a new membership card annually.

Dues-Waived Unge Venner

- Individuals aged 16 through 23 years old who live with a current member (do not have to be related).
- Individuals aged 16 through 23 years old who are directly descended from a current member as a child, grandchild or great grandchild (do not have to be living in the same household).

Dues waived Unge Venner do not receive their own copy of the *Viking*. A subscription is available for \$6.00 a year.

The dues status for these members is not tied to the status of their sponsor. If the person to whom they are related or with whom they are living discontinues his or her own membership, the free Unge Venner continues their dues waived status until they turn 24.

Dues Paying Unge Venner

- Individuals age 16 to 23 years old who do not have a qualifying relationship, can join by paying partial dues (varies by lodge, approximately ½ of the primary dues rate).

Dues paying Unge Venner do receive a *Viking* magazine subscription without having to make an additional payment.

The dues status for these members is the same as a regular dues paying adult. They receive an annual dues renewal notice.

Heritage Members (Members age 0 to 15)

Individuals age 0 to 15 with a relative who is a current member qualifies for a free Heritage membership. The relationship does not have to be linear.

The dues status for these members is not tied to the status of their sponsor. If the person to whom they are related discontinues his or her own membership, the free Heritage member continues their free status until they turn 16.

A Heritage membership cannot be purchased.

Heritage members cannot vote, hold office, serve on committees and be delegates to the district and international conventions.

Heritage members who have turned 16 and do not become an Unge Venner are cancelled and no longer appear on lodge membership lists.

Heritage members receive a membership card when they join. They do not receive a new card every year. They will receive a card if they continue their membership when they turn 16.



SONS OF NORWAY

NEW PRODUCT ANNOUNCEMENT

People are living longer than ever. Longevity has its benefits, but it also presents challenges. You may need to plan for the increased likelihood that you may develop a chronic illness such as disabling heart disease, Parkinson's disease, or Alzheimer's disease. For these reasons, and many more, Sons of Norway is introducing its new Chronic Illness Accelerated Benefits Rider for Universal Life Certificates. **The rider offers a convenient and practical way to help you pay for your long term care expenses.** This rider is available with no additional underwriting when added to application for a new Sons of Norway Universal Life application. The rider can be also added to an existing Nordic Life via new underwriting.

What is the Chronic Illness Accelerated Benefits Rider?

- It allows your policy to do more for you by providing regular monthly payments when the insured is under medically prescribed long term care. **The benefit may be used for at home care or during a nursing home stay.**
- It's easy to use.
- No receipts or care plan are needed.
- Policyholders can decide how their monthly payments are spent.
- It is available for ages 18 – 85.

About the Benefit Payments:

- Each monthly payment will be 2% of the death benefit amount of your policy, or the remainder of the benefit available if less. The elimination period for this rider is 60 days.
- You may choose to receive your payments annually. Each annual payment will be 24% of the death benefit amount of your policy, or the remainder of the benefit available if less.
- If you choose to receive monthly payment, the amount available will be 2% of the rider. **For example, if you have a \$300K rider you will receive \$6,000/month for 12 months.**
- Your life insurance policy must have a minimum death benefit of \$50,000 for the rider to be attached. The maximum benefit amount for the rider is limited to \$300,000.
- Each payment under this rider is an advanced payment of a portion of the death benefit of your policy and reduces the death benefit of your policy on a dollar-for-dollar basis.
- When payments under this rider equal the death benefit of your policy, your life insurance policy will terminate.

This product allows you to protect your family from the major expenses associated with long term care. If you want to learn more about this great product that SON is offering only to their members, contact Michael Beck at 757-963-5102 or bchviking60@gmail.com.

Turkey Soup with Norwegian Dumplings

Turkey bones, skin and scraps (for stock), Water, 1 large onion, chopped, 2 cups chopped celery, including tops, Salt and pepper, Norwegian dumplings, ½ cups chopped fresh parsley

Place turkey bones and scraps in a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Add salt and pepper to taste.

Dumplings:

Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings: 2 cups milk, ½ tsp, nutmeg, 2 Tbsp. Butter, 1¼-1½ cups flour, 2 Tbsp. sugar

In medium pan, combine butter, milk, sugar, and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut sized dumplings.

Hot Apple Grog with Blackcurrant, Honey and Cinnamon (Serves 5)

adapted from newscancook.com

1 quart (1 liter) apple juice, 1 cinnamon stick, ¼ lb. (100 g) blackcurrants, 2 tbsp honey

Boil all ingredients. Sieve and serve.



Virginia Viking

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