



# VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

President: Ralph Peterson

Vice President: Jack Kise

Secretary: June Cooper

Treasurer: Ragnhild Zingler

## The President's Corner



It was 12 years ago this month that I wrote my first Virginia Viking newsletter as President. Some things have changed, my weight being one of them, but as in 2003 I relieved a Rumney, then Deanna and this time Robert. It would have been much easier to follow someone who did a poor job but they both were fantastic. Thank you both for all your time and effort. I, with your help, will try to keep the boat on an even keel.

We do have a busy schedule coming up in March and April. It is not expected that every member will attend all our events. We will offer a variety of events at different times and locations. Hopefully you will find time to join us whenever you can. The year's schedule will be on our website [www.hrson.org](http://www.hrson.org) shortly.

As in 2003 our lodge is holding its own membership wise while the International lodge is shrinking at an unacceptable rate. Hopefully some significant changes will be made in the near future to reverse this trend. Hampton Roads will do what it can to recruit new members and keep our current members with increased recruiting events and interesting events to take attend. On 2 May we will hold our first ever "new member recruiting lunch" at a restaurant to be named. Our FBC Mike Beck will be in charge of the event. The event will be sponsored by the Insurance wing of the SON. They will purchase the lunch for the guest as well as the current member who invited the guest. Mike will have more info on the event later.

Your dues took a significant rise this year and that is because the District convention authorized a \$4 increase in an effort to save LOV. It is a temporary increase scheduled to disappear in 2016 along with the original \$2 fraternal fund charge that has been in place to help LOV. We

### FEB-MARCH EVENTS

#### New Member Breakfast

*Sat. Feb 28<sup>th</sup>* Cypress Point Country Club  
9-11am.

#### Bazaar Wrap-Up

*Sat. Feb 28<sup>th</sup>* 11:15 am at  
The Rumney's: 776 Harris Point Dr. VaBch 490-3030

#### Lodge meeting

*Thursday March 19<sup>th</sup>*  
At 7:30 - Program TBA

#### Fellowship Lunch

*Sat. March 21<sup>st</sup>*  
Luncheon with Norse Federation members in Williamsburg. Place & Time TBA

previously reduced the lodge portion of the annual dues to keep the total under \$50 but we are now back over \$50 but hopefully only for a short period. Your dues are made up of 3 inputs-- International portion, District portion and local dues.

We are working on next month's program and will let you know when it is firm. We will also put it on our web site.

Hilsen, Ralph



## **Fra Presidenten, Mary B. Andersen**

*Reach out and touch somebody's hand by Diana Ross*

It is installation time! An exciting time for the Order and for each lodge installing Officer. As we congratulate each other on taking leadership roles, let's reflect on when each of us started our journey in this wonderful Order of ours.

I felt so welcome when I heard: "You are now surrounded by friends whom you may trust as brothers and sisters. The fraternal chain is a symbol of everlasting friendship. Union of our hands signifies the union of our hearts, aims and efforts. When the Norwegian Constitution was drafted at Eidsvold on the 17th of May, 1814, the members pledged each other unity and fidelity until the Dovre Mountains should fall. We pledge to each other that in our endeavors within Sons of Norway we shall stand united and true until Dovre falls."

At your next lodge meeting, look around the room. Who haven't you seen in a while? Haven't spoken to in a while? Has the fraternal chain become a little strained, a little frayed? Why not take time from your February meeting to reach out and touch someone who you haven't heard from or seen in a while. It might take some planning. You will have to look at the meeting attendance lists and determine who has been missing in action. Make a list, ask your members to bring their cellphones and after the initial opening ceremonies, divide the list and take 15 or 20 minutes to call those you haven't seen in a while. You will feel better and the person you call will feel better. Think about how you would feel if you received the call.

February is Valentine's Day month; let's show some love and caring to each other!

Vinter hilsener,

Mary

The Full District Newsletter including LOV status update is online at

<http://www.3dsofn.org/documents/TDTFebruary2015.pdf>

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## **CONGRATULATIONS TO OUR SPORTS MEDAL WINNERS**

**Robert Rumney: 5<sup>th</sup> Gold, 5<sup>th</sup> Enamel, 6<sup>th</sup> Bronze & 6<sup>th</sup> Silver Idettsmerke**

**Cindy Sanoba: 16<sup>th</sup> Gold, 16<sup>th</sup> Enamel & 17<sup>th</sup> Bronze Idettsmerke**

**Grete Sutton: 1<sup>st</sup> Bronze, 1<sup>st</sup> Silver, 1<sup>st</sup> Gold, & 1<sup>st</sup> Enamel Gangmerke**

# MEMBERSHIP



Is your lodge up for a challenge? Starting this January, the Sons of Norway Headquarters is sweetening the deal in hopes of finding the lodge with the best recruitment and retention skills in the organization. For the first time, the top scoring small and large lodge from each district will earn \$250!

Of course, the lodges with the highest scores in the Sons of Norway will be featured in a 2016 issue of Viking. Before you get started, let's review the rules. Points are earned based on overall lodge growth of adult, dues paying members. This means Unge Venners and Heritage members won't count towards your total. It also means retention is just as important as recruitment. Remember, if your lodge recruits 10 members but let's 7 slip away it will impact your score. Every percent increase in member equals 10 points. As a bonus, every new member between 24 and 55 earns your lodge a bonus point. Additionally, if your lodge submits a picture of your membership dinner and tell us about it, we'll give you an additional 10 points.

How can you help lead your lodge to victory? First, always be recruiting! The first step to signing up a new member is to ask them. Second, if you notice someone hasn't been making it to meetings follow up with them! Members engaged and involved with the lodge are more likely to stay members. Finally, if your lodge doesn't host a Membership Dinner, do it! Not only will you earn the bonus points but your lodge could turn it into a huge recruitment success.

For the complete rules and to follow the leaderboard, be sure to check out the 2015 Recruitment Challenge page on the Sons of Norway website. Do you have questions or need help? Contact Joe Eggers, Membership Coordinator at [membership@sofn.com](mailto:membership@sofn.com) or (800) 945-8851.

## Lodge Recruitment Bronze Pin winners from 2013

Michael Beck (2)  
Larry Berg (1)  
Pam Geisinger (1),  
Judy Grandstaff (1),  
E Caren Peterson Kennedy (1),  
Richard Scott Hill (1),  
Jeanne Macdonald (1),  
Elaine Norman (2),  
Donald Ohnemus (1),

Mary Ohnemus (1),  
Annegrete Peterson (1),  
Katharina Brekke Powers (1),  
Deanna Rumney (2),  
Robert Rumney (1),  
Michael Solhaug (2),  
Grete Sutton (1),  
Odd Vinnelrod (1),  
Ranny Zingler (1)

## Mark your calendar

April 16<sup>th</sup> - Lodge Meeting: 7:30 in our meeting room - Capt Yngve Skoglund Norwegian Royal Navy and Norway's NLO to NATO in Norfolk will be our speaker.

April 18<sup>th</sup> – International Children’s Festival in Hampton. This is a fun event.  
Contact Harriet Lindenberg if you want to help or volunteer!! [hlindenberg@cox.net](mailto:hlindenberg@cox.net)

April 25<sup>th</sup> – NATO Parade – 10 AM

May 2<sup>nd</sup> – Membership Recruitment Brunch. Place and time TBA

## Trendy Norwegian Knitting

Once thought of as a quaint hobby, knitting is shrugging off its traditional image and is quickly becoming a hot trend worldwide. Wool garments are found everywhere from your grandmother's closet to fashion shows and catwalks.



Knitting has always been a prominent part of Norwegian culture, however, in recent years it has grown to include a younger, urban crowd of knitters. In Norway this trend is supported by celebrities like TV personality Dorthe Skappel and actress Sofia Gråbøl. The online release of Skappel's "Skapple jumper" pattern, featuring Alpaca wool, quickly led to a wool shortage in shops around Norway. The Faroe Isle knitwear frequently worn by Gråbøl is also in high demand.

The effects of this booming knitting industry can easily be found throughout Norway. In Sandnes, a once ailing wool mill is now the biggest wool supplier in Norway and has experienced a 50% increase in sales. Knitting books are also in demand in Norway like that of Fashion designers Arne Nerjødret and Carlos Zachrisson, who's book, *Julekuler*—featuring 55 hand-knit ball Christmas ornaments—is in its fourth printing, selling over 37,000 copies.

Norway has a marked history of impacting worldwide knitting and textile trends. The "Marius" pattern was at the forefront of this movement in 1954 when famous Norwegian war hero, actor and skier, Marius Eriksen modeled this unique design crafted by Unn Sjøiland in the film "Troll i Ord." Featuring the bold colors of the Norwegian flag, the "Marius" sweater was unusual for its time. 60 years later the "Marius" sweater is still the most sold and hand knit pattern in the world and its creator, Unn Sjøiland, is the recipient of the Royal Medal in Gold for her lifetime contribution to Norwegian hand knit traditions and their promotion internationally.

Want to be a part of the new knitting trend? Be sure to check out the knitting unit of the Cultural Skills Program available for download in the "Members Only" section of the Sons of Norway website or call 800-945-8851.



# SONS OF NORWAY

## SIMPLIFIED ISSUE SINGLE PREMIUM WHOLE LIFE

Did you know that SON offers a Simplified Issue Single Premium Whole Life policy?

This is a great final expense product. It offers affordable coverage, with little to no underwriting, and only requires one payment. Typical sources of lump sum payments are savings accounts, retirement accounts, CDs, a gift, an inheritance, or an insurance payout.

- This product provides **GUARANTEED** Life Insurance coverage to age 121 and your one time guaranteed premium fully funds the policy which means no additional payments are ever needed.
- This produce provides an excellent way to **transfer your assets** to your heirs – **tax free when arranged properly**.
- Depending on your age, a **one-time payment** may provide several times that amount in coverage.
- Available for ages 0 to 85.

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

Michael Beck, LUTCF  
Office Phone: (757) 346-4766  
E-mail: [bchviking60@gmail.com](mailto:bchviking60@gmail.com)

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## TUBFRIM



### Don't forget to save your stamps

**Bring stamps to Foundation Director Deanna Rumney**  
([norskamerican@aol.com](mailto:norskamerican@aol.com)).

Tuberculosis work Stamp Business (later shortened to Tubfrim) was created in Nesbyen in 1928. Post Master Ditlef Frantzen took the initiative and the aim was to collect and sell used stamps for tuberculosis work among children in Norway.

Tubfrim collects used stamps, postcards and phone cards. They resell to stamp dealers, private individuals and collectors in Norway and many other countries. Amounts raised are distributed to health and welfare promotion measures for able-bodied and disabled children and young people in Norway, and to fight tuberculosis.

## Photos from the January Installation meeting



Odd Vinnelrod presents the Lodge with his award winning woodcarving



Carol Johnson, Helen Wallace, Judy Grandstaff, Debra Bradley, Cindy Sanoba, Harriet Lindenberg and Deanna Rumney sworn in as new officers



Zone 8 Director :Dirk Hansen,

Former Zone 4 Director:  
Arnold Johnsen,

International Director: Marci  
Larson,

President: Ralph Peterson,

Former 3rd District President:  
Gail Ekloff,

Former Zone Director &3rd  
District Counselor: Rolf Ekloff



Outgoing President Robert Rumney,  
International Director Marci Larson, &  
Newly Installed President Ralph  
Peterson



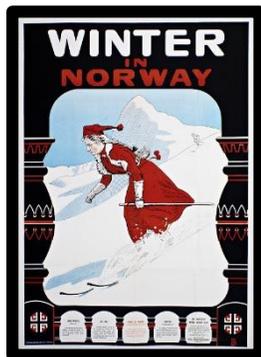
Outgoing Board, June Cooper, Ranny Zingler, Synnøve Quaglietta, Elaine Murray,  
Cindy Sanoba, Mary Zimmerman, Deanna Rumney, Astrid Gulas  
Back Row: Ken Reynolds, Mike Beck, Martha Blau, Jerry Blau.  
Helen Wallace at the table.

New Officers: Counselor Robert Rumney, Vice  
President Jack Kise, Secretary June Cooper,  
And Treasurer Ragnhild Zingler: International  
Director Marci Larson, Arnold Johnson



## Best Places to Visit in Northern Norway in the Winter

Northern Norway is known for its natural beauty- the midnight sun, breathtaking aurora borealis and pristine wilderness attract tourists from around the world. Travelers who crave dramatic experiences in natural settings may want to check off a few bucket list items in wintery northern Norway. Below are a few ideas on what to see and do.



Visit the Knut Hamsun Centre in Hamarøy and learn about the life and work of the heralded Norwegian novelist who lived from 1859 to 1952. His work inspired other authors such as Thomas Mann and Ernest Hemingway and his famous books *Sult* (Hunger) and the Nobel Prize for Literature-winning *Markens Grøde* (The Growth of the Soil) have sold millions of copies around the world. More information and photos of the centre's unique architecture is at [www.hamsunsenteret.no](http://www.hamsunsenteret.no)

View northern Norway's natural wonders such as the total solar eclipse on the arctic archipelago of Svalbard (March 20, 2015). Try not to blink- the eclipse will last a mere 2 minutes and 24 seconds. Let the spectacular northern lights wow you during peak season between December to March. The further north and more remote you go, the better your chances are to experience this dramatic natural phenomenon.

Have a look at Europe from the top. The northernmost point in Europe is Nordkapp—the North Cape—about 1300 miles from the North Pole. With winter temperatures ranging between 20 and 30 degrees Fahrenheit, you may have to bundle up a bit. Take in the view of the Barents Sea from the visitor's center atop a 1000 foot cliff. <http://www.nordkapp.no/en/>

En route to Nordkapp, experience the Sámi culture in the cultural capital of Karasjok in Finnmark. Originally this indigenous people lived as nomadic reindeer herders in the northern parts of Finland, Sweden, Norway and Russia, and around 18% of Sámi people still do. To learn more about the Sámi people, go to Sápmi Culture Park, where you can sample traditional cuisine and listen to a joik performance, the traditional Sámi style of singing. For a more modern cultural experience, visit the Sami Centre for Contemporary Art. [http://www.venturenorway.com/sami\\_center\\_for\\_contemporary\\_art](http://www.venturenorway.com/sami_center_for_contemporary_art) <http://www.visitsapmi.no/>

Hit the town in Tromsø and try beer made in the world's northernmost brewery, Mack, from nearby Balsfjord. While you're in town, take in a concert at the modern Arctic Cathedral and tour the older Tromsø Cathedral, the only Norwegian cathedral that is made of wood. Go dancing at one of many thriving dance clubs including salsa, swing, ballroom dance, tango. Hike a trail at Tennes where there are 6,000 year old rock carvings.

[http://en.wikipedia.org/wiki/Rock\\_carvings\\_at\\_Tennes](http://en.wikipedia.org/wiki/Rock_carvings_at_Tennes)

Embrace the cold and stay in a snow hotel between the months of December and April. Not far from the Russian border the town of Kirkenes is home to the brilliantly illuminated Kirkenes Snow Hotel

<http://kirkenessnowhotel.com/>

The hotel has 20 themed rooms made of snow and ice and a room temperature of 23° F/-5° C and thermally-insulated mattresses. Next door to the hotel, wilderness restaurant Gabba is built like a Sámi tent where local specialties such as salmon and arctic char are prepared over an open fire.

## Scandinavian Sweetheart Waffles - *Adapted from Allrecipes.com, makes 5 servings*



2 eggs, separated, ¼ cup white sugar, 1 tsp vanilla sugar, ¼ cup water, 3 tbsp. butter, melted, 1 cup buttermilk, 1½ cups all-purpose flour, ¼ tsp ground cardamom, 1 pinch salt

Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom & salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ⅓ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

### **Berry Syrup** - *Adapted from thisweekfordinner.com*

1½ cups of your favorite berries or 1 cup blueberries, ¾ cup sugar, ⅓ cup water, 2 tsp lemon juice, 1 tbsp corn starch, whisked with enough water to make slurry.

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.



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**Virginia Viking**

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