



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

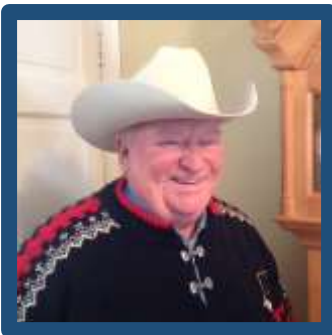
President: Ralph Peterson

Vice President: Jack Kise

Secretary: June Cooper

Treasurer: Ragnhild Zingler

The President's Corner



Morn Morn alle sammen I think that we can say Spring is here. We had a bit more ice and snow than this transplanted North Dakotan needed but the snow was pretty (for a day).

We had a good attendance at our breakfast honoring our members who joined last year. Elsewhere In this newsletter you will find information about a "New member recruiting

brunch". This ties in very nicely with one of our 2015 goals and that is to increase our membership by 5% or have a net gain of 8 members. (This means keeping all our current members and finding 8 more) This brunch, which is financed in a great part by the Insurance department, is probably the first such event to be held in D3 south of the Mason-Dixon Line. Let's make it a success!! Your guest doesn't have to join but it will be nice if he or she at least thinks about it.

I am looking forward to our Membership lunch with the Norsemen from Williamsburg. The lunch will be at Sal's by Victors in Williamsburg (I can attest to the fine food there and the Williamsburg folks are great) at noon 21 March. RSVP with Elaine Norman @claybank@cox.net.

We also have the Norwegian Lady ceremony on March 28 starting at 1 PM. We have been asked to help out with the coffee hour by bringing some "finger food" for the reception.

Our March and April meetings will not be about Norway's past. They will be about Norway today and a look at their future. You don't want to miss these presentations.

In April we will be busy with the International Children's Festival in Hampton and marching in the NATO parade. I hope we can have a good attendance at both events.

For our upcoming meetings I would like to add to our community activities by contributing to the Bayside Presbyterian Church food bank.

MARCH EVENTS

Lodge meeting

Thursday March 19th

At 7:00 p.m. – Speaker Katharine Brekke Powers Norwegian American Chamber of Commerce

Fellowship Lunch

Saturday March 21st

Sal's by Victor Restaurant, 1242 Richmond Road, 12:00 p.m. Luncheon with Norse Federation in Williamsburg.

Contact Elaine Norman claybank@cox.net
804-693-5144

Norwegian Lady Ceremony

Saturday March 28th

1:00 p.m. at the Norwegian Lady at the Oceanfront. Bring snacks for reception at The Old Coast Guard Station. In case of rain, ceremony is cancelled.

Would you please bring a can of food to the meeting and we will collect and deliver the items to the food bank. We have done it in the past and it was greatly appreciated. I was told the need is even greater today so please bring something.

We will be acting as a bit of a library these upcoming meetings. We have a large number of books both in Norwegian and English that we will be **giving** away. They are both fiction and historical. The March meeting will be mostly Norwegian books.

We are taking reservations for the Syttende Mai "Spirit of Norfolk" cruise so please let me know if you are interested.

Med vennlig hilsen

Ralph



Fra Presidenten, Mary B. Andersen

"No winter lasts forever; no spring skips its turn." Hal Borland

In the February issue of Fjell-Llom (Mountain Echoes), Blafjell Lodge 3 -646 Vice-President Joann Barfield referred to Sons of Norway membership as a "a passport to all those lodges, anywhere in the U.S., Canada, or Norway".

It is easy to forget that we are part of a larger, robust organization with over 60,000 members worldwide. It is easy to forget that we are more than our own lodge but rather we are part of a Zone and District and a worldwide organization! So, what is

this all leading up to? You know the expression "think out of the box" how about adding "think out of your lodge" too.

Scandia (3-617) President Pat Rush is quoted in International President Jon Tehven's letter in the February 2015 issue of the Viking. Pat said "We knew we had to change how we are doing things." Their changes resulted in almost doubling attendance at meetings! Perhaps you might want to send Pat an email and ask her how their lodge got such great results.

I see from your newsletters that there is a lot of great "cross-pollination" going on! (I like reading the lodge newsletters, please make sure I am on your distribution list!) Lodges are inviting members of other lodges to give presentations (e.g., Deb McConaghy of Norsk Carolina is going to Washington lodge for a bunad/festdrakt class; Zone 1 lodges frequently hold joint activities, the Florida lodges come together for regattas).

Look at the 3D Website (hopefully you all remember to post your events) or the SofN website to see what other lodges are doing. If you see something that would work for your lodge and want more information, reach out to the lodge with the program that intrigued you.

It is not easy to develop a program schedule that is a little bit different than the year before. Always remember that we are one organization.

It's ok to call other lodges to get ideas even if they are in another District.

Vinter hilsener,
Mary

PS. I have been thinking about this letter for some time; trying to find encouraging words to our fraternal brothers and sisters in the Northeast who have been battered by the winter storms. I have searched quotes relating to March winds and found a quote which made me laugh out loud.

"A great wind is blowing, and that gives you either imagination or a headache." Catherine the Great. I removed it from the tag line from this letter, but, I suspect our brothers and sisters in the Northeast have a pounding headache by now! Use your SofN passport and visit a southern lodge!

The Full District Newsletter is online at <http://www.3dsofn.org/documents/TDTFebruary2015.pdf>

MEMBERSHIP

FREE LUNCH FOR MEMBERS ON 2 MAY

Yep, you read that right. The board has decided to invite lodge members to a free lunch.

The lodge is sponsoring a new member recruitment lunch. To receive your free lunch all you have to do is bring a prospective new member to lunch.

Current lodge members who bring prospective new members receive their meal for free. Naturally, the prospective new member's lunch is also free.

The lunch will be held at Cypress Point Country Club from 11am to 1pm. This is the first time that Hampton Roads Lodge has hosted a prospective new member recruitment lunch. We need you help to make this event successful.

Please RSVP to Michael Beck, at bchviking60@gmail.com or call 757-346-4766, NLT 28 April. Gratis lunsj er bra.

Welcome New Members :

**Chris Fosback,
Karl Fosback &
Rebeccah Fosback-Lovely**



Beth Baer



Henry Lindenberg

NEW MEMBER BREAKFAST:

Our New Member Breakfast in February was a fun event. President Peterson narrated a slide show presentation on the history of Sons of Norway & Financial Benefits Counselor Mike Beck outlined some new insurance products available for members. And everyone enjoyed a nice breakfast!

NEW MEMBER BREAKFAST – February 28th



Our 2015 Lodge Goals

1. To reorganize a Heritage Library
2. To increase membership by 5%
3. To hold a Membership Recruitment Lunch
4. To have an active Membership Committee

PLANNING FOR OUR 2015 BAZAAR HAS BEGUN!

NOVEMBER 14th 2015
We need a Co-Chair!!!

Deanna Rumney has volunteered to co-chair the bazaar even though she cannot be here on the date of the bazaar. **Please help her out & volunteer. 757-490-3030. norskeamerican@aol.com**
We have an easy to follow book & outline.

Mark your Calendar – Upcoming Events

March 19 – (Thursday) **LODGE MEETING** at Bayside Presbyterian Church 7 p.m.. Speaker **Katharine Brekke Powers**, President of the **Norwegian American Chamber of Commerce**, Mid-Atlantic Chapter, will discuss the role of the organization and US/Norwegian trade.

March 21 – (Saturday) **FELLOWSHIP LUNCH** at noon with the Norseman from Williamsburg. Lunch at Sal's by Victor Restaurant, 1242 Richmond Road, Williamsburg. RSVP Elaine Norman at claybank@cox.net (804-693-5144). Need a ride or want to carpool. Call Ralph 757-318-9414

March 28 (Saturday) **NORWEGIAN LADY CEREMONY** – 25th and Atlantic Ocean at the Norwegian Lady Statue at 1 p.m. Please bring cookies or cake to share after ceremony.

April 11 –(Saturday) **FELLOWSHIP LUNCH** – noon at Kelly's Tavern at Lock's Point in Chesapeake. Contact Jerry Blau if you are going. sailorblue51@gmail.com 757-421-2660

April 16 – (Thursday) **LODGE MEETING** at Bayside Presbyterian Church 7 p.m. Speaker **Captain Yngve Skoglund**, **Royal Norwegian Navy** will speak about Norway's Military.

April 18 – (Saturday) **INTERNATIONAL CHILDREN'S FESTIVAL** 10 a.m.- 5 p.m. Hampton Virginia. Volunteers needed. Call Harriet Lindenberg, 757-721-7594 hlindenberg@cox.net

April 18 – (Saturday) **SISTER CITY's INTERNATIONAL PROMENADE OF WORLD FASHIONS and ART** at The Sheraton Hotel 6:00 p.m. It is a fundraiser dinner and Silent Auction. Tickets \$30.00 Contact Astrid Gulas. trolljenta@cox.net 757-468-2339. **Astrid will have tickets at our lodge meetings.**

April 25 – (Saturday) **NATO Parade** 10 a.m. Norfolk. Marchers in Bunads and sweaters are needed.

May 2 – (Saturday) – **NEW MEMBER RECRUITMENT LUNCH** – Noon – Cypress Point Country Club – Bring a nonmember guest and you and your guest have lunch for free. Contact Mike Beck bchviking60@gmail.com 757-346-4766.

May 17 – (Sunday) – **Possible trip on the SPIRIT OF NORFOLK**

Two options. A buffet meal & entertainment on both options. We need 20 folks for either choice:

1. Board at 5:30 PM, underway at 6 PM returning at 8:30 PM Cost is \$59
2. Board at 12:30 Underway at 1 PM Returning at 3 PM Cost is \$45 plus a free soda, a beer or a glass of wine. To get option 2 we need to book by March 29 If we were to confirm after March 29 the glass of wine offer is gone.

Contact Ralph Peterson and if there is enough interest we may go. NODAKRALPH@aol.com 757-318-9414.



SONS OF NORWAY

No matter what stage of life you are in, a Nordic Elite II life insurance policy will work for you:

- Youth - Provides future insurance protection and tax-deferred accumulation of funds
- Young adult - Assures financial security for your spouse and children in the event of your untimely death and tax-deferred accumulation of funds for your children's education
- Middle age - Accumulates wealth on a tax-deferred basis for retirement purposes
- Nearing retirement - Enables you to maximize your retirement pension and conserve your estate
- Retirement years - provides income tax free death benefits and a tax-deferred accumulation alternative to a CD (certificate of deposit) or annuity

Benefits of a SON Nordic Elite II Life Policy:

- Flexibility in the amount and frequency of premium payment.
- Competitive interest rate on your cash value.
- Tax deferred compound interest growth.
- Opportunity to increase or decrease death benefits.
- Ability to withdraw cash value.
- Ability to borrow against cash value.
- Income tax free death benefits.

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

Michael Beck, LUTCF

(p) 757-346-4766

www.vavalueins.com

SPORTS

CONGRATULATIONS TO OUR SPORTS MEDAL WINNERS

Ragnhild Zingler: 6th Bronze Gangmerke

Jim Zingler: 5th Silver Gangmerke

Cindy Sanoba: 17th Silver, 17th Gold Idettsmerke

**THIRD DISTRICT MEDAL
CHALLENGES FOR 2015!**
**GANGMERKE (walking) &
SYKKELMERKE (cycling)**

Help our lodge win these District Medal challenges! Earn your sports medals by November 30th and they are counted towards the District Competition! Contact Cindy Sanoba for Sports Medal applications and how to get started if you haven't already! 757-497-6233 csanoba@cox.net or pick up a sports card at the next meeting!

New Nordic Diet Hailed as Successor to Mediterranean Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. However, multiple research studies conducted over the past few years are now putting the New Nordic Diet at the forefront of the latest and greatest trends in healthy eating.

If you're already familiar with the guiding principles of the new Nordic food movement you probably recall that Viking magazine featured "New Nordic Cuisine" a few years ago in the August 2011 issue. Today, the diet has gained so much mainstream publicity that a cursory search of the Internet yields articles hailing the diet's merits from sources ranging from Prevention Magazine, Vogue and National Public Radio to the School of Public Health at the University of California, Berkeley. Whether it's articles like, "Beyond Paleo: Is Eating Like a Viking the Next It Diet?" or "Forget Mediterranean, Eat Like a Viking" information on the diet abounds.

Centered around local, seasonal and fresh fare, the diet has its beginnings in Denmark with Noma restaurant chef's René Redzepi and Claus Meyer. What began in 2003 as a mission to focus on local and seasonal ingredients at Noma; grew into a larger movement of 12 leading Scandinavian chefs who sought to define the elements of modern Nordic cuisine. Their collaborative efforts produced the New Nordic Diet principles being used today.

- More fruit and vegetables every day
- More whole grain
- More food from the seas and lakes
- Higher-quality meat, but less of it
- Organic produce whenever possible
- Avoid food additives
- More meals based on seasonal produce
- More home-cooked food - More food from wild landscapes - Less waste

Beyond its status as the latest diet trend, the New Nordic Diet does boast reliable nutritional studies that support its current status. In 2013 a study by the Journal of Internal Medicine found that participants with cardiovascular risk factors experienced lower blood cholesterol levels and inflammation on the diet as opposed to a typical Western diet. Just last year the American Journal of Clinical Nutrition found that New Nordic dieters saw a reduction in their weight as well as blood pressure while on the diet. It is also important to note that participants achieved their weight loss results without calorie restrictions, indicating they were satiated with the foods available to them.

Interested in testing out the New Nordic Diet for yourself? The official website of Denmark offers New Nordic Diet recipes for starters, main courses and desserts at <http://denmark.dk/en/lifestyle/food-drink/new-nordic-recipes/>

The renaissance of the open sandwich – check out this related article

<http://denmark.dk/en/lifestyle/food-drink/the-renaissance-of-the-open-sandwich/>

BRING YOUR DONATIONS FOR THE FOOD BANK TO OUR MARCH MEETING!!

Norwegian Shrimp Salad Open-Faced Sandwich adapted from gooseberrymoosberry.com
Yields 2 servings

- ½ cup small salad shrimp, cooked and peeled
- ¼ cup finely chopped cucumber
- 1 tsp finely chopped parsley or dill
- 1 tsp finely chopped scallion
- ¼ tsp capers (optional)
- fresh lemon juice to taste
- 2 tsp mayonnaise, crème fraîche or sour cream
- salt
- freshly ground pepper
- 1 avocado, sliced thinly
- slices of hearty bread



Combine shrimp, parsley/dill, capers, scallion and cucumber in a bowl. Add mayonnaise (or crème fraîche or sour cream) and mix until combined. Season to taste with salt, pepper and lemon juice. Chill in refrigerator.

Serve chilled shrimp salad with avocado slices on top of a slice of your favorite bread.



Virginia Viking

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