



# VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Ralph Peterson Vice President: Jack Kise Secretary: June Cooper Treasurer: Ragnhild Zingler



## The President's Corner

Morn Morn alle sammen. Well, another year gone, and we can look forward to another year in which to accomplish big things. As I get older, the days get longer, but the years fly by faster and faster.

I hope that your Christmas and New Year events went well. They do require some preparations, but it is a great time of the year. Our Sons of Norway Christmas party was well attended and we all had a great time. Thanks again to all that came and a special thanks to Deanna Rumney who organized the event and to all of those who helped out to make it a special night. Our push to end the year with at least 151 members went well. We have at least 156 voting members and gave us a gain over last year. Well done!!! We will be able to elect 4 delegates to the upcoming convention. Your budget committee has met and will be presenting its proposal to the board for its review and will be emailed to you, so you will have an opportunity to review it prior to our January meeting. Not all lodges have budgets, but I think it makes for a much better and more smoothly run organization. We will need to elect delegates for the convention at our February meeting. While the lodge will provide some funding, delegates will have to provide some money as well. Think of it as a nice vacation, but it will involve some work as well as having some fun. As I mentioned, we will elect 4 delegates and up to 4 alternates. We have a busy couple of months coming up. We will be having our January meeting on Saturday 30 January, and it will be a potluck dinner starting at 6 PM in the fellowship hall. That is in the other end of the church from where we normally meet. Our January membership lunch will be held at Rockefeller's in Virginia Beach 16 January at 12 PM (more info on that in the newsletter). This is the year of our conventions. This is very important to all of us, as this is when and where we decide how our organization is to run. It starts with you and me. If we do nothing then we can't complain about results. I am looking forward to seeing you at our upcoming events.

Hilsen

Ralph Peterson

President

## JAN-FEB EVENTS

January 16<sup>th</sup>

### Membership Luncheon

at Rockefeller's Restaurant 12 noon -308 Mediterranean Ave. Va

Bch-RSVP Vivian Zingarelli  
[vzingarelli@verizon.net](mailto:vzingarelli@verizon.net)

757-631-0362

January 30<sup>th</sup>

### Potluck Dinner

Bayside Presbyterian Church,  
Fellowship Hall - 6 p.m. Bring a  
covered dish for 8 to share.

February 13<sup>th</sup>

### New Member Breakfast

- 9am - Cypress Point Country  
Club 5340 Club Head Road, Va  
Bch. \$9.00/adult \$8.00/child

RSVP Ralph Peterson by Feb. 6th

757-318-9414

[nodakralph@gmail.com](mailto:nodakralph@gmail.com)

February 18<sup>th</sup>

### Membership Meeting

Bayside Presbyterian Church 7pm

February 27<sup>th</sup>

### Membership Lunch-

Macaroni Grill - 4574 Virginia  
Beach Boulevard - Va Bch - 12

Noon - RSVP to Harriet

Lindenberg [hlindenberg@cox.net](mailto:hlindenberg@cox.net)

757-721-7594



**Fra Presidenten, Mary B. Andersen**

“GRATTITUDE. JOY. TOGETHERNESS. THE HEART  
Our meetings are more empowering than they seem. But you can’t write it down as a figure on a piece of paper. You have to feel it.” *(Excerpted from Lodge Brooklyn November 2015 President’s letter; see the box below for the rest of the excerpt)*

We have a convention this year in Myrtle Beach. I hope that we can make it the best attended convention in years. We have a lot of business to discuss but just as important we will have some fun. We will experience the joy of togetherness with old and new friends.

Our gratitude of being part of a great organization thrives. Why – because each and every one of us, puts our heart into what we do as a member of Sons of Norway and it shows. It shows in your lodge newsletters. It shows in your faces at your lodge programs. It shows in how members are always willing to lend a helping hand.

The delegates your lodge elects can shape the future of our organization. Our District Board members will be elected from the delegates. I have great expectations for our District Nominating Committee; I know we will have a great slate of prospective Board members. I encourage each and every one of you to think about District level Board involvement, either as a Board member or perhaps a member of a Board Committee. When the Nominating Committee calls, don’t hold back. Let them know what role you would like to play in shaping the future of our District. You are so important to the ongoing success of the District.

Quite simply, the direction of this great 3D Viking ship of ours depends on you. Pick up an oar and get on Board!!! Feel the power of the force of the 3D.

Have a happy and healthy New Year!

Jeg ønsker dere alt godt

Mary

Excerpt from Lodge Brooklyn’s November 2015 Newsletter

“Because underneath it all each human being craves what they allow themselves less and less of today—so they are attracted to something that the eyes can’t see—but most can FEEL.

GRATTITUDE. JOY. TOGETHERNESS. THE HEART.

Our meetings are more empowering than they seem. But you can’t write it down as a figure on a piece of paper. You have to feel it.”

**The Full District Newsletter can be found online at**

<http://3dsofn.org/news/district-newsletter/>

---

**CONGRATULATIONS TO OUR SPORTS MEDAL WINNER**

**Robert Rumney: 6<sup>th</sup> Enamel, 7<sup>th</sup> Bronze & 7<sup>th</sup> Silver Idettsmerke**

**2<sup>nd</sup> Enamel & 3<sup>rd</sup> Bronze Gangmerke**

---



**Note From the Editor:**

I would like to take this opportunity to introduce myself as the current Newsletter Editor. I am both pleased and honored to take this on. I look forward to working diligently on upcoming publications and featuring all things Sons of Norway. All the best for a fantastic year ahead!

Tonya Snow

# Important Scholarship News

**The Astrid G. Cates Scholarship and The Myrtle Beinhauer** Scholarship. Applicants must have completed high school and be enrolled in post-secondary training or education (college or vocational school, or trade school), and be current members of Sons of Norway, or children or grandchildren of current Sons of Norway members in Sons of Norway in Districts 1-6. Applicants must have a strong need for financial help. Applications must be postmarked no later than **March 1<sup>st</sup>** (please mail all required items in one envelope). Incomplete applications will not be considered). Typically, there are six Astrid G. Cates Scholarships awarded at \$1,000. The Myrtle Beinhauer Scholarship is \$3,000. Applicants must submit an application form (available from [www.sonsofnorway.com](http://www.sonsofnorway.com) or Sons of Norway, Foundation, Attn: Cates/Beinhauer Scholarship, 1455 West Lake Street, Minneapolis, MN 55408-2666). Include in this application information describing what you plan to study, where (including full address and name) and when. Please indicate related fees, your long-term career goals, and your involvement in SON. Attach your latest grade transcript and two letters of recommendation (written by teacher, youth leader or someone else not related to you). You may e-mail questions to [foundation@sofn.com](mailto:foundation@sofn.com).

**Helen Tronvold Norwegian Folk High School Scholarship**. This scholarship was established in 2005 and supports the goal of providing cross-cultural experiences for youth. Applicants must be between the ages of 18-23 and current members of SON. They must have completed US High School and be accepted by a specific Norwegian Folk High School. Go to [www.folkhogskole.no](http://www.folkhogskole.no) to learn about Norwegian Folk Schools (text is available in English). Applications must be submitted by **March 1<sup>st</sup>**. Applicants must submit an application, an essay and letters of recommendation (guidelines and form available from [www.sonsofnorway.com/foundation.scholarship](http://www.sonsofnorway.com/foundation.scholarship)). The monetary award of this scholarship will be \$2,000 each.

Deanna Rumney

---

## 2015 Bazaar Wrap-up

I want to thank all of the SON members that helped out with this year's Christmas Bazaar. This being my first bazaar, I could have been easily overwhelmed at the many aspects of making a successful event. Everyone pitched in and made it quite easy for me to oversee the event. We had a record crowd (over 850 customers) that set record sales. It is because of the group effort at our SON Scandinavian Christmas Bazaar that easily makes our bazaar the best in the Hampton Roads area.

Thank you, Lenny

Lenny Zingarelli

[lzingarelli@verizon.net](mailto:lzingarelli@verizon.net)

**\* Additional note: Bazaar Wrap-up Meeting will be held following the New Member Breakfast. The meeting will take place at 11am at Cypress Point Country Club.\***



# 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) 757-716-8830

[mike@vavalueins.com](mailto:mike@vavalueins.com)

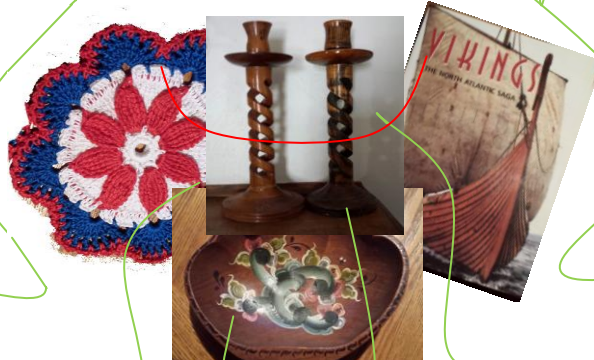
[www.vavalueins.com](http://www.vavalueins.com)

---

## 2016 is a Leap Year!

### May your year be enriching by leaps and bounds!

Be it language, history,  
woodworking,  
rosmaling,  
taking a class or even  
teaching a class.  
Celebrate your  
Scandinavian Flair!



★★★★★★★★★★

Please submit your ideas,  
photos, interesting  
facts/articles, etc. for the  
newsletter to:

[snowtonya@ymail.com](mailto:snowtonya@ymail.com)

# On a Scale of One to Ten, Looks Like the Gløgg Party was a.....

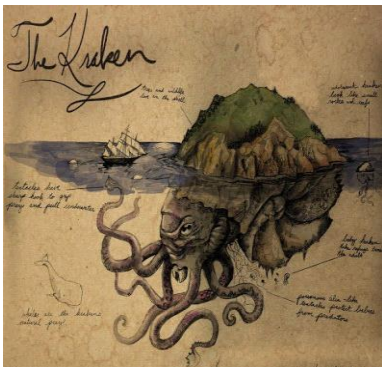


(Lenny & Vivian) A wonderful gløgg party at Astrid Gulas's home for the Norwegian class students. We sang songs and had a nice fellowship time.

## Did You Know

(Random Fun Things)

The Barn Elf was often described as a short man, “no bigger than a horse’s head”, wearing grey clothes, knickerbockers and a red hat similar to what Norwegian farmers would wear. These beings are actually still very important in the modern society. In the Scandinavian Christmas tradition we each have our own Nisse, living in the barn (that is to say, if you are a farmer, or living in the countryside), who is like a guardian for the household. These creatures are typical pranksters, but can easily be befriended, and around Christmas they have the same function as Santa in Western traditions



It's been used in several movies, like Pirates of the Caribbean and Clash of the Titans, but originally, the Kraken belongs in the cold Norwegian Sea, where it was first said to be seen in the early 1700s. The first detailed description was made by the Danish writer and biologist, Erik Pontoppidan, in 1752. In old times, the Kraken was said to be in the shape of a huge crab, the size of an island, and many sailors and fishermen found themselves stranded on an island that had not been there minutes before. Later descriptions tell of a monster in the shape of an enormous octopus, which dragged ships down to the bottom of the sea.





**Fun Was Had by All!!!**

**Norwegian Christmas Dinner Cypress Point Country Club 2015**



*Just finished dancing around the Christmas tree with little Adelynn Sprague. She just wanted to keep dancing and dancing!*

**Picture Perfect!**

# Don't Forget the Stamp!

## TUBFRIM



TUBFRIM was established in 1928. The purpose was to collect and sell used stamps and the proceeds would be used to eradicate tuberculosis among Norwegian children. Today the profits are used to help handicapped children and youth in Norway. You can help by saving used stamps. Just cut or tear off stamps from envelopes leaving a **1/2" margin around the stamp.** **Damaged stamps cannot be used.** Give your stamps to **Deanna Rumney** or send to her at **776 Harris Point Drive, Virginia Beach, Va 23455.** Takk for your participation.

---

*Godt Nytt år*

**Happy New Year!!!**



**Virginia Viking**

1125 Selwood Drive

Virginia Beach, VA 23464-5809