



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. I hope that you all came through Mathew okay. For those of us living on the East Coast, it got a little windy and wet. I was in New Jersey when the storm came through, and when I got home, I was met with a dry house but aton of pine cones and branches. I am still picking them up. The storm did cause us to cancel our Leif Erickson outing but we will gather again next year. We did have a good group gather for our monthly lunch and we will have another lunch at the

Golden Coral 29 October. We still have some board openings and you can run for any office. The job of the nominating committee is to find candidates for the entire slot so when they find "a" candidate that doesn't mean that you can't run for the office. Their job was to find one person. Judy Grandstaff and Deanna Rumney make up the nominating committee. I see that the SON has teamed up with Burton travel and are offering travel to several locations, not just Norway. They may be heading someplace you have had on your bucket list for some time. Check them out. Our bazaar is coming up and we can always use more volunteers, not only working at the bazaar but setting up and taking down. Lenny Zingarelli is the chair for the event, so contact him if you haven't been contacted and would like to help out. The flyer will be coming out shortly by email. Please forward it to as many folks as possible. We try to do as much of our business as possible online not only to save money but time. Keeping our email list up to date is a bit of a challenge. I am going to send the lodge mailing list a test message on 20 October. If you don't receive an email from me on that date please let me know so I can get you on the list. Our installation of new officers will take place 14 January 2017 in the large fellowship hall. It will start at 4 PM. We will have a pot luck dinner with the lodge providing chicken. More info later. If this afternoon time works for us we will consider having a couple more "daylight" meetings in February and March. We will be having an interesting program this month as the Kises have a slide show of their trip to the Leif Erickson settlement in Newfoundland. They also have a short movie about the settlement that will be shown.

Med vennlig hilsen

Ralph

October 20
Lodge Meeting
7pm

Bayside Presbyterian Church
1400 Ewell Road
Virginia Beach

October 29
Luncheon
Golden Coral
(Party Room)
12 Noon

S. Independence Blvd.
Virginia Beach
RSVP to Judy Grandstaff
757-481-5470 or
jggrands@yahoo.ca

November 9th
Tallship Statsraad Lemkuhl
Presentation and Lunch
11am—1pm
(More in Newsletter)

November 12th
Scandinavian Christmas
Bazaar
9am—3pm
Francis Asbury United
Methodist Church
1871 N. Great Neck Rd.
Virginia Beach
(See Flyer in Newsletter)

Fra Presidenten, Mary B. Andersen, October 2016



"hooked on a feeling" from a BJ Thomas song

As I write this letter, I have just returned from a weeklong trip to Maine. My goal was to disconnect from electronic media and get out and walk. Since I went with the Philadelphia Trail Club, walk I did!!! But as they say, it is not the destination it is the journey. While planning for my trip I contacted Charlie and Sally Abrahamson from Maine Nordmenn (Charlie was a 3D auditor and LOV treasurer; Sally was the LOV Marketing Director. Charlie and Sally were also instrumental in forming the Maine Nordmenn lodge.) I mentioned that I was going to Acadia and asked if I

would pass them along the way; their response; we have a spare bedroom with your name on it! We had some great discussions regarding the Sons of Norway and agreed that the feeling of fraternalism can't be beat. That fraternalism is experienced at the local lodge level, the Zone level and the District level. The fraternal feeling extends to the District President's meetings, the International Board and the home office staff. The question is do we take full advantage of it? Do we reach out to other lodges whether they are in our zone or not? When you travel through other Districts, do we look to see if there are any SofN lodge activities that fit our travel schedules? Do you read other lodge newsletters for programming ideas and information about their lodge? It is a great way to get to know people from other areas. We are entering our holiday season where many lodges have bazaars, festivals and great food!! Step over the boundary lines of your lodge and visit other lodges; you will be glad you did!

All the best,

Mary

PS: I forgot to mention that Charlie and Sally took me on a tour of some local lighthouses!



The Full District Newsletter can be found online at

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

Norway in America



Did You Know

Skål!!

* Minnesota is the unofficial Norwegian capital of the United States, and more Norwegians live in Minnesota than in any other state.

* Sig, Norman, and Edgar Hansen of Discovery Channel's popular reality series *Deadliest Catch* learned how to fish the waters of the Bering Sea from their Norwegian-born father, Sverre Hansen, who died in 2001, just before *Deadliest Catch* became a smash success and made his sons and his boat, *The Northwestern*, into celebrities.



Fra Presidenten, Mary B. Andersen, September 2016

" it is like driving a car. You do not look in the small rear view mirror to see where you have been, instead you look through the large windshield to see where you are going"

International Vice-President Ron Stubbings used the above quote in his remarks at our 3D Convention and I love them. I will focus on those words for the next two years. Our challenge is that some things in the rear view mirror – memories of our Norwegian heritage – must not be forgotten and must be preserved but we must move forward and respond to bends and turns in the road ahead. How do we connect more people to that heritage? How do we strengthen the ties that already bind?

We will continue to focus on membership, leadership, community and communication. There are a few committees forming to address specific aspects of each of these very important issues; if you are asked to serve on a committee, I hope you will accept. Diversity of experiences and opinions generally results in a well thought out solution.

Some of the committees and their tasks include:

Communication – the first item to be examined is the TDT – an enormous amount of effort goes into producing a monthly newsletter. Is it worth it? We have approximately 5500 members with approximately 3500 email addresses; so at most we can reach 60% of our membership. But the newsletter is opened by on average, 35% of the recipients or 1,220 members which represents 20% of our membership!!! Is a monthly newsletter worth the time & effort that goes into producing it, if at most only 20% of our members open it???? is a quarterly newsletter a better alternative? Join the conversation – Deb McConaghy of Norsk Carolina is heading this committee. There are many other aspects of communication and more committees will be forming.

Membership – our Vice-President Kathy Dollymore is in the process of forming three committees each of which will concentrate on a specific aspect of retaining and attracting new members.

Leadership – I will be working with many members throughout the District to develop leadership tools. I am thinking of videos, train the trainer sessions and more. If you are interested in helping with developing a leadership curriculum let me know!

There are other committees actively at work and you will hear more about them over the next few months. Your Board can not do it alone!

I am pleased to announce that Jim Dunagan, Oslo Lodge has been appointed as Publicity Director! We will be issuing a special Convention issue (both 3D and International) in the next few weeks.

The 3D Board appointed the LOV Board as follows:

Chair – Roy Berntsen

Vice Chair – Billy Karpack

Treasurer – Helen Timoney

Secretary – Barbara Berntsen

Marketing Director – William Taylor

All the best, Mary

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

*Editor's Note: Addendum, HRSON September, 2016 Newsletter

Lodge Members' Adventures in Norway



Astrid Gulas

While visiting Norway this summer, Astrid was invited to lunch by the Mayor of Moss, TAGE PETTERSEN (the young Mayor is pictured front left); together with members of The Norwegian Lady Committee; Kari Sandmael, Annette Torgersen, and DYVEKE BAST (the model for the Norwegian Lady and daughter of Norway's famous sculptor, Oyvind Bast), and friend Per Evtun.

The Mayor has accepted an invitation to the Sister Cities International Convention here in Virginia Beach on July 17, 2017. He will be accompanied by his wife and teenage son.

A high school in Moss..." KIRKEBAKKEN", has become a friendship school with Cape Henry Collegiate here in Virginia Beach and has started student exchanges; 15 stu-

dents from Moss came for one week to stay with families of students at Cape Henry Collegiate. They had a busy yet educational week to enjoy here in Virginia Beach. Also on the itinerary were Williamsburg and Yorktown as well as two days in D.C. Two teachers accompanied them, and they all spoke excellent English. Astrid and Ruth Fraser were invited to the welcome breakfast at CHC (Cape Henry Collegiate) on September 27th to meet the students. Of interest is that the original mold (cast) for the Norwegian Lady which has been in the Bast family's possession, has now recently been moved to this school "KIRKEBAKKEN," and is on display with the story above of the NORWEGIAN LADY for all to learn.

At the Norwegian Lady ceremony in Moss this past June, the principal from the school was one of the speakers... and of course was honored by having such a treasure at their school.

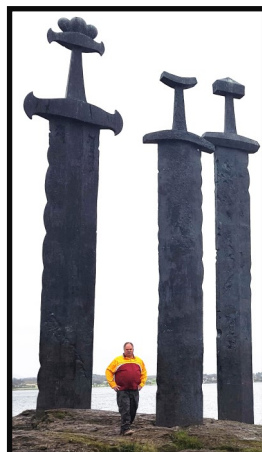
On March 17, 2017 students from here will be going to Moss



Above: Beyer home (where Eric's dad lived for a time in Lillesand (built by August Beyer—Great Grandfather to Eric Beyer)



**Left: Posing with two trolls outside a store in Stavanger.
Right: Three Swords Monument in Stavanger**



Eric Beyer

My trip started in Oslo,; stayed overnight and then traveled to Kristiansand, went and saw the house my Dad lived in in Lillesand and visited some cemeteries. I then traveled to Stavanger and stayed with my second cousin, Ruth Ellen Austevik B² and her family. Took a ride on the ferry to Lysefjord and saw the Pulpit Rock, visited the grave of Harold the Fair haired, the First King of Norway and The Avaldsnes Church which has The Legendary Mary's Needle. It is a Stone sticking out of the ground and is 9.2 cm from touching the church wall. Legend has it when it touches, it will spark the end of the world. I also visited Bergen and saw the Bergen Philharmonic, went to the Edvard Grieg House, traveled up to the Ulriken Mountain and visited several museums. In Oslo, I visited the Vigeland statue park, the Viking Ship museum, the Kon-Tiki Museum and the Fram Museum. I visited many more historical sites and museums and traveled the Fjords on an all-day car trip. Was so much fun. I definitely want to go back some day.

Eric W. Beyer



Gratulerer Med Dagen
(Happy Birthday) To The
Following Members:



Leonard Zingarelli 10/2

Coral Ashley Lindenberg 10/5

Floyd Friesen 10/20

Norma Castellano 10/24

Julia Hltzel 10/25

Hanni Peterson 10/28

Mark Your Calendars!!!

NORWEGIAN Presentation and Lunch

On behalf of the Tallship Statsraad Lehmkuhl and Norwegian military personnel in Hampton Roads,

Colonel Gerhard Larsen,

Norwegian Senior National Representative,

Cordially invites you to a presentation of the

Norwegian Armed Forces followed by a lunch on board

HNoMS Statsraad Lehmkuhl

At Otter Berth, downtown Norfolk,

On Wednesday November 9th 2016, from 11.00 am to 1.00 pm.

Dress: Convenient IAW Weather

RSVP NLT November 1st to: Katharina.Baccerini@act.nato.int

“Once again fall is upon us which means **BAZAAR** (**See Flyer on Next Page**) time. Our annual SON Scandinavian Christmas Bazaar is well known as the best bazaar in the area. This is all due to our SON lodge volunteers that help to ensure we all have fun, while maintaining the quality second to none. This year will be similar to the previous years of traditional Norwegian food (lefse, waffles, lapskaus and more), photo op with Viking re-enactors and Viking long boat, Norwegian bakery (julekake, kranskekake and more), children’s activity table, Norwegian cultural and tourist information, and great vendors with Scandinavian food and gift items. The date for this years Bazaar is 12 November 2016, Saturday, from 9:00 am to 3:00 pm. Please come on out and enjoy the activities, food and great Norwegian camaraderie.”

Lenny

lvzingarelli@verizon.net



SCANDINAVIAN CHRISTMAS BAZAAR



Sponsored By
Sons of Norway

Saturday, November 12th, 2016
9am-3pm

Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

- ❄️ Enjoy Traditional Norwegian Food - Lefse, Waffles, Lapskaus
- ❄️ Viking Long Boat with Viking Re-enactors
- ❄️ Norwegian Bakery - Julekake, Kransekake and more
- ❄️ Children's Activity Table
- ❄️ Norwegian Cultural and Tourist Information
- ❄️ Great Vendors - Scandinavian Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?

Call (757) 631-0362

Visit Our Lodge Site www.hrson.org or on Facebook Sons of Norway – Hampton Roads



The Five Stages of Life With a Brief Explanation of Insurance Needs

Stage 1: Juvenile (born after 1997)

No one likes to think about young children needing life insurance, but even a small policy can accomplish two important goals:

- Establishing a base of life insurance at the lowest premium possible
- Guaranteeing future insurability, which can move with them throughout their life

Stage 2: Millennials/Gen Y (born 1982 – 1997)

You're young and healthy and ready to take on the world! A new car! A new house! A new spouse! You've got it all and it comes with a lot of responsibility. But life insurance comes with benefits:

- More affordable when you're young and healthy
- Loved ones depend on you. Think about their future
- Replacing lost income or covering debt

Stage 3: Gen X (born 1965 – 1981)

You're in the thick of it. Raising kids, preparing for college tuitions, paying down that mortgage, planning your future retirement and you don't need anyone's help! But what you do need is a bit of security in an insecure world. Life insurance can give you that extra helping hand:

- Income replacement in case of premature death
- Create a debt free situation for your family
- Instantly build retirement funds for your spouse ➤ Don't trust the stock market? Cash value life insurance offers guarantees

Stage 4: Baby Boomer (born 1946 – 1964)

Life is coming at you from all sides! Kids, grandkids, elderly parents all of whom need to be considered. You're not retired because there never seems to be enough money. What can life insurance and annuities do to protect you and yours moving forward?

- Annuities provide protection in case you 'outlive' your finances (and there are no medical exams up to age 90!).
- Do you own your own business? Consider life insurance an important part of business continuation planning.
- Financial obligations can be fulfilled — grandkids go to college, spouse stays in the house, and Mom and Dad get solid care.

Stage 5: The Greatest Generation (born 1945 and prior)

You've paid your dues and have your plans in place, but are your finances really doing all they could be doing for you? Don't let "lazy money" sit around. Life insurance provides an outlet to review your current financial situation:

- Review CDs and variable accounts and transfer money to a life insurance policy so your beneficiaries don't pay taxes.
- Social Security goes away upon death — protect your spouse against this loss.
- Decide what your legacy will be — life insurance can be a way to donate to organizations, such as the Sons of Norway Foundation, even in death. How will you be remembered?

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

Michael Beck, LUTCF
(p) 757-716-8830
mike@vavalueins.com
www.vavalueins.com

IT'S A WRAP!

SMOKED SALMON WRAPS WITH DILL CREAM CHEESE, LETTUCE, AND RED ONION

Author: Whitney Love Cuisine: Norwegian thanksforthefood.com

INGREDIENTS

- 3 lefse or tortillas
 - Cream cheese, dill or herb flavored (mayonnaise is a good alternative)
 - Smoked salmon, sliced
 - Lettuce
 - Red onion, chopped
-

INSTRUCTIONS

1. Lay the lefse or tortilla flat and spread with a good layer of cream cheese or mayonnaise.
2. On top of the cream cheese, layer the smoked salmon, lettuce and red onion, but reserve a bit of space at the end of the lefse or tortilla. This will be used to secure the roll.
3. Roll the lefse onto itself to form a log. Be sure to press the reserved end into a roll in order to secure the log.
4. Using a sharp knife, cut into rounds and serve.



Virginia Viking

1125 Selwood Drive
Virginia Beach, VA 23464-5809