



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, we are on our way for another year. Let's hope it will be a great one and hopefully one without any storms. January was a busy month behind the scenes for Hampton Roads. We filed our taxes. We filed our annual financial report with the SON. We audited our books. We put together a budget and had it approved by the membership. We sent in our Lodge and Family Lodge of the year reports to our Zone Director. This last report is a time consuming report that puts us in competition for Lodge of the Year honors. While we had several members that helped putting the reports together, our Secretary June Cooper and Treasurer Ragnhild Zingler, really carried the load in putting out the reports. On behalf of the entire lodge I want to say TUSEN TAKK to these ladies as we all appreciate your hard work in keeping us on the right path. And thanks to the rest of the members that helped out. We have several activities coming up in the near future such as membership lunches and a hockey game that may interest you. I love the membership lunches as you just need to show up, eat and enjoy the fellowship. Once again I was fooled. I always get worried about pot luck dinners and perhaps I should stop worrying as our January pot luck once again turned out to be a great dinner and enjoyed by all. Thanks to all who provided the great food and thanks to all the set up and take down folks. As the District convention draws near I hope that several of you will enter items into the cultural show. We will have delegates attending, so there is no problem with getting your items to Myrtle Beach. You don't have to be a delegate to attend the event and any SON member who attends gets the SON rate, delegate or not. I am aware of at least one member who is going to vacation there and attend some of the events as well. Check out the convention site

<http://3dsfn.org/district-convention/>

If anyone is interested in working on our web site please let me know.

Med vennlig hilsen

Ralph Peterson

Presidentto

FEB/March EVENTS

February 18th

Membership Meeting

Bayside Presbyterian Church 7pm

*There will be Delegate

Nominations and Elections

for the June 3rd District

Convention*

February 27th

Membership Lunch-

Macaroni Grill - 4574 Virginia

Beach Boulevard - Va Bch - 12

Noon - RSVP to Harriet

Lindenberg hlindenberg@cox.net

757-721-7594

March 19th

Admirals Hockey

7pm - Contact Harriet

721-7594



Fra Presidenten, Mary B. Andersen

Focusing on Business

I recently installed the officers of Bondelandet, my lodge. Part of the closing words of the installation ceremony is “The officers alone cannot make this lodge successful. They will need your assistance in everything...”. These words ring true both at the local lodge level and at the District lodge level. I looked around the room and thought of how lucky we are to have members who have served many times in officer positions and still actively contribute their time to the lodge.

Many other lodges have recently installed new officers. Your support of your lodge is necessary to keep it alive. The officers cannot do it all themselves.

No doubt about it, the longevity of a lodge depends on its members and their willingness to pitch in and help. Last year we had a number of local lodges with open positions. A lodge will sputter and potentially dissolve without your willingness to contribute your time and talents.

The same is true of the District lodge. The District lodge is made up of the elected delegates from each lodge. The District lodge meeting is held every other year (“the Convention”). While we all enjoy the fraternalism of the Convention, the Convention is the place to set the future direction of the District lodge. Resolutions will be put forth which affect the future governance of the District lodge, your District lodge.

Each delegate to the District lodge meeting should become familiar with proposed resolutions. The duty of the delegate is to vote his/her lodge’s position on each resolution. While we may not all agree on everything, an open discussion of issues with fellow lodge members will only make us stronger. This is a great way to learn new ideas, rethink your own ideas into workable outcomes and reach solutions that everyone can benefit from. Don’t hesitate to voice your opinion at your lodge meeting and at your Zone caucus if you are a delegate.

We have a great District comprised of smart, caring members. Jump on board our Viking ship and help set the course for the future! I see great things for us!

Vinterhilsen,

Mary

The Full District Newsletter can be found online at

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

CONGRATULATIONS TO OUR SPORTS MEDAL WINNERS

Grete Sutton: 3rd Enamel, 4th Bronze in Gangmerke

Cindy Sanoba: 19th Bronze & 19th Silver in Idettsmreke.



Did You Know

(Random Fun Things)

A modern cheese slicer was invented by Thor Bjørklund in 1925 in Norway

'Ostehøvel' – Cheese Slicer



Among the many “frozen” staples in Norway is Grandiosa frozen pizza (a favorite among Norwegians)

Hard Work, Dedication, and Team Work Do Have Their Rewards or Rather “Awards”

Norwegian Group Wins Guinness World Record for Largest Quilt. The Norwegian Women and Family Association was recently awarded a Guinness World Record thanks to the help of dedicated knitters, crocheters and quilters association-wide. In spirit of the organization’s 100th anniversary, members set a goal to create the world’s largest patchwork blanket – a blanket that would also outsize a quilt assembled by a Finnish sister organization. Tensions were high as to whether or not the group would win the record. But, according to Elisabeth Rusdal, union leader, the organization beat the previous world record by a large margin. Around mid-September hundreds of quilts that varied in both size and color flowed into Oslo. The effort’s promotional materials stated that participants could either create a large blanket measuring 6.56 feet by 5.24 feet (200 centimeters by 160 centimeters) or a smaller baby blanket measuring 5.24 feet by 2.62 feet (160 centimeters by 80 centimeters). The final quilt was then assembled from the hundreds of smaller blankets to create the unique pattern and record-winning size. The end result, which weighed in at 686 pounds (311.03 kilograms) and measured 6,095,376 square feet (566,279 square meters), took two years to complete even with the help of many participants across the country. The blanket was made using 2,148,293 feet (654,800 meters) of yarn that has been valued at \$26,365 (229,000 Kroner). Because participants were allowed to use any desired assembly method – whether it was quilting, knitting or crocheting – the combined blanket displayed an array of colors, patterns, and textures. Adhering to the organization’s mission of improving conditions for Norwegian women and families, the blanket was disassembled and distributed across the country to a variety of health institutions and the Salvation Army. And, according to Elisabeth Rusdal, the record winning blanket will keep many warm for many years to come.



Skål

a little in English... [Making Bottles Out of Paper](#)

Danish scientists and brewers have developed beer bottles out of paper. But is it possible to produce them quickly enough? The current beer packaging is made from glass, metal or plastic. If beer could instead be sold in biodegradable bottles made of paper, it could be good for the environment. At the Technical University of Denmark (DTU), packaging researchers have started to collaborate with Carlsberg, one of the largest beer breweries in the world. The packaging company Ecoxpac is also participating in the research. The new biodegradable paper bottle could hypothetically be used for many things. "We have aimed high, so the goal is to also use paper bottles for beer as well," says Thomas J. Howard, a scientist at DTU.

[Must be made in six seconds](#)

Pouring orange juice into paper cartons also posed a challenge in its time, which scientists were able to solve. Using a paper bottle for beer requires a cap that can maintain the carbonation, for starters. Paper beer bottles must be stacked, transported and handled without breaking the bottles. According to the DTU researcher, the biggest challenge no longer lies in making the paper beer bottle, but in making it quickly enough. It needs to be produced in a very short time. This is something that breweries would require in order to use this innovation. The critical time is six seconds—the speed required to make one bottle—for brewers to be interested in using it. At the same time, paper beer bottles need to be more environmentally friendly than the glass, metal or plastic currently used to bottle beer, which is not a given.

[Drinking beer from paper bottles within three years](#)

The prototype for the new beer bottle is made from recycled newspaper. For now, these bottles take much more than six seconds to produce. The scientists are testing out using a vacuum to squeeze out the water from the paper in just seconds. This could cut down the production time. The scientists have been given three years and almost 28 million Danish kroner (4 million US dollars) to make something completely new. Thomas Howard tells the DTU online newspaper that he is convinced that he will be drinking beer from a paper bottle in three years.

litt på norsk... [Lager ølflasker av papir](#)

Danske forskere og bryggere har utviklet ølflasker av papir. Men går det an å produsere dem raskt nok? I dag får du det i emballasje av glass, metall eller plast. Kunne ølet i stedet selges på nedbrytbare flasker av papir, kan det bli bra for miljøet. Ved Danmarks Tekniske Universitet (DTU) har emballasjeforskere begynt et samarbeide med Carlsberg, et av verdens største ølbryggerier. Også emballasjefirmaet Ecoxpac deltar i forskningen. Den nye bionedbrytbare papirflasken skal kunne brukes til mye. – Men vi har lagt lista høyt. Derfor er ambisjonen at den også skal kunne brukes til øl, sier forsker Thomas J. Howard ved DTU.

[Må lages på seks sekunder](#)

Å helle appelsinjuice på pappkartonger bød også i sin tid på utfordringer. Dem klarte forskerne å løse. Men skal en papirflaske brukes til øl, må den for det første ha et lokk som holder kullsyren på plass. Papirølet må også kunne stables, transporteres og håndteres uten at flasken går i stykker. Ifølge DTU-forskeren er den største utfordringen ikke lenger å kunne lage selve papirølflasken, men å lage den fort nok. Den må kunne produseres i stort antall på svært kort tid. Akkurat det er nemlig et krav fra ølbryggeriene om de skal bruke denne innovasjonen. Den kritiske tiden er seks sekunder. Så fort må det nemlig gå å lage en flaske, om bryggeriene skal være interesserte i å bruke den. Samtidig er det også et krav at papirølflasker faktisk er mer miljøvennlige å bruke til øl enn glass, metall eller plast. Det er heller ikke opplagt.

[Drikker øl av papir om tre år](#)

Prototypen for de nye ølflaskene lages av resirkulert avisepapir. Inntil videre tar det mye lenger tid enn seks sekunder å lage en slik flaske. Derfor prøver forskerne seg nå fram med vakuumpressing, for å få presset vannet ut av papiret på få sekunder. Det kan kutte produksjonstiden. Tre år og 28 millioner danske kroner har forskerne fått til å forsøke å lage noe helt nytt. Thomas Howard sier til nettavisen ved DTU at han er overbevist om at han om tre år drikker øl av en papirflaske.

Source: <http://forskning.no/2015/03/vil-lage-olflasker-av-papir>

TUBFRIM

Tubfrim is an organization that for over 85 years has collected used stamps, postcards and phone cards. They sell to stamp dealers, private individuals and collectors in Norway and many other countries. There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple yet successful ways to do just that. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help fight tuberculosis. **Sons of Norway has supported Tubfrim in their work to support children in need for many years.** In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen. When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year Tubfrim made a profit of 520,000 Kroner (that's almost \$80,000). How can you help? To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. When you have collected a pound of stamps, ask your Tubfrim chairperson (Deanna Rumney) or lodge secretary to weigh and verify them. If you don't want to wait until you have a pound just bring Deanna what you have. Each year a name is drawn from the postcards that have been sent in and the winner gets a nice trip.

Med vennlig hilsen

Ralph Peterson

Ralph Peterson
President
Hampton Roads 3-522
Sons of Norway

February 18th Membership Meeting

A program regarding "The Town of Kristiansand" will be shown at the **February 18th Membership Meeting**, depicting such things as sailing, the city, cooking (in particular, a cook named Andreas), etc. Kristiansand is the 5th largest city in Norway. It is considered the capital of the southernmost part of Norway and is known in all of Norway as "Holiday Resort #1"!! Because it has so many fun activities for families, it is also known as one of Norway's greatest summer cities.

Reminder: Be sure and take a moment while at the meeting to indicate where your ancestors were from on the big map.

ALERT

Please consider having something you have made to be at our convention this year to be displayed and judged. Entry forms and details will be available soon. Check with Harriet for details. Also, Norwegian cookie donations are needed by the host lodge to provide the delegates with snacks in their break times! Thank you for your attention to this and make our delegates proud!! Thank you. Harriet



2015 Bazaar Wrap-UP

From the Bazaar Coordinator (Lenny Zingarelli):



After the New Member Breakfast at the Cypress Country Club, we had our 2015 SON Scandinavian Christmas Bazaar Wrap-up meeting. We had had a great turnout and much interest in the members to continue to make each bazaar better than the last one. Overall, the 2015 Bazaar was the most successful to date with respect to the number of customers (865) and the sales made by our Lodge volunteers and outside vendors. This success is directly linked to the effort that our volunteers put forth every year. With that in mind, I would like to put out some initial information about our next SON Scandinavian Christmas Bazaar. The 2016 Bazaar is on **Saturday November 12th**. It will once again be held at **Francis Asbury United Methodist Church**. The following jobs have volunteers: **Kitchen** - Ranny Zingler, **Bakery** - Mary Zimmerman, **Vendors** - Lenny Zingarelli, **Lodge Table** – Open, **Consignment** - Pam Geisinger, **Children's Table** - Harriet Lindenberg, **Jewelry** - Peggy Carnes, **Shirts** - Martha Blau, **Publicity** - Jerry Blau, **Raffle** - Mona Denton, **Membership table** - Ralph Peterson. The following jobs need volunteers: **Lodge Table**, **Greeters at the door**, **Volunteers to take down and set-up**. Thanks again for the entire lodge membership assistance at the last Bazaar. Lenny Zingarelli

WELCOMING OUR NEW MEMBERS!

New Members Breakfast – Cypress Point Country Club – Feb. 13th

Despite the freeze and snow, 27 of us met at the Cypress Point Country Club for the New members Breakfast on February 13th. It was a beautiful day for fellowship. President Peterson gave a PowerPoint presentation on a brief history of the Sons of Norway, the International and District Lodges, and events here in Hampton Roads. Breakfast was great... a choice of eggs, pancakes or a breakfast wrap, juice – and lots of coffee!



From left to right: Pat Trent, Jeanne Macdonald, Elaine Murray, and new members, Kip Pagach and Camilla Breault



Dianne & Thomas H Bakke (Returning Members)



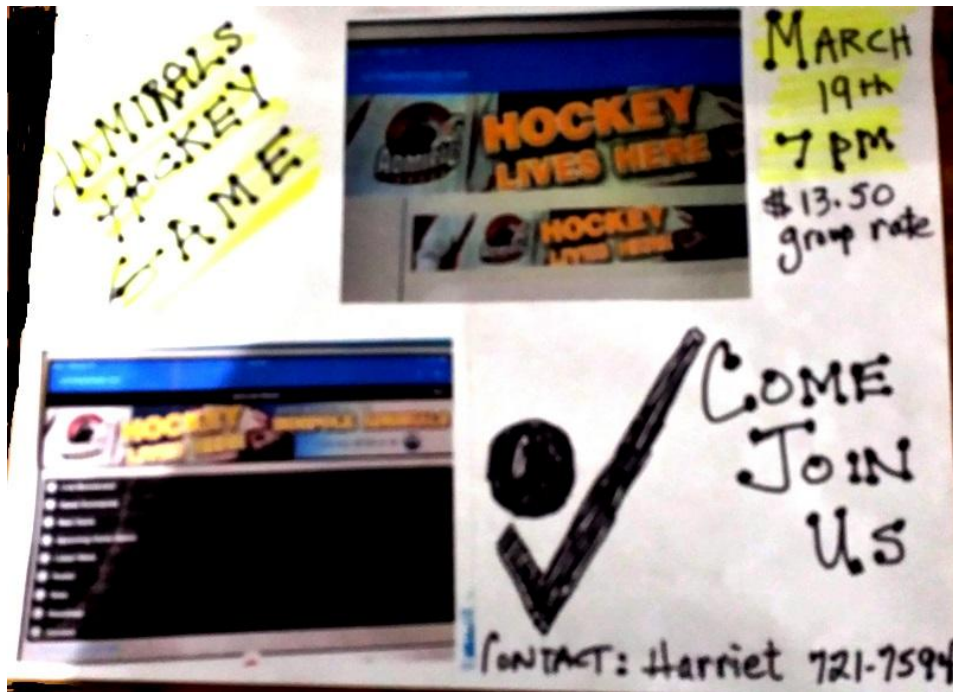
From Left to Right: Grete Sutton, Carol McCarthy, Synnøve Quaglietta, Edward McCarthy



From Top (standing) to Right: Ralph Peterson, AnneGrete Peterson, Peggy Carnes, Lenny Zingarelli, Vivian Zingarelli, Ranny Zingler Jim Zingler, Cindy Sanoba - ***Additional new members present: George Coleman & Thomas C Bakke***

Save The Date!

Admirals Hockey – March 19th at 7pm



\$13.50 (Group Rate) – Contact: Harriet

721-7594

Children's Festival

April 16, 2016

Festival starts at 9am with the Parade of Nations. There will be 40 countries represented. We will do woven heart baskets again this year. Children will receive "passports", there will be camels and llamas, and there will also be prizes. As many volunteers as possible are needed. In addition, if anyone has any "lively" music, please feel free to bring it along.

Perfect for that special “Valentine” any time.

Be it friend, loved one, family member or

Simply just for you, this breakfast treat

Definitely Says “Sweet”.

Norwegian Pancakes - Pannekaken

Adapted from *allrecipes.com*

Makes 6 servings



- 3 eggs
- 1 ½ cups milk
- 1 cup all-purpose flour
- 1 tsp sugar
- ¼ tsp salt
- topping of your choice

Lightly mix eggs and milk in blender. Add flour, sugar and salt and blend until smooth and no lumps remain. Heat pan over medium-high heat. Coat pan with butter or cooking spray and add ¼ cup of pancake batter. Tilt pan to coat evenly with batter. Cook until the top of the pancake looks dry, roughly 30 seconds. Use spatula to carefully flip the pancake and cook for a few seconds on the other side until browned. Roll served with your favorite topping of fresh berries, syrup or lingonberry jam.



Virginia Viking

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