



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 allesammen. Time is flying, and when that happens, spring is just around the corner. Spring happens to be my favorite season. (Perhaps North Dakota winters have something to do with that feeling)

We will be having several events coming up shortly so keep checking our website: <http://www.hrson.org/home/> Among the upcoming events is a lodge night at the Admirals hockey game 19 March, the Norwegian Lady

celebration 26 March <https://thenorwegianlady.wordpress.com/>, International Children's Festival 16 April <http://hampton.gov/parks/icf/>, Membership lunch 2 April (location TBD), NATO parade 23 April <http://norfolkatfestival.org/> plus our regular meetings. Our April meeting will have Ms Emily Labows who is the VA BCH Cultural Director and she will be speaking about the Norwegian Lady as well as other cultural sites in VA BCH.

The NATO parade gives us a chance to look good in our Norwegian gear as we will be marching and riding in our float. Young and old marchers /riders are needed. The float is being worked on and will look good.

Hats off to our Publicity Director, Jerry Blau. Hampton Roads has had a picture in the Viking magazine two months in a row. That is unheard of so a giant Bravo Zulu to Jerry.

The SON requires a lot of reporting. They are trying out a new reporting system that not everyone is using but our Secretary, June Cooper is using the system and is helping out SON with getting the system running. I just saw a report from SON headquarters on this system and she is making us look good. Tusen Takk June.

We are working on Syttende Mai events and we should have some firm dates and events shortly.

The District Convention is coming up and I hope that we will have a lot of items entered in the District Cultural show. If you have any questions about the show please check with Harriet.

We still are looking for someone to work on our facebook page as well as our website. You can call me if you are interested.

Ralph Peterson

March 17th

Lodge Meeting 7pm (Regular Meeting Room)

March 26th

Norwegian Lady Ceremony 1pm

April 2nd

Fellowship Lunch - Noon -at Bubbas in Virginia Beach contact Judy Grandstaff at 481-5470

April 16, 2016

Children's Festival *Volunteers Needed* Contact Harriet 757-721-7594

April 23rd

NATO Parade

May 14th

Visit to Norwegian grave site in

Norfolk followed by lunch at Monastery Restaurant

June 8th - 12th

District Convention

June 18th

Annual Picnic

Fra Presidenten, Mary B. Andersen, March 2016



If you want something you've never had, you must be willing to do something you've never done. Attributed to Thomas Jefferson

When I think about the above quotation, I think about membership. If we want to attract new members and keep current members, we must constantly strive to think of new ways to do things. It may take a while (like the 3D twitter and facebook pages) to get going, but overtime it will. Whatever new little things we are doing across the Order is paying off and I would like to share some good news with you.

Our CEO Eivind Heiberg reports:

“This past year we saw a lot of positive indicators for Sons of Norway in the areas of recruitment and retention. In 2015 3,284 people joined the organization, which was a 2% increase over 2014. And of those, 2,298 were recruited by an existing member—that’s 2,298 new connections within our network! What’s more, our organization is growing younger. Last year we recruited nearly 1,200 new members under the age of 55. That’s more than a third of all new members belonging to a younger generation that is excited to explore its Norwegian roots.

But we aren’t just doing a good job in bringing new members into the organization, we are also doing very well in keeping them. I’m pleased to report that for the fifth year in a row we have seen a reduction in the number of members leaving the organization, including a decrease by 3.1% from 2014 to 2015.”

Good news to be sure!!!

We have great news within the Third District. Congratulations to Scandia lodge! Keep up the good work Pat and fellow lodge members.

The winners of the Norwegian Experience are:

Dist	Lodge	Lodge Name	Recruiting Member	Recruiting Member Name	Total Recruited
1	17	Terje Viken	9415099	Ralph Edward Jacobson	15
2	1	Leif Erikson	9380110	Andrea J Torland	24
2	17	Fritjov	9366520	Patricia Sandberg Lund	24
3	617	Scandia	9443839	Patricia A Rush	8
4	25	Kringen	9371034	Doreen E Grobe	14
5	314	Mandt	9301924	Darlene L Arneson	8
6	118	Vesterheim	9425709	Cheryle K Kapsak	9
7	76	Nordic	9435381	Ole E Kristiansen	17
8	15	Terje Vigen	9330614	Helge Bjoern Skjulestad	3

It is the simple things

I think Jann Dickson from Troll Lodge has an easy simple yet caring approach to membership. The following is an excerpt from their February newsletter.

Retaining our members is very important to keeping Troll Lodge active and ongoing. We need to keep our membership updated. If we haven't heard from a member in a while, maybe we should contact them so they feel we haven't abandoned them. I am especially interested in those who cannot get to our meeting for whatever reasons. We could call or drop them a note. Email me if you would like their address or phone number.

JANN Nice touch Jann!

Business Matters

D-17s are due March 1 – do you know where your lodge’s D-17 is???

Leif Erikson Citation Award nominations are due March 1

Lodge Achievement Forms are due March 1

Jeg ønsker dere alt godt., Mary

The Full District Newsletter can be found online at

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

Congratulations To Our Sports Medal Winners

Robert Rumney: 2nd Enamel, 3rd Bronze in Gangemerke:
6th Enamel, 7th Bronze & 7th Silver in Idettsmerke
Ranny Zingler: 6th Gold in Gangemerke
Jim Zingler: 5th Gold in Gangemerke



Left to Right: Cindy Sanoba, Robert Rumney, and Ranny Zingler

Cindy Sanoba: 19th Gold & 19th Enamel in Idettsmerke

Did You Know

Norwegian Gold Medal Winner and One of Hollywood's Golden Girls

Hallgeir Brenden congratulated by the Italian diva Sophia Loren for gold on 15-kilometer in Cortina. Photographer Bjorn Fjørtoft. Photographs in the National Archives, File magazine now.

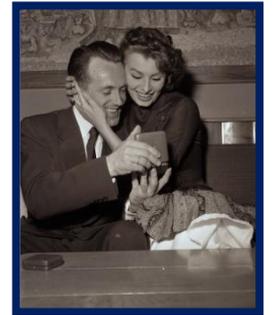
Hallgeir Brenden (10 February 1929 – 21 September 2007) was a former [Norwegian cross-country skier](#) from [Tørberget](#) in [Trysil](#).

He won Olympic gold medals in the 18 km event at the [1952 Winter Olympics](#) and in the 15 km event at the [1956 Winter Olympics](#), and silver medals in the 4 x 10 km relay at the 1952 & [1960 Winter Olympics](#). Brenden also won at the [Holmenkollen ski festival](#) three times (18 km: 1952 and 15 km: 1956 and 1963). He is the only person to win the Olympic, [FIS Nordic World Ski Championships](#) and Holmenkollen events at both 18 km and 15 km. In 1955, Brenden was awarded the [Holmenkollen medal](#) (shared with [King Haakon VII](#), [Veikko Hakulinen](#), and [Sverre Stenersen](#)).

Brenden also competed on national level in [athletics](#), and won the Norwegian championships in [3000 metre steeplechase](#) in 1953 and 1954. He competed for [IK Tjalve](#).^[1]

Brenden received the [Egebergs Ærespris](#) in 1952. He died in 2007

In 1956, Hallgeir Brenden became the first cross country skier to successfully defend his Olympic title in the short distance (1952: 18 km, 1956: 15 km). After his second victory in the Italian Cortina, he was congratulated by movie star Sophia Loren, and pictures of her sitting on his lap gained Brenden (brief) world-wide fame. In addition to his individual titles, Brenden gained two silver medals with the Norwegian relay squad at the 1952 and 1960 Olympics. Remarkably, Brenden never medalled at the World Skiing Championships, although technically the Olympics doubled as the World Championships in that era. His other successes included twelve Norwegian titles and three sprint wins at Holmenkollen, as well as the Holmenkollen medal in 1955. In summer, Brenden was a top track athlete, winning the Norwegian steeplechase title in 1953 and 1954, and becoming the first Norwegian to better 9 minutes in that event. In 1952, he was awarded Egebergs ærespris for excelling in two sports. A lumberjack from the tiny town of Tørberget in the municipality of Tyrsil, a statue of him was unveiled there in 2002. (No.wikipedia.org)



Hallgeir Brenden gratuleres av den italienske divaen [Sophia Loren](#) etter gullet på 15-kilometeren i Cortina. Fotograf

How To Keep Your Silver Like New – All Its Life

After you have used your jewelry, clean it well with soap and water. Put it on a towel and use your hairdryer to dry it completely. Leave it there until it is cold then wrap it in a plastic bag, foil, etc.

If your silver has become yellow in color, take an old toothbrush and silver polish: Scrub well and rinse in hot water.

The silver sewn on to your National Costume has to be taken off and put in plastic to keep it looking good.

If you think this is a lot of work, remember the reward:

When you are going to use it next time, you can be sure it looks good. And it saves you both time and money compared with delivering it and getting it back from your jeweler.

Good Luck!!

Article contributed by: Barbra Stehlik

Summer Camp at LOV

An active cultural camp program is being planned with adult supervision at all times. The camp is held at the Third District property Land of the Vikings (LOV) in Sherman, PA. The LOV managers, Bev and Rick Budrick are planning a pleasing menu for the campers. You would be amazed to see what is consumed! Campers will attend morning classes in Norwegian language, rosemaling, wood working, hardanger and other skills. During the afternoon the campers can swim, hike and participate in a variety of athletic activities such as fishing, crafts, cooking and learn about our Viking heritage to name a few. The evenings will bring an opportunity to form lasting friendships. We will have a talent show, films, folk dancing, games and much more. Campers find their week at LOV vanishes in a flash. It is one of the highlights of their year. Encourage your children to build memories with us.

*****IMPORTANT*****

If you need directions to LOV or if you find it difficult to transport your child to and from camp, send a request with your application and a map. A list of campers in your area will be included with your medical forms. Remember it is YOUR RESPONSIBILITY to provide transportation. Do not call camp and expect us to set up a ride for your child. See application below

**SONS OF NORWAY THIRD DISTRICT YOUTH CAMP
LAND OF THE VIKINGS, SHERMAN, PA
July 03-09, 2016 12 to 15 year olds
July 10-16, 2016 8 to 11 year olds**

Please Print Name _____ Male ___ Female ___ Birth
Date _____ Age at camp _____
Address _____
City _____ State _____ ZipCode _____
Email _____
Parent/Guardian _____ Phone
Number _____
Sponsor/Relationship _____ Membership in this
lodge _____ Emergency Contact (Name, phone
and relationship) _____

Telephone:
Day _____ Evening _____

Please identify roommate preference here

The completed application form, along with a \$50 registration fee, must be sent to **Reidun Rasmussen, 1533 Julia Goldbach Ave, Bohemia, NY 11716 by April 20th, 2016**. The check should be made payable to: District Lodge #3 Sons of Norway. You will receive camp materials including health form application is received. Camp tuition is \$300 tax included for the one week session. The \$250 balance is to be sent to **Reidun Rasmussen at the above address by June 15, 2016**. Deposits are nonrefundable if a cancellation is made after June 15. Any camper not related (child or grandchild) to a Sons of Norway member will pay a tuition rate of \$350. Nonmembers will be registered when members have been placed. The SON Third District offers a limited quantity of partial camperships to those who qualify. To apply for this campership, the camper must write a full page essay stating why s/he wants to attend our camp. Completed essays must be submitted to the District Youth Director, Mrs. Evelyn Karpack, PO Box 318, Hibernia, NJ 07842 no later than June 1, 2016.

TUBFRIM

Tubfrim Winner Announced

Thursday, January 14, 2016 was a lucky day for Vegas Viking Lodge 6-152. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,331 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,332 pounds of stamps to Tubfrim in 2015. Vegas Vikings contributed 220 pounds to that total. For the past 30 years, members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors. Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected. While helping children is a great motivation for our members to participate, there is a special incentive to say "thank you". For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or supply@sofn.com. If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page on the Sons of Norway website. For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or genegbrand@aol.com.

Set Your DVRs

Harriet Lindenberg (below right: making hearts for the International Children's Festival (2014) and far right: giving a presentation on Kristiansand / Scandinavian cooking before showing a DVD as part of the Cultural Corner at the February Lodge meeting) recently went to an interview representing Norway and Sons of Norway on TV47 for The International Children's Festival. There was also a representative from Scotland. It should be aired on TV April 2nd (more details to come). Her interview will also be on YouTube. Fantastic!



Up Next....

Bergen, Norway

Bergen is a large city but one with a small-town charm and atmosphere. It is located on Norway's Southwestern coast and has given a warm welcome to visitors for over 900 years. It has become a symbol of cultural heritage and has gained a place on UNESCO's World Heritage List.

You can take a three hour cruise to explore the fjords and mountains or you can even take a cable car ride. "See Bergen from the top" is the expression. You can walk around the forest and much, much more once you are up top.

Harriet will give a presentation on the story of Bergen, Norway at the March Lodge meeting. Look forward to learning more interesting and fun facts about this beautiful city.

Save The Date

Please Save the Following Dates and Information and Come Join In!

Lodge Meeting - March 17th – Theme will be St. Patrick's Day

Norwegian Lady Ceremony – Saturday, March 26th at 1 pm.
Lodge members should bring cookies or a finger food to the Old Coast Guard Station for a reception afterwards. Contact Astrid, Ralph or Floyd Freisen. Please come and join us for this yearly event.

Membership Lunch - April 2nd - 12 noon- at Bubbas in Virginia Beach Contact Judy Grandstaff at 481-5470

International Children's Festival - April 16th – Volunteers needed to join us for the day. Pick some hours between 9 -5 and please contact Harriet with your availability.

Nato Parade - April 23rd – with our lovely boat – in Norfolk. Marchers needed for this fun day!

May 14th 11am – Lodge members to visit Norwegian grave site in Norfolk (lunch will follow at the Monastery Restaurant in Norfolk).

Annual Picnic - at the home of the Petersons – June 18th - RSVP to Ralph Peterson and please bring a side dish to share.

*******Would you like to take a bus trip North to Washington D.C. to hopefully meet the Ambassador from Norway at his residence then a shopping trip to IKEA? Contact Harriet with your thoughts on this. She will arrange a bus to get us there!*******

District Convention (Myrtle Beach, SC June 8-12)

Delegates Announced for District Convention

1st – Ralph Peterson
2nd – Deanna Rumney
3rd – Leonard Zingarelli
4th – Don Ohnemus

Alternates:

1st – Harriet Lindenberg
2nd – Vivian Zingarelli
3rd – Robert Rumney
4th – Mary Ohnemus



Theme: "Promote
Heritage*Preserve
Culture"

****We will be providing cookies and something for the Viking Auction****

****Note:** Any member can go and stay at the Delegate rate and purchase a non-delegate package to go to the events. <http://www.marinainnatgrandedunes.com>

Alert: If you want to have an item made by you to be submitted for viewing or judging at the convention, entries must be registered to appear by May 20th. Forms are online or ask Harriet.

****Think about making some cookies ahead of time for our delegates to bring with them.****

Recipe "Complements"

Norwegian Cardamom Bread

TOTAL TIME: Prep: 35 min. Bake: 20 min.

MAKES: 40 servings

Ingredients

- 2 packages (1/4 ounce each) active dry yeast
- 1/2 cup warm water (110° to 115°)
- 1-1/2 cups warm milk (110° to 115°)
- 1-1/2 cups sugar
- 1/2 cup butter, softened
- 3 eggs
- 2 teaspoons ground cardamom
- 1/2 teaspoon salt
- 9 to 10 cups all-purpose flour



Norwegian Cardamom Bread Braids Recipe photo

- Additional sugar

Nutritional Facts

1 serving (1 slice) equals 164 calories, 3 g fat (2 g saturated fat), 23 mg cholesterol, 63 mg sodium, 30 g carbohydrate, 1 g fiber, 4 g protein.

Directions

1. In a bowl, dissolve yeast in warm water. Add warm milk, sugar, butter, 2 eggs, cardamom, salt and 6 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1-1/4 hours.
3. Punch dough down; cover and let rest for 10 minutes. Divide into fourths. Divide each portion into thirds; shape each into a 12-in. rope. Place three ropes on a greased baking sheet and braid; pinch ends to seal and tuck under. Repeat with remaining dough. Cover and let rise in a warm place until nearly doubled, about 45 minutes.
4. Beat remaining egg; brush over loaves. Sprinkle with sugar. Bake at 375° for 20-25 minutes or until golden brown. Remove from pans to wire racks. Yield: 4 loaves.

Originally published as Cardamom Braids in Taste of Home's Holiday & Celebrations Cookbook Annual 2001, p51

Rhubarb Syrup

- 5 ounces rhubarb, washed and cut into 1/2-inch chunks (about 1 cup)
- 1 cup granulated sugar
- 1 1/4 cups water



- Combine all of the ingredients in a small saucepan and stir. Place over high heat and bring to a boil. Once the mixture boils, reduce the heat to low and simmer until the rhubarb is falling apart and the color has bled into the syrup, about 20 to 25 minutes.
- Remove from the heat and, using a fine-mesh strainer, strain and discard the rhubarb solids. Let the syrup cool to room temperature, then transfer it to a resealable container and store in the refrigerator for up to 3 weeks. Enjoy in tea, yogurt, cocktails.....the possibilities are overflowing.....



Glad St. Patrick's Day



**Blessings and May You Always March to the Beat of
Your Own Drum**



Virginia Viking

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