



# 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 have had a great summer. It did get a bit warm but better than 20 below. We have some great programs lined up for you this fall starting with Mr. Tim Boyce who talked to us on Sept 10 regarding the book, Day to Day, written by Odd Nansen and edited by Mr. Boyce. The book covered Nansen's survival in Nazi concentration camps. We had some problems with a lack of electricity, but we ate by candlelight and listened to

Mr. Boyce. It was a great evening, and the lights came on after we closed the meeting. We will be electing officers in November, and we could use some candidates. If you are interested in being a board member, please contact Nomination Committee members, Judy Grandstaff or Deanna Rumney. We will also ask for nominations from the floor at our September meeting. There are some positions that are appointed, like managing our Facebook page. If you have the time and desire for that job, please contact me as it's vacant now. We need some immediate help there, and I know we have a lot of Facebook users in the lodge. One problem most organizations without their own building have is storage space. Your lodge has that problem. We need to reduce the cubic footprint of our old files but retain some of the data. The board is looking into "cloud storage," but we need some help. There are at least two phases involved here: one; to design/develop the system, and two; to actually implement the system. If anyone can help in either phase, please contact me ASAP. In an effort to reduce the length of our business meetings, increase transparency, and to give us more time to socialize, we will be emailing the monthly treasurer's report to the lodge members in the same manner as we do the minutes. The report will be the same one given to the board. We had a board meeting in August, and that is the report you will get prior to the 10 September meeting. I look forward to seeing you at our Oct. meeting.

Med vennlig hilsen,

Ralph Peterson

September 24

**Fellowship Lunch**

**Mangia Qui Italian Bistro**

**550 Independence Blvd**

**Time: Noon**

**RSVP to Vivian**

**Zingarelli at 757-631-0362 or**

**vzingarelli@verizon.net**

October 10

**Leif Erikson Memorial**

**Celebration**

**Mariners Museum**

**Newport News**

**with Fellowship Lunch at**

**Rick & Libby's**

**RSVP by October 1st to**

**Deanna Rumney at**

**757-490-3030 or**

**Norskamerican@aol.com**

October 13

**Movie Night at MOCA**

**"A Man Called Ove"**

**see details in newsletter**

## **\*\*Note\*\***



September 3D President's letter was not available at time of publication of this newsletter.

The Full District Newsletter can be found online at <http://3dsofn.org/news/district-newsletter/>

---

## **\*Notables\***

You know how you feel when you have that “A-ha” moment? Well, Morten Harket (vocals), Magne Furuholmen (keyboards), and Pål Waaktaar-Savoy (guitars) (founding members of the Norwegian band, A-ha) took that to a whole new level. The group was formed in Oslo in 1982. They are perhaps best known for their international hits, “Take on Me” and “The Sun Always Shines on TV,” and even did a performance at the Nobel Peace Prize Concert in 1998. The band is listed in the Guinness World Records Book, beginning in 1991, for having the largest paying audience (they drew an audience of 198,000 at Maracanã Stadium in Rio). and Morten Harket is listed (2001) for having the longest live note held (held a note in the song, “Summer Moved On” for 22 seconds).

Wikipedia

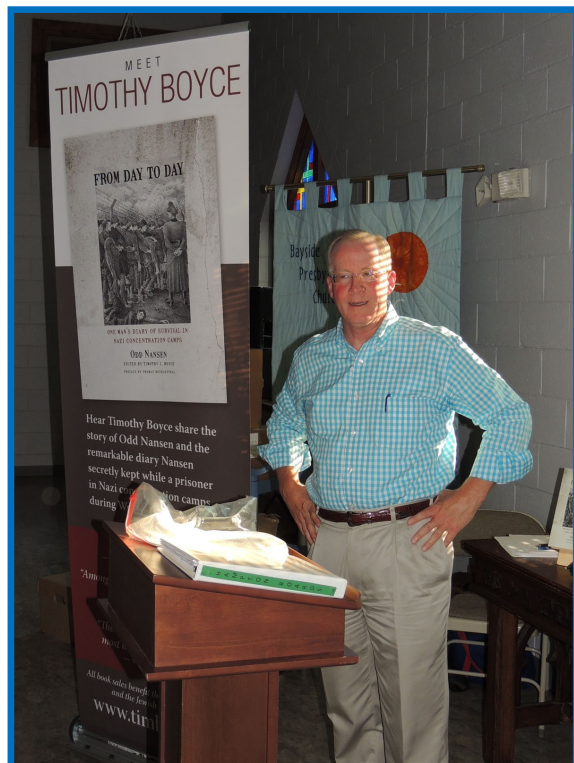
---

## **Congratulations To Norway's Olympic Medalists**

In the 2016 Summer Olympics (which took place in Rio de Janeiro), Norway took home two bronze medals in rowing, one in women's handball and one in men's Greco-Roman wrestling. Now on to the 2018 Winter Games in PyeongChang.



# Even Without Electricity, Our September 10, 2016 Lodge Meeting Was Quite Powerful!



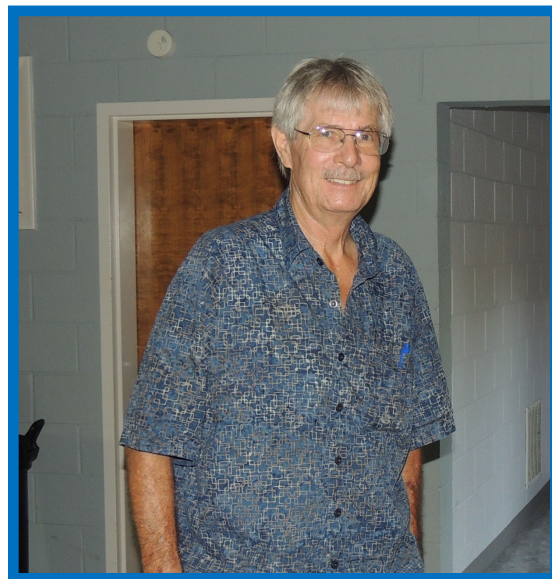
Left: Guest Speaker Timothy Boyce gave an amazing and moving presentation on the book 'From Day to Day' (A Diary of Survival in Nazi Concentration Camps During WW2) by Odd Nansen.



Above: Mingling by the light of candles and lanterns provided by lodge members. Pictured: Left to Right: Mary Ohnemus and Mary Zimmerman (Forefront)



Members brought and enjoyed a bounty of potluck dishes.



Above: Distinguished Guest: Third District Zone 7 Director: Dirk Hansen



Right: Attendees "dine and discuss" before start of meeting. Pictured Left to Right (Forefront) Lenny Zingarelli, Robert Rumney, and Tonya and David Snow chatting with visiting guest from Norway, Elsbeth Carling (blue dress).



# Mid-Summer Picnic—June 18, 2016 at The Peterson Home



**Top Left: Pin Recipients: In Left to Right order:** Peggy Carnes (10 years), AnneGrete Peterson (35 years), Odd Vinnelrod (45 years), Anne Lise Truitt (5 years), Ken Reynolds (10 years), Mona Denton (20 years), Ralph Peterson (35 years), Linda Reynolds (5 years), Grete Sutton (20 years), and Hal Bernsen (10 years). Seated: Mary Friesen (35 years), Elaine Murray (10 years)

**Top Right:** Odd Vinnelrod (right) receiving 45 year pin from Ralph Peterson (left)



**Pictured Above:** Hub of activity: Members enjoying good food and conversation in the kitchen.



**Above:** Members relaxing and picknicking.



**Pictured Left:** Lodge awards on display

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



**JULY**

Henry Lindenberg Jr 7/6

Tyler Minson 7/9

Constance Hoff 7/10

Judy Grandstaff 7/12

Kari Stedt Lane 7/13

Yngve Skoglund 7/15

Kip Pagach 7/17

Eleanor Beyer 7/24

Rolf Williams 7/24

Chris Fosback 7/31

**AUGUST**

Astrid Gulas 8/2

Ralph Peterson 8/3

Thomas C Bakke 8/8

George Samuel Coleman 8/10

Martin Joseph Boo 8/11

Sheila Barrie 8/12

Grete Sutton 8/18

Annegrete Peterson 8/19

Eric Beyer 8/20

Thomas Bakke 8/21

Helen Wallace 8/23

Sylvia Foster 8/25

Clare Ellen Kerr 8/28

**SEPTEMBER**

Arne Svindlandt 9/5

Robert Tolin 9/7

Elaine Murray 9/8

Bernt (Ben) Raugstad 9/9

Maxine MacGregor 9/10

Anna Maria Lissnils 9/10

Michael Solhaug 9/11

Alexandra Fackrell 9/12

Harry Randolph Hansen 9/22

Earl Slattum 9/23

Elaine Norman 9/26

Pat Trent 9/27

---

**Featured New Member: Camilla Breault**



**A Few Words From Camilla Hanssen Breault:**

"I was born and raised in Bodo, Norway. My first introduction to the USA was as a foreign exchange student my Senior year of High school in 1998. I was matched with a host family in Oakmont, PA a beautiful suburb outside of Pittsburgh. After an incredible year, I returned home to Norway and later decided to come back to study at Penn State University the following year. I have lived in the U.S. ever since, even though the rest of my family is still in Norway. I have been married to my wonderful husband for close to 10 years and we have two little daughters, Ella (4) and Sienna (2). We recently moved to Virginia Beach and love the area. I joined Sons of Norway to keep our traditions alive and be in touch with other Norwegians and Norwegian descendants. "

**Welcome Camilla and Family!!!**



# Did You Know

## THE BERGENSBANEN

Norway's Bergensbanen railway is frequently named as one of the world's most scenic train journeys. The highest mainline railway in northern Europe, it crosses the Hardangervidda plateau at a dizzying 1,237 m (4,000 ft.) above sea level. The track runs 371 km (230 miles) from Bergen on the west coast to Norway's capital Oslo and, during seven hours of very comfortable travel, you will experience a landscape more impressive, beautiful and untouched than anything you have ever seen before.

The original idea of building a railway between Norway's two main cities was raised in 1871, but it would take 37 years to go from the drawing board to the formal opening day, when the first train completed its full journey.

The railway was laid mainly by Swedish workers, who had recent experience from building a track connecting Norway and Sweden, and at the peak of construction there were as many as 1,800 men employed at one time. The track runs over mountains, through thick forests, past glimmering fjords and through dark, deep tunnels. The surrounding nature is incredibly diverse and a feast for the eyes whenever you make the journey.

Considering the tough terrain, the high altitudes, heavy snows in winter and the fact that there are next to no roads available to bring in materials, laying the track and building the 113 tunnels must have been extraordinarily challenging and dangerous. The workers were paid just 2.55 NOK (£0.25/\$0.40 US) for a 12-hour day, so do spare them a thought as you experience the benefits of their hard



From the book: *Nordicana*

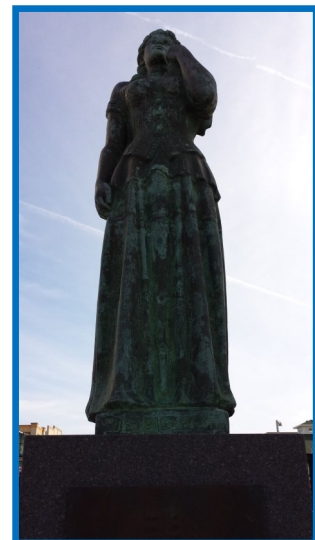
Submitted by: Vivian Zingarelli

---

## This Month in History

- ♦ On September 19th, 2002, the lodge membership meeting was a potluck dinner followed by Derick Leonidoff giving a dramatic presentation based on the book [The Norwegian Lady and the Wreck of the Dictator](#) (William O. Foss who was a SON member).
- ♦ In conjunction with the 50th anniversary of the City of Virginia Beach, on September 18-21, 2013, VOCALIS (the women's chorus from Moss, Norway; sister city to Virginia Beach) was welcomed. They sang at the Sandler Center, St. Nickolas Catholic Church, and the rededication of the Norwegian Lady statue at the oceanfront.

Contributed by: Mary Zimmerman



## Mark Your Calendars

**Fellowship Lunch**— September 24—at Noon- Mangia Qui Italian Bistro—550 Independence Boulevard—rsvp to Vivian Zingarelli— [vzingarelli@verizon.net](mailto:vzingarelli@verizon.net) or 757-631-0362

**Leif Erikson Day Celebration**— October 10—Mariners Museum—Newport News—With Fellowship Lunch at Rick & Libby's—RSVP to Deanna Rumney - [Norskamerican@aol.com](mailto:Norskamerican@aol.com) or 757-490-3030

**SWEA (Swedish Women's Educational Association) Film Festival**—October 13 - 6p -Virginia Museum of Contemporary Art—2200 Parks Avenue in Virginia Beach—**The film will be "A Man called Ove"**, based on the novel by Fredrik Backman, currently on the New York Times best seller list. Trailer can be viewed at:  
<https://www.youtube.com/watch?v=Krog3tcuO4M> (Ctrl + Click to follow link)

**\*Film at 7:00 pm with Cocktails from 6:00 pm.\***

**\*\*\*Tickets can be purchased online at [www.virginiabeach.swea.org](http://www.virginiabeach.swea.org) (Ctrl +Click to follow link) or at the door (\$10.00)**

**October 20th**—Lodge Meeting. Presentation and movie on Newfoundland and L'anse aux Meadows by Vice President Jack Kise (more in the upcoming October newsletter).

**November 12th**—Scandinavian Bazaar—Francis Asbury Methodist Church—9am to 3pm (more in the upcoming October newsletter).

---

**\*Remember, you can submit Newsletter pictures, articles, information, and questions to [snowtonya@ymail.com](mailto:snowtonya@ymail.com) \***

As the Autumnal Equinox (First day of Autumn—September 22, 2016) draws nearer, and we “fall” in to cooler temperatures, why not “fall” in to the deliciousness of some chilly-weather comfort food as well;

### **Lapskaus (Norwegian Stew)**

#### **Ingredients (serves 6-8)**

1.3 kg chuck steak (off the bone and trimmed of excess fat), cut into ¾-inch pieces  
6 large carrots, chopped into ¾-inch pieces  
300 g parsley roots, chopped into ¾-inch pieces  
750 g swede (rutabaga), chopped into ¾-inch pieces  
1 kg floury potatoes such as Kerrs Pink or Maris Piper, chopped into ½-inch cubes  
1.5 ltr fresh chicken stock  
30g butter  
Freshly chopped parsley to garnish  
Salt and freshly ground pepper to taste

#### **Directions**

Melt the butter in a large casserole pot and brown the meat in batches  
Add the chopped vegetables and the browned meat, pour over the stock and add some salt and pepper  
Bring to the boil. You may need to skim the stew a couple of times  
Cover the casserole with a tight fitting lid and let it simmer gently for 2½ hours, but don't stir too often otherwise the vegetables will turn to mush  
After 2½ hours or so the meat should be very tender, check and adjust seasoning if necessary. If the stew is too thick you can always thin it out with more stock or water  
Serve in large bowls, sprinkle with freshly chopped parsley and serve with plenty of flatbrød

[nordicnibbler.com](http://nordicnibbler.com)



---

**Virginia Viking**

---

1125 Selwood Drive

Virginia Beach, VA 23464-5809