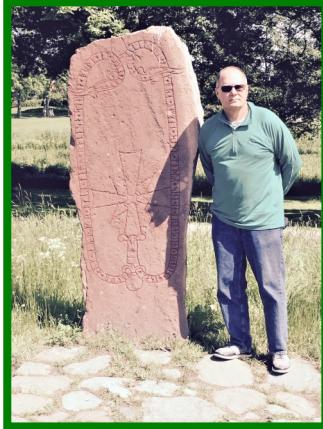




VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Leonard Zingarelli Vice President: Jack Kise Secretary: June Cooper Treasurer: Ragnhild Zingler



The President's Corner

Most of you already know that Norway has been named the “happiest country in the world.” To quote the article, “Norway has moved up four places to knock Denmark off the top spot as the world’s happiest country, with Iceland and Switzerland rounding out the top four. According to the World Happiness Report 2017, Norway ranked highly on the main factors found to contribute to happiness: caring, freedom, generosity, honesty, health, income and good governance.” I feel that our SON lodge also shares many of these qualities among the members, which makes participating in lodge events just that much more fun. Just to summarize some upcoming

events for this and next month, we have the International Children’s Festival in Hampton on the 15th of April, a special lodge meeting being held on Saturday the 22nd of April at 4 pm with a pot luck dinner to follow (Fellowship Hall of the Bayside Presbyterian Church), NATO parade in Norfolk on Saturday the 29th of April, and Seaman’s Church Service on Saturday May 13th (place and time TBD). You’ll find more details about these upcoming events within this Virginia Viking newsletter. Come and participate in these events and have some fun. Every event we participate in, we share our common interest in Norwegian heritage and culture. If you have any questions about how and when to participate in any of these upcoming events, just call or e-mail me to ask.

As a reminder, I am still looking for some lodge members to volunteer for some critical positions: Bazaar Overall Coordinator, Bazaar Vendor Coordinator, Bazaar Bakery Coordinator, and Lodge Historian. Volunteering is what makes this lodge successful, so step up to the plate.

I am looking forward to seeing you all at this upcoming special lodge meeting on a Saturday (not Thursday) the 22nd of April at 4 pm with a pot luck dinner and a special presentation afterwards. Please bring a dish to share with everyone, enough for eight. The evening program will be a display of artwork from Wilma Foss, one of our lodge members.

Lenny

- | | |
|-------------------------------------|--|
| <u>April 22nd</u> | |
| Lodge Membership Meeting (potluck) | |
| Bayside Presbyterian | |
| 4pm | |
| <u>April 29th</u> | |
| NATO Parade | |
| 10am | |
| <u>May 4th</u> | |
| Board Meeting | |
| Bayside Presbyterian | |
| Room 506 | |
| 7pm | |
| <u>May 13th</u> | |
| Seaman’s Church Service | |
| Place and Time tbd | |
| <u>May 17th</u> | |
| Lay Flowers at Forest Lawn Cemetery | |
| 10:30 am | |
| Membership Lunch | |
| 12:01 pm | |
| Location tbd | |
| <u>May 18th</u> | |
| Lodge Membership Meeting | |
| Bayside Presbyterian | |
| 7:30 pm | |
| Program—“Holy Fish” | |

3rd District

April 2017

Fra Presidenten

An [article](#) on LinkedIn caught my eye a few weeks ago. It encouraged people to spend time thinking about what you wanted. This appealed to me as I am a thinker. I started thinking about Sons of Norway and in particular District Three and my goals as your President (communication, collaboration, community). And the result of my thinking is that despite challenges we have faced and will continue to face, I am feeling good about good ole District Three! Hmppppppph, you may be saying, what water cooler is she drinking from? Here is what I thought about. Since my first term as President beginning in 2014, I have seen:

Increased communication. We are talking to each other more, whether it be through social media or attending each other's lodge functions.

Increased support – we have had quite a few lodge anniversaries and it is so great to see people from different lodges joining in the celebration. At Fredriksten's 105th Anniversary celebration, there were nine different lodges in attendance and two of them were from Florida.

Our Florida lodges welcome the northern snow birds each winter

We are thinking out of the box – Scandinavian Heritage had an information table at a polar bear exhibit; Hampton Roads will be setting up an information table at a Home Improvement show where attendance is typically in the thousands. For the past two years we have had a table at ScanFest in Northern NJ where the attendance is in the thousands. Blafjell participates annually in a parade of nations. Many members are working hard at getting the word out about Sons of Norway.

Land of the Vikings is open for business and old customers have come back and new customers are appearing.

We are in the community – read a lodge newsletter and you can see that there has been participation in some kind of community related event, whether it is a food kitchen or a walk for a particular cause.

So, what am I envisioning for the future as we move forward to the end of my term in June 2018:

Lodge consolidation – which is not a bad thing. It is better to have a strong lodge with a larger core of engaged members than a few smaller lodges with members who are no longer able to be engaged as they once were or just plain burnt out and need a break.

Support mechanisms – we are slowly building support mechanisms for lodges with declining membership or disengaged members. There is no magic bullet, no one size fits all solution. We will address each lodge situation individually as it presents itself and I am hopeful we will come to meaningful resolutions.

Communications – continued communications. But remember, communications is a two way street. Please join the conversation when asked or start a new conversation.

Member engagement – our 3D walking contest has gotten many members up and about. I see it as a catalyst for increased involvement. Think out of the box to engage your members.

Publicity – we have to work on this one. We have to tell the world what we do and that doesn't come easy for us but we are working on it!

Despite the challenges we face, I know we will survive. Why? Because I have met so many of you and you are great and you are resilient. We are strong in spirit and steadfast, a winning combination!

God Paske!

Mary

Some Norwegian-American history about Our Saviour's Lutheran Church in Norge VA...

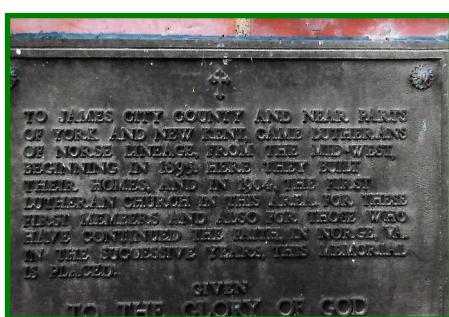
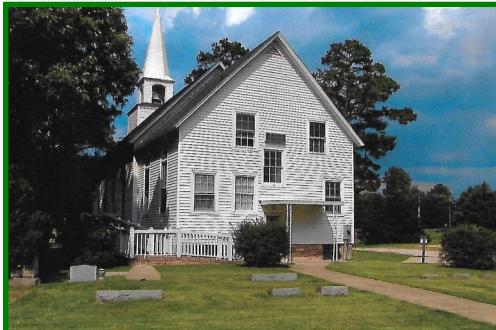
The March, 2017 HRSON Newsletter, featured a combined luncheon with the Norge Federation group in Williamsburg, VA. The following is some information on another landmark; the still existing Lutheran church (Our Saviour's Lutheran Church in Norge, VA—7479 Richmond Road) to which King Olav gave a large Bible.

"On December 18, 1898, twenty Lutherans of Norwegian and Danish descent formed Zion Scandinavian Evangelical Lutheran Church, the second Lutheran congregation to be organized on the Peninsula. The church was built in 1904 at a cost of \$2,100. In November 1904, this Scandinavian community was named Norge, James City County, Virginia, when the Post Office was established. By 1908, there were Scandinavians from four different Lutheran synods in the area causing Zion Church to reorganize into Zion and Bethany congregations. Zion remained in the original church that is Our Saviour's today. The Bethany congregation, with 100 members, built a parsonage north of Norge in 1909, and built Bethany Church in 1910 on the corner of what is now Croaker Road and Maxton Lane. The synodical merger in 1917 brought Zion and Bethany into the same synod. They agreed to be served by one pastor who preached in Norwegian and English. One Sunday afternoon a month, the sermon was given in Norwegian. The two church buildings were used alternately for worship services. In 1932, the two congregations merged, reuniting as Our Saviour's Evangelical Lutheran Church. They agreed to use the original church for services, and used Bethany Church as a parish house.

***During the visit of Norwegian Crown Prince Olav and Crown Princess Martha to Our Saviour's on June 29, 1939, a Norwegian Bible was presented and is on display in a glass case. ***

A bronze plaque commemorating the early Norge settlers and the founding of the church was dedicated in December 1968, and placed on the church foundation to the left of the entrance.

The full article can be found at: <http://www.oslcnorge.org/about/history>



"TO JAMES CITY COUNTY AND NEAR PARTS OF YORK AND NEW KENT CAME LUTHERANS OF NORSE LINEAGE FROM THE MID-WEST BEGINNING IN 1895 HERE THEY BUILT THEIR HOMES AND IN 1904 THE FIRST LUTHERAN CHURCH IN THIS AREA FOR THESE FIRST MEMBERS AND ALSO FOR THOSE WHO HAVE CONTINUED THE FAITH IN NORGE, VA IN THE SUCCESSIVE YEARS THIS MEMORIAL IS PLACED GIVEN TO THE GLORY OF GOD"

Photos contributed by Sharon Rohrback, Blafjell Lodge 3-646 Counselor, Salem, VA

Lodge Happenings



A presentation about Japan as well as Nordic influence in Japan.



Lodge Member Judy Grandstaff discusses her recent trip to Japan at the March Lodge Meeting.



Some items from Japan on display.

Norwegian Lady Ceremony

Virginia Beach Oceanfront

March 25th, 2017



Virginia Beach Mayor Will Sessoms speaking at the ceremony



Officers and crowd members



Norwegian Colonel Larsen speaking at the ceremony



Scene from the crowd with Mayor Sessoms



Band accompanying the ceremony



Lodge Member Harriet Lindenberg and Mayor Sessoms



Left to Right: Lodge Members Elaine Murray, and Jack and Barbra Stehlík



Left to Right: Lodge Members Ed Mc McCarthy, Carol McCarthy, Vivian Zingarelli, and Lodge President Lenny Zingarelli Back Row: Dianne Bakke



Another scene from the crowd

**All Things Celebrated!
Norwegian Language Class
Happy 15th Anniversary!
Lykkelig 15th Anniversary!**



Sylvia Foster's Birthday. All Birthdays are celebrated in Language Class!: Pictured: Sylvia Foster with Carol Mc Carthy. Home of Astrid Gulas



One of many Christmas celebrations:
Pictured are members of both classes along with their spouses. Home of Astrid Gulas

Original Members of the Wednesday Class, 2002

Back Row Left to Right: Astrid Gulas, teacher (lærer); Mary Friesen, Elaine Murray, Carol Mc Carthy, Marie Nilsen, students (studenter); Synnove Quaglietta, teaching assistant (lærerassistent). Front Row Left to Right: Jean Shewmaker and Sylvia Foster, students (studenter). Home of Astrid Gulas



The Norwegian Songbirds Singing at the Cherry Blossom Festival at Red Wing Park; Representing sister city to Virginia Beach; Moss, Norway; Both classes along with Anne Grete Peterson, Mona Denton, Inger Pincus , Grete Sutton, and Ragnhild Zingler

Singing with the Monday Class at SON Meeting, May, 2010; Front Row Left to Right: Mary Zimmerman on piano, Mary Friesen, Elaine Murray, Wilma Foss, Marie Nilsen, Sylvia Foster, Cindy Sanoba, Kenneth (Knut) Olson. Back Row: Synnove Quaglietta, June Cooper, Helen Wallace, Julia Abraham, Mary Ohnemus, Deanna Rumney, Astrid Gulas



On Saturday, April 1, 2017, 9 ladies; most of them from the 2 Norwegian Language Classes (all SON Members) went to the Roper Home in Norfolk to entertain and visit with the ladies living at the home as well as the social coordinator, Christine Hoppe . Mary Ohnemus, who volunteers there, introduced the Songbirds, and they sang a few Norwegian songs which were translated into English beforehand and also showed Norwegian articles which were brought by the members. A very special lady (99 years old) who was in attendance has a son who is married to a woman from Bergen, Norway. They have two children and have settled over there. The birthday song was sung in Norwegian and English to all the ladies with birthdays in April and in the next couple months which made a joyful ending to a lovely experience for the 20 ladies at the Roper Home as well as the SON members who promised to come back in a few months.

Mary Zimmerman (not pictured) accompanied the singers on keyboard. Pictured Left to Right: Harriet Lindenberg, Sylvia Foster, Synnove Quaglietta, Astrid Gulas, Carol Mc Carthy, Cindy Sanoba, AnneGrete Peterson and June Cooper.

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

Patrick Peterson	4/1	Annette Johnson	4/17
Robert Olaf Fjelstad	4/2	Evelyn Keever	4/17
Kayla VanWerkhoven	4/6	Austin Sutton	4/18
Allan Nadolski	4/7	Kaare John Loftheim	4/24
Vivian Zingarelli	4/11	Deanna Rumney	4/24
Michael Beck	4/16		

Calendar of Events (Cut-Out Version)

April

- 22 April (Saturday afternoon) Lodge monthly membership meeting Bayside Presbyterian Church at 4 pm with potluck dinner. Fellowship Hall.
29 April NATO Parade 10 am

May 2017

- 4 May Board monthly meeting Bayside Presbyterian Church Room 506 7 PM
13 May Seaman's Church Service—Place and Time tbd
17 May Lay Flowers at Forest Lawn Cemetery 10:30 am Membership lunch 12:01 PM location tbd
18 May Lodge monthly membership meeting Bayside Presbyterian Church 7:30 PM Program – “Holy Fish”



In Memoriam

"Helen was a very special lady who was admired by so many. She will be missed by all of us who were lucky to have known her. Her qualities were many, and one that will be most remembered was her strength. Never did this brave and cheerful lady complain. She would smile and say she was okay regardless of how she must have felt at times. Helen loved life. She joined in countless functions, was on the SON Social Committee, and was a member of the Monday Norwegian Language class for several years. Her incredible sense of humor brought so much laughter to so many and language class was no exception. She would always say afterwards that she was glad she came. Helen's chair will be empty....but she will be with us always in our hearts." - Astrid Gulas, Fellow Lodge Member, Language Class Teacher, and Friend.



Helen L. Wallace



Pictured far left in her Norwegian Folkdress with Ladies from SON at Sister Cities Gala 2015



Pictured (far left second row) with class members in 2009 at a class party at the home of Julia Abraham



SONS OF NORWAY

The Value of Life Insurance

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- Paying for final expenses
- Maintaining a desired standard of living
- Replacing missing income
- Paying or liquidating a mortgage
- Paying for education
- Paying estate taxes
- Charitable donations

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

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Did You Know

Norway ranked #1 as Happiest Country on Earth

The Scandinavian nation of 5 million, known for its spectacular fjords, reindeer and "Midnight Sun," ranks No. 1 among 155 countries rated for happiness in a United Nations report out Monday.

It helps that Norway, which moved up from fourth place last year to dethrone Denmark, has oil wealth. That boosted the per person annual income, as measured by economic output, to more than \$100,000 — nearly double that of the United States. It also helps that it has a low unemployment rate slightly below the U.S. (4.7%) and low income inequality — the gap between the richest and poor citizens is one-third as large as that in the U.S.

A cold climate also seems to correlate with happiness: The top seven countries all are in northern locations: Norway, Denmark, Iceland, Switzerland, Finland, Netherlands and Canada, according to the ranking in the fifth annual World Happiness Report.

The full article/story can be viewed at : <http://www.13newsnow.com/news/nation-now/the-happiest-country-on-earth-the-winner-is-/423942335>

God påske

KÅL RULETTER

1 lb ground pork (you can also use beef, chicken or turkey)

2 tsp salt

1 egg

2 tbsp fresh parsley, chopped fine

1 tsp fresh ground pepper

1/4 tsp ground nutmeg

1/4 tsp ground ginger

2 tbsp cornstarch or potato starch

about 1/2 cup heavy cream or milk

1 Vidalia onions, peeled, halved and diced small

2 tbsp for sauteing onion

16 large nice, fine and green cabbage leaves, picked and cut off the thickest part of the stem running down the middle (Napa Cabbage works well too as the leaves are a bit more pliable)

about 1 quart water

salt for water

butter for sauteing



Make the ground meat mixture:

Saute the onions in a saute pan over medium heat with the 2 tbsp of butter and plenty of salt and a dash of sugar. They should be caramelized and browned, adjust heat and avoid stirring too much but don't let them burn. It will take about 15 minutes or so. Reserve.

Combine the ground pork with the sauteed onion, egg, salt, pepper, spices, parsley, cornstarch and cream/milk, either by hand or pulse in a food processor. Set aside in fridge while you blanch the cabbage leaves. In a large pot over medium heat, pour in the quart of water and season with salt. Reduce to a simmer and blanch the leaves for about 1 minute until bright green, remove and place in a bowl of ice water to stop them from cooking. Pat them dry with a paper towel, place a spoonful of the meat mixture in the lower half of the leaf, and roll it up. *

Note: if you find it difficult to enclose the meat mixture in the cabbage leaf, you can use a small piece of butcher twine to tie the cabbage leaves with, or as some people do, enclose it further with a strip of bacon for additional flavor. With the seam down, place the kårletter in a large saute pan over medium heat with some butter, and saute them on both sides. Place a lid on the pan to finish cooking. Serve the kårletter with boiled potatoes and carrots and white gravy (gravy is optional). For the gravy recipe, please refer to the website:

<https://arcticgrub.wordpress.com/2013/06/03/kalruletter-a-forgotten-spring-classic/>



Virginia Viking

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