



# 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



I'm always amazed at how bright of a future our kids have when I get the opportunity to talk to some of the younger generation. I certainly found that to be true when the lodge sat down and had dinner with the Stoughton High School Norwegian Dancers. Besides putting on a fantastic dancing performance for our lodge, they mingled in with us and gave us an opportunity to get to know them. Anyone who took the time to talk with them will tell you the same impression that I took away. We have several special lodge events coming up in the near future that I want to ensure you know about and hopefully take advantage of. The lodge meeting this month on the 19<sup>th</sup> of April at 7:30 pm will conclude with

Ralph Peterson presenting a program about immigration from Norway, where they came from and where they went. He will also discuss how to put together your records and where to look to get information about your family tree. If you have family tree information in a book for example, please bring it with you for him to look at and share with others, if you want. Later in April, we have the International Tattoo at Scope in Norfolk. We are trying to get some seats together at a group rate for our lodge members to purchase. This year's Tattoo is especially wonderful since the Norwegian King's Guard will be performing there. Follow this link to find out more about them: [https://en.wikipedia.org/wiki/Hans\\_Majestet\\_Kongens\\_Garde](https://en.wikipedia.org/wiki/Hans_Majestet_Kongens_Garde).

I will let you know more about how to purchase these tickets soon via e-mail. We are looking at the opening day performance on the 26<sup>th</sup> of April. They will be performing from the 26<sup>th</sup> through the 29<sup>th</sup> of April if one of these dates works better for you. Additionally, the King's Guard will be marching with us in this year's NATO parade in Norfolk on the 28<sup>th</sup> of April starting at 10 am. More to follow on this event but I wanted to let you know now so you can plan. We need as many lodge members there walking with our float as possible. The float will be available for children to ride and others that are unable to walk it. I'm running out of room and I haven't even started talking about May yet. We do have several special events in May so please keep your eyes opened for information from me to follow. I do want to ask for a volunteer to host this year's Mid-Summer Lodge Picnic. Normally held near the end of June. We always get a good turnout and lots of fun. If you think you might be interested in hosting it this year and need more information, please contact me.

Lenny

April 19th

Membership Lodge Meeting  
Bayside Presbyterian Church  
7:30 pm

Genealogy Program by  
Ralph Peterson

April 28th

NATO Parade  
10:00 am

May 3rd

Board Meeting  
Bayside Presbyterian Church  
7:00 pm

May 17th

Lay Flowers at Forest Lawn  
Cemetery  
10:30 am

Followed by Membership  
Lunch 12:01 pm

May 19th

Membership Lodge Meeting  
Bayside Presbyterian Church  
7:00 pm

Program is McCarthy's  
presenting "Building the Flag"

June 4th—10th

65th 3rd District Convention



## Fra Presidenten, Mary B. Andersen, 3rd District President



April 2018

### Fra Presidenten

*You miss 100% of the shots you don't take. Wayne Gretzky*

I just got back from a week-long road trip South. It was a great mental health break, I walked along the beach or within sight or smell of the ocean most of the time. The flowers were blooming, the birds were singing, ahhhh, it was great. I was able to join Southern Star Lodge for their corned beef and cabbage dinner and listened to a fascinating presentation on security from someone who served over seas and on Presidential body guard details.

I came home to see some of my daffodils beginning to bloom. I walked around the house and then I said, oh say it isn't so. I think the red tulip on this letter may be the only red tulip I see by my house this Spring. It appears that something has been having a feast on my tulip bulbs!!!!!! Normally, I spray deer away and it seems to do the trick but this year I told myself I would spray when I get back – the shots not taken – and I may have lost big time as it relates to tulips. I will wait until after our third Nor'easter leaves us and drown whatever I think I may have left with deer away.

How many times have you wondered about trying something with your lodge and then decided against it? The shot not taken. We all have them. But what if you tried something new, like the security presentation at Southern Star, where it was different and well received.

Think about your usual lodge activities, the activities that worked and those that don't appear to work as well as they have in the past. Is it time to spring into action (I couldn't resist) and take a "shot" at something new? You may score a goal!!!

Finally, as we have come to learn, Easter is the time when Norwegians read mysteries. How about planning a mystery event? Do something different, you could be pleasantly surprised!!

God Paske!

All the best,

Mary

### Easter-Themed Norwegian Language Class at the Home of Julia Abraham



## Lodge Events

### Norwegian Lady Celebration, Saturday, March 24, 2018 at the Virginia Beach Oceanfront (25th St.)



Virginia Beach Mayor, Will Sessoms, addresses the crowd.



Attendees gather before the ceremony (pictured in red are the Stoughton Norwegian Dancers).



Ralph Peterson, Norwegian Lady Foundation President and Lodge Membership Secretary speaks.



Band



Lodge President, Lenny Zingarelli, greets lodge members and guests



Above, Below, and Right: The crowd looks on as local EMS personnel transport a commemorative wreath out to sea



Above: Reverend Evelyn Keever with the Opening Prayer



Below: Young people from Stoughton, Wisconsin (The Stoughton Norwegian Dancers) perform with excellence and some high-flying action on the 24th Street stage at the Oceanfront after the Norwegian Lady Ceremony



## Lodge Events (Continued)

### Lodge Membership Meeting—March 29th, 2018—Bayside Presbyterian Church—With Special Performance by The Stoughton Norwegian Dancers



Lodge President Lenny Zingarelli introduces the Norwegian Stoughton Dancers



Welcome Dancers!



Precision!



Dancers prepare to perform as lodge members and guests in the crowd look on



Opening of a dance with three keyboardists seen at top of picture



Pairing up as dancers' genuine, regional bunads are described



More pairing up



Dance group poses for a group photo with Lodge President, Lenny Zingarelli (right) and Lodge Membership Secretary, Ralph Peterson (left)

**\*\*These talented dancers had 13 performances during the week, with the first being at the Norwegian Lady ceremony, and our Lodge Membership Meeting being the last of the 13. The dancers always wore a smile, and lodge members and guests enjoyed the opportunity to meet and talk with them after their amazing presentation. Their Bunads are all authentic and hand made and come from various regions in Norway. \*\* To learn more about the dancers, check out: <http://stoughtonnorwegiandancers.com>**

## Did You Know? Norwegian Traditional Dance

Norwegian couple dances and their music can be divided into two different types: the older *bygdedans* (literally, "country dance"), dances that dominated in Norway prior to the 1800's, and later the *runddans* ("turning dance"), newer dances which generally came to Norway from continental Europe during the 1800's. Some popular dances in Norway are: **Vals-The vals (waltz) is in 3/4 time. In some areas of Norway such as Gudbrandsdal this dance has existed for a long time, perhaps since the 1700's ;** **Masurka.-The *masurka* (mazurka) is in 3/4 time. It is similar to the 3/4 time *bygdedans* called *pols*. In areas where the *pols* dance is very popular, such as Rørø; and **Runddans**("turning dance")-Runddans are a group of couple dances which came from the European continent, but which have developed their own local variants in Norway.**



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



Patrick Peterson	4/1	Annette Johnson	4/17
Robert Fjelstad	4/2	Evelyn Keever	4/17
Kayla VanWerkhoven	4/6	Austin Sutton	4/18
Alan Nadolski	4/7	Kaare Loftheim	4/24
Vivian Zingarelli	4/11	Deanna Rumney	4/24
Andrew Meagher	4/14	Amanda Kelly	4/28
Michael Beck	4/16		

## April 2018

April 19 Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program "Genealogy" by Ralph Peterson.

April 28 NATO Parade 10 am

## May 2018

May 3 Board Meeting Bayside Presbyterian Church 7 PM

May 17 Lay Flowers at Forest Lawn Cemetery 10:30 am, Membership lunch 12:01 PM location tbd

May 19 Membership Lodge meeting Bayside Presbyterian Church 7:00 PM Program is McCarthy's presenting "Building the Flag"

## June 2018

June 4-10 65<sup>th</sup> 3<sup>rd</sup> District Convention

## \*\*\*Other Events\*\*\*

**\*\* Norwegian Composer Bjorn Bolstad Skjelbred will be flying in from Oslo to attend the world premiere of his newest work, "The Thin Line" in 5 concerts by Shawn Lawson and The Progression Ensemble. Mr. Skjelbred will discuss his works and answer questions from the audience \*\***

**7 PM Friday April 20, 2018 - Time and Space Limited, 434 Columbia Street, Hudson, NY. World premiere concert followed by a Q&A presided by composer/author/philosopher David Rothenberg**

**11 AM Saturday April 21 - Troy Public Library, 100 Second Street, Troy, NY**

**2 PM Saturday April 21— Albany Public Library, 161 Washington Avenue, Albany, NY**

**7 PM Saturday April 21— Our Lady of Grace Church, 73 Midline Road, Ballston Lake, NY**

**7 PM Sunday April 22— Spectrum, 70 Flushing Avenue, Brooklyn. This concert is part of the Composers Concordance "Art of Sound" Festival. The concert title is "Art of the Trio".**

# Important Information—Third District Folk Art Exhibition & Competition

For Complete Rules, Please Visit:



## ***Greetings!***

Sons of Norway, Third District is pleased to invite all members to participate in the 2018 Third District Folk Art Exhibition & Competition. All members, both amateurs and professionals, are encouraged to display their skills at the folk art event as part of the Third District Convention in Hauppauge, NY. on June 4 through June 10, 2018.

Members can choose to compete, exhibit or both. Everyone who enters will receive a certificate of participation. Members who enter the competition can win ribbons for First, Second and Third places in a variety of categories, a People's Choice award and the Best In Show prize for the judges' overall favorite item.

This information packet will take you step-by-step through all the rules and procedures for entering your work. **Because space may be limited, pre-registration is the only way to guarantee that your item will be included in the event.** To register, please submit Registration Forms by **May 18, 2018 to the Cultural Director.**

If you cannot bring your item yourself, please contact your local delegate and ask them to bring your items to the convention. To find out who your local delegate is, contact your lodge or district president.

Registration forms directed to:

**Gail Martinsen**

**18544 Water Lily Lane**

**Hudson, FL 34667-5704**

We look forward to seeing your work.

Vennlig hilsen,

**Gail Martinsen**

Third District Cultural Director



## SONS OF NORWAY

We Work for You

It's likely that you have one or more financial advisors working for you. Think about it. Who did you buy your life insurance from, invest with, do charitable planning with, estate planning and gifting? And how many times have you had a new advisor take over your business or the company changed hands and name? When was the last time you heard from these people? Who owns the company and where do the company profits go?

When you belong to Sons of Norway, you have a stake in the organization. Our successes are your successes. Our stability is your stability. You are an owner. As a fraternal benefit society, we give our profits back to our lodges and members.

The next time you are ready to make a move with your finances, think of Sons of Norway. We have been relating to our members for many years. Give us the opportunity to show you how we can work with you to achieve your financial goals. Although we've grown and evolved the mission we set back in the 1800s of helping each other during financial hardship hasn't changed. [Call your Sons of Norway Financial Benefits Counselor and let's get to work.](#)



## Easter in Norway



### With Easter Having Recently Been Celebrated, Let's Learn a Little about Easter in Norway

**Easter Sunday - Påskedag** In old times, people would climb mountains on Easter Sunday morn to watch the sunrise as they thought the sun danced with joy for the resurrection of Christ. It is suggested that this could have started the Norwegian habit of 'going up the mountains' at Easter time. This day was also a day to predict the weather for the Summer. If it was a good day then the Summer would be good too. If there was frost the night before the Sunday then the Summer would come late. For some reason, the Bunad is not worn during Easter. Easter Sunday breakfast is a grand affair. Anything and everything is put on the table, cured meats and especially eggs - boiled, scrambled, fried, (and even fish eggs!), you name it. The boiled eggs are often dyed or painted before eating.

The Easter egg hunt is a common tradition around the world and in Norway children look for a brightly decorated paper eggshell filled with small lollies. The eggs used to be real chicken eggs (as they used to be in abundance during the old Catholic times as they were not to be eaten during Lent) before changing to chocolate eggs and then paper eggs filled with chocolate. The Easter Bunny is a new addition to the Norwegian Easter due to commercial advertisement and TV programs. Traditionally, it is the chicken and egg that is the symbol of Easter in Scandinavia.

Retrieved from: <http://mylittlenorway.com/2010/04/norwegian-easter-traditions/>



## In Memoriam

Eric William Beyer

Virginia Beach - 52 went to be with the Lord on March 9th. He was the son of Eleanor and the late Bill Beyer. Left to cherish his memory is his mom, sister Karen, 3 nieces, 1 nephew and extended family. \*

\*<https://www.legacy.com/obituaries/pilotonline/obituary.aspx?n=eric-william-beyer&pid=188484276>



Eric is pictured here in photos he provided from his trip to Norway (October, 2016 Lodge Newsletter). On the right, he can be seen standing amongst the Three Swords Monument in Stavanger. The monument is known as Sverd i fjell (Swords in rock). "This was where Harald Fairhair gathered Norway into one kingdom in 872. The monument consists of three swords that are fixed into the ground. They symbolize peace, unity and freedom." \*\*

**Rest in Peace our Friend. You will be missed.**

\*\*<https://www.regionstavanger-ryfylke.com/see-and-do/swords-in-rock-p801283>

## KÅLRULETTER

### **Serves 4**

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 onion, peeled, halved and diced small  
2 tbsp for sautéing 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 sautéing

### **Make the ground meat mixture:**

Sauté the onions in a sauté 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 sautéed 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 kålrulletter in a large sauté pan over medium heat with some butter, and sauté them on both sides. Place a lid on the pan to finish cooking. Serve the kålrulletter with boiled potatoes and carrots and white gravy (gravy is optional). \*See source for gravy recipe. \* <https://arcticgrub.wordpress.com/2013/06/03/kalrulletter-a-forgotten-spring-classic/>



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## Virginia Viking

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**5132 Lake Shores Road  
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