



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 want to start off by saying what a great time Vivian and I had at our lodge's Christmas party. We had a record number of attendees, along with many new members attending for their first time. In fact reflecting upon the entire 2017 year, we had 29 new members sign up during this year. This is a record for us and will be noted as an award winning achievement by the SON International organization. For me, this reflects the overall health of your lodge. We continue to grow and be an example for the other SON lodge's to follow. I also encourage each of you to consider joining up your relatives as a birthday or Christmas gift. Within the SON

Int. website (sofn.com), just join them into our Hampton Roads lodge 3-522 for them to start receiving the Viking magazine and our very own Virginia Viking newsletter, no matter where they live. A great gift to have them start reflecting upon their Norwegian heritage and culture, like we have.

It is also gives me great pleasure to announce that Tonya Snow, our Lodge's Editor and Newsletter director has just won the SON 3rd District, Zone 7 Editors Brochure Contest. Great job! For her efforts a donation of \$50.00 will be given in her name to the charity or organization of her choice. As part of the contest rules, her design can be shared with others in Sons of Norway to promote individual lodge growth by getting tips or advice on creating their own customized documents. Well done Tonya!!!! Again, this lodge continues to be the example for others to follow.

As a reminder, please fill out your 2017 lodge survey, and send it to me, if you have not already done so. It is important for me to hear what the membership thinks and what they feel that we can improve upon. I can only do that if you help me out and let me know. Thanks.

Lastly, please have a Merry Christmas and a happy New Year. See you next year.

Lenny

January 2018

January 4
Board meeting Bayside
Presbyterian Church at 7 pm

January 18
Membership Lodge meeting
Bayside Presbyterian church
at 7:30 pm. Program will be
Elaine Norman and her Scot-
tish Adventure.

January 27
Fellowship Lunch -Noon-at
The Butcher's Son at Hilltop
East, off of Laskin Rd.

****See Inside Newsletter for
Additional Dates/ Events****

December 2017

Fra Presidenten

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Cheers to a new year and another chance for us to get it right. Oprah Winfrey



This is my last Christmas season as 3D President and it has been a fun and at times wild ride. We as a District have accomplished so much this year, some of it behind the scenes. Some things we see front and center in your wonderful lodge newsletters. I love reading them so keep them coming!

I see so much opportunity for us to grow and strengthen our fraternal connections. To be sure, we will change. I see change in the lodge calendars, the things we do and try. We are beginning to do things just a little different, we may make some tweaks here and there, but we still hold onto our core values and traditions. I can't wait to join in the singing of the lutefisk song at my lodge's lutefisk and meatball dinner, it is hilarious. I also can't wait to dance around the Christmas tree at our Jultrefest. Keeping our customs and traditions alive will always be central to who we are. Yet, we Norwegians are an adventurous lot willing to try new things and it is this adventurous spirit that will keep us going for many years to come.

I wish you health and happiness always but especially during the holiday season as we gather with friends and families. Let's remember our fraternal brothers and sisters who may be spending the holidays alone and "reach and touch" them; give them a ride to your lodge's events. ("Joy multiplies when it is shared among friends." R.A. Salvatore). That is what fraternalism is all about.

I hope you had a great Thanksgiving and wish you God Jul og Godt nyttår.

All the best,

Mary

Sports Medal Winners

Vivian Zingarelli: in Gangmerke

Jim Zingler: in Gangmerke

Ranny Zingler: in Gangmerke

Cindy Sanoba: in Gangmerke.



Lodge Happenings

Scandinavian Bazaar

November 4, 2017—Francis Asbury United Methodist Church—Virginia Beach



Got Cake? How about some delicious Mandelkake?



Sugar and Spice and everything nice. Left to Right: Mary Zimmerman, Astrid Gulas, Julia Abraham, Vivian Zingarelli, Judy Grandstaff, and Deanna Rumney man the baked goods



Cookies make the world a better place. Especially kranskekakestenger, serinakaker, and pepperkaker.



Left to Right: Deanna Rumney (seated), Karen Minson, and Carol McCarthy



Susan Berg



Mona Denton with Kranskekake at raffle table.



Forefront: Carol Johnson (seated); Carol McCarthy (standing).



Shopping! (with lots of unique gifts and crafts as well as delicious items to choose from).



Steven Hewitt



A wonderful kitchen crew: Left to Right: Julian Molina, Gregory Sutton, Ranny Zingler, Kristine Vanwerkhoven, and Grete Sutton. Others in lodge working the kitchen were: AnneGrete Peterson and Elaine Murray.



Left to Right: Pam Geisinger and Katie Uyak



Peggy Carnes



Hal Bernsen and Vivian Zingarelli.



Judy Grandstaff

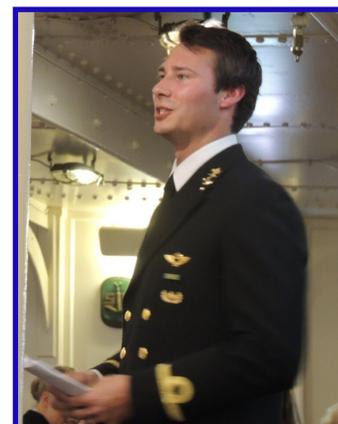


Our Swedish Friends.

**Another Successful Bazaar! And a Great Turnout! Weren't Able to Make it?
Be sure to stop by next year!**

Visit Aboard the Norwegian Tall Ship—Statsraad Lehmkuhl—November 9, 2017— Norfolk, VA

Scenes from a luncheon aboard the Tall Ship. The food, company, accommodations, and hospitality were First-Class. A good time was had by all! Skål!



HR SON Lodge Meeting—November 21, 2017—Bayside Presbyterian Church



Melody Loftheim and Vivian Hall demonstrate the art of Rosemaling.

Some beautiful completed pieces.

Lodge members gather for a closer look at Rosemaling technique.

Upcoming Schedule of Events (Cut-Out Version)

January 2018

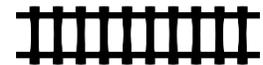
- January 4 Board meeting Bayside Presbyterian Church at 7 pm
- January 18 Membership Lodge meeting Bayside Presbyterian church at 7:30 pm.
Program will be Elaine Norman and her Scottish Adventure.
- January 27 Fellowship Lunch -Noon-at The Butcher's Son at Hilltop East, off of Laskin Rd.

February 2018

- February 1 Board Meeting Bayside Presbyterian Church Room at 7 PM
- February 10 New Member Breakfast at Cypress Point Country Club 9 – 11 am. Followed by Bazaar Wrap Up Meeting immediately after the breakfast (around 11 am).
- February 15 Membership Lodge meeting-Bayside Presbyterian Church at 7:30 PM Program to be determined.
- February Fellowship Lunch, Time and Place tbd

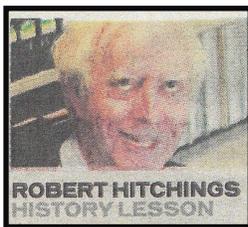


Newsworthy Information Station



AS ANOTHER THANKSGIVING GOES IN THE HISTORY BOOKS, LET'S TAKE A LOOK AT THE STORY BEHIND THE HOLIDAY.

The following excerpt from an article in the *Virginian-Pilot* by Historian, Robert Hitchings, gives some wonderful insight into the origins of one of America's most beloved traditions.



“This is a day we Americans come together, regardless of race or creed, to celebrate our common heritage. Thanksgiving Day has been an American symbol of hospitality, with relatives and friends sharing roast turkey and other traditional dishes such as pumpkin pie, for over four centuries. But how did this holiday come about? President George Washington proclaimed November 6, 1789 to be the first Thanksgiving Day, but many states observed a different date until President Abraham Lincoln, our 16th President, in 1863 set the date to be the fourth Thursday in November. Lincoln also honored the state of Massachusetts as having the first Thanksgiving held by the pilgrims in Plymouth Colony in 1622, but that isn't entirely accurate. It was actually at a small place called Berkley Hundred near Williamsburg that we had the first Thanksgiving. After a rough sea voyage, the ship Margaret entered the Chesapeake Bay on November 28, 1619. Landing at the shore of the James River at Berkley Hundred Plantation, these half-starved men disembarked and quickly gave thanks to God in prayer for their safe arrival. The locals, welcoming their safe arrival, had a large feast of ham, fish, oysters, and wild turkey. Capt. Woodlief wrote orders that the day be celebrated to commemorate their safe arrival. This date should, “Be yearly and perpetually kept holy as a day of Thanksgiving to Almighty God.” And that is exactly what these early Virginians did for two years. Unfortunately, on March 22, 1622 an Indian attack at Berkley Hundred almost killed the colony off and the holiday was soon lost to history. But Lincoln may have overlooked Virginia because at the time he established Thanksgiving, our country was engaged in a brutal, bloody civil war and our state was part of the Confederacy.

Continued on next page



HITCHINGS (continued)

And why do we celebrate this American holiday with turkey? The wild turkey is a native bird to America and found in almost every state. Old Benjamin Franklin was so fond of the turkey, he wanted this bird as our national symbol instead of the bald eagle. Eagles were traditionally royal symbols of authority, and he felt like the turkey was an all-American bird that represented the common man. Thanksgiving helped fuel the propagation of turkey farms across the United States to supply Americans their turkey birds. In the magazine, "Country Life in America," published November 1, 1911, a great article appears, "Raising Turkeys in Old Virginia." Many parts of Tidewater had turkey farms that advertised and boasted their turkeys were the very best. I can remember my grandmother talking about how turkeys in Princess Anne County, now Virginia Beach, were much sought-after local birds. In Chesapeake, turkeys were raised off Kempsville Road. These turkeys were wanted by many locals for their holiday tables. Lloyd and Audrey Lane were turkey farmers in Chesapeake, and had one of the city's last remaining turkey farms in the early 1970's. In the Chesapeake Post newspaper, dated November 16, 1972, a nice article appeared about the Lane family raising turkeys. While the average Chesapeake homemaker would prepare two or four turkeys a year, the Lanes prepared from 75 to 100 turkeys a day at the peak of the holiday season. "With some Chesapeake families as

large as they are, the Lane's often receive requests for large birds. Some orders are for their largest birds, 25-to 30-pound turkeys," the article stated. As far as taste or tenderness is concerned, Audrey Lane said, "There is no difference between a male or female turkey, although most people tend to think that old Tom as the broader breast." Whether the holiday turkey comes from a farm or a grocery store doesn't really matter. What matters is the keeping the tradition of coming together, like our ancestors did four centuries ago, to celebrate this old American holiday we call Thanksgiving." "Robert Burgess Hitchings is the Archivist/Historian at the Wallace Memorial History Room of the Norfolk County Historical Society located in the Chesapeake Central Library, 298 Cedar Road. "



COURTESY PHOTO
In the Chesapeake Post newspaper, dated Nov. 16, 1972, a nice article appeared about the Lloyd and Audrey Lane turkey farm.

Submitted by: Astrid Gulas

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

Arild Ingebrigtsen	12/01	Ken Reynolds	12/20
Carl Morrow Jr.	12/02	Cynthia Sanoba	12/20
Craig Olsen	12/06	Gail Stenberg	12/20
Gunilla Noaksson Burke	12/08	Jeanne McDonald	12/22
Mona Denton	12/09	Jennifer Bakke	12/27
Harriet Lindenberg	12/14	Martha Blau	12/28

Have something you'd like to submit for the newsletter? Feel free to send to Tonya Snow (Editor) at: snowtonya@gmail.com



SONS OF NORWAY

Keep it Simple

Most of us have experienced a friend or family that has gone through the high cost of long term care (LTC). It can financially wipe out a lifetime of work if not covered by insurance. The stand-alone LTC insurance policies have gotten more expensive with less coverage. The good news is you can now have LTC coverage as part of your life insurance with Sons of Norway!

The Chronic Illness Rider is available with our Universal Life and Whole Life products at a very competitive price. The benefits paid to the insured are unrestricted with no administrative charges at the time of a claim. Two percent of the death benefit equals your LTC monthly payments. The death benefit is reduced only by the amount of the claim. So if you don't need LTC your heirs will receive the money on your passing.

Call your Sons of Norway Financial Benefits Counselor see how this can work for you.

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Did You Know?

Lutefisk

First, preservation is the reason behind the drying of the fish. Tørrfisk (dry fish), if kept dry, can be stored for years and still keep its full nutritional value. Preserving fish before the days of refrigeration of cheap salt required some resourcefulness and inventiveness to say the least. Northern Norway's cold, windy spring days made for an optimum climate in which to dry fish, resulting in the fish losing all the moisture that would otherwise be prime breeding ground for bacteria. The drying process also resulted in the fish shrinking to about one fifth of its original size. This made for easier storing and transport. Later, soaking of the fish in a lye mixture (wood ashes and water) would reconstitute it to even a greater size than it originally was. The lye would also be responsible for breaking down the proteins in the fish into amino acids, which would in turn be easily digestible by the small intestine (usually the process of breaking down proteins into amino acids would take place in the stomach). The result? - The gelatinous quality Lutefisk is known for.

****The making and consumption of lutefisk is an old practice in Norway, as well as neighboring Sweden and Finland. This method of preparing stockfish may even date well before the Viking Age.**** (Info. taken from theNORWEGIANamerican. 12. 16.16)



Photo: Adam d / Wikimedia Commons



Merry Christmas

God Jul

Karamellpudding (Caramel pudding)

from Marie Gjendem's kitchen in Norway

Ingredients

3/4 cup sugar
2 1/2 cups milk
1 cup heavy cream
4 tablespoons sugar
1 1/2 teaspoon vanilla sugar (or use 1/4 tea-
spoon vanilla extract)
6 eggs, lightly beaten
whipped cream (heavy cream + 1 tablespoon
sugar)

<https://vaersaagod.com/blogs/news/7086202-food-of-norway-karamellpudding-caramel-pudding>

Directions

Brown the sugar in a skillet. When the sugar melts and is brown, pour it into a 4-inch by 12-inch pan. Turn the pan so the melted sugar coats all the edges. Be very careful! The sugar will be very hot.

Mix the milk, cream, sugar and vanilla sugar in a pot and heat to boiling, then let cool. Lightly beat the eggs and add to the mixture. Strain the whole mixture and pour into pan.

Bake in a water bath at 250° for 1 1/2 to 2 hours. To avoid bubbles in the pudding, do not let the water boil. Let cool for a day. Loosen the pudding from the edges of the pan and turn over onto a serving dish. Serve with whipped cream.



Virginia Viking

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