



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

First of all, with this being my first letter for our Virginia Viking newsletter, I want to say thank you to all of the members of our Lodge for giving me this honor of being your President. I know I have some very big shoes to fill, and I will do my best to continue having this lodge be enjoyable and pleasant for all of its members. This comes about by us participating in various events and social functions during the year. One of my goals is to have many different types of events throughout the year, so that every lodge member will find one or more of these that they will be interested participating in. To be successful at doing this, I need help from the entire lodge. This help can come in the form of providing new ideas or volunteering to help put on the events. As Ralph stated in the last Virginia Viking, it takes effort in the form of helping at these events to make them successful. Without volunteers, we as a lodge will not be able to do a lot of the things that we do now.

Another way to better participation at our events is to ensure everyone knows what is next on the Lodge schedule. To help ensure everyone gets the schedule, it will be available to you in four different ways. First, it will be found in each Virginia Viking newsletter. Second, it is available on our local lodge web site (hrson.org). Third, I will be e-mailing it monthly to all of our members. And lastly, I will have printed copies of the schedule available at each monthly lodge meeting for you to pick up. With so much duplication here, everyone will know what is next. Please always feel free to call any board member or me if you have any questions.

Just to summarize some upcoming events for this and a few future months, we have: New Member Breakfast, monthly lodge meetings, monthly Fellowship lunches, 3 District Bowling Challenge, Virginia Beach Norwegian Lady Ceremony, and much more. As stated above, you'll find more details to these upcoming events within this Virginia Viking newsletter. Every event we participate in, we share our common interest in Norwegian heritage and culture. I am looking forward to seeing you all at some upcoming lodge events.

Lenny

February 16th
Membership Meeting
Bayside Presbyterian
7:30p
Program - "Hjemkomst"

February 25th
Fellowship Lunch
Surf Rider—Chesapeake
Noon

March 2nd
Board Meeting
Bayside Presbyterian
7:00p

March 5th
3rd District Bowling
Challenge

March 16th
Membership Meeting
Bayside Presbyterian
7:30p

March 25th
Norwegian Lady Ceremony
Virginia Beach Boardwalk
25th Street
1:00p

New Member Breakfast—Cypress Point Country Club—Saturday, February 11, 2017



Left to Right: Lodge Members, Elaine Murray and Grete Sutton



Lodge President Lenny Zingarelli addresses the Lodge and welcomes new members!



Left to Right (Forefront): Pat Trent, June Cooper, Dora Fountain (representing her husband and new Lodge member, Michael Fountain, and Jeanne MacDonald



Left to Right: Lodge Members, Cindy Sanoba, Bob Rumney, Deanna Rumney



Lodge Members, Henry and Harriet Lindenberg



Enjoying breakfast and conversation



Lodge Members, Left to Right: Astrid Gulas and Ragnhild Zingler



Good camaraderie and Fellowship!



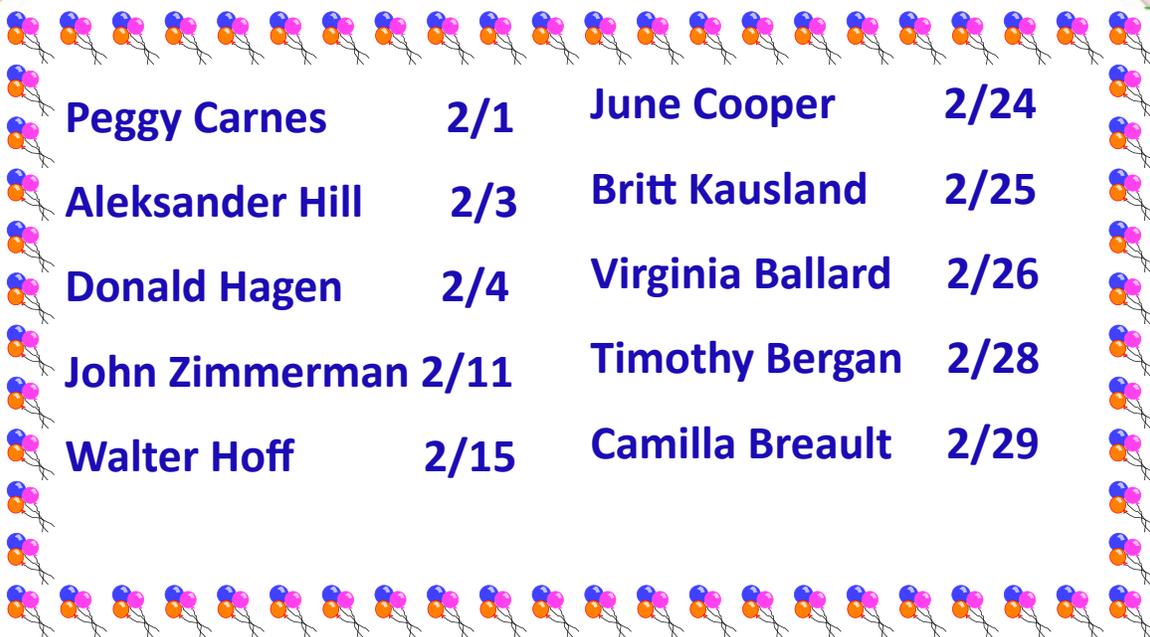
Left to Right: AnneGrete Peterson, June Cooper, Ralph Peterson

Editor's Note

Revision: The January 2017 Newsletter reported 10 year pins under this picture: The corrected caption is as follows: Left to Right: Pam Geisinger, 10 year pin; Martha Blau, 15 year pin; and Terri Hewitt, 20 year pin.



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



Peggy Carnes	2/1	June Cooper	2/24
Aleksander Hill	2/3	Britt Kausland	2/25
Donald Hagen	2/4	Virginia Ballard	2/26
John Zimmerman	2/11	Timothy Bergan	2/28
Walter Hoff	2/15	Camilla Breault	2/29

Featured New Member
Welcome Anne Lise Truitt!



I was born and raised in Norway. I grew up in Råkvåg, a small fishing village in Sør-Trøndelag. Trondheim is the closest big city, but it is a couple of hours by car and a half-hour ferry ride away. I always had a dream of coming to the USA. In 1998 it became a reality when I came to Tulsa, OK. to attend Oral Roberts University as an international student. My aunt and cousins lived there, so I was not entirely without family. I had planned to go back to Norway after I graduated, but instead I fell in love with my neighbor, Andrew. We have now been married for almost 14 years, and together we have a son, Alexander (6). We left Tulsa for Virginia Beach in 2007 for Andrew to pursue his studies, and we have lived here ever since. We love living in Virginia Beach, but we go home to Norway every Christmas, because nothing beats a "ekte norsk jul"! In addition to all things Norwegian, I enjoy singing, playing piano, running, traveling and baking. I am very happy to be a part of Sons of Norway. The people in the club are so wonderful and it also gives me an opportunity to expose our son to his Norwegian heritage.



Did You Know

Frozen Waterfall Festival

This festival is celebrated in Lillehammer usually during the month of February. Musicians give concerts using instruments that are made out of ice. It is a beautiful sight for anyone to see and the music sounds phenomenal.

<https://www.justlanded.com/english/Norway/Norway-Guide/Culture/Festivals-in-Norway>



February :: februar

a little in English...

IQ Test for Bees

When one bee managed to reach the sugar water, the other bumblebees learned, too. First a few bumblebees got to taste sugar water in the center of a blue disc, so that they would understand that an artificial flower was worth investigating. Then researchers put Plexiglas over the discs and the bumblebees had to try to pull the discs out by a string. They managed just fine. Another group of bumblebees got to take the IQ test right away, without tasting the sugar water first. Only 2 out of 110 got a hold of the sweets. What really surprised the researchers was what happened when untrained bumblebees got the chance to watch an expert in action. An impressive creature Behind a glass wall the bees observed what happened. When they were released one by one, 60 percent of them managed to do what the mentor had done. "The bumblebee is an impressive creature, and through our study we demonstrated that it is good at learning," says Professor Eric Søvik at Volda University College, who participated in the research. "The bumblebee has a brain that largely functions the like that of humans," he said on the college's website. A single well-educated bee was enough so that an entire colony of unskilled bees could acquire this capability. "Some flowers are very difficult to pollinate. If you teach a few bumblebees to do this, they can transfer the knowledge to other bumblebees. Such cultural learning in bumblebees could be useful in the production of various plants, for example," says Søvik.

litt på norsk...

Se humlas IQ-test

Da én humle klarte å få tak i sukkervannet, lærte de andre humlene det også. Først fikk noen humler smake på sukkervannet i midten av en blå skive, slik at de skulle forstå at den kunstige blomsten var verdt å undersøke. Deretter la forskerne plexiglass over skivene, og humlene måtte klare å trekke dem ut etter en snor. Det fiksa de greit. En annen gruppe humler fikk prøve seg direkte på IQ-testen, uten å få smake på det søte først. Bare 2 av disse 110 fikk tak i søtsakene. Men det som virkelig overrasket forskerne, var det som skjedde da utrente humler fikk muligheten til å se på en ekspert i aksjon. En imponerende skapning Bak en glassvegg fulgte de med på det som skjedde. Da de ble sluppet løs, etter en, klarte 60 prosent av dem å gjøre som læremesteren. – Humla er en imponerende skapning, og gjennom studien vår får vi vist at den er flink til å lære, sier førsteamanuensis Eirik Søvik ved Høgskulen i Volda, som deltok i forskningen. – Humla har hjerne som stort sett fungerer på samme måte som hos oss mennesker, sier han til høgskolens hjemmeside. En enkelt velutdannet humle var nok til at en hel koloni av ufaglærte kunne tilegne seg denne evnen. – Enkelte blomster er veldig vanskelig å bestøve. Om man lærer opp noen humler til å klare dette, kan de videreføre kunnskapen til andre humler. En slik kulturell læring hos humlene vil kunne være nyttig i produksjon av ulike planter for eksempel, sier Søvik.

Translated from: <http://forskning.no/biologi-insekter/2016/10/sehumla-teste-iq-en>



SONS OF NORWAY

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

Michael Beck, LUTCF

(p) 757-716-8830

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www.vavalueins.com

Calendar of Events (Cut-Out Version)

February 2017

16 February Membership Meeting—Bayside Presbyterian Church—7:30 pm—Program Movie “Hjemkomst”, the story of a Viking ship built in Minnesota in the 1970's and sailed to Norway via the Great Lakes—A moving story.

25 February—Fellowship Lunch—**Surf Rider—725 Eden Way N #700—Chesapeake— PH: 757-549-2626—12 noon**

March 2017

2 March—Board Meeting—Bayside Presbyterian Church—Room 506—7pm

4 March—Fellowship Lunch with Norge Federation Group in Williamsburg - Opus 9 restaurant—5143 Main Street—(New Town) Williamsburg—PH: 757-645-4779—11:30 am.

5 March—3rd District Bowling Challenge—**Little Creek Naval Base Bowling Lanes—2 pm—A coordinated carpool plan will be in place to get all attendees in the base.**

16 March—Membership Meeting—Bayside Presbyterian Church at 7:30 pm

25 March—Norwegian Lady Ceremony—Virginia Beach Boardwalk—25th Street—1 pm (See flyer next page)

“Our Lodge’s monthly Fellowship Luncheon will be a part of a combined luncheon with the Norge Federation group in Williamsburg. We have had functions with them before and it’s been a blast. This is a great opportunity to not only share our friendship among our own lodge members, but also with a fun group of people that also share our heritage and culture. Plus, Williamsburg is a great place to visit in March. The luncheon is scheduled on March 4th at 11:30 am at Opus 9—5143 Main Street—(New Town) Williamsburg—PH: 757-645-4779. The Opus 9 restaurant is about 1 hour away from Virginia Beach in beautiful Williamsburg. Maps will be provided at our next Lodge meeting on the 16th of February. Carpooling will be encouraged. Please come on out to Williamsburg for a good lunch and a good time. Please send RSVP’s as early as possible to Elaine Norman at e-mail - claybank@cox.net or call her at 757-846-6320. Elaine is a member of our SON Lodge. She lives up in Williamsburg and will be coordinating this combined luncheon with the Norge Federation Group for us.” - **Lenny Zingarelli**

Virginia Arts Festival Event

Norwegian trumpeter Tine Thing Helseth leads a unique all-female, ten -member ensemble of brass players in transcriptions of the classics. Thursday, March 23, 2017 at 7:30 pm at the Attucks Theatre, Norfolk. The name of the ensemble is tenTHING. Tickets from \$20 to \$35 can be purchased online (www.vafest.org or at the box office in their building downtown: 440 Bank St., Norfolk, VA 23510). It is on the next street west of Chrysler Hall—Phone number: 757-282-2800. As stated on vafest.org, the group has won rave reviews in recital and headlining concerts from the BBC Proms to Carnegie Hall. What an event for Norwegians, part Norwegians, SON members, and all who are interested to come out and see.

Contributed By: Mary Zimmerman via **The Virginia Arts** brochure

Please join us for the Norwegian Lady Ceremony



126 years ago,

the tragic shipwreck and dramatic rescue of the Norwegian Bark, *Dictator*, brought Virginians and Norwegians together.

55 years ago,

the Norwegian Lady arrived and stands as a testament to the friendship and sisterhood between Virginia Beach, Virginia and Moss, Norway.

March 25, 2017,

the annual ceremony brings together Norwegians, Americans and friends to commemorate this remarkable event in our local history.



Norwegian Lady Ceremony Saturday, March 25,

2017 at 1:00pm

(25th St & the Oceanfront Boardwalk,
Virginia Beach, VA)



Supported by the Norwegian Lady Plaza Foundation, the Ladies Auxiliary of the Virginia Beach Fire Department, Old Coast Guard Station Museum, Sons of Norway 3-522, and the Norwegian NATO & Military Service Members

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Other Points of Interest

105th Anniversary Celebration



AT

**Fredriksten Lodge 3-125
187 State Rd., Bensalem, PA 19020**

ON

Saturday March 25, 2017

Time 1:00 – 5:00 PM

Dinner and Music for Dancing

Cash Bar



\$35.00 Per Person

Send Reservation checks by March 10th to

Contact Person

Paul Notwick
20 Summer Lane
Levittown, PA 19055

Phone #

215-915-0561

E-mail:- ADDRESS

fjordhorse57@gmail.com

Subject:- 105 Anniv. at Fredriksten

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The “John Karlsen Memorial” Golf Tournament



At

Land of the Vikings

The Weekend of

May 5 – 7, 2017

For LOV Reservations - Call or E-mail Bev or Rick:-

Phone:- 570-461-3500 E-mail:- vikingland@tds.net

Tournament Fee:- \$70.00 for each Golfer

Includes: - Golf, Greens Fee, Meal and Prizes.

Send Tournament Fee by **April 15th** to: - Audun Gythfeldt

PO Box 702

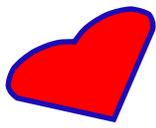
Pocono Pines, PA 18350

? Questions for Audun ?

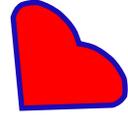
Phone #- 570-646-3817

E-mail:- audun99@ptd.net





Happy Valentine's Day!



BLOTKAKE (NORWEGIAN CREAM CAKE)

INGREDIENTS

FOR THE CAKE:

- Nonstick cooking spray
- 4 large eggs
- 1 cup/200 grams granulated sugar
- 1 teaspoon vanilla sugar or 1 teaspoon vanilla extract
- 1 cup/120 grams cake flour
- 1 teaspoon baking powder

FOR THE FILLING AND FROSTING:

- 3 cups/720 milliliters whipping cream
- 1 teaspoon vanilla extract
- 2 tablespoons confectioners' sugar
- 3 tablespoons cloudberry, raspberry or blackberry preserves
- 1/3 cup cloudberry or raspberry liqueur (such as Chambord), or berry juice of your choice
- 12 ounces/340 grams fresh raspberries or blackberries, for decorating (optional)

PREPARATION

Bake the cake: Heat oven to 350 degrees and mist a 9-inch spring form pan with cooking spray. Combine eggs, sugar and vanilla in a large bowl and beat with an electric mixer (or the whisk attachment of a stand mixer) until light and fluffy, 3 to 4 minutes.

Sift cake flour and baking powder into a separate bowl, then fold into the egg mixture in 2 additions. Pour batter into pan and bake on the middle rack of the oven for 25 to 30 minutes, or until a cake tester inserted into the middle comes out clean. Let cool completely before removing from pan. Make the frosting and filling: Beat whipping cream, vanilla and confectioners' sugar with an electric mixer until stiff peaks form. Transfer 1/3 of the whipped cream to a separate bowl and stir in preserves. Use a serrated knife to slice cake horizontally into 3 equal layers. Arrange top layer of the cake cut-side-up on a platter. Poke a few holes in the cake layer with a toothpick, then sprinkle with 1/3 of the liqueur or juice. Spread half the whipped cream and preserves mixture over the cake layer, then arrange middle layer on top. Poke holes in the middle layer with a toothpick and sprinkle with another 1/3 of the liqueur or juice. Top with remaining whipped cream and preserves mixture.

Arrange the bottom cake layer on top of the stack, cut-side-down. Poke more holes and sprinkle with remaining liqueur or juice. Frost top and sides of cake with the whipped cream, using a pastry bag to pipe on stars or other designs, if you'd like. Decorate with fresh berries.

<https://cooking.nytimes.com/recipes/1018389-blotkake-norwegian-cream-cake>



Virginia Viking

**5132 Lake Shores Road
Virginia Beach, VA 23455**