



# 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

We just finished our 2018 New Member's Breakfast and we had a record group attend. Not only did we have a record amount of new members (12 new members) attend and get a free breakfast for them and their family, but also had a record number of other members (a total of near 50). I explained to all that if you sign up additional family members this year for just \$35 more for the family plan, you can recover the cost easily by getting a free breakfast for them and their family at the next New Member's Breakfast in 2019. Start signing them up now, don't wait.

We have some really good programs scheduled at each of our monthly Lodge meetings. Next month on the 29<sup>th</sup> of March, we are having a potluck dinner with the Stoughton Norwegian Dancers performing for our lodge. If you've never seen professional Norwegian dancers before, don't miss this. They will also be performing right after the annual Norwegian Lady ceremony at the beach on Saturday afternoon the 24<sup>th</sup> of March. In April, we will be having Ralph Peterson give a presentation on genealogy following our April lodge meeting. I'm expecting a lot of people for this one also so don't show up late.

Again, you can view our lodge's schedule (with additional details) by reading it in our Virginia Viking Newsletters (cut it out and place on your frig), attached to my membership group e-mails once a month, and found on our web site ([hrson.org](http://hrson.org)).

As we eventually get into springtime, we have so many other functions happening that I'll mention them later since I've taken up my allotted space for this month.

Lenny

#### February 15

Membership Lodge Meeting  
Bayside Presbyterian Church  
7:30 PM

Program will be DVD on  
Oslo.

#### February 24

Fellowship Lunch, Lucky  
Oyster (General Booth  
Boulevard) at Noon.

#### March 1

Board Meeting Bayside  
Presbyterian Church 7 P

#### March 24

Norwegian Lady Ceremony  
Virginia Beach Boardwalk 25<sup>th</sup>  
St. at 12:30 pm. Followed by  
a special program with the  
Stoughton Norwegian  
Dancers performing.

#### March 29

Membership Lodge meeting  
Bayside Presbyterian Church  
5 pm with a special program  
of the Stoughton Norwegian  
Dancers performing  
specifically for our lodge in the  
Fellowship Hall. Potluck.



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

February 2018

Fra Presidenten

*Success consists of going from failure to failure without loss of enthusiasm. Winston Churchill*



We have heard it all before – we can't do that, members won't like it; that will never work; we tried that before, but it didn't work.

My response is that old adage – if at first you don't succeed, try, try again. I am not sure of who said it, but it has been traced back to Frederick Maryat a novelist in the early 1800s.

I will give you a few examples of not giving up and trying something new. The 3D has sponsored a table at Scanfest in Budd Lake, NJ for the last three Labor Day weekends.

The first time we were excited to be there, had a great location, had quite a few people to sign up for our mailing list. We were sure we would get new members. Well, it didn't happen. We did it again the following year, we had great displays, plenty of material but with the same result. The third attempt this past September, we changed our location. Instead of being in the entry area, we set up our table in the vendor area. Well guess what, not only did we get people to sign the list for our mailing list, we gained at least 5 new members! Is it because we changed our location? Is it because attendees were used to seeing us at Scanfest? Or a combination of both? I don't know but are we stoked for this year, you bet!

We have held a few events at LOV that were not lodge focused, the lobsterfest comes to mind. This year we tried a Summerfest which combined vendors and antique cars. The 3D sponsored a membership table. We learned a lot from this event and to our great delight, we gained two members!!!

As I read your lodge newsletters, I am excited and encouraged to see diverse activities including, ice skating, hiking, kayaking, skiing, concerts, plays and volunteerism– all great events and better than sitting in a meeting!

As you plan your activities for 2018, do something different. Try something you tried before but may not have worked as you had hoped, maybe it was timing or maybe you just need to tweak it a little.

Don't let your enthusiasm wane! You are doing great even if you don't think so, I see it!

Happy Valentine's Day!

All the best,

Mary



**Medal Count for Norway So Far in the 2018 Olympics**  
**3 Gold, 5 Silver, 3 Bronze - For a Total of 11 Medals so far.**

**Norway holds the record for the most gold medals (with 118 all-time).**  
**The United States is second with 96.**



**Canada holds the record for most golds won in a single games (14 in the 2010 Winter Olympics).**

<https://www.cbssports.com/olympics/news/2018-winter-olympics-medal-tracker-team-usa-looks-to-add-medals-in-womens-halfpipe/>



# Lodge Happenings

## Membership Lodge Meeting, January 18, 2018

Guest Speaker, Elaine Norman, from SON Williamsburg Lodge gives a presentation on her trip to Scotland



Lodge President, Lenny Zingarelli (pictured far right), addresses Lodge members and introduces guests, Elaine Norman, Lindsey Norman, and Ruth Morris



Elaine Norman (pictured front, red sweater) and Ruth Morris (pictured front, floral blouse) indicate on a map their trek through Scotland. They talked about amazing castles, people, landscapes, a Viking sword being presented to Scottish royalty, Viking history in Scotland, Scotland acquiring islands from Norway as part of a dowry, etc.



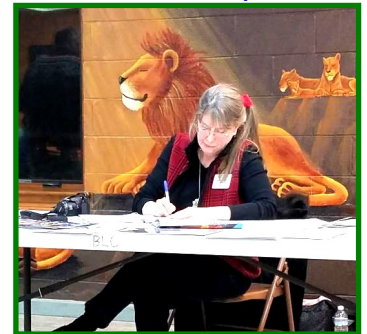
An interested group during the presentation. Lindsey Norman (pictured middle back—white sweater), conducts the slide show for the presentation.



Left to Right: Deanna Rumney, AnneGrete Peterson, Carol Johnson, and Judy Grandstaff.



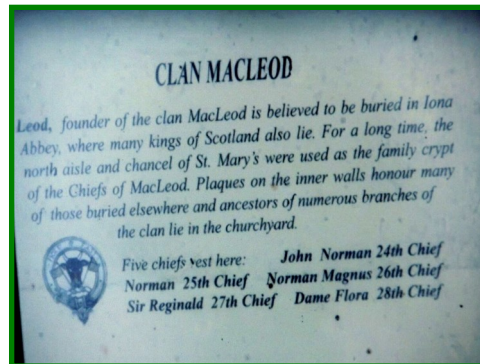
Thank you to the Lodge members who provided such a delicious array of cookies and finger foods to choose from.



Lodge Secretary, June Cooper, prepares for the meeting.



Long Abbey



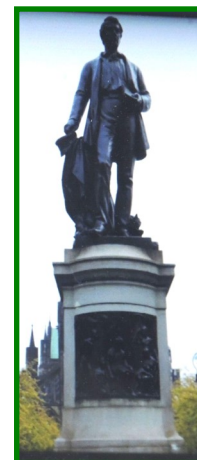
Note the "Norman" surname.



Old Castle



Ruth Morris with information board featuring interesting facts about Scotland.



Above Left: Statue of Robert the Bruce, King of Scots 1306-1329 at Stirling.



Above Right: Celtic Cross



Lochs



# And The Scotland Adventure Continues.....

## .....HR SON Featured Lodge Member, Julia Abraham, Tells a Little About Her Time in Scotland as Well.....



"I dearly love Scotland—it has a wild, untamed character. Scotland's history is storied—massacre at Glen Coe, Battle of Stirling, the borders, Highland clearances, etc., but I think the connection to Norway is interesting. The Orkney flag and the Norwegian flag are so similar—the only difference being that the Orkney flag is



yellow where the Norwegian flag is white. Scotland acquired the Orkney and Shetland islands from Norway as part of a dowry in about 1470 (as also mentioned on previous page). The "Shetland bus" was vital to Norway during WW2. Taking the ferry from John O' Groats to Stromness, Orkney, across the Pentland Firth is a wild ride. They don't refer to it as the "mixing bowl" for nothing! "Pentland" is thought to be derived from old Norse, "petlandsfjörd" (fjord of Pictland). The Neolithic sites in Orkney are amazing—Skara Brae, Ring of Brodgar, standing stones of Stenness (older than Stonehenge), and many more that I didn't get to see. The stone homes in Skara Brae were connected by tunnels. I asked myself: "Could I have survived long in a stone village with the harsh weather of the area (and I was there in August)?" I can't imagine enduring a winter at Skara Brae. If you have a chance to go—Take it!"

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## Did You Know?

An 1,100-year-old sword was fairly recently found high in the mountains of Norway (higher than any previous such objects). The Viking sword, thought to be from around A.D. 850 to 950, was found by reindeer hunters, Norway's Oppland county. The hunters' names are Geir Inge Follestad and Einar Åmbakk from the Østra region. A regional archaeologist, Espen Finstad, called the find in the Lesja region of the mountainous county "fantastic." He added, "Discovery of Viking relics high in the Norwegian mountains is remarkable in itself. We have searched the area in a radius of around 50 meters and have used a metal detector but found no other objects. So, it's a mystery as to why the sword was in that particular place," he told NRK. Finstad was also quoted as saying, "Several hundred similar Viking weapons have been found in Norway, but none at such a high level in the mountains." The site of the discovery is three hours from the nearest road. Due to the snow and ice in that region, the sword was in good condition. The hunters who discovered the sword stated that they know their find is "quite special."

source: [theNORWEGIANamerican](#). 9.22.2017 submitted by: Barbra Stehlik

# Let's Keep on Travelling.....

## Follow the Vikings on This Exciting New Cruise for 2019.

Trace Leif Erickson's voyage of 1000 AD. Visits ports rich in Viking history from the Shetland Island, Faroe Islands, Iceland, Greenland and Newfoundland. The journey begins in historic Bergen and ends in cosmopolitan Montreal. It is a 15 day cruise visiting 6 countries & 10 ports. Date of sailing is September 12, 2019. For more information check out [vikingoceancruises.com](http://vikingoceancruises.com) and click on their ocean cruises. The name of the cruise is IN THE WAKE OF THE VIKINGS. A few of your fellow Sons Of Norway members have already signed up to go.

Submitted by Deanna Rumney

## Just For Fun

Use the Words Below to Fill in the Answers:

Februar hjerte kjærlighet rød  
gaver søt fjortende sjokolade

### Can You Guess These Jeopardy

Clue: This country that explored the Ant-arctic interior is the most northerly nation to claim territory on the continent.

Answer: What is Norway?

[j-archive.com](http://j-archive.com) 7.27.2012

Clue: In 1919 Norwegian meteorologist Jacob Bjerknes announced the discovery of these zones where air masses meet.

Answer: What are "Squall Lines"?

<http://archive.fikklefame.com>  
10.28.2016

Clue: This gulf named for the Norwegian who explored the area between 1903 & 1906 is at the western end of the NW Passage.

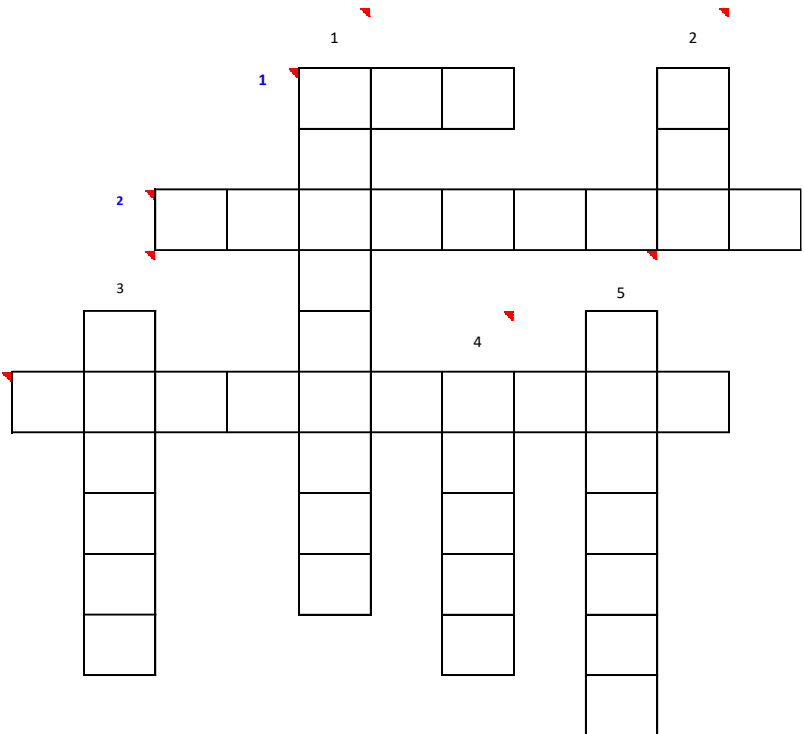
Answer: What is the Amundsen Gulf?

<http://archive.fikklefame.com> 5.17.2017

Clue: Living from Norway to Russia, they've been called the only indigenous people of the European Union.

Answer: Who are the Lapps/Sami?

<https://thejeopardyfan.com> 7.7.2017



#### Across:

1. This word means sweet.
2. This word means fourteenth.
3. This word means love (as a noun).

#### Down:

1. A sweet Valentine's Day treat (this word means chocolate).
2. A popular color for Valentine's Day (this word means red).
3. This word means heart.
4. This word means gift.
5. Valentine's month.

## Birthdays Celebrated during Norwegian Language Class, January 24, 2018 at the home of Astrid Gulas

Left to Right:  
Julia  
Abraham,  
Synnove  
Quaglietta,  
Astrid  
Gulas, and  
guest  
Grete  
Sutton



Left to Right:  
Mary Friesen,  
Harriet  
Lindenberg,  
Sylvia  
Foster, Mary  
Zimmerman,  
and Julia  
Abraham

Birthday Girls (Left to Right): Mary Friesen, Harriet Lindenberg, Carol McCarthy. Skoll!



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

### Upcoming Schedule of Events (Cut-Out Version)

#### *February 2018*

- February 15** Membership Lodge Meeting Bayside Presbyterian Church at 7:30 PM Program will be DVD on Oslo.
- February 24** Fellowship Lunch, Lucky Oyster (General Booth Boulevard) at Noon.

#### *March 2018*

- March 1** Board Meeting Bayside Presbyterian Church 7 PM
- March 24** Norwegian Lady Ceremony Virginia Beach Boardwalk 25<sup>th</sup> St. at 12:30 pm. Followed by a special program with the Stoughton Norwegian Dancers performing.
- March 29** Membership Lodge meeting Bayside Presbyterian Church at 5 pm with a special program of the Stoughton Norwegian Dancers performing specifically for our lodge in the Fellowship Hall. Potluck dinner.

#### *April 2018*

- April 5** Board Meeting Bayside Presbyterian Church 7 PM
- April** Fellowship Lunch, time and place to be determined.
- April 19** Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program "Genealogy" by Ralph Peterson.

### Got something you'd like to submit?

**Want to share pictures or info. regarding an interesting place you've visited, something about your ancestry, an interesting book or movie you know of (these are just some ideas)? Feel free to send to: Editor, Tonya Snow, at: [snowtonya@gmail.com](mailto:snowtonya@gmail.com)**

## **\*\*Important Scholarship Information\*\***

### **\*\*Note some of the scholarship deadlines are fast approaching\*\***

#### **Sons of Norway Scholarship Programs**

Each year Sons of Norway award scholarships and grants to promote the heritage and culture of Norway and provide assistance to our members, lodges and their communities. You may e-mail questions on any of these scholarships to [foundation@sofn.com](mailto:foundation@sofn.com) prior to submission. Application forms are available from [www.sonsofnorway.com](http://www.sonsofnorway.com).

#### **The Astrid G. Cates Scholarship**

Applicants must have a certificate of completion from high school and be enrolled in post-secondary training or education (college, vocational or trade school) and be a current member of SON or children or grandchildren of a current member of districts 1-6. Applicants must have a strong financial need and be between the ages of 17 and 22. Applications must be postmarked no later than March 1<sup>st</sup> (please mail all required items in one envelope. Incomplete applications will not be considered).

#### **The King Olav V. Norwegian-American Heritage Fund**

Any North American, 18 years or older, who has demonstrated a keen and sincere interest in the Norwegian heritage and/or any Norwegian who has demonstrated an interest in American heritage and who desires to further the study of these heritages at a recognized educational institution is eligible to apply. Deadline for application is March 1<sup>st</sup>.

#### **Nancy Lorraine Jensen Memorial Scholarship:**

Applicants must be female American citizens between 17 and 35 years old on the date the application is submitted. The applicant must be a full-time undergraduate who has completed at least one term, majoring in chemistry or physics, or in chemical, electrical or mechanical engineering. They must also be SON members or children or grandchildren of members (employment at the NASA Goddard Space Flight Center in Greenbelt, Maryland may be substituted in lieu of belonging to SON).

#### **Oslo International Summer School Scholarship:**

Award decisions are based upon academic potential, benefits to SON or the larger Norwegian community, involvement in school and community activities, financial need and other, e.g., work experience. Deadline March 1<sup>st</sup>.

#### **The Sons of Norway Foundation Heritage and Cultural Fund**

This is an endowment fund from which only interest will be spent. Two types of grants are available:

**The SON Foundation/Local Lodge Partnership Grants.** These are small matching grants awarded to lodges. A maximum of \$500 may be given. Deadline – May 1 of each year.

#### **The General Heritage and Culture Grant**

These may be awarded to individuals, groups or organizations. Up to \$3000 may be received. Deadline January 15 of each year.

Submitted by: Deanna Rumney



# 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.





# Happy Valentine's Day

## Norwegian Butter Cookies

**\*\*Can Make in Drop Cookie Form or Use a Cookie Press (Preferably a Heart-Shaped Press). \*\***

### Ingredients

½ cup butter

1 cup All-Purpose Flour

2 Eggs

¼ Cup White Sugar

½ Teaspoon Vanilla Extract (Can use Lemon Extract in Place of Vanilla for a Citrusy taste).

### Directions

Preheat oven to 375 degrees F (190 degrees C).

Hard boil the eggs and separate the yolks. Cream the butter and hard-boiled egg yolks. Beat in the sugar and add the flour vanilla extract. Mix thoroughly. Put through a cookie press or arrange by teaspoonfuls on ungreased cookie sheets.

Bake 10 to 12 minutes, or until lightly browned.

<http://allrecipes.com/recipe/9688/norwegian-butter-cookies/>



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## Virginia Viking

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