



# 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



As mentioned last month, since school is out and many families will be taking vacations during the summer, we suspend our standard monthly lodge meetings until the fall, September 21<sup>st</sup> to be specific. We do however hold monthly board meetings, which are opened to all members. You can find the board meeting dates within the monthly events schedule. We also like to get together for Fellowship Luncheons every now and then. I'll try to ensure the word gets out early so you can plan accordingly.

The highlight of the summer is our lodge's Mid-Summer Night Picnic at Ralph's home. Everyone has a wonderful time and it is always well attended. Ralph normally provides entertainment, this time in the form of Viking Re-enactors. You really need to place this on your calendar – June 25<sup>th</sup> at 3 pm (Sunday). Please bring a side dish of food or a dessert along with you. RSVP to Ralph at [nodakralph@gmail.com](mailto:nodakralph@gmail.com).

Lastly, I wanted to tell you of the results I received sending in for my DNA genetic testing through Ancestry.com. Many companies offer DNA testing now, which is becoming quite popular. It confirmed that I am mainly Scandinavian with all of my genetic ethnicity coming from central Norway (even having a name like Zingarelli, another story). It found a "very likely" connection from near the cities of Trondelag and Hedmark Norway. Based off of my relative's passed down information, I thought that there might be a little Swedish and Danish in me too. However, that turns out not to be the case, I'm genetically Norwegian. So based on that fact, I can continue serving as your SON President. If you have not done DNA testing yet, you should consider it.

Please come on out to our Midsummer Night's Picnic at Ralph's house. It will be a lot of family fun and a great way to start the summer.

Lenny

June 15th  
Board Meeting  
Bayside Presbyterian Church  
7:30p

June 25th  
Midsummer's Night Picnic  
3pm  
Peterson Home  
please rsvp to Ralph Peterson  
at [nodakralph@gmail.com](mailto:nodakralph@gmail.com)

July 20th  
Board Meeting  
Bayside Presbyterian Church  
7:30p

July/August  
Fellowship Lunch  
date/time/place tbd

August 17th  
Board Meeting  
Bayside Presbyterian Church  
7:30p

September 7th  
Board Meeting  
Bayside Presbyterian Church  
7:30p

June 2017

## Fra Presidenten

Mange bekker små gjør en stor å.  
*Many small streams make a large river*

Streams ebb and flow as do our lodges. If you look closely there is a rhythm to our lodges and each is unique. Some lodges hunker down and “go dark” for the winter coming to life again when Spring arrives. Other lodges suspend formal meetings in the summer and turn to more casual activities like picnics.

There are times when melting snow or heavy rain causes the stream to flow swiftly; it's power is amazing. In times of drought, a small trickle of water may reveal the stream.



Let's harness the power of the stream by engaging our lodge members. Let the stream of new ideas flow. If the water gets too rough, try to redirect it. Better yet, before you try to redirect, go for the ride, it could be wild and exhilarating. Try not to dismiss new ideas, but rather adapt them to the uniqueness of your lodge. A little tweak here or there could make all the difference.

When the stream begins to dry up, look for any logjams that prevent the water from flowing (“we never done it that way before”) and offer

encouragement to those leery of change. Look for bends in the stream that may be diverting the water (“don't like driving at night”; “too many after school activities on the night of our meeting”) and see if you can remove obstacles (e.g., ride sharing, meet at a different time every now and then).

Don't be afraid to put your toe in the stream and take the pulse of your lodge, its activities, its members. Is it time to restock the stream with new ideas? Is it time to give your long serving lodge leaders a break? or just offer help navigating the ebbs and flows of the stream?

Think about your lodge as small stream which together with other lodges in the Third District create a larger stream. Likewise, think about each District in the Sons of Norway as a stream, and we have a mighty river! Always remember that you are not alone, you are part of a larger vibrant organization. Maybe it is time to explore new waters, see what other lodges do and gain new ideas?

Have a safe, happy and healthy summer!

All the best,

Mary

**\*\*Event Notice\*\***  
**(Continued on next page)**

On August 12, 2017, the 99<sup>th</sup> Infantry Battalion (Separate) will be holding its 75<sup>th</sup> Anniversary of its creation at Camp Ripley, MN. We are looking for any member of your lodge who may have served in this battalion, or if any Sons of Norway members have any information about the battalion, it would be greatly appreciated.

This 99<sup>th</sup> Battalion was made up of Norwegian Americans who could speak fluent Norwegian and could ski, as well as Norwegian seaman who were left without a place to go when Germany invaded Norway.

If you have any names of people who served and were Sons of Norway members, or any memorabilia they would consider contributing to the 99<sup>th</sup> Infantry Battalion (separate) museum at Camp Ripley please let me know

You can reach me at [dennisrusinko@aol.com](mailto:dennisrusinko@aol.com) or call me at 612-789-2272 or my mailing address at Dennis Rusinko 617 24<sup>th</sup> Ave NE. Minneapolis, MN 55418

Dennis Rusinko President

District 1 Sons of Norway

May 9, 2017

Sons of Norway District 1

Dear Dennis,

Here is a copy of the letter I sent to the "Viking Magazine."

The 99<sup>th</sup> Infantry Battalion (Sep.), perhaps better known as the Viking Battalion, is celebrating the 75<sup>th</sup> anniversary of its activation this year on Saturday August 12<sup>th</sup> at Camp Ripley, Minnesota. These soldiers were all Norwegian Americans or Norwegian nationals, and the criteria for joining was the ability to speak Norwegian.

The board members of the Educational Foundation represent the soldiers, and friends and families of these soldiers. Over the years, we keep up with reunions, we support the display of the 99<sup>th</sup> at Vesterheim Museum in Decorah, Iowa, we offer DVDs of Steinar Hybersen's "Viking Battalion" and Gerd Nyquist's book, "99<sup>th</sup> Battalion" for sale, we present the history of the 99<sup>th</sup> to groups such as Sons of Norway lodges, we participate in presentations with others regarding WWII, and we are collecting and archiving photos, records and memorabilia of the 99<sup>th</sup>, all to keep alive the history of these soldiers.

The Foundation extends an invitation to all members of Sons of Norway to participate in our celebration. We hope many will join us, certainly, there are members whose relative or friend was one of these special soldiers who fought so bravely through WWII and ended their tour of duty in Norway after the liberation in 1945.

The Anniversary event will be held at Camp Ripley, site of the activation. Starting at 1:00 in the afternoon, in the area in and around the Minnesota Military History Museum, there will be WWII reenactment soldiers, Viking reenactors, an Antiques Roadshow of 99<sup>th</sup> photos and memorabilia, and tours of the museum which includes a section dedicated to the 99<sup>th</sup> – all this while the Red Rock Swing Band entertains with music. Our anniversary dinner will be at 6:00 held in the Hangar at Camp Ripley. Our guest speaker is world renowned historian Dr. Odd Lovoll, speaking on life in Norway during the war. - A \$20.00 advance charge for dinner is required; please send a check to the 99<sup>th</sup> Inf. Battalion (Sep.) Ed. Foundation, P.O. Box 14521 Grand Forks, ND 58208-4521.

We hope the Sons of Norway will be represented at our celebration. Anyone wishing to bring and share photos and memorabilia is encouraged to do so. Come and learn, make friendships and renew old ones with us.

Regards,

Irene Starck Thomas, board member - 320-843-3967



**SONS OF  
NORWAY**

**The Value of Life Insurance**

My family migrated from Norway in the Spring of 1851 and we have always believed in the value of life insurance. Since 1895 SON has been protecting families; some 122 years of proven service to our members. Families purchase life insurance for a vast number of reasons. Here are a few ways that life insurance helps our members.

Life Insurance can help to solve these problems:

- 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 donation

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

Michael Beck, LUTCF

(p) 757-716-8830 [mike@vavalueins.com](mailto:mike@vavalueins.com) [www.vavalueins.com](http://www.vavalueins.com)

# Lodge Happenings



Above: Attending the Virginia International Tattoo (an annual event featuring military bands, dancers, and more). Pictured Right to Left (Front to Back): Lodge members: Vivian Zingarelli, Barbra Stehlik, Elaine Murray, Tonya Snow and daughter Holly Snow. Spectacular! Photo taken by Lodge President, Lenny Zingarelli (also in attendance).



Above Right Pictures: Lodge Members join the Norwegian Seamen's Church (out of New York) for a beautiful service held May 13, 2017 at Good Shepherd Lutheran Church in Virginia Beach, VA



Left to Right: Zone 7 Director Dirk Hansen, Lodge Membership Secretary Ralph Peterson, Lodge President Lenny Zingarelli, Lodge Treasurer Ragnhild Zingler, and Lodge Secretary June Cooper, Lodge Meeting and Potluck Dinner, May 18, 2017



Pictured Right Forefront: Carol McCarthy, Astrid Gulas and other lodge members enjoying the wonderful potluck dishes.



Hi Synnove! - Lodge member Synnove Quaglietta (forefront) pointing out some delicious food. Mary Zimmerman pictured Left in blue.

Right: Visiting Forest Lawn Cemetery in remembrance of two seamen who were killed during World War II from a rail car accident.

Pictured : Lodge members Synnove Quaglietta, John Zimmerman, Ed McCarthy, Mary Zimmerman, Carol Johnson, Robert Hitchings, Carol McCarthy, Lenny Zingarelli, Ragnhild Zingler, Astrid Gulas, Vigdis and Jollie, and lodge members, Barbra Stehlik and Pam Geisinger



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



Terrence Grandstaff	6/1	Ole Raustol	6/13
Marie Nilsen	6/1	Vencka Peterson	6/14
Vickie Ammons	6/2	John Stehlik	6/15
Melody Ann Loftheim	6/3	Carol Johnson	6/19
Karen Kise	6/4	Susan Berg	6/23
Pamela Geisinger	6/6	Mary Zimmerman	6/25
Arlene Hansen Hendrickson	6/8	Kathrina Brekke Powers	6/28
Linda Larsen	6/13	Linda Reynolds	6/28
		Anne Lise Truitt	6/28

**\*\*From the Membership Secretary\*\***

A warm Norwegian welcome to 3 new members who signed up in May: Rick and Martha Rudell from Virginia Beach and DeWayne Zingarelli from Corpus Christi, TX. Velkommen!!!! -submitted by Ralph Peterson

**Hampton Roads (Lodge 3-522) 2017 Schedule of Events\* (Cut-out)**

*Items in RED are changed from the last Monthly Schedule Update*

*June thru August 2017*

- 15 June Board monthly meeting (Members invited) Bayside Presbyterian Church 7:30 PM
- 25 June Midsummer's Night picnic at Ralph's home at 3 pm (Sunday) rsvp to Ralph Peterson  
At nodakralph@gmail.com
- 20 July Board monthly meeting (Members invited) Bayside Presbyterian Church 7:30 PM
- July/August Fellowship Lunch Date, date/time/place tbd.
- 17 August Board monthly meeting (Members invited) Bayside Presbyterian Church 7:30 PM

*September 2017*

- 7 September Board monthly meeting Bayside Presbyterian Church Room 506 7 PM
- 21 September Lodge monthly membership meeting Bayside Presbyterian Church 7:30 PM Program TBD
- September Fellowship Lunch Date, Time and Place TBD

# SAVE THE DATE

*Hampton Roads Lodge 3-522*

## *45<sup>th</sup> Anniversary Party*

*October 21, 2017 at*

*The Holiday Inn*

*Virginia Beach / Norfolk, Hotel and Conference Center*

*5655 Greenwich Road, Virginia Beach, VA 23562*

*Social Hour:*

*hors d'oeuvres and cash bar 6 P.M.*

*Plated dinner at 7 P.M.*

*Choice of entree:*

*Chicken Piccata, London Broil,  
Eggplant Parmesan or Atlantic Salmon.*

*Dinner Music by strolling violinist*

*And I Love her Violins*

*Dance afterward by Frank Sings Frank*

*Program will honor our Charter Members,  
Past Presidents and Lodge Achievements*

*\$40.00 Per Person for Hampton Roads Members*

*\$50.00 Per Person for Non-Members*

*Special room rate \$89.00*



**FOR MORE INFORMATION CONTACT : VIVIAN ZINGARELLI**

**757-631-0362**

**3409 ARCHER COURT, VIRGINIA BEACH, VA 23452**

**VZINGARELLI@VERIZON.NET**

## Did You Know?

The following are excerpts from noted websites:

**The Norwegian Fjord Horse** is one of the world's oldest and purest breeds of horse. It bears a striking resemblance to the horses painted on cave walls by ice age artists some 30,000 years ago and is believed to have migrated to Norway over 4,000 years ago. They were believed to have been first domesticated around 2000 B. C. Archaeological excavations at Viking burial sites indicate that the Fjord horse has been selectively bred for at least 2,000 years." \*

"The Fjord Horse is one of very few breeds to retain the original primitive character and color. Earlier names for the Fjord horse have been the Vestlandshest (West Country horse) or the Nordfjordhest (Northfjordhorse) which indicates the breed's geographical connection with Norway. The Vikings used the Fjord horse as their primary war mount. Therefore, it may be assumed that it affected the breeds indigenous to other countries, notably the "mountain and moorland" ponies of Great Britain and the Icelandic Pony." \*

"The Fjord horse has earned a reputation as a strong, durable and pleasant-natured pony. In addition to its strength, the breed is also noted for its light and smooth action. The Fjord horse has a thick coat so that it can endure rough winters with minimal care. The first Fjordhorse Studbook was published in 1910 and today boasts a population estimated to be between 6,000 and 7,000. There is a widespread interest in the breed and a considerable number of Fjords are bred both in Europe and in the Americas. The Fjord horse of today is bred for both riding and driving. It is capable of performing well in both driving and endurance classes and can also perform adequately in elementary dressage and cross country jumping classes. The Fjord horse is used extensively in riding schools and riding for the handicapped programs. The tourist industry along the West Country fjords of Norway has always used the Fjord Horse as an important means of transportation and as a good representative for Norwegian culture. In 1994, the Fjord horse along with the other two native breeds of Norway, safely drove many winning competitors and celebrities to different venues at the Winter Olympics in Lillehammer." \*

\*(<http://imh.org/exhibits/online/norwegian-fjord-horse>)

"The late 1800s nearly spelled the end for the Fjord horse when the Fjord breed was crossbred with another of Norway's three breeds, the Dole. A Dole stallion, Rimfakse, was brought to the national stud to try and make the Fjord bigger, sturdier, and better for farming. Despite argument by those in western Norway, as most farmers used the state's stud, the Dole stallion was used and crossbreeding flourished. After a few generations, however, flaws began to show in the new crossbreds: poor temperaments and unattractive coloring. In a meeting in 1907 it was decided to eradicate all Dole blood in the Fjord. A pure Fjord stallion, Njål, born in 1891 and sold to the Sunnmøre area during Rimfakse's time, was located along with many purebred mares. He was brought back into the breeding program and he and his descendants were dedicated to breeding. For 12 years Njål lived and bred from Rasmus L Sundres farm until he died from pneumonia. Today Njål, called Njål 166 due to his number in the Norwegian Fjord registry, is considered the father of all modern Fjord horses. If you go back far enough, all living Fjords today will have Njål 166 in their pedigrees." \*

\*(Huggett, Melanie. A Horse for All Ages. <https://www.horsejournals.com/norwegian-fjord-horse-all-ages>)

**\*\*\*The Fjord horse is featured as a charge on the coat of arms of the municipalities of Gloppen and Eid, both in Nordfjord.\*\*\*** (<http://ihearhorses.com/6-things-you-didnt-know-about-the-fjord-horse/>)

**\*\*There are Fjord horse Societies in Germany, the Netherlands, Denmark, Sweden, Finland, Belgium, Switzerland, Great Britain, and the U.S.A.** (<http://imh.org/exhibits/online/norwegian-fjord-horse>)

\*Please see noted websites for full information\*



## Norwegian Rhubarb Pudding

### Ingredients

- 1  $\frac{3}{4}$  cups water
- $\frac{3}{4}$  cup granulated sugar
- 1  $\frac{1}{2}$  lbs. fresh rhubarb, cut into 1/2-inch pieces
- $\frac{1}{4}$  cup cold water
- 3 tablespoons cornstarch
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 cup chilled whipping cream
- 2 tablespoons granulated sugar

### Directions

- Heat 1  $\frac{3}{4}$  cups water and  $\frac{3}{4}$  cup sugar to boiling, stirring occasionally.
- Add rhubarb.
- Simmer uncovered until rhubarb is tender, about 10 minutes.
- Mix  $\frac{1}{4}$  cup water and the cornstarch; stir into rhubarb.
- Heat to boiling, stirring constantly.
- Boil and stir 1 minute.
- Stir in vanilla extract.
- Pour into serving bowl or dessert dishes. Cover and refrigerate.
- Beat whipping cream and 2 tablespoons sugar in chilled bowl until stiff.
- Pipe through decorators' tube or spoon onto pudding.



Virginia Viking

5132 Lake Shores Road  
Virginia Beach, VA 23455