



# 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



Summer is here and I could not be happier about that. It is a time when we all get outdoors more and enjoy time with our families and friends. Many of you travel back to Norway in the summer. Many of you travel and see relatives throughout the United States. Get out and enjoy the weather and be active. For our lodge, getting out and enjoying the company of others starts this summer with our annual Midsummer lodge picnic. This is our only event for the summer. This year's **Midsummer Lodge Picnic** will be at Harriet's house (720 Daimler Dr., Virginia Beach, VA. 23454) on Saturday the 16<sup>th</sup> of June. It will be from around 3 pm until dark. Please come on out, bring the family, and enjoy celebrating our Norwegian culture and heritage with all. I do have some great news for the

lodge. At the 3<sup>rd</sup> District SON Convention, your lodge was awarded the "**Large Lodge of the Year**" for both 2016 and 2017. Congratulations to all. This is quite an achievement for the lodge to be acknowledged by the entire Sons of Norway 3<sup>rd</sup> District as the best lodge to be a part of. The 3<sup>rd</sup> District is made up of many lodges all along the East coast. This includes all lodges from the state of Maine to the State of Florida. Plus, we did it for the last two years. This is not an individual award but rather a lodge award. You all make this lodge fun to be a part of and I'm proud to be your President. After the picnic, there are no scheduled events for our lodge besides maybe a Fellowship lunch later this summer. Again, it is a time for you all to get out and be active with friends and family. There will be no formal monthly lodge meetings for the months of June, July and August. The lodge's board will still be meeting monthly in our normal lodge meeting room on the 3<sup>rd</sup> Thursday of each month at 7 pm. This is a board meeting, but others are invited to attend as well. **Our next formal members lodge meeting will be on Thursday September 20<sup>th</sup> at 7:30 pm.** Additionally, this Virginia Viking newsletter will not be published for the months of July and August, but will start up again in September. Lastly, the nominating committee for next term lodge officers is being formed and will start looking for candidates. One of the reasons our lodge continues to be recognized as the **BEST Lodge** in our entire district is the result of the great officers that make up our Board. We need our lodge members to step forward to continue this success that we enjoy. Every year we need some new members to help out, so please consider volunteering. Let's continue to make our lodge fun to be a part of.

Lenny

June 16

Midsummers Picnic time at the  
Lindenberg's home  
3pm

June 21

Board Meeting  
(Members invited)  
Bayside Presbyterian Church  
7 PM

July 19

Board Meeting  
(Members invited)  
Bayside Presbyterian Church  
7 PM

July/August

Fellowship Lunch Date, Time  
and Place TBD

August 16

Board Meeting  
(Members invited)  
Bayside Presbyterian Church  
7 PM

September 6

Board Meeting  
Bayside Presbyterian Church  
7PM



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

June 2018

*"I am only one, but I am one. I cannot do everything, but I can do something. And what I can do, I ought to do. And what I ought to do, by the grace of God, I shall do." Edward Everett Hale*

I saw the above quote in a Blafjell newsletter and said wow, how powerful. As I reflect on my four years as your District President, I think of how much we were able to accomplish because of fabulous supportive Boards and because of all of you. Thank you for your support during these past four years, your smiles, your kind words, your encouragement. You unselfishly give your time to Sons of Norway and the Third District. You are all amazing.

Life seems to have hit the Third District hard recently, but we continue to weather through it. Whether it is the loss of dear fraternal brother or sister or the stressors of everyday life, illness, new joints (not the kind you smoke), work and family. We keep moving forward. You never lose your enthusiasm for the work you do for Sons of Norway. You are the reason your lodge and our District thrive. Don't ever underestimate the value and impact of your contributions. You may be only one, but to your lodge you are ***the*** one.

Ralph Waldo Emerson said – "Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm."

Your enthusiasm shows, and I thank you for it.

Have a happy, healthy and safe summer!!!!

Jeg ønsker dere alt godt,



# SONS OF NORWAY

## The Value of Life Insurance

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 donations

For information, contact your Sons of Norway financial benefits advisor.

## Lodge Events

### Old Donation School Fair in Virginia Beach—May 5, 2018



Above 3 pictures: Left to Right: Harriet Lindenberg and Ragnhild Zingler; Ragnhild Zingler and Harriet Lindenberg; and Harriet Lindenberg and June Cooper all set to meet and greet fair-goers and talk about Norwegian heritage and culture! Pictured Below: HR SON Display Table.



Photos submitted by: Ragnhild Zingler



## Laying of Flowers

### Forest Lawn Cemetery in Norfolk, VA—May 17, 2018



HR SON lodge members attend annual laying of flowers ceremony at gravesites of two Norwegian sailors who died in an accident in Norfolk during World War II. In doing this, service members who died overseas, away from their own country and loved ones, are remembered and honored.



Words from Lenny Zingarelli  
-Photos submitted by Ragnhild Zingler and Henry Lindenberg

**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@ymail.com](mailto:snowtonya@ymail.com)

## Lodge Events (Continued)

### Lodge Membership Meeting, Bayside Presbyterian Church, Virginia Beach, VA—May 19, 2018

#### Ed and Carol McCarthy describe the “building” of the American Flag.



The white stripes represent purity, and the red stripes represent valor.



Interested parties look on and listen.



Ed McCarthy “builds” the flag (from the bottom up) according to date of statehood of the original 13 Colonies: Delaware (December 7, 1787), Pennsylvania (December 12, 1787), New Jersey (December 18, 1787), Georgia (January 2, 1788), Connecticut (January 9, 1788), Massachusetts (February 6, 1788), Maryland (April 28, 1788), South Carolina (May 23, 1788), New Hampshire (June 21, 1788), Virginia (June 25, 1788), New York (July 26, 1788), North Carolina (November 21, 1789), and Rhode Island (May 29, 1790)



Ed McCarthy at the podium. Lodge secretary, June Cooper pictured right.



The conclusion of a “glorious” presentation! T was a splendid presentation, Mr. and Mrs. McCarthy!



Lodge Members, Carol Johnson (Left) and Harriet Lindenberg (Right) make quite a statement....and so do their t-shirts!



Rosemaling plate presented to lodge president, Lenny Zingarelli (for the lodge) by Stoughton dancers, on display at the meeting.

Photos submitted by June Cooper

## HR SON Adopt-A-School Program at



The lodge just contributed toward umbrellas and other equipment through Donors Choose.org for the courtyard garden at Newtown Elementary. The children in several classes have been visiting the herb garden and learning to identify the various herbs and what foods they're used in. They've been picking and sampling strawberries, too.

Contributed by: Carol Johnson



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

June 16th—November 15, 2018 (Changes are marked in red)

- June 16 Midsummers Picnic at Harriet's (720 Daimler Dr. Virginia Beach)
- June 21 Board Meeting (Members invited) Bayside Presbyterian Church 7 PM
- July 19 Board Meeting (Members invited) Bayside Presbyterian Church 7 PM
- July/August Fellowship Lunch Date, Time and Place TBD
- August 16 Board Meeting (Members invited) Bayside Presbyterian Church 7 PM
- September 6 Board Meeting Bayside Presbyterian Church 7 PM
- September 20 Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program TBD
- September Fellowship Lunch Date, Time and Place TBD
- October 4 Board Meeting Bayside Presbyterian Church Room 506 7 PM
- October 6 Norfolk Children's Festival, 10 am to 3 pm.
- October 8/9 Leif Erikson Day Time and Place tbd
- October 18 Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program TBD
- November 1 Board Meeting Bayside Presbyterian Church Room \_\_\_\_ 7 PM
- November 2 Set up Bazaar Francis Asbury United Methodist Church Fellowship Hall 3-5 PM
- November 3 Bazaar Francis Asbury United Methodist Church Fellowship Hall 9 am-3 PM
- November Norwegian tall ship Statsraad Lehmkuhl tour/lunch, time TBD.
- November 15 Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program TBD

## Happy Father's Day!

Farsdag (Father's Day) falls on the second Sunday in November, but here in the States, it falls on the third Sunday in June. In 1966, Lyndon B. Johnson proclaimed the third Sunday in June as Father's Day, and in 1972, Richard Nixon declared it an official national observance (<https://norwayconnects.org>). Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting (<https://www.timeanddate.com>).

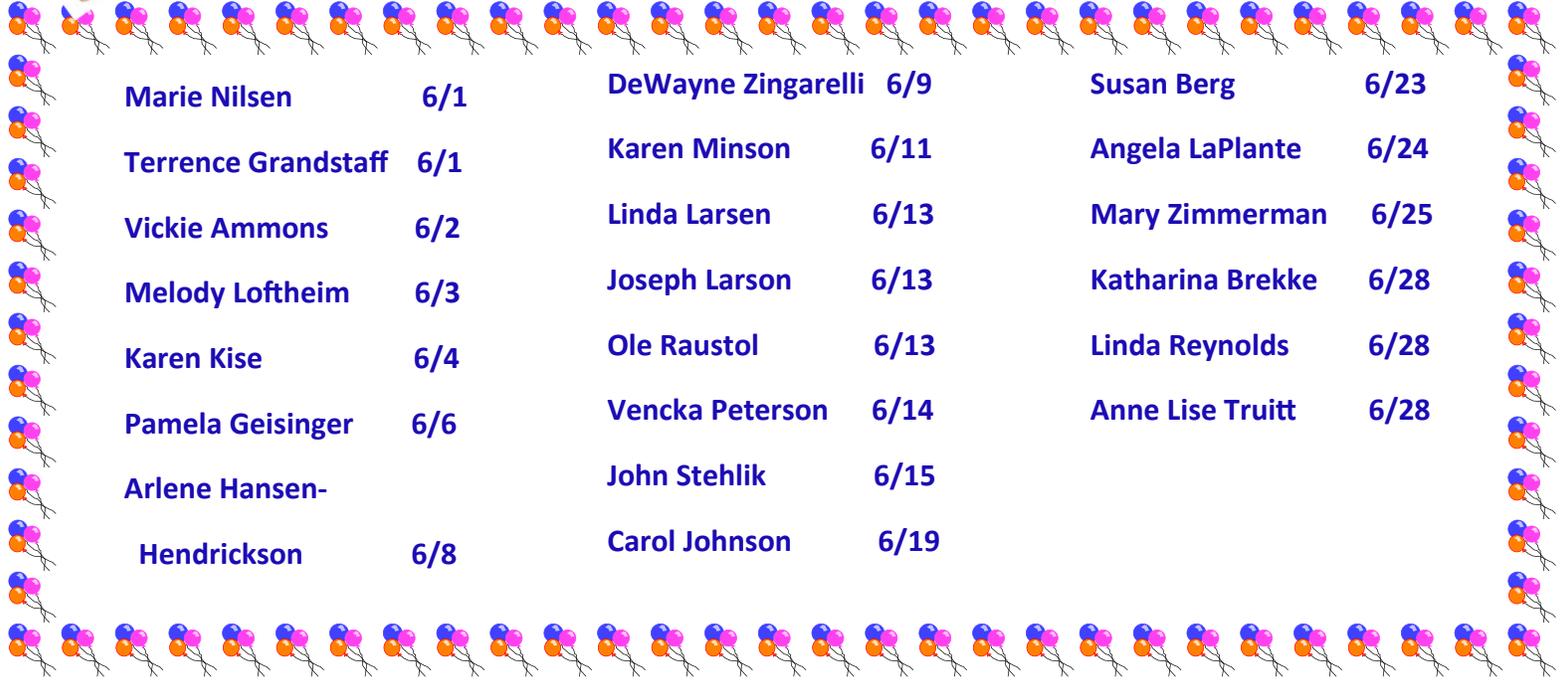
In Norway, Father's Day was first celebrated informally in 1930, following the American tradition of a June observance. The 1949 decision to make Farsdag official and move the holiday to November was commerce-related. Business owners reasoned that having it in November would boost sales during the lull before the Christmas shopping season (<https://norwayconnects.org>).

One big way that "Norway shows appreciation for its dads is through societal benefits. In addition to the mother, a father is guaranteed time off for bonding after the birth of a new baby. Paternal leave or fedrekvote/pappapermisjon allots 12 weeks paid leave for dads in Norway, and guaranteed employment afterwards."

(<https://norwayconnects.org>).



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



Marie Nilsen	6/1	DeWayne Zingarelli	6/9	Susan Berg	6/23
Terrence Grandstaff	6/1	Karen Minson	6/11	Angela LaPlante	6/24
Vickie Ammons	6/2	Linda Larsen	6/13	Mary Zimmerman	6/25
Melody Loftheim	6/3	Joseph Larson	6/13	Katharina Brekke	6/28
Karen Kise	6/4	Ole Raustol	6/13	Linda Reynolds	6/28
Pamela Geisinger	6/6	Vencka Peterson	6/14	Anne Lise Truitt	6/28
Arlene Hansen-		John Stehlik	6/15		
Hendrickson	6/8	Carol Johnson	6/19		

## Birthdays Celebrated During Norwegian Language Class



Astrid Gulas (standing) poses with birthday girls, left to right: Vivian Zingarelli, Julia Abraham, and Tonya Snow



Vivian Zingarelli and Tonya Snow were just tickled!



Gorgeous birthday cake made by ace cake magician, Astrid Gulas.



Skol! Happy birthday to the three birthday girls!

\*Note—This celebration took place in April, 2018 at the home of Astrid Gulas.

## Birthday Celebrations Continued!



Mary puts on her Birthday Crown!



Astrid carries in another one of her delicious



Skol! Happy birthday, Mary!

Photos submitted by: June Cooper



And A Big heartfelt Thank You to Astrid for another great year of Language Class!



a little in English...

### Selfies weaken self-esteem

This is what happens in the mind of someone who takes a selfie. If you take a selfie and share it on social media, your self-esteem is lowered, in most cases. This is what Korean psychology researchers found when they looked into this very common phenomenon.

### Sensitivity and self-esteem

The study from South Korea is supposed to have been the first to investigate how the selfie-taker is affected by the action. Seventy-eight students participated in the experiment. The researchers focused on two factors: something called social sensitivity, and then on self-esteem. Participants in the experiment took photos with their own smartphones. Then they were told to share the image on social media, or just save the image on their cell phone. Immediately afterward, the researchers measured participants' reaction time on certain social stimuli that were presented on a computer screen. Self-esteem was examined by measuring how large the participants wrote their signature.

### Smaller signatures

The reaction time to social stimuli became shorter after the participants in the experiment had taken a selfie and shared it online. The same shrinkage happened to the size of the participants' signatures. The first part made the Korean researchers conclude that the sensitivity you feel for people around you increases by taking a selfie and sharing it with others on sites like Facebook, Instagram or Snapchat. That the signature became smaller, made researchers conclude that self-esteem was weakened. The relationship between small signatures and impaired self-esteem has been determined in previous studies. This means that the self-esteem was even more weakened if the participants took a selfie - and only saved it to the mobile phone.

### Other research on selfies

Several other recent studies have looked at the modern phenomenon of selfies and selfie-sharing on social media. Researchers have, among other things, confirmed that selfies are about how we want to appear to the outside world. Because selfies can easily be changed with image editing tools on a smartphone, it becomes even easier to manipulate the presentation of ourselves. Selfies mean according to researchers—not too surprisingly—that we want to receive validation from the outside world.

### Social rules for sharing selfies

When someone validates us through commenting on a selfie, it usually happens in alignment within certain social rules. This is a type of social interaction between people that repeats constantly. Thus it bears the mark of a ritual: You take a picture of yourself. You put the image on social media (possibly after editing it). A number of friends give you feedback. It all happens in line with social mores as to just how this interaction should take place and what can go in the comment box. The new aspect of the South Korean study is that it says something about how this can affect your self-esteem.

[https://www.sofn.com/\\_asset/57m5z9/may\\_june\\_2018.pdf](https://www.sofn.com/_asset/57m5z9/may_june_2018.pdf)

litt på norsk...

### Selfier svekker selvtilliten

Dette skjer i hodet på den som tar en selfie. Dersom du tar en selfie og deler den på et sosialt medium, så får du i de fleste tilfeller dårligere selvtillit. Dette finner koreanske psykologi-forskere som har sett nærmere på et svært hverdagslig fenomen.

### Målte følsomhet og selvtillit

Studien i Sør-Korea skal være den første som har gransket hvordan den som tar en selfie selv påvirkes av handlingen. 78 studenter deltok i eksperimentet. Forskerne fokuserte på to faktorer: Det som kalles sosial sensitivitet. Og altså selvtillit. Deltagerne i eksperimentet tok bildene med sine egne smarttelefoner. Deretter fikk de beskjed om å dele bildet på et sosialt medium. Eller bare lagre bildet på sin egen mobil. Straks etterpå målte forskerne deltagerens reaksjonstid på visse sosiale stimuli som ble presentert på en dataskjerm. Selvtilliten ble gransket gjennom å måle med hvor stor skrift deltagerne skrev signaturen sin.

### Skrev mindre signaturer

Reaksjonstiden på sosiale stimuli ble mindre etter at deltagerne i eksperimentet hadde tatt en selfie og delt den på nettet. Det samme ble størrelsen på deltagerens signaturer. Det første får de koreanske forskerne til å konkludere med at følsomheten du kjenner på overfor mennesker rundt deg, blir større av å ta en selfie og dele den med andre på medier som Facebook, Instagram eller Snapchat. At signaturen ble skrevet mindre, får forskerne til å konkludere med at selvtilliten ble svekket. Sammenhengen mellom mindre signatur og svekket selvtillit er funnet i tidligere studier. Det hører med at selvtilliten ble enda mer svekket om deltagerne tok en selfie – og kun lagret den på mobilen.

### Annen forskning på selfier

Også flere andre nyere studier har sett på det moderne fenomenet selfie og selfiedeling på sosiale medier. Forskere har blant annet fått bekreftet at selfier handler om hvordan vi ønsker å framstå overfor omverdenen. Fordi selfien lett kan endres med billedredigeringsverktøy på smarttelefonen, blir det enda lettere å manipulere presentasjonen av oss selv. Selfier handler også ifølge forskere – ikke helt overraskende – om at vi ønsker å få en bekreftelse på oss selv fra omverdenen.

### Sosiale regler ved deling av selfier

Når noen bekrefter oss gjennom å skrive i kommentarfeltet under selfien, skjer det som oftest i tråd med visse sosiale regler. Dette er en type sosial samhandling mellom mennesker som hele tiden gjentas. Dermed får den preg av å være et rituale: Du tar et bilde av deg selv. Du legger bildet ut på et sosialt medium (eventuelt etter å ha redigert det). Et antall venner gir deg tilbakemelding. Det hele skjer i tråd med sosiale regler for hvordan akkurat denne samhandlingen bør foregå og hva det kan stå i kommentarfeltet. Det nye med den sørkoreanske studien er altså at den sier noe om hva dette muligens gjør med selvtilliten din.

## Hot Dogs are a Staple at any Summer Picnic—How 'Bout Trying This Recipe at Your Next Picnic!



### Midsummer Campfire Bread and Hot Dogs

#### Ingredients

1½ cup warm water  
3 tsp active dry yeast  
4 cups (or more) all purpose flour  
1 tsp sugar  
2 tsp salt  
2 tbsp olive oil + a little extra  
12 Hot dogs  
Long sticks, bamboo poles, or metal skewers  
Ketchup and mustard

#### Directions

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves. Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour. Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid. Prepare a fire and let it burn down to red coals. Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.

Adapted from [www.thefamilydinnerbook.com](http://www.thefamilydinnerbook.com)



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## Virginia Viking

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