



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



Well winter is finally over, and I could not be happier. There are just so many more things you can do outside in good weather that are not possible in the wintertime. But for a country like Norway, it loves the winter sports and winter Olympic games. I'm sure you already know this; the little country of Norway took first place in the 2018 Winter Olympic Games with respect to the medal count. Norway won the most gold medals (tied at 14), the most silver medals (14), and the most bronze medals (11) than any other country. This gave Norway the most total medal count of 39, taking first place by a landslide (or should I say snow slide). In fact, the Norwegians were doing so well that many of the broadcasters nicknamed the Norwegian Olympic athletes - The Attacking Vikings. Come on out on April 28th to watch the NATO parade in Norfolk to see how our SON Viking Ship float will be decorated to honor our Attacking Vikings of 2018.

This month also marks when your lodge starts many different and various events that you'll just love to be a part of. Place these on your calendar:

1) **The Norwegian Lady Ceremony** on the **24th of March (Saturday)** starting at **1 pm** at 25th St. and Atlantic at the beach. Parking should not be an issue especially since the City of Virginia Beach has opened up free parking along Atlantic Blvd until 1 April. Immediately following the ceremony about 1:45 pm, the **Stoughton Norwegian Dancers** will be performing a few feet away at the 24th St. stage and Atlantic. Please follow the link for information about the Norwegian Lady ceremony "thenorwegianlady.wordpress.com/about-2/" and the link "<http://stoughtonnorwegiandancers.com>" to learn about the dancers. This is turning out to be one of the key events for the year. Don't miss it.

2) **Lodge Meeting with the Stoughton Norwegian Dancers on the 29th of March (Thursday)** starting at **5 pm**. Instead of our regular lodge meeting on the 3rd Thursday each month, this month it will be on the 29th in the Fellowship Hall of the Bayside Presbyterian Church with a potluck dinner and the performance of the Stoughton Norwegian Dancers. The meeting will start at 5:30 pm, dinner at 6 pm and the dancing performance at 7pm. This is a great opportunity for our lodge members to get to know the dancers during dinner and get to see their performance just for us. Please bring a dish large enough to share with 6 to 8 others.

These dancers are exceptional and you see them perform - "<http://stoughtonnorwegiandancers.com>"

I hope to see you soon.

Lenny

March 24

Norwegian Lady Ceremony
Virginia Beach Boardwalk
25th St. at 1 pm.

Followed by a special program
with the Stoughton Norwegian
Dancers performing

March 29th

Membership Lodge Meeting
Bayside Presbyterian Church
5pm

with a special program of the
Stoughton Norwegian Dancers
performing specifically for our
lodge in the fellowship Hall.

Potluck

April 5th

Board Meeting
Bayside Presbyterian Church
7pm

April 19th

Membership Lodge Meeting
Bayside Presbyterian Church
7:30pm

Program on "Genealogy" by
Ralph Peterson

April 28th

NATO Parade 10 am



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

March 2018

Fra Presidenten

"... all you red headed Irish can thank the Vikings!" by Nalda Olson, former Bondelandet charter member



Did you ever notice the similarity between Celtic and Viking art? This is a photo I purchased from Shutterstock and it is labeled as medieval Celtic Viking symbol! I am partial to both; could be because my mother was an Irish red head and my father was Norwegian. I have discovered that was not an uncommon combination, especially in Brooklyn! Think about it, two sets of immigrants coming to a new land; it is only logical that they would connect as they strived to survive away from the familiar.

Connect, that is what we do. We are connected by our lodge, by our Zone, by our District, by the entire Sons of Norway organization. Did you notice that there are no breaks in the artwork?

One of the things I am so proud of when I read your newsletters and visit your lodges is that you all focus on what binds us together. Our love of culture and history and our Norwegian roots. It's not easy being part of a volunteer organization where people have different views yet we all work together toward a common goal. It is a wonderful feeling. How do we share that "feeling"? You do it in your newsletters; the community events you support; the way we treat each other as a very large extended family. You all "pull it off" with the ease and grace of an Olympic ice dancer.

Like the medieval Celtic Viking symbol, we are all connected and I am proud to be connected with you!!! Keep up the great work!

Happy St. Patrick's Day to all!

Sláinte

Congratulations to all the 2018 Winter Olympics Athletes!

Medal Count for Norway: 14 Gold, 14 Silver, 11 Bronze (For a total of 39)!

Germany 14 Gold, 10 Silver, 7 Bronze (For a total of 31)

Canada 11 Gold, 8 Silver, 10 Bronze (For a total of 29)

USA 9 Gold, 8 Silver, 6 Bronze (For a total of 23)

NED 8 Gold, 6 Silver, 6 Bronze (For a total of 20)



"Norway cleaned up with the most total medals, while Germany and Norway tie for 14 golds -- matching the record set by Canada previously at a Winter Olympics"

<https://www.cbssports.com/olympics/news/2018-winter-olympics-medal-count-norway-dominates-team-usas-final-tally/>

Lodge Happenings

New Member Breakfast, February 10, 2018, Cypress Point Country Club in Virginia Beach



Lodge president, Lenny Zingarelli welcomes new members and gives informational presentation



New lodge and family members (in no particular order): Vigdis Jolly, Rick Rudell, Martha Rudell, Bruce Clanton, Christer Persson, Katie Uyak, Conway Telfeyan, Sarah Stires, Anne Jackson, David Snow, Christina Young, and Andy Meagher, gather with Lodge president, Lenny Zingarelli (center, front) for a photo.



Lodge members, David Snow and Henry and Harriet Llindenberg



New member Sarah Stires along with husband, Chad and family.



Sarah Stire's husband Chad with lodge member Jeanne McDonald.



Left to Right: Carol and Ed McCarthy, Barbra Stehlik, and Elaine Murray



Pictured above—Mingling!



Left to Right: Linda Reynolds chats with Christer Persson and Diane Simkins.



Hello Jim Zingler! (Pictured Left along with: wife, Ragnhild Zingler, William Bruce Clanton, Martha Rudell, and Rick Rudell.



Left to Right: Grete Sutton, Elaine Murray, Synnove Quaglietta, Astrid Gulas, Carol and Ed McCarthy, and Barbra Stehlik



New lodge member, Andy Meagher.



Hello, Reynolds Family!



Left to Right: Anne Jackson, Derwood Perkins, Dianne Bakke, and Tom Bakke

Lodge secretary June Cooper (pictured right) with Conway Telfeyan



Left to Right: Cindy Sanoba, Judy and Teri Grandstaff, Christina Young and daughter, and Vivian Zingarelli.

Lodge Meeting, Thursday, February 15, 2018 at Bayside Presbyterian Church



Lodge Members gather and enjoy sweet treats, conversation, and a wonderful presentation on Oslo.

June Cooper's Birthday Celebrated During Norwegian Language Class at Home of

Astrid Gulas



Above: Left to Right: Synnove Quaglietta, Sylvia Foster, Ed and Carol McCarthy, Astrid Gulas, June Cooper, and Harriet Lindenberg.

Right: Birthday Girl (pictured Center), Lodge secretary, June Cooper, blows out her candles. Hope your wish comes true, June! (Also pictured, Julia Abraham, left and Harriet Lindenberg, right).



Above Center: Awesome Norwegian and Valentine themed birthday cake courtesy of Astrid Gulas.

Above Right: Skol to the beautiful birthday girl, Queen for the day!

Did You Know?

Interesting Facts about St. Patrick's Day (Coming up this weekend)

- 1) "How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leaved plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- 2) Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."
- 3) Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century." See these and more interesting facts at: <http://mentalfloss.com/article/55599/15-delightful-facts-about-saint-patricks-day>

a little in English...

Here's Where to View Old Norse Texts Online

Norwegian archivists have found hidden treasures in medieval accounting protocols, including a slightly different version of the saga of St. Olaf.

In the 16th and 17th century there was limited access to parchment, and those who recorded the accounting protocols may have considered it a great idea to use old manuscripts to reinforce their binding.

Parchment was made from animal skins, most often from calves or sheep. If you needed large pieces of parchment, you might want to slaughter a sheep for each page. It was expensive to make new ones.

Around 1850, when historian P.A. Munch learned from the national antiquary of the day that there were a considerable number of parchment manuscript scraps "hidden" in accounting protocols from the 15th and 16th century, he must have been quite elated. The manuscripts were in Latin and Old Norse, but it was the Old Norse that Munch was interested in, especially the pieces from saga manuscripts.

He had known of many preserved saga scripts prior to this, but all those pieces that now came to light indicated that in the 1600s there were probably a great many copies of the sagas all around Norway, he believed.

And saga literature about the old Vikings must have still been popular.

Tor Weidling, senior archivist at the National Archives in Oslo, is one of the people who have worked with around 550 pieces of Old Norse manuscripts that have been collected over time. They are now posted online and can be viewed at www.digitalarkivet.no.

One example is a parchment manuscript scrap which tells the story of St. Olaf. This manuscript is from the last part of the 1100s, and you can find multiple pages here: <https://media.digitalarkivet.no/view/58518/32>

litt på norsk...

Her kan du se norrøne tekster på nett

Norske arkivarer har funnet skjulte skatter i regnskapsprotokoller fra middelalderen, blant annet en litt annerledes versjon av sagaen om Olav den hellige.

På 1500- og 1600-tallet var det begrenset tilgang på pergament, og de som lagde regnskapsprotokollene, kan ha sett det som en svært god idé å bruke gamle manuskripter til å forsterke innbindingen av dem.

Pergament ble nemlig laget fra dyreskinn, som oftest fra kalv eller sau. Trengte man store pergamenter, måtte man gjerne slakte en sau for hver side. Det var dyrt å lage nytt.

Da historikeren P.A. Munch rundt 1850 fikk vite av den daværende riksantikvaren at det var en ganske betydelig mengde biter av gamle manuskripter på pergament «skjult» i regnskapsprotokoller fra 15- og 1600-tallet, skal han ha blitt svært opprømt.

Manuskriptene var på latin og norrønt, men de var de norrøne Munch ble interessert i og spesielt bitene fra sagamanskripter. Han hadde jo kjent en del bevarte sagamanskripter fra før, men alle disse bitene som nå kom tilbake i lyset, tydet på at det fremdeles på 1600-tallet må ha vært en stor mengde sagaer rundt omkring i Norge, mente han.

Og at sagalitteraturen om gamle vikinger fremdeles måtte ha vært populær.

Førstearkivar ved Riksarkivet i Oslo, Tor Weidling er en av dem som nå har jobbet med de rundt 550 bitene av norrøne manuskripter som etter hvert ble samlet inn.

Nå er de lagt ut på nett og du se dem på digitalarkivet.no. Et eksempel er en del av et manuskript på pergament, som forteller sagaen om Olav den hellige. Dette manuskriptet er fra siste del av 1100-tallet, og du kan finne flere sider her: <https://media.digitalarkivet.no/view/58518/32>



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

Kyle Lindenberg	3/3	Michael Fountain	3/18
Julia Abraham	3/5	Wilma Fehrs-Foss	3 /20
Tonya Snow	3/8	Odd Vinnelrod	3/22
Larry Berg	3/12	Kristine VanWerkhoven	3/25
Lucia Liptakova	3/14	Sarah Ammons	3/27
Vigdis Jolly	3/15	Kjersti Lee	3/27
Barbra Stehlik	3/17	Kjell-Ove O Skare	3/28

Upcoming Schedule of Events (Cut-Out Version)

March 2018

- March 24** Norwegian Lady Ceremony Virginia Beach Boardwalk 25th St. at 1 pm. Followed by a special program with the Stoughton Norwegian Dancers performing at the 24th St. stage.
- 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. Setup from 4 pm to 5:30 pm, Lodge meeting from 5:30 pm to 6 pm, Potluck dinner at 6 pm and Dancers performing starting at 7 pm.

April 2018

- April 5** Board Meeting Bayside Presbyterian Church 7 PM
- April 19** Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program "Genealogy" by Ralph Peterson.
- April 28** NATO Parade 10 am

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

****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 prior to submission. Application forms are available from www.sonsofnorway.com.

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).

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**

We Work for You

It's likely that you have one or more financial advisors working for you. Think about it. Who did you buy your life insurance from, invest with, do charitable planning with, estate planning and gifting? And how many times have you had a new advisor take over your business or the company changed hands and name? When was the last time you heard from these people? Who owns the company and where do the company profits go?

When you belong to Sons of Norway, you have a stake in the organization. Our successes are your successes. Our stability is your stability. You are an owner. As a fraternal benefit society, we give our profits back to our lodges and members.

The next time you are ready to make a move with your finances, think of Sons of Norway. We have been relating to our members for many years. Give us the opportunity to show you how we can work with you to achieve your financial goals. Although we've grown and evolved the mission we set back in the 1800s of helping each other during financial hardship hasn't changed. [Call your Sons of Norway Financial Benefits Counselor and let's get to work.](#)



Happy St. Patrick's Day!

Spring Potato Salad (Potetsalat)



Ingredients:

- 5-6 medium potatoes (about 2 lbs), peeled
- ½ cup sour cream
- ½ cup of mayonnaise
- 3 scallions, green and white parts chopped
- 2 Tb fresh dill, chopped
- ½ large English cucumber
- 1 bunch of radishes, thinly sliced
- 3 hard-boiled eggs

salt & pepper to taste

Directions:

- *Cover the peeled potatoes with salted water in a large pot; bring to a boil over medium-high heat. Reduce heat to low and simmer until the potatoes are tender, about 20 minutes. Drain and cool.
- *In a small bowl, mix together the sour cream and mayonnaise.
- *Cut the cucumber, radishes, and hard-boiled eggs into thin round slices, with the radishes having the thinnest slices.
- *Cut the cooled potatoes into slices or quarters as you prefer.
- *Place everything into a serving bowl.
- *Pour the sour cream and mayonnaise mixture in the serving bowl and add the chopped dill, scallions, salt and pepper and mix gently.
- *Garnish with a little more dill, serve chilled or room temperature and enjoy!

<http://www.northwildkitchen.com/norwegian-spring-potato-salad/>



Virginia Viking

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