



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 had a busy month of April for our lodge with NATO events. The Tattoo was wonderful especially with the special bonus of the King's Guard being a large part of it. They were also a part of the NATO parade where we once again showed off our Viking float. We had a good turnout and walked proudly in front of as well as represented proudly in our float. The weather being wonderful certainly made things better and ensured a good turnout of spectators. The King's Guard Commander presented their Norwegian flag to our SON lodge, and I'm planning on replacing the Norwegian flag we use at our lodge meetings now with their flag, in a ceremony of our own in the future.

This month (17 May) we have our annual Laying of the Flowers at the graves of the two Norwegian sailors who died in an accident in Norfolk during World War II. This is our way of remembering and honoring service members that died overseas, away from their own country and loved ones. If we don't recognize their sacrifice, then who is able to. This is very similar to the many American graves in France that are recognized and honored by the local citizens there. Immediately after the Laying of the Flowers ceremony, we will be having a fellowship lunch at Freemason Abbey restaurant. RSVP to Mary Zimmerman if you would like to join us for lunch.

We also have our last lodge meeting, until this fall, on a special date of Saturday the 19th of May at 7 pm. We are doing it then so it does not interfere with the Laying of the Flowers on Thursday. Our program at this lodge meeting will be "The Building of the Flag" by Ed and Carol McCarthy.

The first week of June has our four lodge delegate members heading to Long Island for our Bi-annual 3rd District Convention. This is a very important event for us and we will ensure that we represent our lodge proudly.

Our only event this summer is the one that we all look forward to. This year's Midsummer Lodge Picnic will be at Harriet's house (720 Daimler Dr., Virginia Beach, VA. 23454) on Saturday the 16th of June. It will most likely start around 3 pm until dark. A lot more information will come out beforehand, including what to bring etc.

Lenny

May 17

Lay flowers at Forest Lawn Cemetery

10:30 am

Membership Lunch to Follow

12:01 pm

Freemason Abbey

May 19

Membership Lodge meeting
Bayside Presbyterian Church

7:00 PM, Program is

McCarthy's presenting
"Building the Flag" and will start after the lodge meeting.

June 4-10

65th 3rd District Convention

June 16

Midsummers Picnic at the home of Henry and Harriet Lindenberg

June 21

Board Meeting (Members invited) Bayside Presbyterian Church 7 PM



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

May 2018

Fra Presidenten

"At last came the golden month of the wild folk-- honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year." Samuel Scoville Jr., Wild Folk

Hurra for syttende mai!

There is a lot going on in May – Mother's Day, Memorial Day, Syttende Mai; equally as important is the opportunity to get together and celebrate, and yes, the winter weather will finally break!!!

Preparations for the convention are in full gear; our Nominating Committee is doing a great job pounding the pavement searching for candidates to fill 3D Board positions; our Convention Committee is starting to see the fruits of all their labors and countless hours coming together and thanks to your efforts, we are gaining new members!! There is a buzz of energy in the District.

I was thrilled to see that 11 lodges met the 2017 Recruitment Challenge, congratulations to you all. Just like the smell of spring flowers fills the air, I smell a sense of excitement in the Third District. There is a saying that goes something like "it takes money to make money". Well, from what I am seeing, the same is true with members. It takes members to bring in more members and you are all doing an outstanding job! Keep up the great work!

Don't forget to ask your lodge's Convention delegates to review the resolutions that will be discussed at the Convention. Let your delegates know your thoughts; your opinion matters!!

Jeg ønsker dere alt godt,

Mary

Remember all who serve(d) (past and present)



Thank you

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

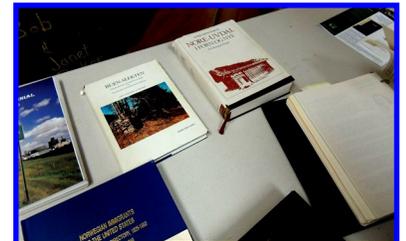
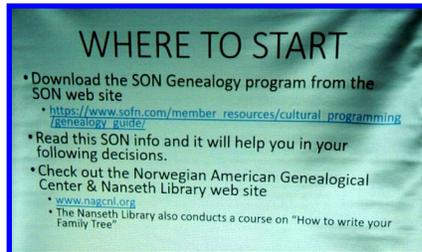
Lodge Events

Lodge Membership Meeting—Bayside Presbyterian Church—April 19, 2018

“Ancestry and Awards”



Lodge Member and Membership Secretary, Ralph Peterson, gives an interesting and informative presentation on genealogy to a very engaged audience of lodge members and guests.



Vivian Zingarelli and Pam Geisinger take a look at some genealogy reference items.

Presentation slide: How to get started.

Books on display.



AnneGrete Peterson peruses Deanna Rumney's family genealogy book.

HR SON Lodge 3-522 proudly displays Membership Award banner.

Checking out some literature.



Lodge President, Lenny Zingarelli poses with sports medal winners. Left to Right: Robert Rumney (Enamel—Idrettsmerke), Cindy Sanoba (Enamel—Idrettsmerke; Bronze and Silver—Gangemerke), Carol Johnson (Bronze—Idrettsmerke), and Deanna Rumney (Silver and Bronze—Gangemerke).

Ralph Peterson's cultural medal in genealogy.

Certificate and Membership pin recipients.

Lenny Zingarelli (pictured back—7 members), and then from front; Left to Right: Pamela Geisinger (1 member), Robert Rumney (1 member), Judy Grandstaff (2 members), Carol McCarthy (1 member), Ralph Peterson (7 members), Harriet Lindenberg (2 members), and Deanna Rumney (2 members).

Awarded but not present at the meeting include: AnneLise Truitt (1 member), Todd Alspaugh (1 member), and Tonya Snow (1 member).

Norfolk NATO Parade, Saturday, April 28, 2018



HR SON's magnificent Viking Ship Float prepares for its voyage along the streets of Norfolk.



His Majesty the King's Guard with the Battleship Wisconsin in the background.



HR SON Float Rounds the corner.



Norwegian skiers on wheels. Gold medal represents gold medals won by Norway in the 2018 Olympics!



The Reynolds Family (HR Son Lodge Members): Linda, Mbali, and Ken (from left to right) march in the parade.



His Majesty the King's Guard.



Norfolk NATO Festival Fairgrounds.



What festival of nations is complete without bagpipes and drums?



Pre-Parade Gathering in front of the float.



Above 4 Pictures: Hampton Roads lodge was awarded a retired flag from the Norwegian King's Guard, presented to Lodge President Leonard Zingarelli by Lieutenant Colonel Geir Pettersen, Commander of His Majesty the King's Guard

Parade (Continued)

hampton roads

Parade of Nations



The streets of downtown Norfolk were filled with pounding music and colorful garb Saturday during the Norfolk NATO Festival's annual Parade of Nations. The event is the longest continually running parade in Hampton Roads, and the only U.S. parade to honor NATO. More than 100 parade units took part. Among them were the Icelandic contingency, above, sailing through the streets in their Nordic gear. A member of the Italian contingency, top left, embraces a Roman gladiator theme. Crowds of people, top right, line the street as the Norwegian contingency makes its way down Plume Street. A youngster from the English contingency protects Norfolk in his biplane, bottom left, while the Belgians, bottom right, celebrate the Smurfs.



Aerial view of HR SON Float in the NATO Parade in Norfolk, VA on Saturday, April 28, 2018 is featured (top right picture) in The Virginian Pilot (April 29, 2018 edition, page 3).

Norfolk finally passes a law to allow dogs on restaurant patios

Many didn't know it wasn't already legal

By Matthew Korfhage
The Virginian Pilot

Things were looking good earlier this month for Hank's Filling Station, a new Norfolk barbecue spot featuring a giant backyard with a firepit, a battery of picnic tables and a grassy lawn popular with dogs.

The sun was shining, the temperature was climbing and a local doggy day care wanted to rent the yard and patio area for a canine picnic.

There was only one problem, says Hank's co-owner Richard Katz: Dogs on the patio broke the city's health code, according to a health inspector.

"They couldn't cite me chapter and verse," says Katz, "but they said no, you can't do it."

Even in famously dog-friendly Norfolk — which ranks No. 4 in the nation in dog parks per capita — dogs other than service animals were not allowed on the premises of any restaurant or bar that served food.

Until last Tuesday. That day, Norfolk City Council quietly passed a law amending the city health code to allow dogs on patios. The amendment was pushed onto the agenda so quickly the vote was listed only in placeholder form on advance meeting agendas.

The vote was due in no small part to complaints by Katz and his patrons.

On April 13, Katz posted on the restaurant's Facebook page that dogs were no longer welcome at Hank's, by order of the health department.

"We apologize for the inconvenience," read the post, "and we hope this changes soon so everyone can enjoy the backyard!" Patrons expressed dis-



Despite being fourth in the country in number of dog parks per capita, until last Tuesday, dogs weren't allowed at restaurants.

The rule governing dogs wasn't explicitly on Norfolk's books. According to environmental health manager Norman Grefe, the dog law is a side effect of how Norfolk determines its health codes.

In Virginia Beach and Portsmouth, the city health codes are based on the state's health department rules. So when state law changes, Virginia Beach and Portsmouth's laws change with it.

Norfolk instead follows federal guidelines, which still forbid dogs. "It's different here," says Grefe. "There are a couple locations that inspect on local ordinances, but we reference the FDA food code."

That's pretty clear as to prohibitions.

The Norfolk Restaurant Association wrote an open letter on behalf of Hank's, saying the city was stacking the deck against Norfolk businesses.

"Norfolk local businesses should never be at a disadvantage to our sister cities because of outdated city policy," read the letter.

Katz says he also contacted the city attorney's



Above: Expanded view of featured picture of HR Son Float.

"The wording in the article reads as follows: The streets of downtown Norfolk were filled with pounding music and colorful garb Saturday during the Norfolk NATO Festival's annual Parade of Nations. The event is the longest continually running parade in Hampton Roads, and the only U.S. parade to honor NATO. More than 100 parade units took part. Among them were the Icelandic contingency, above, sailing through the streets in their Nordic gear. A member of the Italian contingency, top, left, embraces a Roman gladiator theme. Crowds of people, top right, line the street as the Norwegian contingency makes its way down Plume Street. A youngster from the English contingency protects Norfolk in his biplane, bottom left, while the Belgians, bottom right, celebrate the Smurfs."

Source: The Virginian-Pilot. April 29, 2018. p.3



Speaking of Parades!.....Syttende Mai is Just Around the Corner!



In Stoughton, WI, there will be a 3 day festival from May 18th through May 20th (the weekend closest to Syttende Mai). At the festival, there will be: Stoughton Norwegian Dancers (These wonderful dancers visited our lodge back in March), Norwegian Heritage Center-Livsreise, Edvard Grieg Chorus at the Stoughton Opera House, 20-Mile Run from Madison's Capitol Building to Stoughton, Hardanger Fiddle Performances, Norse Costume Style Show, Viking Games Strongman Competition – USSC Sanctioned, Norwegian Traditional Foods, Sit-down meals, Food Trucks, Canoe Race & Portage on the Yahara River, just to name a few. How will you be celebrating? However you choose, **Happy Syttende Mai!**

*** "From the late 1800s to the early 1900s, Stoughton enjoyed an influx of Norwegians and at one time, as many as 75 percent of its residents spoke Norwegian. These immigrants celebrated Syttende Mai unofficially, but it became an annual, city-wide tradition in the 1950s. 2018 marks the 65th consecutive year the festival has been organized by the Stoughton Chamber of Commerce"

(Retrieved from: <http://www.stoughtonwi.com/events/details/syttende-mai-festival-2018-2276>).

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

Synнове Quaglietta	5/5	Terri Hewitt	5/17
John Kise	5/8	Daniell Marsden	5/20
William Hovland	5/11	Todd Alspaugh	5/21
Helen Coffey	5/14	Anne Lee Jackson	5/25
Aldwin Halvorson	5/15		

Upcoming Schedule of Events (Cut-Out Version)

May 2018

- May 17** Lay Flowers at Forest Lawn Cemetery 10:30 am, Membership lunch 12:01 PM 12:01 PM at Freemason Abbey restaurant in Norfolk (209 W Freemason St.).
- May 19** Membership Lodge meeting Bayside Presbyterian Church 7:00 PM, Program is McCarthy's presenting "Building the Flag" and will start after the lodge meeting.

June 2018

- June 4-10** 65th 3rd District Convention
- June 16** Midsummers Picnic at Harriet's (720 Daimler Dr. Virginia Beach)
- June 21** Board Meeting (Members invited) Bayside Presbyterian Church 7 PM

Celebrating Synнове's Birthday during Norwegian Language Class at the home of Astrid Gulas,

May 2, 2018



Skol Synнове! (Pictured here with Harriet Lindenberg



Table Scene (at which Wilma Fehrs-Foss is pictured at far end.



Dronning Synнове! Pictured Above: Birthday queen, Synнове Quaglietta wearing her birthday crown



Above: Beautiful and delicious birthday cake made by Astrid Gulas (Pictured Above Right)!



Right: Blowing out the candles!



Above: Vivian Zingarelli and Carol McCarthy (to the right in picture) cut and serve the cake.



Above: Left to Right: Sylvia Foster and June Cooper. Skol to the birthday girl!





SONS OF NORWAY

10 Reasons to Consider Life Insurance (and When!)

By Maggie Leyes

1. Start young. Just because you don't have a family, mortgage and larger financial obligations doesn't mean that you have to wait to get life insurance coverage, Lock in your rates while you are young and healthier. You can always add more later in life, —Ivan L Use.ro
2. A pasta dinner fundraiser after you're gone will not raise enough money to take care of your minor children and spouse. Don't let *that* be the legacy that you leave them with, —Suzanne Allison
3. Life Insurance is like a parachute; if you don't have it the first time you need it, there is no second chance. —Luis A, Ortiz Haddock
4. Don't underestimate the "earning power" of your stay-at-home spouse! —Patrick O'Rourke
5. If you're a small-business owner, who takes care of your family in the event of your death? It's not just about you, — Sherrell T. Martin
6. Permanent life insurance is the best investment vehicle while you're alive or dead; *tax-free* access to cash values accumulated in the policy while you're still alive and *tax-free* death benefit proceeds for your love ones when the inevitable happens. Put your money where your "life" is! —Czarina C. Barit
7. Until you buy it, you're not covered. Thinking doesn't protect your family, acting does! —Ed Rainier
8. It is better to have insurance and not need it, than to need it and not have it. —Paul Arroyo
9. Buy when you're healthy—it's easier to get and less expensive. —Shannon Williams
10. Get as much as you can afford and as early as you can do it. I prefer the insurance age of zero. —Sean McCann

And, why not, an extra tip for good measure!

11. It's been said, You don't buy life insurance because you are going to die, but because those you love are going to live, I agree 100% with this statement. Protecting your loved ones should be priority No. 1. — Scott Raab

Maggie Leyes is VP of content strategy for Life Happens.

[Call your Sons of Norway Financial Benefits Counselor and let's get to work.](#)

Notable Norwegians



Photo: Ager Museum
Waldemar Ager, ca. 1900.
Retrieved from: *the Norwegian American Vol, 129, #8, 4.20. 2018. p. 19*

Waldemar Ager, born in Frederikstad in 1869 and grew up in Gressvik, emigrated to America at the age of 16 with his mother and two siblings to join his father who was already in Chicago. There he became an apprentice typesetter at one of Chicago's large Norwegian-American newspapers, *Norden*. In 1892, he moved to Eau Claire, Wisconsin, where he became a typesetter for a new Norwegian temperance paper called *Reform*. When the editor of *Reform* died, Ager became editor and eventually life-long owner of the paper. Ager used the paper to relay his temperance ideas, but he also used it for entertainment, educational, and informational purposes. At one point, the paper was circulated to over 10,000 throughout the Mid-west. Ager was not just a newspaperman, he was also a popular speaker who was in great demand in the Norwegian-American community. Being a great story teller, he wrote 6 novels and eight volumes of short stories along with some poetry as well. Ager was also a supporter of various reform movements at the time as well such as: the cooperative movement, the socialistic Farmer-Labor party of Minnesota, Women's suffrage, and equal rights for women. In addition, he promoted cultural loyalty to Norway. He dreamt of a permanent Norwegian subculture in America in which the Norwegian language would be the bridge to Norway. When he died, his dream and his paper, *Reform*, died too.

Source: *the Norwegian American, Vol. 129 #8, April 20, 2018. p. 19.*

Submitted by: Barbra Stehlik

COD WITH POTATOES AND SUNDRIED TOMATO PESTO

Ingredients

1 1/2 lb. small white potatoes, halved (about 4 cups)

1/3 cup plus 1/4 cup olive oil

3 rosemary sprigs

Kosher salt

Freshly ground black pepper

3 1/2 oz. sundried tomatoes (1 cup)

1 tbsp. tomato purée

3 garlic cloves, peeled

5 large basil leaves

1/2 tsp. sugar

Four 4-oz. cod fillets (skins removed)

1 cup arugula

1 1/2 oz. parmesan, shaved with a vegetable peeler

1/3 cup slivered almonds, toasted

Preheat the oven to 325°. On a baking sheet, toss the potatoes with 2 tablespoons olive oil, 2 garlic cloves, the rosemary sprigs, and salt and pepper to taste. Roast until tender, about 20 minutes.

Meanwhile, in a food processor, add the sundried tomatoes, tomato puree, the remaining garlic clove, the basil, and the sugar. With the motor running, drizzle in 1/3 cup olive oil and process until mostly smooth. Season with salt and pepper. Set aside.

In a large skillet, add 2 tablespoons of the prepared pesto and the potatoes. Add 1/4 cup water, or more as needed to loosen the pesto slightly. Cook, stirring, until the potatoes are coated. Keep warm.

Season the cod fillets with salt and pepper to taste. In a separate large skillet, heat remaining 2 tablespoons olive oil over medium-high heat. Add cod and sear, gently turning once, until just cooked through, about 4 minutes per side.

Divide the potatoes among 4 plates. Top with a piece of cod, and distribute the arugula, parmesan shavings, and toasted almond flakes over the top. Serve immediately.



Virginia Viking

**5132 Lake Shores Road
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