



# 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



This continues to be a very busy autumn for our lodge; From the Leif Erikson ceremony, SON Hampton Roads 45<sup>th</sup> Anniversary Party, SON Scandinavian Christmas Bazaar to our SON Christmas Party coming up on 10 December. I want to especially mention that we were able to sign up 17 new members to our lodge at this year's bazaar. This is very noteworthy and important for our lodge. It shows that we continue to grow and not decline. Others see our members enjoying life by sharing the culture and heritage of Norway at our events. This amount of new members in one day is a record for us and can be contributed to each of you. So if you see some new faces at one of our meetings, go up and introduce yourself.

Besides enjoying these events, it is a time to reflect back and spend some time with friends and relatives during the upcoming holiday period. To start with, we have the Thanksgiving holiday just around the corner. Although you may have learned in school that the first Thanksgiving was up in Plymouth, Massachusetts, we have since learned that it was actually first done not too far from here in Charles City County, Virginia. In 1619, a year and 17 days before those Pilgrims ever stepped foot upon New England soil, a group of English settlers led by Captain John Woodlief landed at today's Berkeley Plantation, 24 miles southeast of Richmond. After they arrived on the shores of the James River, the settlers got on their knees and gave thanks for their safe passage. There was no traditional meal, no exchange of goodwill with Native Americans, and no turkey. America's first Thanksgiving was about prayer, not food.

Next big event for us is our annual Christmas party at Cypress Point Country club Sunday the 10<sup>th</sup> of December. You should be getting invitations real soon. Please come on out and enjoy each other's company.

Lenny

**December 7**

**Board Monthly Meeting**  
**Bayside Presbyterian Church**  
**7 PM**  
**Room 506**

**December 10**

**SON Hampton Roads Lodge**  
**Christmas Party**  
**Cypress Point Country Club**  
**5:30 to 9 pm.**

**\*\*Schedule for upcoming events in the New Year (2018) will be posted in December, 2017 Newsletter\*\***

November 2017

## Fra Presidenten

*I can no other answer make, but, thanks, and thanks. ~William Shakespeare*

Thanksgiving is the holiday most associated with giving thanks. I would like to simply say **Thank You** for all you do for the Sons of Norway.

I have shared in a few lodge anniversary celebrations over the past few weeks and it has been great. It is obvious that the reason a lodge thrives is because of the contributions of you, its members. Without members there is no lodge. Your contributions are made in different ways; you may take on leadership roles (multiple times!) for a few years or for a few events. You may make the meals, the cookies, put up the decorations, set the table and clean up after everyone leaves. You may simply show support for your lodge by attending an event. Always know that your efforts are noticed and appreciated by me and the rest of the Third District Board.



I hope you have a happy, healthy and filling Thanksgiving!

All the best,

Mary

### Lodge Events

#### HR SON Lodge 3-522 Celebrates 45th Anniversary

Saturday, October 21, 2017

Holiday Inn, Virginia Beach, VA



Happy 45th Anniversary SON  
Lodge 3-522!



From Left: Burt Koske, Norwegian  
Commodore, and Ralph Peterson (back  
to picture)



Lodge President, Lenny Zingarelli, welcomes everyone and introduces special guests as well as guest speakers.



Marcie Larson, SON International Secretary, offers congratulations to the lodge on its 45th anniversary and gives a wonderful speech.



District 3 President, Mary Andersen addresses the lodge and gives a toast.



Guest speaker, Arne Morten Groenningsaeter, Commodore, Royal Norwegian Navy, speaks on sustainability in Norway (Commodore pictured with Lenny Zingarelli)



Dirk Hansen – Zone 7, Lenny Zingarelli—President Lodge 3-522, Mary Anderson 3D President, Karen Olsen Helmond – 3D secretary, Stephen Helmond, Zone Director and President of Norden Lodge 3-407, Burt Koske Washington Lodge, and Marci Larson, International Secretary



Pictured here with Lenny Zingarelli, Deanna Rumney addresses the attendees and raffles off a guest hotel room.



Astrid Gulas recognition for 15 years of teaching Norwegian language class. Vivian Zingarelli at podium, Astrid Gulas (Blue jacket) , then left to right: Carol McCarthy, Deanna Rumney, Cindy Sanoba, Harriet Lindenberg; Back Row: Left to Right: Tonya Snow, Elaine Murray, Synnove Quaglietta, Jack Stehlik, June Cooper, Barbra Stehlik.



Drawing for raffle basket. Pictured are: Marci Larson, Deanna Rumney and Lenny Zingarelli. AnneGrete Peterson won the raffle.



Pictured left: Dirk Hansen and Mary Andersen.



Dining like a Viking! (pictured is David Snow)



Past Lodge 3-522 Presidents: Left to Right: Terri Hewitt, Ralph Peterson, Wilma Fehr-Foss, Robert Rumney, Deanna Rumney,



Strolling Violinist making the night that much more special



Left to right: Synnove Quaglietta and Vivian Zingarelli



Henry and Harriet Lindenberg



Left to Right: Carol Johnson and Peggy Carnes



Norwegian Ladies

## Anniversary Celebration (continued)



Lodge Vice President, Jack Kise and wife Karen



A Big Thank You to the Anniversary Committee:  
Left to Right: June Cooper, Vivian Zingarelli,  
and Deanna Rumney pictured with Lodge  
President, Lenny Zingarelli



Frank Sings Frank Sinatra serenades  
Carol McCarthy



Inger Pincus with her son, Alex Pincus. Inger poses with a charm given to charter members (by Lodge President, Lenny Zingarelli).



Lodge President, Lenny Zingarelli also gives charms to charter members, Wilma Fehr-Foss and Astrid Gulas



Todd Alspaugh and AnneGrete Peterson



Tom and Diane Bakke



Todd and Beth Alspaugh



Left to Right: Wilma Fehr-Foss and Astrid Gulas, Skål ladies!



Judy Grandstaff raffles off Viking Ship painting by artist and lodge member, Wilma Fehr-Foss



Table scenes along with dancing (in the background) with Frank Sings Frank Sinatra



Henry Lindenberg and Adopt-A-School Officer, Carol Johnson



Grete Sutton's (pictured right) table with family and guests

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

December 2017

7 December

Board monthly meeting Bayside Presbyterian Church Room 506 7 PM

10 December

SON Hampton Roads Lodge Christmas Party, Cypress Point Country Club, 5:30 to 9 pm.

## Christmas Smorgasbord

December 10, 2017

Cypress Point Country Club

**\*\*Remember to RSVP and Send Payment by November 30th (See below for details)\*\***



*You and your guests  
are cordially invited to the  
Sons of Norway  
Hampton Roads Lodge #3-522  
Christmas Smorgasbord  
Sunday, December 10, 2017  
Cypress Point Country Club  
5340 Club Head Road  
Virginia Beach, VA 23455*

*Norsk singing and dancing*

*Dinner cost: \$40.00 per person  
Reservations and payment by  
November 30, 2017*

*Make check payable to:  
SON 3-522*

*Mail to: Judy Grandstaff  
2505 Admiral Dr.  
Virginia Beach, VA 23451  
757-481-5470*

*Cash Bar/Appetizers 5:30pm  
Buffet Dinner 6:30 pm*

## Tubfrim:

Christmas is fast approaching and that means Christmas cards. Please remember to save your stamps from your cards, cut 1/4" around the edges and mail to Deanna Rumney, 776 Harris Point Drive or bring to the meetings. When Deanna has a pound of stamps they are sent to the 3rd District for mail to Norway. They provide income in helping treat sick children. Tusen Takk.

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

Alex Pincus 11/5

Inger Pincus 11/7

Jude Liptak 11/8

Andrew Reed 11/15

Robert Rumney 11/20

Myles Sanoba 11/20

Harold Bernsen 11/25

Suzanne Check 11/25

Edward McCarthy 11/27

a little in English...

This was the start of the adventure

It's been 50 years since the first Norwegian oil was found.

The summer of 1967 was the start of Norway's adventure with oil. That's when the first Norwegian oil was found, on the Norwegian portion of the North Sea continental shelf.

No Norwegian oil platform had been built yet, but the oil came on the deck of the [drilling rig] Ocean Traveler. It was drilling on behalf of the company Esso. They had been allowed to search in area 001, according to the website

Sysla. The area that was searched lay about 250 kilometers into the sea, west of Stavanger. The first round of concessions took place in 1965. Then it was decided where and who would be allowed to look for oil. The search started the summer after that. Oil had already been found in other wells. These were

owned by the British and the Dutch. "During the drilling in 1966 it became apparent: There were places with oil in areas where we searched. That was a good sign. But they did not strike oil all at once," says Dag Bergslien of ExxonMobil Norway. He is a senior geologist and has been immersed in the company's history in Norway. In the summer of 1967 it turned. They found oil, but kept it secret. Not far away, other companies kept looking.

"There was no longer just the possibility that there was oil -now it was proven. It was very good news," says Bergslien.

The Philips company also kept looking. Where they struck oil, platforms were built. Ekofisk was the first field that came into operation on the Norwegian continental shelf, Norwegian news agency NTB writes.

litt på norsk...

Dette var starten på eventyret

Det er 50 år siden første norske oljen ble funnet.

Sommeren 1967 var starten på det norske eventyret med oljen. Da ble den første norske oljen funnet. Det var på den norske delen av sokkelen i Nordsjøen.

Fortsatt var det ikke bygget noen egen norsk oljeplattform.

Men oljen kom opp på dekket av Ocean Traveler. Den boret på vegne av selskapet Esso. De hadde fått lov til å lete i området 001. Det skriver nettstedet Sysla.

Området det ble lett på, lå rundt 250 kilometer til havs. Det var vest for Stavanger. Den første runden med konsesjon var i 1965. Da ble det bestemt hvor og hvem som skulle få lete etter olje. Sommeren etter startet letingen. Det var allerede funnet olje i andre brønner. Disse var eid av britene og nederlandene.

– Under boringen i 1966 ble det klart: Det fantes steder med olje i områdene vi lette i. Det var et godt tegn. Men de fant ikke selve oljen med en gang, sier Dag Bergslien i ExxonMobil Norway. Han er senior-geolog og har fordypet seg i selskapets historie i Norge.

Sommeren 1967 snudde det. De fant olje, men holdt det hemmelig. Ikke langt unna holdt andre selskaper på å lete.

– Det var ikke lenger bare en mulighet for at det fantes olje – nå var det bevist. Det var veldig gode nyheter, sier Bergslien.

Selskapet Philips' lette også videre. Der de fant olje, ble det bygget plattform. Ekofisk var det første feltet som kom i drift på norsk sokkel, skriver nyhetsbyrået NTB.



# SONS OF NORWAY

## Life Insurance

It isn't Sexy, but it Does its Job!

One of the many things I like about Sons of Norway is that most of my clients are my friends or usually become friends. I feel that as a friend and trusted Sons of Norway Financial Benefits Counselor people are willing to open up about their dreams and fears.

Life insurance isn't a very glamorous or sexy topic; however, if you owe someone or want to create some tax-free money, life insurance is just the ticket. As long as people have obligations, life insurance can save a family home, a business, pay for college or even help create tax-free money for retirement. With life insurance, you have the ability to leave a legacy, pay for a funeral or even create an inheritance.

If you die too soon or live too long nothing works as fast and dependable as life insurance. If you want to learn more or simply want to know how to use life insurance to accumulate some tax-free money call your Financial Benefits Counselor and look into something that really matters.

Call your Sons of Norway Financial Benefits Counselor and let's get to work.

Michael Beck, MPA, LUTCF

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## **Did You Know? Norway, Eco-Tourism Destination**

**"In response to the United Nations designated "Year of Eco-Tourism 2002", Norway marked the start of its national eco-tourism project, by founding eco-tourism national label "Ecotourism Norway" as a quality standard for companies to adhere to high eco-tourism criteria such as:**

- **to offer nature-based experiences,**
- **to contribute actively towards the conservations of nature and cultural heritage,**
- **to pay heed to local cultures and traditions,**
- **to serve the local community,**
- **to offer experiences that include learning opportunities, through which the guests acquire knowledge of nature, environment and local culture,**
- **to always ensure that it is impacts on nature, culture, and local environment are limited."**

(<http://sustainable-event-alliance.org/norway/about/sustainable-development-in-norway/>)

**\*\*\*An excerpt from [visitnorway.com](http://visitnorway.com) states the following: "Many places follow sustainable principles, but being certified as a sustainable destination is an honour few qualify for. It takes years of work demonstrating their lasting commitment to providing the best possible experiences for their guests, while keeping the negative impact of tourism to a minimum. In addition, the destination must work to continually improve its business practices and relations with the local community, following principles of sustainability.**

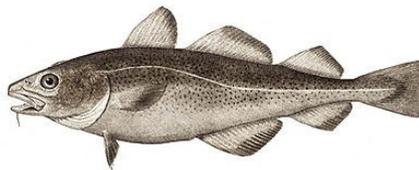
**" ([www.visitnorway.com](http://www.visitnorway.com))**

**It goes on to state that Trysil (located close to the Swedish border) is Norway's biggest ski resort area and was one of the first holiday spots in Europe to achieve Sustainable Tourism Certification.**

**([www.visitnorway.com](http://www.visitnorway.com))**

## Fish and Mac n' Cheese (Fiskegrateng)

5 dl cooked macaroni  
4 tbsp. butter  
6 tbsp. flour  
6 dl milk  
1 grated carrots  
3-4 stalks shallots  
3 dl grated cheese, use the cheese you like  
1 tsp ground pepper  
1/4 tsp ground nutmeg  
500 g cod filet  
2 eggs  
1 dl bread crumbs or panko crumbs



Preheat the oven to 180 C. Grease a baking dish with butter.  
Boil water and cook the pasta, drain and reserve.  
Heat the milk in a small saucepan, but don't boil it.

In a large pot, melt butter and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. Still whisking, add the hot milk and cook until thick and smooth. take the pan off the heat, add the cooked macaroni, carrots, shallots, cheese, salt, pepper, and nutmeg. Add the cooked macaroni and cod and lightly beaten eggs and stir well. Place the mixture in a baking dish or individual dishes.

Sprinkle the breadcrumbs on top with a handful of grated cheese.

<https://analizagonzales.com/2016/02/29/cod-macn-cheese-or-as-we-call-it-in-norway-fish-au-gratin/>



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# Virginia Viking

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