



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 over now, and it's time to look forward to some cooler temperatures. Many of you took advantage of the good weather by traveling to Norway and beyond to enjoy time with family and friends. Many of you traveled to see relatives and national parks throughout the United States.

For our lodge, getting out and enjoying the company of others starts this fall with our Pot Luck Lodge meeting at our meeting church in the Fellowship Hall on Saturday the 29th of September

starting at 5pm. This is our first meeting of the fall, and it promises to be a great opportunity to see everyone again and enjoy both a potluck dinner plus a great program. Please bring a side dish and/or dessert to share with others.

I want to mention two upcoming events in the beginning of October before another newsletter gets published. First will be the first time we participated in Norfolk's Children's Festival held in Town Point Park at Waterside in Norfolk on 6 October. Please let Harriet know if you would like to help out and participate in this wonderful event. Secondly, either on the 8th or 9th of October, the lodge will be celebrating Leif Erikson Day at the Mariner's Museum in Newport News. This turns out to be a fun time touring the museum, presenting the reef at the Leif Erikson memorial and a tasty fellowship lunch immediately following the ceremony. Exact date and time to be determined.

Lastly, the nominating committee for next term lodge officers is moving forward looking for candidates to help lead this lodge for the next two years. One of the reasons why 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. Lets continue to make our lodge fun to be a part of.

Lenny

September 29

Membership Lodge Meeting
Bayside Presbyterian Church
5 PM
Program TBD

October 4

Board Meeting
Bayside Presbyterian Church
Room 506 at 7 PM

October 6

Norfolk Children's Festival
10 am to 3 pm

October 9

Leif Erikson Day Celebration
Mariner's Museum
Newport News at Noon
Lunch to Follow at 12:30
at Rick & Libby's Restaurant
RSVP to Deanna Rumney
by October 2nd

October 18

Membership Lodge Meeting
Bayside Presbyterian Church
7:30 PM
Program TBD

[Fra Presidenten, Kathy Dollymore, 3rd District President](#)

July 2018

We aim above the mark to hit the mark. Ralph Waldo Emerson



For my first letter as 3D President, I wish to thank the delegates that had attended the 3D Convention in NY for their confidence in having elected me to serve in the capacity of President. I would like to thank President Mary Andersen and the previous Board of Directors for a job well done in our Tremendous Third. The President and Board are volunteers as well as members of SON and they, along with previous 3D boards, have definitely provided us with a Third District to be proud of. President Mary has been a terrific role model, and her shoes will be impossible to fill. I am especially grateful that I will be able to rely on her wise counsel during my term.

I have been a member of Sons of Norway for over 30 years and have held multiple positions in my local lodge and on the District Board. I care for our District and our membership. It is my desire, along with an awesome Board of Directors, to raise awareness of the value of being a member of the Third District and by extension, Sons of Norway, International. We look for more people to become members and to take a more active role in shaping the growth and development of The Third District. In the last couple of years the 3D has taken the steps to reach out to support our 49 lodges by creating an LLST (local lodge support team), whether through officer leadership, website, programs, visitations, etc. Under the guidance of Vice President Stephen Helmold and LLST chair ZD 7 Dirk Hansen, I hope to continue this ongoing effort and expect to see continuing results. As we look to the future, as your new President, my vision is to give every member a voice, to develop and promote the use of officer training for new officers, reduce lapsed membership, and have initiations for new members for every lodge. We have a lot to offer (language camps and classes, scholarships, handicrafts, cooking and heritage classes, heritage programs, sports programs, travel opportunities, Viking Magazine, and outreach programs) and we should share with our community especially our future youngest members.

Thanks to the work of all of our committees we are on our way to a successful two years.

I welcome your ideas and would appreciate any help from you to improve our District. Should you have any comments and or concerns feel free to email me at president@3dsofn.org.

<http://3dsofn.org/news/news-5presidents-message/>

[Share the Spirit of VELKOMMEN](#)

Please reach out this month to someone in our community who might enjoy the fun times and friendly folks at our Sons of Norway lodge. Remember, daughters, sons and anyone with an interest in Nordic culture and heritage are welcome to join Sons of Norway. Let's make our community welcoming to all!

https://www.sofn.com/_asset/cymmcr/SepOct_18.pdf

Message from your Zone 7 Director

It's a Cultural Thing.

As your Zone 7 Director, one of the projects that I am working on is a study of 3rd District Convention attendance over the past 10 years and it is fascinating where this research is taking me. Our Zone 7 in its current configuration is the newest of the 3rd District zones and was created by pulling Hampton Roads, Charlotte, Raleigh and Blafjell from the old Zone 6, Southern Star from Zone 5 and adding the new lodge Norskevenner from Atlanta. Other than Hampton Roads our zone lodges have been around a relatively short time compared to our more northerly neighbors.

My research into convention attendance is suggesting that a strong and ingrained culture of participation is a possible factor in the sending of delegates to the district conventions. However, my knowledge of our lodges in Zone 7 and its members also reassures me that we have and have had this culture in the makeup of our lodges. Granted only Hampton Roads and Southern Star sent delegates in 2018 which was on Long Island NY. so distance and cost may have played a large role in whether lodges chose to send delegates.

Over the past 10 years our zone has displayed a strong culture of participation and I have no doubt that we will continue to do so especially since the 2020 Convention will be held in Jacksonville, Florida. With the above in mind please take a close look at your lodges and your own level of volunteerism and its overall culture with regard to all things fraternal and begin to set the wheels in motion to make the 2020 District Convention a full house at least from our Zone 7.

2020 Convention details will be coming in down the road, but planning is the key. If your lodge typically gives a monetary stipend to delegates, include it in your 2019 and 2020 budgets and start the fund raising now. If you feel like you would make a good candidate to be a delegate start campaigning now. It is essential that lodge leadership take an active role in convention promotion and communications. Plan your stay in Jacksonville to include more time to yourself either before or after. Anyone interested in what the delegate experience is like be sure to talk to a fellow member who is a convention veteran. As I make my rounds to your lodges in the coming months, we will talk further on the topic.

Our youthful Zone 7 does have the culture so let's show it in 2020. As a voting block Zone 7 can make a difference in all of our Sons of Norway futures.

Fraternally,

Dirk



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.](#)

Lodge Events

Lots to Celebrate at the Midsummer's Picnic
held at the home of Henry and Harriet Lindenberg, June 16, 2018

**Congratulations to our HR SON Lodge for Winning Large Lodge of the Year for Both
2016 (Under President Ralph Peterson) and 2017 (under President Leonard Zingarelli)!**

**Good Times, Good People, and Good Food!
Even the Wildlife decided to join in on the Festivities!**





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

July Birthdays

David Snow 7/4
 Allynne Nordstrom 7/5
 Henry Lindenberg 7/6
 Gerhard Larsen 7/8
 Tyler Minson 7/9
 Constance Hoff 7/10
 Judy Grandstaff 7/12
 Kari Lane 7/13
 Frances Caldwell 7/15
 Kip Pagach 7/17
 Eleanor Beyer 7/24
 Rolf Williams 7/24
 William Macdonald 7/25
 Timothy Alspaugh 7/27
 Christina Young 7/27
 Richard Conrod 7/28
 Chris Fosback 7/31

August Birthdays

Astrid Gulas 8/2
 Bonnie Knipp 8/3
 Ralph Peterson 8/3
 William Clanton 8/5
 Thomas C Bakke 8/8
 Martin Boo 8/11
 Kathleen Uyak 8/11
 Rick Rudell 8/18
 Annegrete Peterson 8/19
 Thomas H Bakke 8/21
 Sylvia Foster 8/25
 Clare Kerr 8/28
 Grete Sutton 8/28

September Birthdays

Arne Svindland 9/5
 Elaine Murray 9/8
 Bernt Raugstad 9/9
 Anna Maria Lissnils 9/10
 Maxine MacGregor 9/10
 Nancy Marsden 9/10
 Michael Solhaug 9/11
 Alexandra Fackrell 9/12
 Abigale Lindenberg 9/20
 Harry Hansen 9/22
 Sarah Ann Stires 9/25
 Elaine Norman 9/26
 Pat Trent 9/27

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

Did You Know?

To Recreate a Viking Ship

Draken Harald Hårfagre is not a replica. It is a recreation of a Viking Ship created from great knowledge about Viking history, the Norse sagas, archaeology and traditional boat building. It all started with the idea to create a great, seaworthy Viking ship, able to sail the oceans of the world—all from a patchwork of historical clues. The three main inspirations are:

The Nordlandsbåt

Nordlandsbåt is a common name for the clinker-built boats that are found all along the coasts and fjords of Norway. They are traditionally used for fishing and transport, and their appearance resembles a Viking ship. Like the Viking ships, most of these boats are rigged with a square sail.

The Gokstad ship

The Gokstad ship was found in a burial mound at the Gokstad farm in Norway in 1880. It is one of the most well preserved Viking ships found. It was built in about 850 A.D, and is 23.80 meters (78.1 ft) long. The Gokstad ship became a vital source of information on how to build Draken Harald Hårfagre.

The Norse Sagas

The ships are ever present in the old Norse sagas. Especially the large longships, which were signs of wealth and power in the Viking age. The sagas tell us that a “great ship” is a vessel of specific magnificence. King Harald Hårfagre is said to have had several “great ships” in his fleet.

Submitted by: Barbra Stehlik—Source: Unknown

****** Draken Viking Ship is rescheduled for Sept 27-30th in Norfolk because of the hurricane. <https://www.drakenhh.com/norfolk> ******

Upcoming Schedule of Events (Cut-Out Version)

September 2018

September 29 Membership Lodge meeting Bayside Presbyterian Church 5 PM Program TBD

October 2018

October 4 Board Meeting Bayside Presbyterian Church Room 506 7 PM

October 6 Norfolk Children’s Festival, 10 am to 3 pm.

October 9 Leif Erikson Day Celebration—Mariner’s Museum—Newport News—Noon—(Lunch to follow at 12:30 at Rick & Libby’s Restaurant—1106 Warwick Blvd. #458, Warwick Shopping Center—RSVP to Deanna Rumney by October 2nd).

October 18 Membership Lodge meeting Bayside Presbyterian Church 7:30 PM Program TBD

November 2018

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



SCANDINAVIAN CHRISTMAS BAZAAR

Sponsored By
Sons of Norway

Saturday, November 3rd, 2018
9am-3pm

Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

- ❄️ Enjoy Traditional Norwegian Food - Lefse, Waffles, Lapskaus
- ❄️ Viking Long Boat with Viking Re-enactors - photo op
- ❄️ Norwegian Bakery - Julekake, Kransekake and more
- ❄️ Children's Activity Table
- ❄️ Norwegian Cultural and Tourist Information
- ❄️ Great Vendors - Scandinavian Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?

Call (757) 631-0362

Visit Our Lodge Site www.hrson.org or on Facebook Sons of Norway – Hampton Roads



In Honor of National Potato Month.....

Mashed Potatoes with Jarlsberg Cheese

INGREDIENTS

6 cups mashed potatoes

1 cup milk, heated

1 1/2 cups Jarlsberg cheese, diced 8 ounces

1/2 tablespoon olive oil

1 teaspoon seasoning salt

DIRECTIONS

Preheat oven to 350 degrees.

Mix the hot milk into the cold potatoes to soften add 1 1/4 cup cheese.

Place into a butter casserole pan.

Top with the remaining cheese, brush the oil over the top and sprinkle salt.

Place in over for 20-30 minutes. Then place under broiler to brown the top if desired.

<http://www.geniuskitchen.com/recipe/mashed-potatoes-with-jarlsberg-cheese-191134>



Virginia Viking

**5132 Lake Shores Road
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