



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

With the start of a new year, we all have hopes of it being our best year yet. I am no different with many resolutions to try to make it my best year ever. Mine are typical resolutions of losing weight and exercising more. I hope one of yours might be to try to attend more SON lodge meetings than in the past. Our programs at each meeting are intended to have us share our Norwegian heritage and culture. We try to make them entertaining, fun and informative.

We had another great year in 2018 at getting new members to join. We had a total of 18 new members join last year to give us a total of over 150 members. For our new members, we have a New Members Breakfast on 9 February (Saturday) at 9 am at the Cypress Point Country Club. It is here where new members not only enjoy a good breakfast for free but also get informed of what the Sons of Norway has to offer you. But most of all, you have a chance to meet the other members of the lodge and share our Norwegian heritage and culture. The breakfast is open to all members and guests of the lodge but it is free for the new members and their spouses.

In closing, I hope to see you soon. Please stay warm this cold winter.

Lenny

January 17, 2019

Installation of Officers
Lodge Meeting. Program:
Norwegian Sweaters.
Bayside Presbyterian Church
Room 506 at 7:30 pm.

January 26, 2019

Fellowship Lunch, noon at
"What the Gritz" at 689 Phoenix
Drive, Virginia Beach.

February 7, 2019

Board Meeting at Bayside
Presbyterian Church at 7:00 pm.

February 21, 2019

Membership Lodge Meeting
At Bayside Presbyterian Church
at 7:30 pm.

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

Snowflakes are one of nature's most fragile things, but just look what they can do when they all stick together." Vista M. Kelly

I hope you have had a wonderful holiday season! As I am taking the decorations down to put away till next year, I think about the coming month of January. January is a time when many of us reassess our busy lives and think about what we want to accomplish or do to balance our lives during the next year. Do you make resolutions? One of your resolutions should be to start becoming an active member of your lodge. Here are some New Year ideas and exercises for you!

Attend a Meeting: When was the last time you attended a meeting. When was the last time you volunteered? We all know things don't happen if no one does them. How about 4 hours twice a year. There are all kinds of things to volunteer for. Just ask. Without new ideas and help, the success of the lodge is put at risk. You are an important member of your lodge and you are missed. Make 2019 the year that you come out and support your lodge.

Bring a friend: When you do come to a meeting, why not bring a friend! **Bringing someone to see the lodge and all that there is to offer** will be energizing, give them good food, good fellowship, and, with your help, they will be good candidates for the Lodge. Think of all the people you know, who might make good members of our Lodge and share the fun.

Join a group: Does your lodge have a literature group, a genealogy group, a language group? *Why not join and if there isn't one, why not start one.*

Try some Exercises: Look at the SON website and find the sports medal programs. There will be something you will like. Start slow and easy and work your way up. Do something for your good health while earning an award.

Now that January has arrived many lodges have the installation of new officers. Congratulations to those new and returning officers and a hearty thank you to those who have served in the past. Many don't realize the dedication and many hours you have spent as a volunteer to support your lodge.

There are photographs to take of your lodge happenings. Share your events through pictures. Send them to the publicity@3dsofn.org and copy me. I'm always interested in what's going on in our "Tremendous Third"

I sincerely hope that new year brings you and yours health and happiness.

Fraternally, Kathy

Gratulerer Med Dagen (Happy Birthday) To the Following Members in January

HAPPY JANUARY BIRTHDAY TO THE FOLLOWING MEMBERS

Dianne Bakke	Gerald Blau	Shelly Foster	Mary Friesen
Jerry Gillett	Richard Keever	Robert Larsen	Aaron Lindenberg
Carol McCarthy	Berit Mc Carty	Kaden Pratt	Mbali Reynolds
Richie Sanoba	Jason Sprague	Andrew Truitt	James Zingler

The Top 8 Historical Museums in Norway

A building full of history

The Historical Museum in Oslo is the fast track to a deeper knowledge of the origins of Norwegians. It is also a visual guide to the unexpected development of the Norwegian society from rather poor and self-sufficient to far more independent and international.

The Vikings were here

The Viking Ship Museum in [Oslo](#) is among the most visited exhibitions in Norway. The wooden vessels from the 9th century are flanked by numerous objects that reveal everyday life in the Viking Age. The museum also shows that the history of the Vikings has many layers, and it captures our imagination and curiosity.

The 900-year-old wooden church

Borgund stave church in Lærdal is situated at the gate to [the Sognefjord](#). The characteristic shapes of the stave churches are among the strongest symbols of Norwegian history, and Borgund ranks as one of the best preserved. The new visitor center houses an exhibition of the culture of Norwegian stave churches in general.

An invitation to the Archbishops residence

The Archbishop's palace museum in [Trondheim](#) is part of the site of the Nidaros Dome. In the early 1990s, a fire destroyed some of the wooden buildings and a new and airy museum was built. A result of the construction was unseen archeological finds that have substantially enriched the collection of the museum.

The story of the coastal culture

The Museum of Archaeology in [Stavanger](#) tells the story about the region way before it got world-famous for its petrol industry. People have been living here for a long, long time, and the proofs are in the museum's collection of numerous everyday objects.

The splendor of the Sami people

The Sami Museum in Varangerbotn manages to house the long history of the [Sami culture](#) in a modern piece of architecture that is clearly inspired by local building traditions. This extensive, permanent exhibition is regularly animated by several cultural events.

Bergen through the ages

The extensive exhibition of [Bergen](#) Historical Museum runs from the Age of Antiquity to the present. If you are into archeology and ethnography, you will find entire collections that witness the progress of the special way of life in the Stavanger region, including – of course – the Viking culture. The section of church art is considered to be the most important in Norway.

Where modern Norway was founded

Eidsvoll 1814, the Norwegian Center for Constitution, is named after the small city and the building where Norway got the first part of its independence, which later led to the complete secession in 1905. This birthplace of the Norwegian constitution also consists of a visitor center that contains the exhibition "Citizens in a Living democracy" as well as changing exhibitions inside and outside.

Norwegian Recipes Requested

I am writing to ask some help for Norskevenner Lodge in Atlanta. We have begun a cookbook project and have been collecting Norwegian recipes from our members. When we have collected between 100 and 200 recipes, we will have the cookbook published for sale as a fundraiser. Presently, I have only been able to collect ten recipes from our membership and am looking for other sources of recipes. Would you, if you feel it appropriate, send my request for recipes to your respective lodge memberships? Anyone who donates a recipe will have (with their consent of course) their name and lodge name attributed with the recipe. Any help you can give us would be greatly appreciated.

All recipes may be emailed to me at rwilliamsbrowningnorway@gmail.com. If your members want to mail a hard copy (not required) they can mail the recipe to: Bill Browning, 1175 Hembree Rd.#219, Roswell, GA 30076



Happy New Year in Norway

New Year's Eve in Norway is a big celebration. Many city people will travel to their holiday homes, often located in the mountains, so Oslo and other cities can be a bit quieter than normal. Apart from being rich in economy and growth, Norway is considered equally rich in its heritage and tradition. New Year celebrations as made all around the Norway are an intact part of those traditions, followed by the inhabitants of Norway since centuries. On New Year's Eve (Nyttårsaften), Norwegians usually meet for dinner at someone's home or invite guests over to theirs. Norwegians love to bring in the New Year in high spirits of joy and happiness. Many hotels and restaurants are also hosting

New Year's Eve parties. The most popular places in many of Norway's ski resorts are fully booked for New Year's Eve within the early autumn.

The New Year celebrations as made in Norway are high on content and style, and are quite distinctive from the regular celebrations which usually go around the world. It is common to see Norwegians dressed their best to bring in the New Year. There isn't a traditional dinner on this evening. Some eat a version of Norwegian Christmas dinner while others have

different meals. Wine is considered to be compulsory part with which celebrations truly boast off. After dinner, some parents will let their younger children play with sparklers or set off small fireworks before they head off to bed. Some lucky older children get to stay up until midnight to watch the fireworks.

Norway is famous for the fireworks display, which starts promptly at 12, with a countdown. The toasting of the New Year starts the moment the clock turns 12 and wishing the family, friends and neighbors a happy new year (and that's when the mobile network usually collapses). At midnight everyone starts to wish their friends, family, loved ones, and neighbors *Godt Nytt År, takk for det gamle* (Happy New Year, thank you for the past year). There will be hugs, kisses, cheers, and calling over to other groups to wish them well in the streets. Without drawing any distinction, everyone irrespective of their age and gender is encouraged to be a part of these celebrations, and inhabitants as well as tourists party all day and all night till the early hours of the first day of the New Year.

There is also a Halloween-like tradition in Norway, referred to as 'Nyttarsbukk', when small children visit all the houses in the neighborhood, while singing special New Year songs. In turn, people give them candies. With regards to private fireworks, rules and regulations tightened in 2008 prohibiting rocket type fireworks with stabilizers and fireworks looking like toys. From the 27th to the 31st of December, smaller fireworks will be available for sale to consumers. You will see these fireworks sold in stores such as Coop and Europris, among others. There will usually be big banners to let customers know that there are fireworks being sold in that store.

New Year's Day is generally a quiet day spent resting from the festivities of the night before. Some Norwegians also make it a point to go to church on this day. The King will also give a speech on this day, which can be seen on TV. It is easy to find many who are planning to be a part of New Year Eve parties, which reflect less of the local culture and are more of an evidence of the adopted continental lifestyle. New Year celebrations are also more about spending time with friends, rather than members of the family, which otherwise is outright reserved during the time of preceding Christmas time. New Year celebrations begin on New Year's Eve and go on the whole night to conclude in the early hours of New Year's Day.

With the arrival of the moment of New Year, people cheer out loud with whatever they have. Their natural senses, car horns, whistling talent, church bells, or drum beats, all live their vibrant moment as soon as clock turns twelve at midnight.

Sons of Norway Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams. Although application deadlines vary from Jan. 15 to March 1, 2018, it is not too early to think about applying for support for the 2019-2020 school year. [Learn more](#) and [apply for scholarships](#) offered in 2019 through the Foundation funds. Read the [news release](#) for more information.

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Len Carlson, FIC, CLU

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