



# VIRGINIA VIKING

## SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Leonard Zingarelli Vice President: Mike Solhaug Secretary: June Cooper Treasurer: Ragnhild Zingler



### The President's Corner

We've held our first lodge meeting using zoom on-line and it went quite well. We also had a program that Mike Solhaug presented that was about some pretty fascinating Norwegian American Athletes. I also sent it to all members via e-mail in case you were not able to zoom in with us. On October 15th, we will be having our next zoom lodge meeting at 7 pm. I really suggest that you join in and be a part of the camaraderie.

You'll be getting an e-mail invite again right before the meeting. If you need assistance with joining, Elizabeth will be able to help. Much more to follow on this as we are trying to find ways for us to continue sharing our Norwegian heritage and culture during this Covid 19 pandemic. Our program next zoom lodge meeting is titled "King Leopold and the Norwegian Connection" being presented by Robert Hitchings. Now many of you know Robert and have heard him speak in the past. He is a fantastic speaker and you absolutely will enjoy his presentation. I highly recommend that you join in and be a part of your lodge's zoom meeting on 15 October.

Of course, we are all looking forward to being able to meet in person once again. When this is safe to do, we will commence our lodge meetings and lodge events. We are also waiting for our meeting church's renovations to complete. Covid 19 restrictions and available space to meet are the two things stopping us from getting together besides doing it virtually. We are moving forward with having our Christmas party at the Holiday Inn, same as last year. We will need to do some social distancing and other safety measures but expect a good turnout and lots of fun. The date for the party is 6 December, Sunday evening. Invites and additional information to follow LENNY

### EVENTS

October 15, ,2020, at 7:00 p.m.

Zoom General Membership Meeting  
Program: Robert Hitchings presents  
King Leopold and his relationship with  
Norway.

December 6, 2020 at 6:30 p.m.

Christmas Party is PENCILED in at the Holiday  
Inn. It depends on progression of Covid 19  
and social distance issues. Further  
information to come later.

## Fra Presidenten, Kathy Dollymore, 3rd District President



Here's a great quote concerning a new skill: "Do one thing every day that scares you." Quotation often assigned to Eleanor Roosevelt.

Lodges are gearing up with their nominating committees for officer elections coming up and maybe that can be a little scary, *"can I do it, will I get help, what if I make a mistake. I'm not ready"*

With National Baseball taking place, (*yea, Phillies*) even if it isn't the way we had hoped to see it, these are thoughts for you: Don't hide from the fear--lean into it, take a swing, or let it hit you and take your free base. We're all here cheering you on and waiting for our turn to step up to the plate! Meaning try a position in your lodge as an officer or part of a committee. We'll get back to our lodges, our meetings, our programs, our friends in the new normal but we won't hide from the fear but will take on the new day. Sons of Norway members are resilient and we are all in this together and we will persevere. So, when asked to step up to the plate, think about that quote.

I am learning to use my Zoom, something I never thought was on my agenda. And yes, a little scary but still trying to learn more each day.

Some of our lodges have started meeting with a safe-distancing-mask-in-person meeting and some lodges have done virtual meetings with members who have been unable to attend in a while but through the virtual world here they are with the group. So, we will find ways to get together. Programs shared from other lodges and members of other lodges visiting in the virtual world makes this something we had not envisioned, but it's something that's working.

October is also the month we recognize as FOUNDATION MONTH. A donation to the Sons of Norway Foundation is a contribution to the positive impact we make through community, youth, educational, and cultural projects. With every contribution, there is an impact. The Sons of Norway Foundation is proud to announce the brand-new Helping Hands to Members Medical Relief Grant. This grant assists current members with unreimbursed medical claims resulting from extreme illness or injury. Awards of up to \$5,000 are available to help members who are uninsured, underinsured or denied coverage for major medical expenses. Grants are made from the Foundation's Humanitarian Fund.

Everything the Sons of Norway Foundation accomplishes is the result of the support of our donors: the people who contribute time, talent and resources to further our mission in member communities. Every contribution matters and you can be sure that we're using your donations responsibly and effectively. Our 3D Foundation Director, Dirk Hansen, has information on how the Foundation can work for YOUR lodge. [hansenoaks@lowcountry.com](mailto:hansenoaks@lowcountry.com)

## **Gratulerer Med Dagen (Happy Birthday) To the Following Members in October!**

Norma Castellano	Floyd Friesen	S. Joan Losen
Cassie Elverum	Hanni Peterson	Michael Pettry
Laurie Porter	Martha Rudell	Ragnhild Zingler
Catherine Williamson	Lenny Zingarelli	

# SON SPORTS PROGRAM



## **New sports medals – August 2020**

If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher.

First, **Idrettshelt** [ee-dretts-hellt] –the sports hero pin– is the 5<sup>th</sup> level within any sports medal category.

Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the *Idrettshelt*.

Earn double the point or mileage value of the **enamel** level to qualify for an *Idrettshelt* pin. Tracking cards for this medal may be requested from your lodge sports director. Record your mileage or minutes and return the card to your sports director to receive your pin.



Next is **Hederspris** [hay-dersh-prees], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any **three** sports medal categories.

Thanks to our members who have requested new challenges- we've made these updates based on your suggestions!

## **Fitness rewards that fit your lifestyle.**

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

## **It's actually quite simple – and naturally rewarding!**

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.
- Go to this link to download which record cards you want to use:  
[https://www.sofn.com/member\\_resources/cultural\\_programming/sports\\_medal\\_program/levels\\_requirements/](https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/levels_requirements/)

Email your records to Bob Rumney, [Grandgufinof@aol.com](mailto:Grandgufinof@aol.com) (757-490-3030)

## **Sons of Norway Whole Life Insurance**

Products provide coverage for your entire life,  
with single or level premiums and guaranteed level death benefit.

These permanent life insurance plans can provide you and your family with financial security no matter how long you live

# Congratulations to the following Members for their sports medals:

Robert Rumney: Idrettsmerke: Bronze (1) Silver (1), Gold (1). Gangmerke: Bronze (1)

Jeanne Mac Donald: Idrettsmerke ; Bronze (2) Silver (2), Gold (1)

Grete Sutton: Gangmerke ; Bronze (1), Silver (1), Gold (1),Enamel (1)

Jim Zingler: Gangmerke; Bronze (1), Silver (1)

Ranny Zingler: Gangmerke: Gold (1)

Vivian Zingarelli: Gangmerke : Bronze (1), Silver (1), Gold (1), Enamel (1)

Mike Sohaug: Sykkel: Gold (1)

Cindy Sanoba: Idrettsmerke: Silver (1)

Jane Lipscomb: Gangmerke: Silver (1)

Ralph Peterson: Sykkel; Silver (1)

Anna Grete Peterson: Gangmerke; (1)

## BACALAO

In Portugal, Spain, Italy, Greece, Brazil, the term Bacalao is used for stockfish (salted dried cod).

Bacalao, an international affair...In Mexico, where there will not be Christmas without Bacalao, they combine shredded stockfish with salsa, finely diced onions, chili, olive oil, almonds, parsley, cubed potatoes, capers, olives and simmer it slowly and BINGO, they have Christmas Bacalao.

In Spain, the recipe calls for stockfish, potatoes, onions, tomatoes, Spanish peppers, and oil and they call it Bacalao en Salza.

In Spanish, the term **bacalao/bacalhau** translates to cod in English, and in Norway, it is called torsk.



They sometimes use other salted dry fish to make Bacalao.

But, in Norway, Bacalao refers to a "stockfish/klippfisk casserole" with tomatoes, olives, onions, and peppers, but not always, because of the numerous recipes for this Norwegian fish dish. However, it is always made with salted, dried cod, (stockfish) as the main ingredient.

## **Stock Fish/Klippfisk (left)**

For example, Lofotlao is a recipe for Bacalo more prominent in Lofoten, Northern Norway.

Kristiansund, is a city well known for their version of Bacalao.

Other parts of the country have their own special way of making Bacalao.

In the United States, salted, dried cod/klippfisk can be found in a 1-lb wooden box in your grocer's meat department, or frozen in 1-lb packages at Walmarts. If they don't find it, ask them where they keep frozen bacalao.

### **Ingredients**

1 lb salted dried cod  
4 tablespoons fresh parsley, chopped  
6 or less large onions, chopped  
1/4 cup (or less) olive oil  
3 tablespoons dry sherry  
4 large tomatoes, peeled and chopped (canned whole tomatoes work great)  
4 tablespoons green olives, sliced  
5 cloves garlic, minced  
1 fresh or dried jalapeno pepper minced (for those who like it real hot)  
4-ounces pimientos  
1/2 cup pitted black olives (Greek optional)  
1/2 teaspoon oregano (optional)  
Freshly ground pepper.  
Salt to taste

Serve with Greek or Italian bread and salad and...of course, don't forget your favorite bottle of wine. Skål!

### **Preparation**

Soak salted cod for 12 hours  
Change water every 4 hours.  
Drain and shred fish.  
  
Saute onions and garlic in oil.  
Add oregano, parsley, olives, pimentos, jalapenos, wine and simmer.  
Layer sauteed vegetables, potatoes, shredded fish, salt and pepper.  
Drizzle remainder of the oil.  
Bake at 350°F. for 35-40 minutes and you have Bacalao.

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## **SON Foundation**

**In the last five years, the Foundation has granted more than \$730,000 to lodges, members, students and organizations around the country and world to promote and preserve Norwegian culture and heritage and provide higher educations and humanitarian aid. It is now time to replenish what they have given so far so that they can continue to help others in the future.**

**The Sons of Norway Foundation aims to raise \$100,000 to support this program. In that vein the theme for the fundraiser is "Together We Are the Future".**

**Their goal is to raise this money as a matching fund incentive. Each lodge and individuals are asked to give generously to this cause. If you are able to donate, please make your check (or credit card donation) to SON Foundation and be sure to mark this as a matching fund.**

**Deanna Rumney  
Foundation Director**

## **NOVEMBER 2020 MEMBERSHIP DRIVE**

Over the past few years our lodge has utilized our annual bazaar as a major “new member” recruiting platform. We have averaged well over 12 new members a bazaar for years. (These numbers have been a major reason why your lodge has been named District 3 Large Lodge for the past 4 years (an amazing feat)) These new members have helped us by replacing other members who for one reason or another have moved on. Some of those new members got excited about SON while attending the bazaar and just joined on the spot, but a significant number were familiar with us and joined that day to take advantage of our “membership sale” where the lodge forgave our portion (\$14) of the SON annual dues.

Your board has decided to hold a Membership Sale this year despite no bazaar. In order to make it somewhat of a success this year we are going to need your help. If you have any family or friends that have been thinking about joining the Hampton Roads SON please let them know about this offer. If you don’t know of anyone who is thinking of joining us, look for somebody and do some smooth talking.

For members who have a solo membership and have a spouse or another person living in the same house, think of a FAMILY MEMBERSHIP. A single membership is \$60 while a FAMILY MEMBERSHIP is only \$35 dollars more or \$95 a year. This first year of FAMILY MEMBERSHIP is going to be only an additional **\$21 dollars** as our lodge will rebate our portion (\$14) of the total dues. While you can have as many members as you like with a Family Membership our lodge only gets \$28 of dues for a family membership so if you move from a solo membership to a Family Membership the rebate from Hampton Roads will be limited to \$14.

**Anyone dues paying member who joins our lodge during the month of November 2020 will receive a check from the lodge for \$14. I would suggest signing up online <https://www:sofn.com> or calling the SON at 800-945-8851 and ask for membership who can sign you up over the phone. In both cases you will need a credit card. We will check our membership list December 1 and get our checks out to the new members ASAP.**

If you have any questions contact our Membership Secretary,

Ralph Peterson Cell 757 581-3230 or [nodakralph@gmail.com](mailto:nodakralph@gmail.com)



## **Virginia Viking**

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Mona Denton  
3020 Watergate Lane  
Virginia Beach, VA 23452