



# 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 continue to hold our lodge meetings on zoom with much success. We are trying hard to ensure that an interesting program will be presented at the end of each zoom lodge meeting. However, the numbers of lodge members joining in on-line is low, well below what I hoped it would be. I wish that more of our members would give it a try since we are attempting to make it interesting for all. If you are not certain of how to use zoom, please just ask. Our program for our November zoom lodge meeting is about the Vesterheim museum. Chris Johnson the

President/CEO of Vesterheim: The National Norwegian-American Museum & Heritage Center: has agreed to provide us with a "zoom" presentation for our November 19<sup>th</sup> meeting. He will use a slide presentation that will last 20-30 minutes. He will be talking on the history of the museum, current events at the museum and how those of us who can't visit the museum still take advantage of what the museum has to offer. Check out this link to find out more about the museum: "<https://collections.vesterheim.org/vesterheim-archives/virtual-galleries/>." You'll love his presentation.

When we can meet in-person again for lodge meetings and events, really depends upon how this Covid-19 pandemic trends. Right now, the numbers are going up in most states, creating a risk when groups meet, especially indoors. Since my priority rests with the safety and health of our lodge members, I will keep everyone informed of when I feel it's safe to meet in-person once again. It will happen, please just be patient for now.

Along the lines of safety and health, your lodge's board voted that it was still too risky for our members to meet indoors at our Christmas party in December. As much as I too want to enjoy the Christmas fun we all have at the party, it is not worth the present risk to our members and their families. I hope you understand. So instead of canceling the party, we are just going to delay it, until hopefully this spring, when the risks are much lower and acceptable. We may call the party something else but the fun and the sharing of our Norwegian culture and heritage will be the same.

### EVENTS

#### **November 19, 2020, at 7:00 p.m.**

Zoom General Membership Meeting  
Program:

Chris Johnson the President/CEO of Vesterheim will present a program about the museum.

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

The Christmas Party is cancelled due to Covid.

Having to stay indoors a lot more than before, had me looking on-line for interesting Norwegian news. Continuing our interest in learning about Norwegian athletes, check out this news clip by typing this link into your browser "<https://www.newsinenglish.no/2020/10/01/sports-stars-grab-lots-of-attention/>". You'll find that rarely have Norwegian athletes grabbed so much international attention outside of the ski season as they have during the past few weeks. Norway suddenly has a rash of young stars at the top of their sports in football, track and field, tennis and golf, and they're making headlines far beyond their homeland.

Lastly, I want to remind everyone about our New Membership drive this November. The details are available in an article within this newsletter. What a great way to get your family members and friends more involved with their Norwegian heritage by taking advantage of the discount available only in November. If you have any questions about it, please just ask. **LENNY**

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

The last six months have been challenging to say the least, I've been impressed by the exciting new ideas developed for elections and holding meetings. Innovation is more important now than ever before. From fraternal acts of kindness, supporting our members, thinking of practical ways to make a positive impact during the pandemic, hosting different kind of lodge meetings, to tracking important data, the last few weeks and months have shone a light on the power of human creativity and collaboration. There is more work to do, but the tenacity and dedication of Sons of Norway members have brought us much closer to a model of what we will call New Normal.

Nominations and elections for our lodges have taken place and I congratulate the lodges for thinking of the new ways to carry on with leadership So, this is a special THANK YOU for those who have accepted a position whether a returning officer or new officers- Please support the officers that take on the challenge of leadership, specifically.... support their new ideas! Some will be a refreshing change and others might be a learning experience. Remember that change can be good! Getting out of your comfort zone is never easy. In this ever-changing world things must change to grow and survive. However, let's move forward without forgetting the significance of our long-standing traditions and ceremonies

Our gatherings for Thanksgiving may be different this year. Even Macy's Thanksgiving Day Parade will be a virtual event this year. Thanksgiving is a time when many families travel long distances to celebrate together. Staying home may be the best way to protect yourself and others. If you must travel, be informed of the [risks involved](#). Even with all the challenges we are up against, we will find a way to celebrate and give Thanks in a way that celebrates our families, SON communities, country, and all we have to be thankful for.

And.... there is light at the end of the tunnel. In the meantime, this is your Lodge, your Sons of Norway. If we want our lodges to continue to grow, we must recognize what our members expect from our lodges. So, let's speak up and let's also listen. Some of our lodges are still having nice enough Autumn weather to pick a day and get out and breath some fresh Fall air and see the changing of the leaves, see the geese flying south, maybe group with some other lodge members for a ramble. Don't forget to use the walk for your sports medal, take care of yourself and take care of others.

Fraternally, Kathy

## **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

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

JoAnn Porter	Harold Bernsen	Suzanne Check
Terence Johnson	Ethan Lindenberg	Jude Liptak
Edward McCarthy	Todd Moe	Alex Pincus
Inger Pincus	Robert Rumney	Drew Salvigsen
Dustin Salvigsen	Myles Sanoba	Richard Urbanek

### NORWEGIAN APPLE CAKE (FROM THE NORWEGIAN KITCHEN COOKBOOK)

1 cup unsalted sugar  
1 cup sugar  
4 eggs  
1 tsp baking powder  
1 ¼ cups flour  
3 large apples (or 5 small)  
2 teaspoons sugar  
1 ½ teaspoon cinnamon  
Pearl sugar

Preheat the oven to 350. Beat butter and sugar till white and fluffy. Add eggs one at a time beating well after each time.

Combine baking powder and the flour and mix well. Pour half the batter into a well-greased spring form.

Peel and core the apples and cut in thin slices. Arrange 2/3 of apples on top of batter. Sprinkle with sugar and cinnamon. Cover with remaining batter and top with pearl sugar. Bake on lowest oven shelf for about 50 minutes. Serve with warm with whipped cream or ice-cream.

Editor's Note: I made this cake and it is very easy and very good.



# NORWEGIAN COVID NEWS

## **Norwegian scientists are researching whether sunbathing can protect against coronavirus**

Over 140,000 Norwegians are part of the large corona study. During three rounds, the subjects had to answer questions about themselves, life, and COVID-19. In the last round, there were several questions about sunbathing, Norwegian Broadcasting (NRK) reported in July. “We wonder if there is something positive about sunbathing, and it would be very nice if we find something useful to society. Something we could use to work against the virus,” scientist and physician Arne Søråas, who leads the study at Oslo University Hospital, stated at the time.

## **Vitamin D**

Researchers around the world wonder whether vitamin D is particularly useful in the context of the pandemic. “Data may indicate that vitamin D provides some protection against severe COVID-19,” Søråas said.

There is relatively little published research on vitamin D in connection with the infection. Some studies find no correlation, while other studies suggest that there can be a very clear link. A group of Chinese scientists produced a hitherto unpublished study in June that concluded that vitamin D reduced the viral load in infected human cells.

## ***The police in Tromsø have fined a man NOK 30,000 kroner after he violated the Infection Control Act.***

The police wrote on Twitter that the person did not comply with isolation and quarantine regulations after being diagnosed with the coronavirus. On-duty lawyer Ronny Jørgensen in the Tromsø police district told Norwegian Broadcasting (NRK) that the public tipped off the police that the person was seen at a grocery store on two occasions on Friday.

The day before, the man had been told that he was infected. “A fine of NOK 30,000 will have both an individual preventive and a general preventive effect,” Jørgensen told the channel. The man has not yet taken a position on the fine.

## **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.

**Any due 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” and whom 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)



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# Virginia Viking

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