



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Mike Solhaug Vice President: Jerry Blau Secretary: June Cooper Treasurer: Ragnhild Zingler



The President's Corner

October brings us autumn in all its glory, and importantly for all Scandinavians especially for Norwegians with their Icelandic cousins, on October 9, to celebrate Leif Erikson Day. Along our SON Lodge in conjunction with the local Icelandic organization will hold the annual joint celebration of Leif Erikson Day at the Leif Erikson statue at the Mariner's Museum, Newport News at 12:00 followed by a followed by

Fellowship Lunch at nearby Smoke's Barbecue. The "Leif Eriksson" sculpture at the Mariner's Museum was created by Alexander Stirling Calder in 1938. It's a copy of the original one in Reykjavik, Iceland, commissioned by The Eiriksson Memorial Committee of the United States and National League of Icelanders in America for the Icelandic Pavilion at the 1939 New York World's Fair. At the end of the Fair, the statue was sent to The Mariners' Museum for exhibition. At first, it was exhibited facing the original entrance of the Museum, now called Business Entrance. Later, it was moved to the inside and exhibited in one of the galleries. In 2007, it was transported to the current location just outside the main entrance. This past year the statue has undergone refurbishing and looks terrific. Please make sure to attend this fun event and have a chance to boast that a Scandinavian and son of Norway was the first to discover America!

Looking forward to seeing you all soon.
All the Best,
Mike

Sons of Norway Whole Life Insurance

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

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Oct 5

Zoom Board Meeting at 7: 00 pm

Oct 9

Leif Erickson Celebration by the statue at the Mariner's Museum at 10:00 am. Lunch to follow at noon at the Smoke Barbecue Restaurant in Newport News.

Oct 19

Membership Lodge Meeting Bayside Presbyterian Church at 7:30 PM.
Marshall Sheetz "Stavved Vessels"
Marshall received a SON grant to study these in Norway

Oct 23

Norge Norsemen Satellite Lodge meeting at Viking Hall at 6:30. Kåre Loftheim: "The Mästermyr Find", Viking Age Tool Chest

Fra Presidenten, Stephen Helmold, 3rd District President



One of my goals as your Third District President is to keep the membership apprised of what is happening in our district and at the home office. Toward that end, I am informing you of the following changes:

MAJOR CHANGE IN PROCEDURES - 2024 International

Elections for Officers

In the past the officers for the international board were voted on by the delegates to the International Convention. Starting in 2024, international board members will be elected by insurance members (anyone with a Sons of Norway product, even those who are not members of a lodge). All insurance members who do not belong to a local lodge are now members of the Central Lodge 3-000 which gives them voting rights. The home office **WILL NOT SEND PAPER BALLOTS**. Members with products will only be able to vote **ONLINE** if the home office has your email address on file.

There are 2 very important steps you must take to ensure your ability to vote.

1. NO ONE can share an email address; only one vote per email address will be allowed. If more than one member is using the same email address, they will only get one vote. Husbands, wives, and adult children with Sons of Norway products **MUST** have separate email addresses to have a vote.
2. Once everyone has their own email address or if you are the only one with a product, you need to log on to the Sons of Norway Website and check your profile to make sure the home office has your correct e-mail address.

NEW WAY TO REPORT VOLUNTEER HOURS. The home office will no longer use “Fraternal Give” to report fraternal and community service hours. If you have entered any information for 2023 you must retrieve it as soon as possible or it will be lost. In February of 2024, each lodge secretary will get an email with a link to **survey monkey** for the reporting of these hours. Lodge secretaries will receive detailed information regarding the new system from District Secretary Karen Olsen-Helmold in the next (Nov.-Dec.) District Secretary’s letter.

Sons of Norway have updated their by-laws. Please look on the Sons of Norway Website.

Sons of Norway have a new social media policy. Please check it out on the Sons of Norway Website

Now in service - eblasts from the district. The district is sending out emails to all members that have email addresses listed with Sons of Norway or the district. These emails will announce important events or news. The emails will come from “Third District News.” These

are important and should be opened and read. With that said, if you have not been receiving these emails, you need to send your email address to District Secretary, Karen Olsen-Helmold so you can be included on our mailing list.

The Third District has a recruitment brochure available for all lodges in the district. Since the home office no longer has brochures and other handouts for membership recruitment events, the 3rd district board decided to develop its own brochure that would be generic with general information about Sons of Norway and a space for lodges and zones to put their contact information. I appointed Zone 7 Director, Bill Browning, to chair the effort. I would like to thank Bill for designing the brochure. With input from the other zone directors and after several meetings to fine tune it they had a finished product. Thanks to you all. If you are interested in the brochure for a membership event, please contact your zone director or me and we would be happy to email it to you. You can print it yourself or take it to a printer to have it done.

October is Foundation month in District 3, so please remember to support the Sons of Norway Foundation.

Karen and I had the Privilege of representing the Third District at Washington Lodge's 80th Anniversary celebration which was very well attended. Also in attendance were District 3 Vice President Diana Syvertsen and her mother Edna and Zone 6 Director Jeanne Addison. It is always great to go to these anniversary events and mix in and talk with members from other lodges. Karen and I very much enjoyed ourselves at the Washington Lodge anniversary party and look forward to celebrating 2 monumental anniversaries in November; Fredheim Lodge and Lodge Brooklyn who are both celebrating 100 years of fraternalism.

Please send all pictures for the Viking magazine to Asbjorn Lageraaen Third District Publicity Director with the proper form with the information about the picture including the names of those members who are in the picture.

The Third District Board will meet on Saturday, October 28, 2023 to continue all the good work that has been started.

Fraternally, Stephen Helmold

FÅRIKÅL (Lamb-in-Cabbage)

In 1927, fårikål was named Norway's national dish. Recently, a controversially vote was retaken in 2014 and fårikål received 45% of the vote, maintaining its place as Norway's most beloved dish. The term *får-i-kål*, which means *lamb in cabbage*, is of Danish origin. The word *får* never took hold in the Norwegian dialect. Instead, the words *sau* og *smale* (sheep) are used. A New-Norwegian (nynorsk) language pioneer, Arne Garborg, used the term *lam-i-kål* in order to remove the dish from any Danish connection. However, this term was not successful in replacing fårikål. (*Gannens Makt*)

Despite its origins, perhaps the dish is so loved because the ingredients represent Norway. Lamb from the mountains, potatoes just harvested from the field and fresh cabbage grown throughout the summer. Together, they form a little piece of Norway. And it truly is a dish you want to indulge in when autumn comes around.

Fårikål is incredibly simple to make and features cabbage and lamb (mutton can be used instead but will give a stronger flavor). The layers of cabbage and lamb are decorated with whole, black peppercorns. Tradition has it that the peppercorns help digestion and should be eaten with the dish, while many today brush them off or merely place them in a spice bag during cooking to discard later.

Originally, fårikål was a weekday dish but as cooking time became more scarce the dish was commonly used as a Sunday dinner served with home-brewed beer. Today, it is still served on Sundays and used as a 'guest dish' when friends come around. Fårikål also has its own national day called *Fårikåls Festdag*, Fårikål Feast Day, which occurs on the last Thursday of September each year.

This is such a tasty dish and one which tastes even better the next day or the day after. Serve it with boiled potatoes, flatbread and a glass of locally-brewed beer. You'll feel like you are eating a little piece of Norway and be better off for it!

In Norway, mutton stew (*fårikål*) is often referred to as a national dish. We know now that dishes with combinations of mutton and vegetables exist in different forms in the majority of the countries along the North Sea. The form which is used in Norwegian *fårikål* is meat and cabbage, which are added alternately to a pot. This is a dish which exists in German cookbooks from the 18th century, spreads northward to Denmark, shows up in the elite Norwegian cookbooks in the 19th century, and becomes part of the Norwegian national diet around the beginning of the 20th century, thus less than a hundred years ago. – *Henry Notaker, Anthropology of Food*



Fårikål (Norwegian Lamb & Cabbage Stew)(Serves 6)

Ingredients:

- 2 kg / 4 ½ lbs lamb meat, cut into large pieces (neck, shoulder, shank)
- 60g (½ cup) flour (*omit for a gluten-free option*)
- 4 dl (1 ¾ cup) water
- 2 kg / 4 ½ lbs white cabbage, cut into large wedges.
- 5 teaspoons whole black peppercorns
- 3 teaspoons salt

In a large bowl, mix together the lamb meat and flour. The flour will help thicken the stew just a bit as it cooks.

Pour the water into a large casserole pot. Place a layer of the floured lamb on the bottom, followed by a layer of cabbage. Add some peppercorns and salt. Repeat this process until you have used all the ingredients, finishing with a final layer of cabbage on top. The volume should be about 1 part meat to 4 parts cabbage.

Cover with a lid and bring to a boil. Turn the heat to low and slowly cook until the meat is tender and pulls apart from the bone easily, around 2 hours. The cabbage contains a lot of water that will be emitted during the cooking time, so don't feel compelled to add more water than the stated amount.

Serve warm with freshly boiled potatoes and a knob of butter.



SCANDINAVIAN CHRISTMAS BAZAAR



Sponsored By Sons of Norway
Hampton Roads Saturday,
November 4th, 2023
9am-3pm

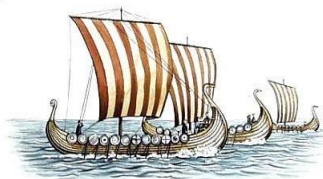
Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

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

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

NEED MORE INFO?

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



GRATULERER

MED DAGEN

HAPPY BIRTHDAY

Norma J Castellano
John Dannon
Christy Lyne Gardner
DARRELL HEIM
Sandra Jared
Diane Longworth
S Joan Losen
David William Olien
Hanni B Peterson
Michael D Pettry
Laurie M Porter
Erin M Powers
Martha Rudell
Thordis Russell
Marta Seger
Robert Seger
Catherine L Williamson
Leonard A Zingarelli
Ragnhild Zingler

Record-breaking climber back home



August 1, 2023

Kristin Harila, Norway's new mountain-climbing sensation, landed in Oslo during the night after setting a new world record for reaching 14 summits over 8,000 meters high in just 92 days. The triumphant adventurer from Finnmark was keen to share the glory with her "dedicated climbing partner," Tenjin "Lama" Sherpa.

"The most important is that we managed to reach all 14 summits in three months and a day, that we all got safely down again, are in good shape and did this together," Harila told Norwegian Broadcasting (NRK), which was among those meeting her at the airport along with her proud father John Petter Harila, her sweetheart Jens Kvernmo, and their dog. "I'm excited and relieved, and very proud of her," her father, a sportsman himself, told NRK. He had stated earlier that he doesn't think "those of us, outside the climbing community, can fully understand the breadth of what she has accomplished."

Kristin Harila herself gave lots of credit to the "esteemed Sherpa," claiming that his "invaluable expertise and profound connection with the mountains" were "integral" to their success in navigating treacherous terrain and facing harsh weather conditions. He's from Makalu in Nepal and has been working as a mountaineer since he was 16 years old. Both expressed their gratitude to supporters worldwide after they reached their 14th summit, the iconic K2, last Thursday. That marked "an historic milestone" in their mountaineering journey that began in April. "I couldn't have done this without Lama," Harila told her spokeswoman Rigmor Berthier after they'd reached the summits of Shishapangma in Tibet on April 26, Mount Everest and Lhotse on May 23rd, Annapurna on June 5th, K2 on July 27 and nine other peaks over 8,000 meters in between.

Harila is from the relatively flat town of Vadsø in Northern Norway, and has had a passion for the outdoors since childhood. NRK has reported earlier on how she grew up on a farm at Vestre Jakobselv in Vadsø, just 11 meters above sea level, but she was keen on cross-country skiing and hiking. In 2015, she won a trek up Kilimanjaro through her job at the time. Reaching Africa's highest peak set off a craving for more. **Harila is known for setting new goals for herself**, and after resigning from her day job in 2019, she was determined to pursue her dream of climbing all the world's highest peaks. She conquered summits over 6,000 meters in Argentina and Nepal, and stood atop Mount Everest (elevation 8,848 meters) for the first time on May 23, 2021, then the neighbouring summit Lhotse (elev 8,516) in record time. The dream of climbing all "8,000ers" at once was born.

That's what she's now achieved, right down to the day when it came to Everest and Lhotse, both conquered again on May 23 of this year.

The 37-year-old climber told NRK that it felt "unreal" to be back in Norway, after not being home since February. She was looking forward to a party in Oslo on Thursday "and some time with the family, Jens and friends." She added that she also may travel to Kathmandu to "celebrate with the team" there. Harila thanked all of them, her commercial sponsors and other contributors. A documentary on the entire project is in the works. At least one other Norwegian, adventurer Børge Ousland, could fully appreciate her triumph. "This is one of the greatest in the expedition world for many years," Ousland told NRK. "She sets high goals and just meets them. It's so impressive, and we can only congratulate her."

New golden treasure goes on display

September 15, 2023

The University of Stavanger's Museum of Archaeology opened its doors Friday to what's being dubbed "the gold discovery of the century:" Nine coin-like engraved pendants along with 10 gold beads and three gold rings from around 500 AD, all found by a man out walking with a metal detector.

Erlend Bore told Norwegian Broadcasting (NRK) that he'd just recently taken up the hobby as a means of getting more fresh air and exercise. He literally struck gold during one of his first expeditions last month on the island of Rennesøy, just north of Stavanger.

He did what all Norwegian citizens are supposed to, and contacted local authorities, who in turn alerted the museum. Its staff **moved quickly to secure the site, take care of the gold and include at least some of it in a fall exhibit** (*external link to the museum's site*) that already was opening this month.

Bore and the owner of the land where the gold was found are both eligible for a finders' fee yet to be determined by the Norwegian Directorate for Cultural Heritage.



Virginia Viking

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