



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

PRESIDENT: BOB RUMNEY VICE PRESIDENT: MICHAEL J. BECK

SECRETARY: JUNE COOPER TREASURER: RAGNHILD ZINGLER EDITOR: THOMAS RUSSELL

The President's Corner



Greetings,

We have an exciting event planned for June. We will celebrate a **Norwegian Midsummer** on Saturday June 15 at 4 p.m. The Peterson's have volunteered their back yard for this event. (4121 Roenker Lane, Virginia Beach, 23455).

Midsummer is the period of time centered upon the summer solstice, and more specifically the European celebrations that accompany the actual solstice or take place on a day between June 21 and June 25 and the preceding evening. The exact dates vary between different cultures. Midsummer is especially important in the cultures of Scandinavia, Finland and the Baltics where it is the most celebrated holiday apart from Christmas.

In Norway this holiday is celebrated Nationwide and recognizes the longest day of the year. The lodge will provide hot dogs, hamburgers, dessert. Please bring your lawn chairs, a dish to share with others (either an appetizer, or side) - and beer or wine if you wish. We will have games so bring your children, grandchildren. Rain date is Sunday, June 16th. In order to assure we have enough food for all:

RSVP to AnneGrete Peterson at 757-318-9414

Upcoming events after the summer break are the 40th Annual Virginia Beach Neptune Festival Parade on 28 Sept. We will have the viking boat and new trailer ready for the parade.

A second event in September is the continuing celebration of Virginia Beach 50th Anniversary. Delegations from the sister cities will arrive on 19 September. A delegation from Moss Norway will attend. We haven't been ask to participate at this time, but I expect that we will be asked.

I look forward to seeing you in June at our Norwegian Midsummer celebration. Have a wonderful summer. We will start our fall meeting in September.

Hilsen,

Bob Rumney

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Visit us at: hrson.zzl.org

District President's Message

June; 1 year as President! It has been a busy term! In addition to performing the usual District Presidents duties of visitations, installations, attending special events, board meetings, both District and International and starting a new lodge, District Three has been faced with some unusual items of business that have taken much time to resolve. In fact some are still in process at the time of this writing.

I attended the second international board meeting of the District President's Council (DPC). I enjoyed the camaraderie and the support from my fellow District Presidents. The time went quickly and was packed with information. As discussed in my fall message after the 1st board meeting the DPC was given the job of putting together the report on the name change of Sons of Norway as requested at the International meeting last August. It was requested that the International President by resolution for the purpose of studying all positive factors including but not exclusive, of reviewing a name change, which will affect membership growth as well as financial and fraternal viability of Sons of Norway. This committee will draw conclusions, then present a written report to the International lodge at the next convention (Aug. 2014).

Each District president took a topic to research, and after many hours of time and effort we composed the 1st layer of our assignment. In rebranding ourselves, the purpose would be to reflect what our core purpose is in the name. Since we are a Fraternal Insurance Company, our name should somehow reflect this. It was also noted that a majority of our members join and stay for the fraternal and cultural part of the organization.

As we go to the 2nd level of our assignment we will try to see if it is possible to address both issues in the new name. By our next meeting, we will see what this entails and how it will affect current members or prospective members negatively or positively. It is our hope that the end result is a full and decisive report putting an end to the issue of a Sons of Norway name change.

Another important topic was the issue of governance. This topic was started at the past convention and has been discussed at the last board meeting and again this spring. The International board and the DPC attended a very informative seminar held by Jackie Gardner, a CEO of a fraternal insurance organization and previously an Insurance regulator. During this presentation we were able to have a question and answer period. Jackie helped clarify some of the issues we felt were a bit of a grey area and really gave us an opportunity to explore all the ways Son of Norway can comply with governance of its Insurance sector. More information will be forth-coming from the International board.

Stepping up and in the right direction, Sons of Norway has hired a strategic management planner, Beth Michael, who is guiding and helping Sons of Norway to set its goals for the

next 3-10 years. There was a 2 day workshop attended by the International Board members, their input was evaluated by

Beth, and a draft plan was put in place. The presentation was given to the District President's counsel and we were asked to give our thoughts on issues that we see as important to our members and SoN. Although most of us think only of the fraternal side of Sons of Norway we must not forget the Insurance side of our organization for it helps us enjoy the fraternalism we have within our lodges.

Our ability to reach out to our communities is KEY to SoN success and prosperity. Knowledge of our financial products will help secure Sons of Norway members financial future and continue to provide lodges with monies for their operation. The Foundation is another way SoN engages in the overseeing of the scholarships and humanitarian efforts to help members. Funds for education or monies when a family faces losses due to mother nature's wrath (like Hurricane Sandy) is both a proud and humbling way Sons of Norway helps our fellow members.

One of the first items brought to our attention was the lack of marketing SoN. Beginning with our local lodge's deeds to the community to our competitive and stable financial products, plus the future endeavors established by the Sons of Norway foundation. All this will be brought forth in a concrete plan presented and decided upon at the Nov. 2013 International board meeting.

A thorough discussion was held by the DPC on the leaders, present and future leaders of Sons of Norway, from the local lodges, to the District... to the International level. Fraternal organizations such as ours that have a business base, need to convey the information on how the organization works and what guidelines must be followed by all officers so our organization is in compliance with both Insurance and IRS regulations. This Fall we will set into motion the resources needed for this, including seminars for those who wish to take on leadership roles.

Another point to mention was the need to reconsider the dues structure for the local lodges. According to the home office, each lodge in every district has its own dues amounts. WE are hoping to come up with a simpler system ...any ideas? I was thinking those lodges with property would have one dues level and those without property would be one flat rate (\$50.00 a year?). If you have an idea please contact me and I will bring it to Minneapolis for discussion and decision.

Hope everyone enjoys the summer break. Have a Happy Father's day, a great Saint Hans and a joyous 4th of July!

Alt for denned gangen,

Gail

Third District President, Sons of Norway

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Flag Day Board Meeting 7 pm	15 Norwegian Midsummer 4 pm
16 Father's Day	17	18	19	20	21	22
23 St. John's Eve	24	25	26	27	28	29
30					Notes: Norwegian Midsummer hosted by the Petersons 4121 Roenker Lane, Virginia Beach RSVP to 757-318-9414	

Newsletter and Website Submissions

If anyone has any news or announcements to be published in the newsletter or on the website please send to: hpsoneditor@gmail.com

Please have newsletter submissions one week before the end of the month.

Midsummer



The seasons are changing and summer is upon us yet again, which means midsummer is right around the corner.

The height of summer, June 24, marks the longest, brightest day of the year in Norway, the Land of the Midnight Sun. Also known as the Summer Solstice, the axial tilt of the earth rotates around the sun and being exposed to the most consistent sunlight. The sun sets and rises in full view for those in the Northern Hemisphere and after long dark winters, this time is a joyous celebration of a much-awaited summer.

This sunny day is celebrated under different names throughout the Northern Hemisphere with festivals, gatherings, and rituals dating back to Pagan times. It is said that John the Baptist was born on June 24, giving special meaning to this day for Christians around the world. When Christian traditions began mixing with Pagan customs, the day evolved from one celebration to another. Many cultures believe in superstitious rituals; for example, getting married on this day ensures good luck and a happy life for the couple.

Norway celebrates Sankthansaften, or St. John's Eve, each June 23, the eve before the longest day of the year. It is also called Jonsok which translates to John's wake, referring to St. John the Baptist's birth. Rituals carry on each year as little girls pick flowers and put them under their pillows at night with hopes of dreaming of their future husband. Many traditions continue to provide amusing stories and activities for children and the various origins of this day will endure, but the celebrations have and will continue to evolve over the years.

In Norway, festivities typically occur on June 23 and largely give thanks to the bright warm sun and the beautiful sweet smelling flowers in full bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Most bonfires are lit along Norway's coast and are assumed to protect Norwegians from evil spirits and trolls lurking in the forests. Rømmegrøt is a favorite meal on this day steeped with melted butter, sugar and cinnamon. Once the bonfires die down and the sun begins to set people understand that the cycle must continue. This means the coming days slowly get shorter and shorter until the days grow completely dark. Norwegians live with these polar opposite seasons every year and, therefore, they take full advantage of every summer and enjoy the extended company of the sun on Sankthansaften.

How do you celebrate the summer solstice? Plan an event with your lodge and enjoy the sunny weather, then tell us about it by emailing membership@sofn.com

Norwegian Name Days

a little in English...

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice.

The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages. Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway.

Name days had little meaning in Norway during the 1900s, while growing in popularity in Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29th and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlasson, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at <http://www.nordicnames.de/wiki/Norwegian>

Norske Navnedager

litt på norsk...

En persons navnedag er den dag som ifølge almanakken er tilegnet personens fornavn. Tradisjonen å feire navnedag oppstod i den tidlige kristne kirken, nærmest for å redusere betydningen av fødselsdagsfeiringen, som ble oppfattet som en hedensk skikk.

De gamle navnedagene var hentet fra en liste over helgener og martyrer fra middelalderen. Selv om det religiøse grunnlaget for helgendagene falt bort med reformasjonen, ble de bevart i folketradisjonen. Fra omtrent midten av den 18de århundret til tidlig i 1900-tallet var navnedagene trykket i almanakker. Innen 1912 hadde både navnene og tradisjonene rundt dem dødd ut i Norge.

Navnedager hadde lite betydning i Norge gjennom 1900-tallet, mens feiringen av folks navnedager fikk stor utbredelse i Sverige. Dette vakte en viss oppmerksomhet i norske medier på 1980-tallet, og i 1988 lanserte Almanakkforlaget en ny kalender som etter svensk forbilde inneholdt navnedager.

For hver dato i året, bortsett fra 1. januar, 29. februar og 25. desember, ble to navn valgt ut, basert på statistikk over navn for perioden 1900–1982. Rundt 125 av navnene fra den gamle navnedagskalenderen ble gjeninnført på samme dato som tidligere. Noen få navn ble lagt på datoer knyttet til historiske personer med navnet. Eksempler på dette er Snorre, som fikk navnedag 23. september etter dødsdatoen til Snorre Sturlason, og Håkon og Maud, som begge fikk navnedag 21. juni etter kroningsdagen til kong Haakon VII og dronning Maud i 1906.

I dag er tradisjonen velkjent i Norge. Du kan slå opp din egen navnedag på <http://www.nordicnames.de/wiki/Norwegian>

Salmon Burgers with Vegetable Slaw

For the Salmon Burgers

- 1½ to 2 lbs. of ground salmon fillet
- 1 cup fine dried bread crumbs
- 1 small cucumber, peeled, seeded and chopped
- 4 large shallots, chopped
- ½ cup chopped fresh flat-leaf parsley
- 6 onion rolls, split



For the Vegetable Slaw

- 6 cups finely shredded mixed green and red cabbage
- 2 carrots, shredded
- 1 red bell pepper, seeded and chopped
- 3 green onions, both white and tender green portions, chopped
- 1 cup mayonnaise
- ¼ cup cider vinegar
- 2 tbsp. sugar
- 2 garlic cloves, minced
- 1 tsp. whole-grain mustard
- salt and pepper, to taste
- ½ cup pine nuts

To Make the Vegetable Slaw:

In a large bowl, combine the cabbage, carrots, bell pepper and green onions. In a small bowl mix together the mayonnaise, vinegar, sugar, garlic and mustard to create the dressing for the slaw. Combine the salad and dressing mixture, mix well. Season to your taste and refrigerate for up to 3 hours. Prior to serving, toast the pine nuts and add them to the salad. Toss lightly one more time.

To Make the Burgers (Serves 6):

Combine the salmon, bread crumbs, cucumber, shallots and parsley and mix together gently, making sure all ingredients are thoroughly mixed. Divide the salmon mixture into 6 equal portions and shape into a patty about 3 inches in diameter and 1 inch thick. Refrigerate covered on a plate until ready to grill.

Prepare your grill for direct grilling at medium-high heat. Lightly oil the grill rack or grill pan. Place the patties on the grilling surface over the hottest part of the grill. Cook the patties for about 5-6 minutes per side, turning the patties once. Test to see if the patties are done with a sharp knife.

Right before the burgers are done place the bun halves on the grill cut side down and toast lightly.

JUNE



Marie Nilsen	1
Carter Alwan	2
Vickie Ammons	2
Karen Kise	4
Pamela Geisinger	6
George Fuglevik	7
Cordelia Keeley	8
Ole Raustol	13
John Stehlik	15
Aud Preston	17
Jean Shewmaker	18

Carol Johnson	19
Gunnar Haugh	21
Chase Rebman	24
Mary Zimmerman	25
Katharina Powers	28
Linda Reynolds	28
Anne Truitt	28



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