



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: As we approach the end of summer we need to start thinking of lodge meetings and lodge activities. The next few months of 2013 will be very busy. Here is a list of upcoming activities;

- The first lodge meeting will be Sept 13 Starting at 6:30 PM. This will be a potluck dinner. A regular lodge meeting will follow with a lot of items to discuss and vote on, as well as awards to present

- The Annual Neptune Parade will be held on 28 Sept. The Viking Long Boat is ready and we

will have a new trailer. We will need marchers waving flags and showing our Norwegian pride.

- The city of Virginia Beach will be celebrating its 50th Anniversary 18 Sept – 21 Sept. International guests will arrive on 18 Sept. This includes representatives from the sister cities of Moss Norway, Miyazaki Japan, Bangor Northern Ireland and Alcalde de San Juan Del Sur Nicaragua.
- On Thursday 19 September (1:30 – 2:45 PM) there will be a re-dedication ceremony at the Norwegian Lady. Please plan to attend this event.
- The women's choir Moss Vocals (from Moss, Norway) will perform at the Sandler Center on 21 Sept. They are also scheduled to perform at First Presbyterian Church in Virginia Beach at a Sunday service. This is a women's choir from Moss Norway. There are 38 singers. It would be nice to have a large group from Sons of Norway – in Bunads.
- Planning has already begun for the annual Scandinavian Christmas Bazaar which will be held on Saturday 2 November. (WE WILL NEED MANY VOLUNTEERS TO MAKE THIS A SUCCESSFUL EVENT).
- Town Point Parade is scheduled for 23 Nov.
- The Annual Christmas Party is scheduled for 8 December at the Cyprus Point Country Club.
- We are also looking into a joint Lief Erickson Day celebration with the Icelandic Group in October

So, you can see that there is a lot of activity in the remainder of the year. In order to be successful we will need the assistance of lodge members. This amount of planning and work cannot be accomplished by Board Members only.

Please visit our web site at <http://hrson.zzl.org/>. Also, for a good website on Norway try "norway-hei.com".

Hilsen, Bob Rumney

ISSUE 07, SEPTEMBER 2013

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Visit us at: hrson.zzl.org
and

Sons of Norway-Hampton Roads on facebook

District President's Message

How often have you reviewed the bylaws of your lodge?
How often have you read the 3D & 3DLT bylaws? Have you ever looked at the Sons of Norway Charter and Constitution? The majority of members will answer "no" to these questions. Some may not be aware that bylaws even exist. I ask these questions because these items are the foundation of how SON operates its business.

The 3D lodge meeting in June 2014 is coming soon. Perhaps now is the right time to bring out these documents to review with your lodge members. Is there any update you would like to make to reflect the changes or how you would like to see SoN proceed?

Changes to the 3D & 3DLT bylaws can be made at the convention. Some lodges use their past delegates as their resolution committee, but any member can submit a resolution to its lodge. The lodge would discuss the merits of the resolution and if they felt they wanted it to be addressed they would send it to the District Secretary for submission in the Resolution book at the convention. The resolutions are then assigned to a committee and that committee will guide the delegates on whether or not our order will be improved with the proposed resolution.

The lodge bylaws are dealt with in a similar way with the President of the lodge appointing a committee to review the bylaws and recommend any changes they have. The lodge has an opportunity to discuss the recommendation and vote to add them to the lodge's bylaws. Before the vote can take place a notification of the bylaw in its exact wording MUST be published in the lodges monthly newsletter (for those without newsletters a letter would need to be sent to your lodge members) so ALL members are aware a change is taking place.

Aside from the description in the bylaws, Sons of Norway C&C, the SoN has published descriptions of officer duties in the Sons of Norway's "Guide to leadership". Before your nominating committee looks for future officers, please review these responsibilities and try to find the member best qualified for the job. We are all volunteers so it is hard to find members who will commit one or two years to an office.

Are you a newer member to SoN? Do you have the interest, time, and effort it will take to learn about the workings of Sons of Norway and duties of your office? IF SO GO FOR IT!!!! Choose an office in your lodge and see if it's a good fit for you. Consider trying a different position the following term. This will help you to get the overall view of the way Sons of Norway must operate. Our organization should be aware of the requirement of the Non-for Profit Association, IRS regulations and the mandates from the insurance industry.

Whether you are the President of a lodge or a District Officer, the success of your term relies strongly on the commitment of your fellow officers. Will they fully embrace and fulfill the responsibilities that come with taking on a leadership role in the organization? As the mission statement of SON states "Sons of Norway is to promote and preserve the heritage and the culture of Norway, to celebrate our relationship with other Nordic Countries and provide quality insurance and financial products for our members".

The other-side of Sons of Norway is the wonderful fellowship the members have! Many members are the worker-bees who support and work the events that make our lodge meetings social and educational. They choose not to hold an office, but to hold together the entire lodge by facilitating the details that make our gatherings successful!

In closing, I would like to recognize Scandinavian Heritage Society, Lodge 3-433, who hosted a membership event with their financial adviser. Congratulations on your 10 new members! WAY TO GO! This demonstrates how effective this event is .. has YOUR lodge had one lately?

Mange Takk

Alt for danned gangen,

Gail

Third District President, Sons of Norway

Ask & Advertise ----- Mentor and Mingle.

Newsletter and Website Submissions

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

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

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5 Rosh Hashanah	6	7
8	9	10	11 Patriot Day	12	13 Lodge Meeting with Pot Luck 6:30 pm	14 Yom Kippur Pig roast at the Land of the Vikings 2 pm to 6 pm
15	16	17	18	19 Norwegian Lady rededication ceremony 1:30 - 2:45 pm	20	21 Moss Vocals perform at the Sandler Center
22	23	24	25	26	27	28 Annual Neptune Parade Volunteers needed
29	30				Notes:	

November

2nd - Scandinavian Christmas Bazaar - Bayside Presbyterian Church - Volunteers needed.

23rd - Town Point Parade

December

8th - Annual Christmas Party - Cypress Point Country Club

Financial Benefits Counselor

SIMPLIFIED ISSUE SINGLE PREMIUM WHOLE LIFE

Did you know that SON offers a Simplified Issue Single Premium Whole Life policy?

This is a great final expense product. It offers affordable coverage, with little to no underwriting, and only requires one payment. Typical sources of lump sum payments are savings accounts, retirement accounts, CDs, a gift, an inheritance, or an insurance payout.

- This product provides GUARANTEED Life Insurance coverage to age 121 and your one time guaranteed premium fully funds the policy which means no additional payments are ever needed.
- This produce provides an excellent way to transfer your assets to your heirs – tax free when arranged properly.
- Depending on your age, a one-time payment may provide several times that amount in coverage.
- Available for ages 0 to 85.

For information about Sons of Norway's financial benefits contact:

Michael Beck, LUTCF

Office Phone: (757) 963-5102

E-mail: bchviking60@gmail.com

Limited Edition Christmas Ornaments

Show some Norwegian pride this holiday season by adding the 2013 Sons of Norway ornament to your Christmas decorations! From its rosemaling inspired outer frame to the beautiful Os design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions. Packaged in a silver-stamped gift box, containing a Christmas greeting from Sons of Norway and an informative description of Os rosemaling, this ornament can also be a unique gift for someone who enjoys the holiday season as much as you do.

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping and handling. To order yours today, call (800) 945-8851.



Gustav Vigeland's Park

a little in English...

Vigeland Park is the world's largest sculpture park created by one single artist and it is open every day throughout the year. This unique sculpture park is Gustav Vigeland's lifework with more than 200 sculptures in bronze, granite, and wrought iron. Vigeland was also responsible for the design and architectural layout of the park which stretches across 20 square miles. Vigeland's park was completed mainly between the years of 1939 and 1949.

Most of the sculptures are placed in five large units along an 850 meter the fountain, the monolith plateau and the wheel of life.

In 1924 Vigeland moved into an apartment at Frogner in Oslo. There he lived a quiet and regular life together with his wife Ingerid, whom he married in 1922. He became completely involved in his work and was rarely seen out in public. At night he would sit mainly in the library where he would draw, read or wood carve. Vigeland lived at Frogner until his death in 1943.

Vigeland did not live to see the finished park. Not until around 1950 were most of the sculptures and architectural elements in place. The municipality of Oslo was the largest contributor to the realization of the artist's vision but there were also a number of private donors and companies that gave generous financial support so that Norway's capital could have a park that would be unmatched across the world.

Vigeland molded all of the sculptures in the park by hand from full size clay. Carving in clay and casting in bronze were left to a number of skilled craftsmen. In addition, Vigeland stood by for the architectural design and landscaping of the 300 acre plus parkland.

Today Vigeland's Park and its 212 sculptures, the last built in 2002, are unique to the international scene. In the winter the Bymiljøetaten ski trail is prepared in the park which surely makes Frogner Park the world's only park where you can enjoy skiing surrounded in a sculptural landscape. Frogner Park is the most visited tourist attraction in Norway. Between 1.5 and 2 million people visit the park each year.

Parken til Gustav Vigeland

litt på norsk...

Vigelandsparken er verdens største skulpturpark utført av en kunstner og er åpen døgnet rundt gjennom hele året. Den unike skulpturparken er Gustav Vigelands livsverk, med mer enn 200 skulpturer i bronse, granitt og smijern. Vigeland har også stått for design og arkitektonisk utforming av parken som strekker seg over 32 square kilometers. Vigelands-anlegget ble i hovedsak ferdigstilt mellom 1939 og 1949.

De fleste skulpturene er samlet i fem større enheter langs en 850 meter lang akse: Hovedportalen, Broen med barneplassen, Fontenen, Monolittplatået og Livshjulet.

I 1924 flyttet Vigeland inn i en leiligheten på Frogner i Oslo. Her levde han et stille og regelmessig liv sammen med sin kone Ingerid, som han hadde inngått ekteskap med i 1922. Han gikk fullstendig opp i sitt arbeid og var sjelden ute blant folk. Om kvelden satt han helst i biblioteket, hvor han tegnet, leste eller skar tresnitt. Vigeland bodde på Frogner til sin død i 1943.

Vigeland opplevde ikke selv å se parken ferdig. Først rundt 1950 var fleste skulpturer og arkitektoniske elementer kommet på plass. Oslo kommune var den største bidragsyter til realiseringen av kunstnerens visjoner, men også en rekke privatpersoner og bedrifter bidro med generøse tilskudd for at Norges hovedstad skulle få en park som det ikke finnes maken til i hele verden.

Vigeland modellerte egenhendig alle skulpturene i Vigelandsparken i full størrelse i leire. Hoggingen i granitt og støpingen i bronse overlot han til en rekke dyktige håndverkere. Vigeland sto dessuten for den arkitektoniske utforming og den parkmessige planlegging av det over 300 mål store parkområde.

I dag er Vigelandsparken med sine 212 skulpturer, den siste oppført så sent som i 2002, unik i internasjonal sammenheng. Om vinteren preparerer Bymiljøetaten skiløyper i parken. Dette gjør antakelig Frognerparken til verdens eneste park hvor man kan nyte en skitur i et skulpturlandskap. Frognerparken er Norges mest besøkte turistattraksjon. Mellom 1,5 og 2 mill mennesker besøker parken hvert år.

Working Together for You!

Sons of Norway's fraternal and financial arms work together to strengthen the organization as a whole. The 18 Norwegian immigrants who signed on as charter members of Sons of Norway in 1895 had come together for mutual assistance. Not only did they want to provide security for their families against financial crisis, but they also wanted a forum to preserve the culture and heritage of Norway as they assimilated to their new home.

More than a century later, providing financial security for members, combined with opportunities to celebrate Norwegian heritage and culture, is still the core of Sons of Norway. The organization's financial products and cultural programs are more intertwined and codependent than many realize. Both components are critical to Sons of Norway's existence and success. The contribution each brings to the organization gives Sons of Norway the strength it needs to be a financial and cultural resource for members now and for decades to come.

Do You Know?

- Only about **30% of all members own** an insurance or annuity product through Sons of Norway, but **all members benefit** from the financial results of those products.
- Income from dues provides only half of the funding necessary to support fraternal programming. The rest of what is needed comes from the sale of our financial products. Without this support, **member dues** would be **significantly higher**.
- Sales of our insurance and annuity products provide approximately **\$1 million annually** that is dedicated to Fraternal offerings like *Viking* magazine, the Cultural Skills Program, the Sports Medal Program and more. Without the profits from our insurance operations, member benefits such as these could be drastically reduced in quality and scope, or eliminated entirely.
- Financial Benefits Counselors (FBCs) are Sons of Norway members. They help plan and work events, and participate in lodge activities. Many are lodge officers.
- Approximately **20% of new members** are recruited by FBCs each year.
- New Membership Dinners, funded through the financial side of the organization, provide up to **\$400 per dinner** to help lodges recruit new members.
- The Lodge Revenue Sharing Program provides funds directly to the lodge based on the insurance participation of its members. Funds are distributed annually in the spring.



By taking advantage of the fraternal aspects and our financial products, members will build a **solid future for the organization** and for themselves. Please remind your members of the importance of financial side of the organization to their Sons of Norway membership experience.

Expressing your support for the financial side of Sons of Norway, having a positive working relationship with the Financial Benefits Counselor assigned to your lodge, and stressing the codependence between the fraternal and financial arms of the organization can do a lot to create a positive perception in members' minds.

Norwegian Apple Pie (Eplepai)

from The Great Scandinavian Baking Book
by Beatrice Ojakangas
Makes one 9-inch pie



Although this is called a “pie” in Norway, we would think of it as a cake. Incredibly simple to make, it’s a perfect last-minute dessert when fresh apples are in season.

- 1 egg
- ¾ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup all-purpose flour
- ½ cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

Topping

- 1 cup whipping cream
- 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.

New Royal Postage Stamps



King Oscar II was honored as the first person to appear on a Norwegian stamp in 1855, just 15 years after Great Britain released the first-ever official postage stamp. Since then, over 150 faces have made their mark on official Norwegian postage stamps including Henrik Ibsen in 1928, Sonja Henie in 1990 and Max Manus in 2005. Queen Maud was the first woman to appear on a Norwegian postage stamp in 1939. Norwegian royals and foreign dignitaries have earned their place on these traveling Dag Mejdell, the chief executive of the Norwegian postal service said that “Posten Norge has a long tradition of issuing stamps in connection with royal anniversaries.”

The new stamps have been created to celebrate of the 40th birthdays of both Crown Prince Haakon on July 20 and Crown Princess Mette-Marit’s on August 19. Both the Crown Prince and Crown Princess received their own personalized stamps valued at third stamp marked at the same price, include one with the Crown Prince and Crown Princess and their children and the fourth stamp displays those in Norway’s royal line of succession, King Harald V, Crown Prince Haakon and daughter Princess Ingrid Alexandra. All four stamps are beautifully designed by stamp artist Enzo Finger and have been made available in Norway this summer.

Are you a stamp collector? Tubfrim could use your stamps. Tubfrim, established in 1928 in Nesbyen, Norway by Postmaster Ditlef Frantzen was initiated to sell used stamps to help children with tuberculosis. Today, the money continues to help and improve the quality of life for handicapped children and youth. Tubfrim is maintained by The Norwegian Health Association and Sons of Norway is proud to be the largest Tubfrim stamp collector outside of Norway. You can help by collecting your used Norwegian and telephone cards can also be collected and donated to Tubfrim. To learn more or to donate ask your lodge leaders or contact your district Tubfrim coordinator. For more information or email at genegbrand@aol.com.

SEPTEMBER



Arne Svindland	5	Evelyn Andersen	13
Ruth Lindenberg	6	Sean Hickey	13
Eliza Borchert	7	Jane Holland	14
Robert Tolin	7	Janine Olson	17
Elaine Murray	8	Abigale Lindenberg	20
Ben Raugstad	9	Bård Lien	21
Maxine MacGregor	10	Harry Hansen	22
Michael Solhaug	11	Earl Slattum	23
Alexandra Fackrell	12	Elaine Norman	26



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