



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



I begin this letter on a sad note. Ken Olsen, the father of our Lodge Secretary (June Cooper) recently passed away. Ken was a member of the Hampton Roads Lodge for many years. Memorial Donations may be made to the Sons of Norway Charitable Trust at <http://3dsofn.org/charitabletrust/documents/3DCharitableTrustCONTRIBUTIONFORM2013.pdf>

We have many interesting lodge events scheduled in the coming months. You should have already received the postcard with the event dates. All the information on the postcard is important but the most important is the last line, "PLEASE SUPPORT YOUR LODGE BY VOLUNTEERING AND PARTICIPATING IN THESE EVENTS"

If you want to volunteer for a fun filled day consider the International Children's Festival and help out at the Sons of Norway tent.

If you do any kind of exercise (walking, running, skiing, cycling, yoga, martial arts) I encourage you to get involved in the SON Sports Medal Program. You can earn points for the lodge and medals for yourself. If you don't do any kind of exercise – get started. Cindy Sanoba is the Lodge Sports Director and can provide you with all the information and record sheets. Ask about the new Virtual Walking/Running Program where you travel a virtual trail in Norway.

Bob Rumney

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Visit us at: hrson.zzl.org
and
Sons of Norway-Hampton Roads on facebook

Newsletter and Website Submissions

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

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

District President's Message

Keeping warm in this unusual weather? Has this upset your normal routine? Maybe that's not all bad. Once in a while we need to rethink how we live our lives; there are always things we have to do... work, school, etc.

Lots of things should be happening in your lodge;

- Sons of Norway delegates should have been elected, names sent to the District secretary Julia Nilsen.
- Lodge of the year forms/NFCA should be filled out and returned to the zone directors.
- Nominations for the Leif Erikson award sent to the District Secretary.
- Resolutions, discussed and voted on... then forwarded to the DS for submission into the Resolutions book.

As you can see the District secretary will be very busy for the next few months. Your prompt response is greatly appreciated! This helps the District board and the convention committee know all is going well.

Now can we put aside the ordinary to enjoy the extraordinary.....Extraordinary!
Does a member of the lodge have a passion for something others might want to learn about? Anyone heard of an event at a museum or library or received information on local bus trips? Why not get a group together and go? Norway is a progressive country.. always exploring beyond their own front door....why not take a cue from them and try a new adventure?! These simple changes make a lodge and the members vital! Did you have a party to watch and celebrate the Super bowl? Did you get together and enjoy the Olympics and cheer on your favorite athletes? Learn more on how the Norse and Irish cultures were similar yet different! Top it off with a celebration of St Patrick's Day! It doesn't need to be expensive to explore new ways to infuse your meetings with new energy! Best of all these events can be enjoyed by all age groups. Venture out of your comfort zone and show your community how Nordic people embrace life and enjoy and all it has to offer.

Do any of you remember the Leadership Training that was promoted by Sons of Norway to help Lodges grow? One of the suggestions was a calendar of events... Please look for it in the newsletter and also watch for some excerpts from this program to utilize in your lodge's meetings.

Happy St Patrick's Day!

Gail

Ask and Advertise -- Mentor & Mingle

2014 International Convention

This year Sons of Norway is hosting the 2014 Biennial International Convention in beautiful Jacksonville, FL. This is an important event for the organization because it's when we hold the International Lodge Meeting, a time when members come together to participate in our organization's governance by discussing issues that will have a significant impact on Sons of Norway.

This year the Convention will once again include the Innovative Leadership Conference, a special one-day event that is open to ALL members and dedicated to strengthening attendees leadership skills.

To help members learn about each of these important events, Sons of Norway has launched a new website, www.sonsofnorway2014.com. Visitors to the website will learn about all the exciting things happening at the Convention, register for attendance, get schedule/agenda updates and learn about all the great things Jacksonville has to offer. Visit today to learn all about the exciting events coming up this summer!

Upcoming Lodge Events

March

20th - Lodge Meeting - Bayside Presbyterian Church - 7 pm. Come for an entertaining night.

30th - Norwegian Lady and the Wreck of the Dictator Ceremony - 2pm - Ocean front and 25th Street, Virginia Beach. Reception follows at the Old Coast Guard Station (please bring “goodies” to share).

April

19th - International Children’s Festival - 9 am to 5 pm - Mill Point Road Park, Hampton - We will need volunteers for this fun filled day to help in the Norway Booth. Sign up sheet will be available at the lodge meeting. Remember to wear something Red, White and Blue or Norwegian!

Contact Harriet Lindenberg at (757) 721-7594 or hlindenberg@cox.net

24th - Lodge Meeting - Bayside Presbyterian Church (Fellowship Hall) - 7 pm - Come and see a Viking demonstration on sword fighting and hear about the Viking re-enactors.

26th - NATO Festival - 10 am to 11:30 am - Marchers for the parade gather at Harbor Park Stadium at 8:30 am. Need volunteers to help with the float

Contact Bob Rumney at (757) 490-3030 or grandgufinof@aol.com

Please support your lodge by volunteering and participating in these events!



Performances May 24th

Save the date 24 May. We are very fortunate to have a 20 person accordion group and a folk dancing group from Sandnes, Norway perform for us on May 24th. Exact time and other information is being worked on but it will be in the afternoon (about 2 PM) in the Bayside Presbyterian church fellowship hall.

The names of the two groups are Sandnes Trekkspillorkester and Sandnes Folkedslag.

<http://www.sandnestrekkspill.no/>

<http://www.sandnes-folkedanslag.no/omoss.html>

It should be a great event Bring the kids and grandkids

Contact Ralph Peterson for more information

Submitted by Ralph Peterson

Membership Secretary's Message

February saw one new member join and one past member rejoin. Daryin Mydland who is assigned to the Coast Guard in Chesapeake has joined and Henry Lindenberg has rejoined. Lets all give them a hearty welcome when you meet them.

As of May 1st we have 167 active members and that includes Juvenile members with insurance.

Submitted by Ralph Peterson

Norwegian Experience 2014

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2014 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2015, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a multi-day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2014. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

Sons of Norway Virtual Pilgrimage

Have you heard about Sons of Norway's new Virtual Pilgrimage? As with the Sports Medal Program, this new offering rewards members for living an active lifestyle. The journey is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways'.

History: The son of Viking explorers, King Olav Harraldson (995-1030) ruled Norway, determined to unite the country under Christianity. However his efforts did not go unopposed. He fell in the Battle of Stiklestad in 1030 and his body was laid to rest in what is now Nidaros Cathedral. Soon after this death he was canonized St. Olav, the patron saint of Norway. The routes that St. Olav once trekked were thereafter claimed as pilgrim trails all leading to the shrine of St. Olav in Trondheim. During the Middle Ages, Trondheim, once called the city of Nidaros, was the greatest pilgrimage destination in Northern Europe.

To this day, people from around the world make the trek to Nidaros Cathedral to celebrate their patron saint on St. Olav's Day, July 29th. The Sons of Norway's Virtual Pilgrimage features Norway's most famous route from Oslo to Trondheim, the Gudbrandsdalen Route following the Old King's Road. This 387 mile journey takes pilgrims through cities, small villages, past historic churches, farms, beautiful mountains and fjords.

Get active and learn about Norway while doing it!

Here is how to get started:

- Print out a Pilgrimage record card found on the Sons of Norway website or ask our lodge sports director Cindy Sanoba for more information.
- Walk around your neighborhood, park, shopping mall or gym
- Track your mileage on your record card.
- Learn about historical locations along the Pilgrimage route in Norway found at www.sonsofnorway.com/pilgrimage
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- You must start the pilgrimage in 2014 and you must finish your 387 miles by the end of 2015.
- Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.



Innovative Leadership Conference

The conference, which is open to ALL members, is sure to be a premiere event that will help you strengthen your leadership skills! Whether you are interested in helping your lodge succeed or improving your professional leadership skills, the Innovative Leadership Conference will help you attain your goals.

Over the course of the day-long conference, attendees will be taken through a series of educational topics by professional speaker/trainer, Kit Welchlin. Attendees will learn about effective communications styles, conflict resolution, effective team work and leadership concepts for recruiting members and customers.

More importantly, everyone who attends will be given implementable tools and techniques, which will deliver tangible results. “The goal of this event is to help members strengthen their leadership skills and provide them with the tools they need to succeed, both within Sons of Norway as well as within their professional lives,” says Erik Evans, Sons of Norway’s Communications Manager. “One of the most important elements to Sons of Norway’s future success is strong leadership skills at all levels of the organization. Like the overwhelmingly successful 2012 event, this year’s Innovative Leadership Conference will help build strong leaders and, we feel, will make Sons of Norway stronger overall.”

If you’d like to learn more about the event or register today you can visit the 2014 International Convention website at www.sonsofnorway2014.com or you can call (800) 945-8851 ext. 623

Tubfrim Winner Announced

Tuesday, January 7, 2014 was a lucky day for Vegas Viking Lodge 6-152 in Las Vegas, Nevada. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,229 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,229 pounds of stamps to Tubfrim in 2013.

Sons of Norway members have been an integral part of Tubfrim’s success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors.

Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs, Sons of Norway members are the largest contributor outside of Norway to Tubfrim’s efforts, sending nearly 30% of all stamps collected.

While helping children is a great motivation for our members to participate, there is a special incentive to say “thank you”. For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or supply@sofn.com or downloaded from www.sonsofnorway.com.

If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page in the members section of Sons of Norway website under Management: Forms. For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or genegbrand@aol.com

The History of Tubrim

Postmaster Ditlef Frantzen in Nesbyen established TUBFRIM in 1928. The aim was to collect and sell used stamps and use the proceeds to aid the eradication of tuberculosis among Norwegian children. The first profit was made in 1929 and amounted to NOK 1.500,00. Profits varied in the following years from NOK 8.000, in 1940 to NOK 25.000, in 1947. TUBFRIM has made good progress since from then and profits in 1970 were NOK 150.000, growing to NOK 650.000, in 2011.

TUBFRIM is owned by the Norwegian Health Association (Nasjonalforeningen for folkehelsen). Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis. Used postage stamps and telephone cards are not to be thrown in the wastebasket, but should be sent to: TUBFRIM NO-3540 Nesbyen, Norway. We sincerely thank those of you who loyally send us stamps and telephone cards, and we heartily welcome new collectors.

How to help us.

Send your used stamps and phone cards to TUBFRIM, NO-3540 Nesbyen, Norway.

Please, never throw away canceled stamps and phone-cards. Stamps and phone cards from any country in the world can be used. Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact. Damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away. (Damaged phone cards are also to be thrown away.) We are also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards etc. are more than 50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard!

Save used stamps and phone cards for: TUBFRIM NO-3540 NESBYEN, NORWAY.

All type of stamps and phone cards are received with thanks. We give them a "new" value.

Participate in our work. Most Norwegian Embassies, Consulates, Seamen's Churches and many private persons and groups participate in the TUBFRIM program. Outside of Norway, the greatest collection takes place in the United States through the organization Sons of Norway. Used postage stamps and phone cards may be sent as surface mail directly to: TUBFRIM NO-3540 Nesbyen, Norway

In USA you may also send stamps and telephone cards to the nearest participating Sons of Norway lodge, or to the Norwegian Seamen's Church in San Francisco or in San Pedro. The material is sent to Norway by Grieg

Star Shipping and DSV Air & Sea free of charge or with SAS (Scandinavian Airlines) at very low costs.

We sincerely thank those of you who loyally send us stamps, and heartily welcome new collectors.

Submitted by Ron Martinsen

Kyle Lindenberg 3

Julia Abraham 5

Elizabeth Kise 6

Terra Brubaker 8

Dale Christensen 11

Larry Berg 12

Lucia Llptakova 14

Phyllis Grubba 16

Chad Jaberg 16

Barbra Stehlik 17

MARCH



Joseph Gulas 19

Wilma Fehrs-Foss 20

Kaitlin Ammons 21

Cameron Keith 21

Odd Vinnelrod 22

Kristine VanWerkhoven 25

Sarah Ammons 27

Kjell-Ove Skare 28

Benjamin Denton 30

Mario Quaglietta 30



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