



VIRGINIA VIKING

Sons of Norway Hampton Roads Lodge No. 522
President: Bob Rumney Vice President: Michael J. Beck Secretary: June Cooper Treasurer: Ragnhild Zingler

The President's Corner



Dear Members and Friends,

April was a very busy month. Our participation in the International Children's Festival went well even with the cold rainy weather. The weather didn't deter the crowds. Thanks to Harriet Lindenburg and all the volunteers. The next big event was the NATO Parade. Our Dragon float looked great. Thanks to all who worked on getting it ready and marched in the parade. The float is now back in the warehouse until it will be on display again next year's parade.

May 17th is a special day for Norwegians. This year was even more special as it was the 200th anniversary of the signing of the Norwegian Constitution on 17 May 1814. In 1814, 112 men came together and drafted the Constitution which was inspired by the United States and French Constitutions. These men believed that a day would come when Norway, a poor country, yet a land rich in history, would gain independence. They were right. Nearly a century later the union with Sweden was dissolved and Norway declared its independence. What was drafted in 1814 by these patriots has become the oldest constitution in Europe that is in use today. Many of our lodge members enjoyed a very

nice luncheon celebration in honor of this day at the Lynnhaven Fish House. Many who attended came in their traditional bunads showing their Norwegian pride.

On May 24th, we were able to watch a wonderful performance of the Sandness Dancers and Accordion Players, from Sandness, Norway. There were a total of 37 performers (20 accordion players and 17 dancers). We were fortunate to have this special performance for our friends and lodge members. It was a most enjoyable day.

Our final event before our summer break is a Norwegian Midsummer Celebration Picnic which is a national holiday in Norway and is celebrated nationwide. It recognizes the longest day of the year and coincides with the start of the strawberry season. Ralph and AnneGrete Peterson will again host this event in their backyard (4121 Roenker Lane, Virginia Beach). Hamburgers, hotdogs and of course strawberries will be provided. Please bring either an appetizer, side dish or dessert to share and a lawn chair. We will have soda available, however, if you wish you may bring either wine or beer. This is a family event and there will be games for children and adults. Rain date is June 22. Please call Ralph or AnneGrete if you will be attending (757-318-9414 with your reservations or e-mail at Nodakralph@aol.com

Summer is the time for family vacations and I know many have already made their plans. Until we meet again in September, I wish you a wonderful summer and a safe one.

Fraternally,

Bob Rumney

District President's Message

The Vikings have landed...the convention has arrived!!!! The Zone Four Convention Committee can't wait to greet you.... and give you all a chance to LOVE NORWAY.

If you are considering going on a side-trip please let the committee know ahead of time... they need the number count BEFORE May 20th. The trips may sound ordinary but there is a hidden treat in each one that makes the experience one of a kind. See the State capitol, a guided tour does it justice. The pre-convention golf and fishing gives everyone the chance to relax and enjoy the great upstate summer weather. Please take the time to try the fly fishing or the great golf course. Ironically, in past conventions the non-delegates had so much to do and so much culture to absorb they were just as busy as the delegates. I suppose times are a changing.

During the convention we would like the lodges who brought their banners to parade their banners for all the delegates to see and enjoy during the opening ceremony on Thursday. The banners then will remain in the hall throughout the convention. As for the parade on Thursday evening; we are inviting everyone to participate in the Bunad parade! Come show off those beautiful and unique Norwegian dresses. This same evening a surprise event takes place for all to participate in and enjoy!

The committee has worked hard over the past 2 years to make this an unforgettable event and I think they have succeeded.

After June... life in the Ekloff home will be changed forever.....Sons of Norway will always be a part of our lives, however it will no longer have center stage. Rolf and I have a combination of 65 years as a couple within the order... and have spent many of those years deeply involved with Sons of Norway. We have visited many lodges and have traveled up and down the coast. We've spent many hours working at Land of the Vikings on work week(ends) and have traveled to many states and even the great country of Norway to participate in Conventions. We have met many wonderful people and many of these connections have grown into lifelong friendships. These relationships are what Sons of Norway will always represent to Rolf and me.

I would like to thank all the members who have called and sent cards and flowers to Rolf while he is recuperating. As any true Viking, he plans to attend the convention!!

To the future leaders of the Third district... you have my support! I sincerely hope you find yourselves enjoying Sons of Norway as Rolf and I have. May we all endeavor to keep the Third District the "Tremendous Third!"

Fraternally,

Gail Ekloff

2014 International Convention

This year Sons of Norway is hosting the 2014 Biennial International Convention in beautiful Jacksonville, Florida.

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

June

11th – 14th - **Third District Convention** in Albany, NY.

21st – **Norwegian Midsummer Celebration**

Saturday afternoon at 4 PM at the Petersons:

4121 Roenker Lane, Virginia Beach.

Hamburgers, Hot dogs and of course strawberries will be provided.

Please bring an appetizer, side dish or dessert, lawn chair and if you wish a choice of beverage (wine, beer, soda).

This is a family event – games for children and adults. Rain date June 22nd.

Please call Ralph or AnneGrete 757-318-9414 with your reservation or Nodakralph@aol.com

Midsummer in Norway

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.

Norwegian Strawberries and Cream Cake (Bløtkake)

from The Great Scandinavian Baking Book

by Beatrice Ojakangas, Serves 16

Cake:

- $\frac{3}{4}$ cup cake flour
- 1 tsp baking powder
- 6 eggs, separated
- 1 cup sugar

Topping:

- $1\frac{1}{2}$ cups whipping cream
- 2 tbsp powdered sugar
- 1 tsp vanilla

Filling:

- 3 egg yolks
- 2 tbsp butter
- 2 tbsp cornstarch
- $1\frac{1}{2}$ cups half-and-half
- $\frac{1}{4}$ cup sugar
- 2 tsp vanilla extract
- $\frac{1}{2}$ cup strawberry or apricot jam, warmed and strained
- 1 pint fresh strawberries

Blend flour with baking powder; set aside. In large bowl, whip egg whites until fluffy; gradually add sugar, and beat until stiff and meringuelike. In small bowl, beat egg yolks until frothy. Fold egg yolks and flour mixture into the egg whites. Butter two 9-inch round cake pans and dust with flour. Divide batter between pans.

Preheat oven to 350°F. Bake layers 30 minutes or until centers spring back when touched with finger. Cool in pans. (Centers of cakes may sink slightly.) To prepare the custard filling, in small saucepan, mix egg yolks, butter, cornstarch, half-and-half, and sugar. Cook, stirring, over medium heat until mixture is smooth and thick. Remove from heat, cover, and cool. Stir in vanilla.

To assemble the cake, cut layers horizontally into 2 layers each. Place bottom layer on cake plate and spread with half of the custard. Top with next layer. Spread with the strawberry or apricot jam. Reserve a few of the nicest strawberries for garnish on top of the cake. Spread with remaining custard. Top with remaining layer of cake.



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