



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,
I hope you have had a wonderful summer. Our June midsummer picnic held at the Peterson's backyard was a huge success. We had a wonderful turn-out and it was fun for all.

Now that the summer vacation period is over, it is time to start preparing for upcoming Lodge events. These events are posted on the web site (<http://hrson.zzl.org>) and face book page. Planning has already

started for the Leif Erickson Day ceremony which will be on October 9th at the Mariner's Museum in Newport News. There will be a tour of the museum and a laying of the wreath at the statue of Leif Erickson, following will be a lunch at a local restaurant in that area.

We have started planning our annual Christmas Bazaar. Much help is needed to insure the success of this event. Mark the date on your calendar – November 8th 9-3 p.m. If you would like to be a vendor at this event, please contact Don Ohnemus at donemus@verizon.net (757-467-6156). If you can help out in any way, please contact Deanna Rumney (757-490-3030) or Norskamerican@aol.com. All volunteers are welcome and needed!

The International Convention was held in Jacksonville, Florida in August. A report on the convention was made at the August Board Meeting to Board Members and interested lodge members. I won't go into the details here. Questions should be asked at the regular lodge meeting on September 13. Note that this is a Saturday. This will be a potluck dinner, starting at 6PM. The program will be on the Norwegian Anthem and designing the Norwegian flag.

The annual Neptune Parade will be on 27 September. We will need some of the ladies in their Bunads to ride in the Viking boat, some marchers and some men to help rig the Viking boat sail and oars. There will be an e-mail sent out to lodge members with more details.

September Events

Lodge Meeting / Potluck

Saturday September 13th

6 PM at the Fellowship Hall:

Program: The Norwegian Anthem & designing the Norwegian flag Performed by Lodge members.

Neptune Festival Parade

Saturday September 27th

Marchers & riders needed

Contact Ed McCarthy for

Information: 757-430-6234

Our Nominating Committee will be contacting members to step forward and volunteer to run for leadership positions in the lodge. This is very important. If you have not served in a leadership position before this is a good time to start. You will have plenty of support and guidance. The more involved you get with the lodge, the more you will enjoy your membership.

If you have completed any sports programs over the summer please remember to turn in your completed record sheets at the next meeting.

I look forward to seeing you all at our September pot luck dinner at Bayside Church (Fellowship Hall) on September 13.

Fraternally,
Bob Rumney

CALL FOR OFFICERS for 2015-2016

CONSIDER RUNNING FOR A LODGE OFFICER POSITION!!!

Nominations for ALL Lodge officer positions opens in September at the PotLuck. If you would like to run for a position, have someone nominate you at the meeting. Positions include: President, Vice President, Secretary, Treasurer, Foundation Director, Counselor, Membership Secretary, Cultural Director, Social Director, Sports Director, Publicity, Historian, Marshalls, Sunshine Committee, Webmaster, Newsletter Editor, Adopt a School Coordinator. We also have a Christmas Party Committee and Bazaar Committee.

If you have an interest and want more information, contact President Rumney, Martha Blau or Gerry Blau who are on the Nominations Committee. There's lots of help from previous officers. Below are some descriptions of positions we especially need to fill.

Vice President: The Vice President fills in for the President when he is not available and works with the Membership Secretary.

Membership Secretary: Membership List and Recruitment and the New Member Breakfast.

Social/Hospitality: Provides / organizes the monthly meeting refreshments.

Cultural: organizes the programs for the monthly meetings and Leif Erikson Day event. This can easily be done for several meetings in advance. Headquarters has a lot of information, skits, movies and ideas.

Newsletter Editor: Creates the monthly newsletter. There is lots of material online at Son Headquarters.

Marshalls: Set up the room for meetings and restore the room afterwards.

October Events

Fellowship Lunch

Saturday October 4th / 12:30

Mahi Mah, 615 Atlantic Ave.,
Virginia Beach–Valet Parking
Call Elaine Murray for
reservation 757-486-1689
(emvirginia@msn.com)

Leif Erikson Day

Thursday October 9th

Guided tour of the Mariner's
Museum (old section)
Newport News 9:30 a.m. Cost
\$10.00) Laying of the wreath
at the Leif Erikson statue in
front of the museum at noon.
Lunch to follow. Call Deanna
757-490-3030
(Norskamerican@aol.com)
September 30th if you plan to
come.

Lodge Meeting

Thursday October 16th

7 p.m. in our regular room.
DVD on Lutefisk. Come
learn a new song on this
special Norwegian dish!

District President's Message from Mary B. Andersen

When you're finished changing, you're finished. - Benjamin Franklin

3rd District website: <http://www.3dsofn.org/>

3rd district Newsletter: <http://www.3dsofn.org/documents/TDTConv.2014.pdf>



It goes without saying that I am honored to be your President. What a great Convention! Zone 4 sponsored the Convention and Kaye Wergedal and her team did an outstanding job, thank you Kaye and your team!!

The Third District experienced change at the 2014 Third District Convention. Change is not new to us and hopefully will continue for many years. Starting something new reminds me of opening the black and white composition book at the start of new school year all those years ago. The nice clean, empty pages represented all kinds of possibilities to record what was going to be learned in the coming year.

Starting a new officer position represents the same learning opportunities and I am excited by it. I believe we have a great Board, a great group of experienced District leaders giving their time and efforts to our District. We have been busy since the Convention. The new Board had a productive kick off meeting Sunday morning of the Convention weekend. The Executive Committee has had two lengthy conference calls via Skype. This is a change and it has worked well.

Together with two Executive Committee members (Peter Vatne and Kathy Dollymore), we went to LOV to meet LOV Chair Roy Berntsen and LOV Buildings and Grounds manager Pierre Laliberte to assess what needs to be done. Change will be needed here too. (You can read more about the visit in Roy's column).

Numerous phone calls and emails have been exchanged. But, we can't do it alone. The Third District is like a great big Viking ship; all oars must be manned and ready to be put in the water as needed. Sometimes the rowing will be easy and sometimes the rowing will be hard but we must all be rowing in the same direction, anything less will crash us into the fjord walls. But that is the hallmark of our Order, working together for a common cause. Change is needed here too.

We are hoping to use Committees wherever possible to involve as many people as possible. More hands will be needed to keep the ship moving; don't be hesitant to volunteer, even if it is just for a small activity. You will meet people and learn at the same time. Think about it, you will have the opportunity to learn leadership skills and project management skills; teach others and most of all contribute to a great organization.

Communication is critical in any organization. Change is needed here too. Whether we like it or not, social media isn't going away. We must adapt and utilize it in a way that works for us. If we want to engage our current members and grow the Order at the same time, we must communicate what we do! But, communications is a two way street; with only one third of our members actually opening the Third District Today each month. Compiling the Third District Today is a time consuming effort; change is needed here too. Our Publicity Director, Ron Martinsen will be forming a Communication committee and you will hear more about it in the coming months. Don't hesitate to reach out to Ron if you can help, remember communication is a two way street.

Change doesn't come without cost. We will be forming a Ways and Means Committee, chaired by Peter Vatne. You will hear more about it in the coming months. Change can make us uncomfortable but we must adapt to survive and we are all survivors or we would have been finished a long time ago! So, hip, hip, hurrah to the coming two years; I am excited, thankful and honored to be your President. Let's work together to fill the blank pages with great ideas, great actions and above all great friends. Let's keep our Viking ship moving forward!

All the best,
Mary

Norwegian Lady News

I was in Moss celebrating the 200th Anniversary of Norway's Constitution together with Virginia Beach's City Clerk and the President of Virginia Beach's Sister Cities, Ruth Fraser. We were guests of Mayor Pettersen and attended several celebrations. The highlight was seeing the Royal couple and listening to the Crown Prince's speech to the students from all over the world who attended a Peace Conference in Moss...like the one in 2005 when we also attended with past Mayor Oberndorf and other delegates.

The Norwegian Lady Ceremony was on 16 August and well attended on a lovely day. Dyveke Bast was there and held a lovely speech where she gave big compliments to Virginia Beach where she was a guest last September during Virginia Beach's 50th Anniversary. (In 1962, Norwegian sculptor Ørnulf Bast was commissioned to create two replicas of the original Norwegian Lady figurehead. Dyveke Bast was the model for the statues.)

Ruth Fraser also gave a speech and Mayor Pettersen read a greeting from Mayor Sessoms.



Astrid Gulas, Dyveke Bast, Ruth Fraser, & local resident at the Norwegian Lady statue in Moss, Norway



Crown Prince & Princess of Norway during 200 Year Celebration in Moss

We got to see the DICTATOR Church Ship in Moss Cathedral which looked beautiful! Also we met with a few members of the chorus that were here last September.

Hilsen,
Astrid

(Astrid Gulas is on the Sister Cities Committee for the Norwegian Lady)

The NORWEGIAN Constitution of 1814

Norway's first constitution was adopted by the National Assembly at Eidsvoll on May 16th, 1814, and dated and signed on May 17th, 1814. It was modern and forward thinking for its time, with inspiration from the US Declaration of Independence of 1776 and the French Revolution of 1789.



The main principles of the Constitution are:

- People's Sovereignty (People's right to rule through elected representatives)
- Separation of Powers (Power balance between the legislative, judicial, executive power)
- Human Rights (Rule of law, voice and speech)

The Constitution of 1814 was written by men who wanted Norway to secede. Greater policy decided otherwise, and Norway became forced into a union with Sweden later in the year. The Constitution was retained, but was slightly modified to accommodate the new union with Sweden. The main principles of the Constitution were upheld, and laid the foundation for the union's dissolution in 1905 and the development of Norwegian democracy.

The original constitution document is a short piece of paper, marked by the test of time. It is therefore not available to the general public. It lies safely in the Parliamentary archives, where the right temperature and humidity process slow down the natural degradation. The Constitution is in turn digitized, so those who wish can study the document.

Written at Eidsvoll, the Constitution was probably penned by Trønder native, Johan Matthæus Buschmann. It is apparent in the text on the Constitution that the work was rushed in the spring of 1814. For the Constitution to become what it is he wrote with very simple Gothic handwriting, without ornamentation of any kind, and one will find some typos.

The legal text is written in a simple notebook like paper. The document is seen in a heap of 12 sheets of paper that are fastened together to 24 pages with a linen thread. All together it is 48 pages. The text has 110 paragraphs and is divided into five chapters. Following the legal text is the authorization from the National Assembly designated by 112 representatives' signatures with red wax seals. Finally is the signature from the king.

Sources: Eidsvoll1814.no
Stortinget.no/Grunnlovsjubileet

The Year of Miracles – 1814

The historical days of 1814 are important events in this year's anniversary. It all began with King Frederik VI having to give up the throne of Norway to Sweden's King Karl XIII over the Peace Treaty of Kiel in January 1814. Denmark-Norway had been on the losing side in the Napoleonic Wars while Sweden was among the victors. See what happened next.

January 14th, 1814

The Kiel Treaty was signed, and stated that Norway would enter into a personal union with Sweden. This indicated that the 434 year long union between Denmark and Norway was over.

February 16th, 1814

A rebellion started in Norway against the decisions made in the Kiel Treaty, led by Denmark's heir to the throne Christian Frederik, who had previously been sent to Norway as governor.

February 19th, 1814

Christian Frederik sent out an open letter in which he announced elections for an assembly that would meet at Eidsvoll on April 10 to give Norway a Constitution.

April 10th, 1814

112 representatives attend the National Assembly at Eidsvoll. There were 57 officials, 18 businesses and 37 farmers.

May 17th, 1814

The 112 delegates were all unanimous about preparing a free constitution, inspired by contemporary ideas of popular sovereignty, freedom and a balance of power. The Constitution was completed and signed by the National Assembly and Christian Frederik was unanimously elected King of Norway.

May 19th, 1814

Christian Frederik received a message that the major powers of Great Britain, Russia and Austria would send commissioners to Norway to enforce the Swedish-Norwegian union.

July 26th, 1814

Carl Johan and Sweden go to war against Christian Frederik and Norway. On August 7th, however, armistice negotiations began under the conditions that Sweden would accept the Eidsvoll Constitution as Norway's official Constitution.

August 14th, 1814

The result of the negotiations led to the Moss Convention of August 14th, where Carl Johan accepted the Eidsvoll Constitution with changes necessary for a union with Sweden, in which Frederik Christian was obligated to abdicate. The Constitution was saved!

November 4th, 1814

Formally it was not a revised constitution, but a completely new constitution dated November 4th. The fundamental change was that Norway, as an independent kingdom, would enter into a union with Sweden.



SONS OF NORWAY

NEW PRODUCT ANNOUNCEMENT

People are living longer than ever. Longevity has its benefits, but it also presents challenges. You may need to plan for the increased likelihood that you may develop a chronic illness such as disabling heart disease, Parkinson's disease, or Alzheimer's disease. For these reasons, and many more, Sons of Norway is introducing its new Chronic Illness Accelerated Benefits Rider for Universal Life Certificates. **The rider offers a convenient and practical way to help you pay for your long term care expenses.** This rider is available with no additional underwriting when added to application for a new Sons of Norway Universal Life application. The rider can be also added to an existing Nordic Life via new underwriting.

What is the Chronic Illness Accelerated Benefits Rider?

- It allows your policy to do more for you by providing regular monthly payments when the insured is under medically prescribed long term care. **The benefit may be used for at home care or during a nursing home stay.**
- It's easy to use.
- No receipts or care plan are needed.
- Policyholders can decide how their monthly payments are spent.
- It is available for ages 18 – 85.

About the Benefit Payments:

- Each monthly payment will be 2% of the death benefit amount of your policy, or the remainder of the benefit available if less. The elimination period for this rider is 60 days.
- You may choose to receive your payments annually. Each annual payment will be 24% of the death benefit amount of your policy, or the remainder of the benefit available if less.
- If you choose to receive monthly payment, the amount available will be 2% of the rider. **For example, if you have a \$300K rider you will receive \$6,000/month for 12 months.**
- Your life insurance policy must have a minimum death benefit of \$50,000 for the rider to be attached. The maximum benefit amount for the rider is limited to \$300,000.
- Each payment under this rider is an advanced payment of a portion of the death benefit of your policy and reduces the death benefit of your policy on a dollar-for-dollar basis.
- When payments under this rider equal the death benefit of your policy, your life insurance policy will terminate.

This product allows you to protect your family from the major expenses associated with long term care. If you want to learn more about this great product that SON is offering only to their members, contact Michael Beck at 757-963-5102 or bchviking60@gmail.com.

Norway's Constitutional Language Receives Update

After debate among Norway's three largest political parties, a proposal has been reached and approved to modernize the Constitution. Originally drafted in an archaic version of bokmål, the proposal updates the text to a more widely used version of bokmål as well as introduces another copy in Norway's other official language, nynorsk. The last time the Constitution language was evaluated and changed was in 1903. The updates were set into motion in 2012 by a Constitutional Language Committee appointed by Norwegian Parliament and tasked with creating a report on the viability of updating the document. The ultimate goal of the linguistic evaluation was to make the Constitution more popular and accessible, utilizing spelling, vocabulary and grammatical patterns that are more recognizable to modern readers.

The Conservatives (Høyre), Progress Party (Fremskrittspartiet, FrP) and the Labour Party (Arbeiderpartiet, Ap) previously had been at a stalemate, each supporting a different model for either changing the Constitution or leaving its language untouched. Amid concerns that uneven proposals would favor one of Norway's official languages over the other, agreement was eventually reached on a moderate bokmål update proposal provided by language professor Finn-Erik Vinje and a nynorsk proposal from law professor Hans Petter Graver.

"The decision will be historic," said Labour's Martin Kolberg, head of the parliamentary scrutiny and constitutional affairs committee. Nynorsk gets a status which it has never previously had."



Virginia Viking

1125 Selwood Drive
Virginia Beach, VA 23464-5809