



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 522

President: Ralph Peterson Vice President: Jack Kise Secretary: June Cooper Treasurer: Ragnhild Zingler

The President's Corner



Morn morn alle sammen. Well we had a very busy and successful May. We had lots of activities and all well attended. The Syttende Mai cruise was well attended and all had a great time. It was great to see several children join us. I was especially

pleased that we were able to pull off the membership recruitment lunch. I have been telling my friend Len Carlson in Minneapolis for years that one can easily put such a program together in the Midwest where we have Norwegians on every corner and in every café but it would be next to impossible on the East Coast. I was wrong, we got more than the required 10 prospective members together (I will say that Mike Beck and I made several nervous head counts until the 10th person showed up). We did get 3 new members and I think we will get a couple more later. Perhaps we should look at doing this again next year.

Our next big event will be our annual picnic on 13 June. Bring your chairs, something to drink (we have water, coffee and lemonade) and a side dish to share as we have the burgers and hotdogs. We will be introducing a game called Kubb that gets its origin from the Vikings. Skill is required but not much strength.

Other than the picnic our SON activities will be reduced this summer. Our board meetings will be held in lieu of our regularly scheduled meetings (same time and place as our normal meetings). We are looking at holding a members lunch in late August and more on that when it firms up.

Have a great summer, let's work on those sports medals (I am working on my "gold" Gangmerke medal and hope to get it by summers end) and remember that you can sign up new members all year long.

Med vennlig hilsen

Ralph

Summer Events

Midsummers Eve Picnic

Saturday, June 13th

Ralph is firing up the grill for the annual picnic! The fun starts at **4pm**. Please bring a side dish, BYOB and RSVP to nodakralph@aol.com or 757-318-9414.

Tides Baseball Night

Monday, June 15th

Norfolk Tides vs Columbus. Join us at the game for Roll Back the Clock Night. Game starts at **7:05pm**. RSVP with Harriet hlindenberg@cox.net or 757-721-7594

Open Board Meeting

Thursday, June 18th

Monthly board meeting is open to all! We meet at **7pm** at the Bayside Presbyterian Church.



Fra Presidenten, Mary B. Andersen

As you know, new member recruitment is one of the most important things everyone can do to support Sons of Norway and help the organization grow within our communities. It can be as simple as identifying friends, family, neighbors or colleagues who share an interest in Norwegian heritage, volunteerism, or financial protection. Then, when you do, invite them to participate in an upcoming event or attend a lodge meeting. A simple invitation is often the best and most effective way to recruit a new member.

Now, because Sons of Norway wants to encourage a strong recruitment effort, some exciting changes have been made to the Norwegian Experience Recruitment Contest. The 2015 program, which was created by Sons of Norway and our official travel partner, Borton Overseas, will recognize the efforts of members throughout the organization, rather than just one recruiter.

This year Sons of Norway will award two plane tickets to Norway to the top recruiter in each district—that means you, or someone in your lodge may be winning a free trip to Norway! All you have to do is focus on recruiting new, dues-paying members into your lodge—something you are probably doing anyhow. All qualifying members recruited between January 1 and December 31, 2015 count towards the contest, so good luck!

If you have any questions about the program, be sure to contact headquarters at 612-821-4623.

Remember, this is a great contest because it's guaranteed that one of the winners is going to be from our district. What's more, the contest is sponsored by one of our organization's biggest supporters, and our official travel partner, Borton Overseas. They have a long history of helping make Sons of Norway members' dreams come true by planning amazing adventures to Norway. And don't forget—even if you don't win, Borton gives all members a 5% discount on travel booked through their offices. To learn more about this discount, call them at (612) 822-4640.

Good luck in your recruiting efforts! I can't wait to see who wins in our district!

Thank you for all your help and for all that you do for Sons of Norway!

Have a happy, healthy and safe summer!!

The Full District Newsletter is online at <http://www.3dsofn.org/documents/TDTJune20152.pdf>

There's lots of information in the Third District Today newsletter. There's a wonderful stranded knitting pattern for a Norwegian headband... great for getting ahead on those holiday gifts!

JOIN YOUR LODGE ON FACEBOOK:

<https://www.facebook.com/hrsons>

Our website: www.hrson.org

Membership Recruitment Lunch a Success

The May 2015 Membership Recruitment Lunch was a success. We had 12 guests and 11 members in attendance. The event resulted in three new members. Please welcome **Jason Sprague** and **Vivian Zingarelli**, sponsored by *Lenny Zingarellia*, along with **Elizabeth Hayden**, sponsored by *Harriet Lindenberg*. Thank you to all the members who attended and help make the event a success.



Michael Beck
Membership Secretary

Syttende Mai Cruise

A healthy group of SON members and their families boarded the Spirit of Norfolk on May 17th to celebrate Norway. The weather could not be better to cruise down the Elizabeth River. We were all treated to a fantastic lunch and guided tour of the area. The best part came in getting to better know one another over a relaxing afternoon on the water.

Sara Serine Matthews
Newsletter Guru

May Lodge Meeting

Another fantastic meeting is the books! We had a great turnout this month for our Lodge Meeting. Ralph was in fine form with some truly memorable jokes to usher in the the evening. We discussed the upcoming summer schedule – see the first page of this newsletter for the run down. Ralph also came with a stack of recruitment awards



from the last few years to hand out to our busy members. A list of all those recognized in on the next page.

After a quick look ahead to the summer we adjourned and took some time for snacks and too look through all the AMAZING samples of sølje that Harriet and our members collected to show us! There were so many beautiful family heirlooms and a few books about bunads and their solje.

Harriet also introduced a big map of Norway that will now be at all meetings. On this map we are encouraging all members to mark where their ancestors come from in Norway.



Bronze Pin		Number Recruited
	Annegrete Petersen	1
	Deanna E Rumney	2
	Donald P Ohnemus	1
	E Caren Petersen Kennedy	1
	Elaine M Norman	2
	Grete Sutton	1
	Jeanne MC Macdonald	1
	Judy G Grandstaff	1
	Katharine K Brekke Powers	1
	Larry G Berg	1
	Mary N Ohnemus	1
	Michael J Beck	2
	Odd Vinnefrod	1
	Pamela S Geisinger	1
	Ragnhild Zingler	1
	Ralph D Petersen	4
	Richard Scott Hill	1
	Robert E Rumney	1

Our Recruitment Bronze Pin Winners!

Robert Rumney, Pam Geisinger, Mary Ohnemus, AnneGrete Peterson, Judy Grandstaff, Deanna Rumney, Grete Sutton, Mike Beck and Ralph Peterson.



Sølje

The word *sølje* literally means 'brooch' or 'buckle'. *Sølje* has been around since the middle ages in Norway and it's look varies on where it is made. Many designs represent harvest or fertility while others take on more religious images.



You can learn more about *sølje* online at the following sites and see the rest of the photos from the pieces shared at the meeting on our Facebook Page <https://www.facebook.com/hrsons>

Ingebretsen's (US retailer)

<http://www.ingebretsens.com/jewelry/solje>

Goldsmith Sando (Norway retailer)

<http://www.sando.no/en.html>

Bunadrosen (Nowegian Only)

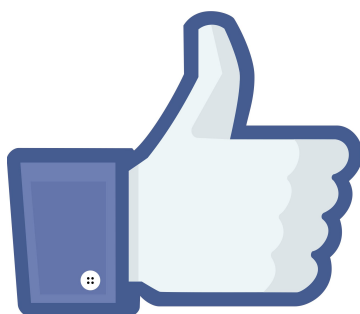
<http://www.bunadrosen.no/>

Sports

While there were no winners this month we want to encourage all of our members to get out this summer and move! Go online to our **Facebook Page** to learn more about the Sports Medal Awards and join us in the fun!

<https://www.facebook.com/hrsons>

Keep In Touch



For better recruitment purposes we have changed around our Facebook presence. We will no longer be posting in the HR SONS Facebook Group Page but just on the HR SONS Facebook Page. The main pages are easier for new folks to find us and interact with us. It will be the same as it was just a new address so please update your bookmarks and **'LIKE'** our page! Sara and Michael will be keeping you up to date and posting a ton of photos you will not find anywhere else!

<https://www.facebook.com/hrsons>



**SONS OF
NORWAY**

The Sons of Norway 2014 Annual Report was published in the June 2015 issue of Viking magazine. It was noted that the organization received \$19.3 million in insurance premiums. In Hampton Roads, we have slightly over 13 percent of our membership trust SON with insurance products such as annuities and life insurance; however, the average across SON is 28 percent. Insurance participation is what drives the various programs enjoyed by the local lodge. Also, every purchase helps our lodge become stronger by cementing our membership bond while also increasing our portion of the annual Lodge Revenue Sharing Program. Your purchase of financial products does truly support the lodge.

To learn more about the financial benefits offered from Sons of Norway contact:

Michael Beck, LUTCF
Email: mike@vavalueins.com
(O): 757-716-8813
www.vavalueins.com.

Virtual Pilgrimage

Have you heard about the Son's of Norway Virtual Pilgrimage? This program was launched in January 2014 and the deadline for finishing is December 2015. The Virtual Pilgrimage is a window into the experience of pilgrims in Norway, who walk a network of routes called St. Olav's Ways. The

nearly 400 mile journey on the Old King's Road takes pilgrims past old churches, beautiful fjords, small towns, tourist hotspots, mountains and farms. YOU can also participate by simply getting out and walking around your neighborhoods, the gym, a shopping mall or around a track we c can transform our walks into a virtual journey in Norway. By checking into the Sons of Norway website at www.sonsofnorway.com/ you can learn about historic landmarks and tourist destinations along the route.

How can you participate?

- Print out a Pilgrimage record card found on the Sons of Norway website or contact supply@sofn.com or (800) 945-8851 ext. 645 for a card.
- Walk around a neighborhood, park, shopping mall, track, etc. as an individual or as a participant in a walking group.
- Track mileage on the record card.
- Learn about historical locations along the Pilgrimage route in Norway found at www.sonsofnorway.com/ once there log in and click on Member Resources on the top right of the window, then select Cultural Programming, click on Sports Medal Program and finally Virtual Pilgrimage.
- Track the route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway. The program—387 miles of walking—must be completed by the end of 2015. Those who complete the program will receive recognition from Sons of Norway.



Double dip: Gangmerke or Idrettsmeke sports medal can also be earned with with pilgrimage miles.



Upcoming Events

Lodge Meetings

We will suspend the general lodge meetings until the fall but will continue with the board meetings each month. Everyone is invited to attend. There will be meetings on June 18th, July 16th and August 20th. The next Regular Lodge Meeting will be September 17th. All meetings are at **7pm at the Bayside Presbyterian Church** unless otherwise noted.



Bring something to the meeting for the FOOD BANK

Midsummers Eve Picnic

It's that time again! Ralph is heating up the BBQ for some fun in the sun on Saturday June, 13th! The party starts at 4pm. Send Ralph an email for the location nodakralph@aol.com. Please remember to bring a side dish, your own adult beverages and a chair. We will be serving burgers and hot dogs. After the food we'll play a game of "KUBB". Please RSVP at Ralph's email so he can have a head count! See you all there!

Fellowship Lunch

The details are still being worked out for this so please keep a look out in your email inbox. We are putting together a fellowship lunch on or around **Saturday, August 29th**. Mark your calendar and we'll get you those final details very soon!



Virginia Viking

1125 Selwood Drive
Virginia Beach, VA 23464-5809