



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

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

The President's Corner



Morn morn allesammen. I know that it is spring as the azaleas' are in full bloom. I only wish that the flowers could stay with us longer as they are beautiful. We had a great turnout for the Norwegian Lady celebration, and hopefully we will get the same kind of turnout for the International Children's Festival and the annual NATO parade. I am sure that Harriet can

always use more volunteers for an hour or so, and if you want to ride or walk in the parade, please let me know. I, in turn, I will let you know of any special parking, etc. The float is looking good!!! You do have several benefits coming to you if you are a member of the Sons of Norway, and I encourage you to take advantage of them. The newest benefit, and perhaps the best, is the Son Perk Spots program. Just sign up and wait for the bargains start to flow in to your mail box. There is more. Whether you're planning an event, looking for something for yourself or planning to visit Norway, Sons of Norway has discounts that can assist in your unique adventure. Among them Avis and Budget car rental, Best Western Hotel, Borton Overseas, Carlson Hotels and Icelandair. The information is available on the SON website after you sign in.

https://www.sofn.com/member_benefits/member_discounts/

If anyone is interested in entering your crafts in the District Folk arts exhibition and completion event to be held at the upcoming convention, you need to get an application. If you have questions check with Harriet. hlindenberg@cox.net

This is the link to the District web site with all the info:

<http://3dsofn.org/district-convention/folk-art-exhibition-competition/>

I am happy to report that the lodge received its annual check from SON that is based on our participation in the insurance program. This year we received a check for \$170 which we think is the largest check we have received for this event. Congratulations to those of you who are taking advantage of the SON insurance programs and congratulations and thanks to our FBC, Brother Mike Beck for doing an outstanding job.

Med vennlig hilsen

Ralph Peterson

April 21st, 2016

Lodge Meeting in Regular Room – Speaker Emily Labows (Director of Cultural Affairs for VABCH) to talk about past and future preservation of the Norwegian Lady and more – Planned Baseball game details also on the agenda

April 23, 2016

NATO Parade – 10am We will need marchers and riders to fill up our float. Please RSVP to Ralph Peterson

nodakralph@gmail.com

or 757-318-9414

More info as we get it.

<http://norfolknatofestival.org/>

[g/events/event/63rd-](http://norfolknatofestival.org/events/event/63rd-annual-parade-of-nations-2/)

[annual-parade-of-nations-2/](http://norfolknatofestival.org/events/event/63rd-annual-parade-of-nations-2/)

Fra Presidenten, Mary B. Andersen, April 2016



Don't watch the clock; do what it does. Keep going. Sam Levenson

April is 3D Charitable Trust Month

The Sons of Norway and the Third District have been going strong for over 100 years. Recently, I received a copy of a booklet commemorating the 10th anniversary of the Third District! It is written in Norwegian. (The advertisements are in English and looking at the old telephone numbers brought back a lot of memories.) The booklet will be displayed at the June 2016 Convention and will eventually be copied and placed on our website.

I shared the booklet with the 3D Board at our March board meeting and asked Zone 4 Director Kari Williams to take a look at it and provide her impressions. Kari mentioned that generosity jumped out at her in the lodge descriptions. Many lodges described providing sick pay, funeral benefits and just a little to help people get over a rough spot. The amount of aid provided was amazing considering it was 1923! This helping hand became the basis for our Charitable Trust.

The Spring 1971 Sons of Norway Bulletin reported that a motion made at the 1936 District Convention to start an old age fund became a reality in 1938. Over time, the old age fund became known as the Benevolent Fund. Eventually the Benevolent Fund was formalized in 1971 as the Charitable Trust. For almost 80 years, the Charitable Trust has provided modest financial support to District 3 members to aid physical, social and psychological well-being.

The June 2016 3D Convention marks the 80th anniversary of the formation of the Benevolent Fund! Wow, isn't that amazing! Sadly, reduced donations and market volatility has taken a toll on our Charitable Trust. You will hear more about the Trustees' actions at the June Convention.

Like the clock, can we keep the Charitable Trust going for our fraternal brothers and sisters?

Jeg ønsker dere alt godt.

Mary

The Full District Newsletter can be found online at <http://3dsofn.org/news/district-newsletter/>

Congratulations To Our Sports Medal Winners

Cindy Sanoba 20th Bronze Idettsmerke

Grete Sutton 4th Silver and 4th Gold in Gangemerke



Cindy Sanoba (Left), Grete Sutton (Right)

Snap Shots from The March Lodge Meeting



Every good meeting involves good food.



Floyd Friesen passing out song sheets with members joining him in leading the singing: Deanna Rumney, Astrid Gulas, Carol McCarthy



Floyd Friesen leading members in singing Irish songs for Saint Patrick's Day. Ralph Petersen in background

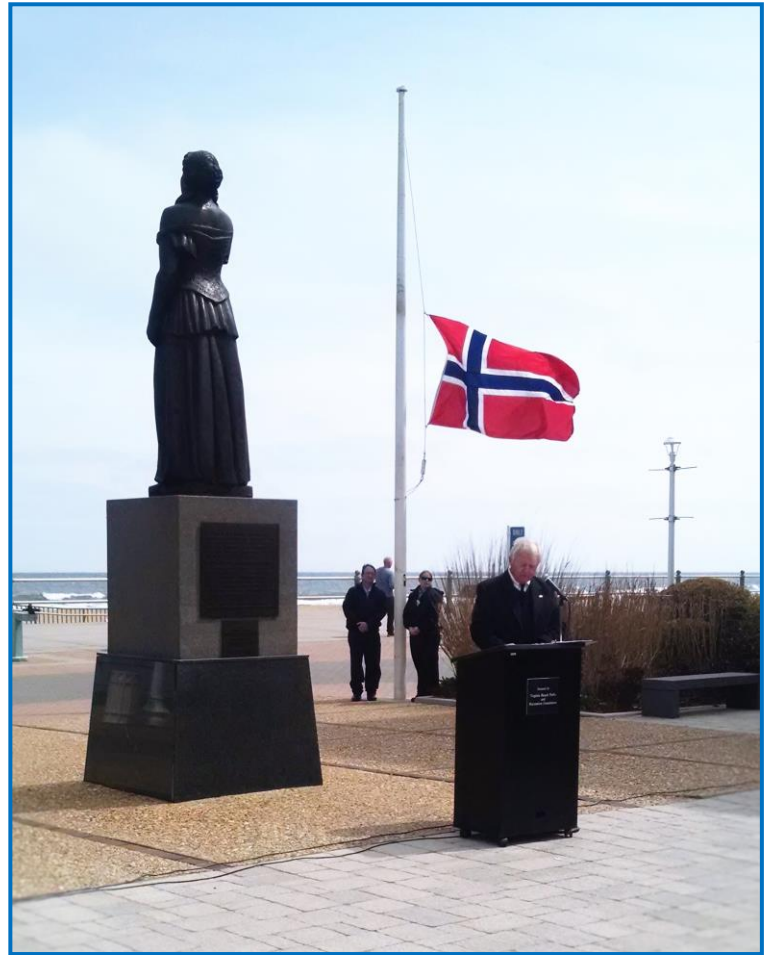
Scenes By the Sea

Norwegian Lady Ceremony
25th Street at the Oceanfront
March 25, 2016



Above: Members of the Symphonic Artistry Wind Ensemble provide music at the ceremony. Left and Below: Ceremony Attendees (a good turnout)





Above left: Norwegian Capt Yngve Skoglund (currently serves as the NLO Representative of Norway to NATO Headquarters in Norfolk, VA).

Above right: Admiral USN Ret. Hal Bernsen (President of the Norwegian Lady Association)

Both above named are members of SONHR Lodge.

Convention

Cultural information regarding the Folk Art Exhibition and Competition: Registration must be received by May 20th. Categories are: Rosemaling, Norwegian weaving, Hardanger embroidery (by hand only), Norwegian themed needlework, Handknitting / Crocheting with Norwegian design, Figure carving with Norwegian theme using hand tools only, Relief carving with Norwegian theme using hand tools only, Chip carving using hand tools only, Photography, Other with Norwegian theme (paintings, stained glass, kolrosing, etc.). Items can be on display only or be judged by professional judges. All items submitted must have been completed within the last two years. **Good luck to all members participating in this event! Contact Harriet Lindenberg hlindenberg@cox.net with questions / comments, and remember that the convention is looking for cookie donations. You can bake now and freeze them and have the delegates bring them.**



SONS OF NORWAY

FOUR THINGS LIFE INSURANCE CAN DO FOR YOUR FAMILY

- 1) Buys time.** Allows loved ones to focus on their grief by helping to pay for the funeral and other expenses.
- 2) Provides a fresh start.** Loved ones can start with a clean slate by helping to pay off credit card bills, outstanding loans, and even the mortgage.
- 3) Generates income.** Helps replace lost income for years to come so that surviving family members can continue to pay for life's necessities.
- 4) Creates opportunities.** Can provide funding to pay for schooling or start a new business.

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

Michael Beck, LUTCF

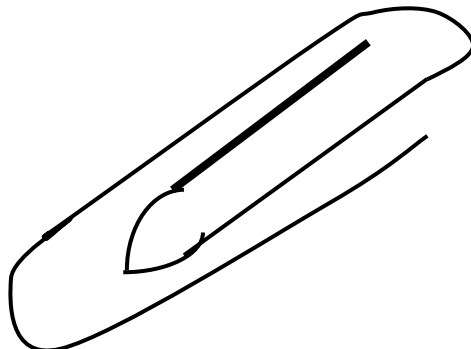
(p) 757-716-8830

mike@vavalueins.com

www.vavalueins.com

DID YOU KNOW

The paperclip was patented by Johan Vaaler in 1899 and 1901. Vaaler was a Norwegian inventor and patent clerk.



Scandinavian Salmon

Ingredients

12oz. baby Yukon gold potatoes

1 tbsp. Classic Vinaigrette

1 seedless cucumber

11 radishes

½ small red onion

3 Tbsp. Chopped fresh dill

¼ c. Classic Vinaigrette

Micro-Poached Salmon

Pumpnickel Croutons

Additional fresh dill

This recipe as well as suggestions for poaching salmon in the microwave, making your own Classic Vinaigrette, and pumpnickel croutons can be found at www.goodhousekeeping.com

Directions

1. In large microwave-safe bowl, combine potatoes and ½ cup water. Cover with vented plastic wrap and microwave on High 8 minutes or until tender, gently stirring once. Drain; return to bowl. Toss with 1 tablespoon Classic Vinaigrette
2. In another large bowl, toss cucumber, radishes, red onion and chopped fresh dill with ¼ cup Classic Vinaigrette.
3. On each of 4 plates, place potatoes, cucumber mixture, and Micro-Poached Salmon. Sprinkle with Pumpnickel Croutons and garnish with additional dill.

Total Time 0:35

Makes a hearty salad for four

*Kate Mathis



Virginia Viking

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