



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Leonard Zingarelli Vice President: Mike Solhaug Secretary: June Cooper Treasurer: Ragnhild Zingler



The President's Corner We had a good turnout at this year's Norwegian Lady Ceremony. The weather was tolerable and the speakers were great. The new Mayor of Virginia Beach, Bobby Dyer, gave a wonderful speech about the Norwegian ship the Dictator and the history of the Norwegian Lady statue. Our lodge members provided a wide assortment and a good quantity of reception food at the Surf and Rescue Museum. The museum went overboard by having a number of items on display from the original ship Dictator. The Surf and Rescue Museum, formerly known as the Old Coast Guard Museum, has been renovated and is really worth your while to tour it.

The first and second of our series of lodge meeting programs on Norwegian immigration is now complete. The reviews have been outstanding and proven to be much fun for all. We've had near record attendance for these programs that help us learn more about our Norwegian culture and heritage. Sometimes we are very fortunate to get a guest speaker that presents a topic that is of very current interest to the membership. So this month's program following the lodge meeting is titled "Vikings in Greenland." So come to this April's lodge meeting on the 18th and enjoy it along with some finger foods and an update on Ole and Lena.

We also just started a Lending Library for our members to enjoy. It includes DVD videos about Norway's past and present. Just ask at the lodge meeting about what the topics are and how to borrow them.

Again, you can view our lodge's schedule (with additional details) by reading it in our Virginia Viking Newsletters (cut it out and place on your frig), attached to my membership group e-mails once a month, and found on our web site (hrson.org) and Facebook page (Hampton Roads Sons of Norway Home-Facebook). If you have any questions about these, please ask me.

We have several events coming up for you to enjoy. Take a look at the schedule and pick and choose the ones you want to attend. The next one I strongly recommend is the NATO parade in Norfolk on Saturday the 27th at 10 am. You can march/walk along our float with your lodge and NATO members or watch it all from the sidelines. LENNY

April 18, 2019

Membership Meeting at Bayside Presbyterian Church at 7:30 pm. The program is either "American Norwegian Dream" or "Vikings in Greenland".

May 2, 2019

Board Meeting at Bayside Presbyterian Church at 7:00 pm

May 16, 2019

Membership Lodge Meeting at Bayside Presbyterian Church at 7:30 pm.
Program: The First Shot-Norwegians sink the German Cruiser SMS Butcher

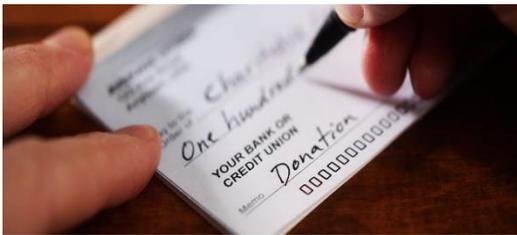
May 17, 2019

Lay Flowers at Forest Lawn Cemetery at 10:30 am.
Membership Lunch at noon.
Location tbd.

Fra Presidenten, Kathy Dollymore, 3rd District President

APRIL IS CHARITABLE TRUST MONTH *Taking Care of Our Own*

“To give without any reward, or any notice, has a special quality of its own” Anne Morrow Lindbergh



Welcome Spring! Norwegians have always felt a special fondness for the month of April. After a long and cold winter, the spring blossoms start to peek through the remaining patches of snow. First the Hestehov (Horsehoof), small yellow blossoms on stubby stems, then the more graceful Blaaveis and Hvitveis, blue and white flowers with finger-shaped leaves. The people feel great delight in walking outdoors with regular shoes rather than their heavy winter boots. The return of the song birds allows for hopeful expectations of warmer weather. Here on the East Coast it is also a wonderful time of the year when snow finally melts, trees

begin to blossom and the streets look lively and green again! Even though there might've been a bit of a confusion with Mother Nature, who sent some snow for a rather cold welcome to the new season, we can't wait until temperatures start going up, and we see our areas come back alive once more. Spring comes with the idea of rebirth, rejuvenation, renewal, resurrection and regrowth. Not to be forgotten, it is tax-time. April has also been designated The Charitable Trust fund raising month. Perhaps your tax preparer has told you to try and increase your charitable contributions to help lower your financial obligation to the federal and state governments in the coming year. All contributions are fully tax deductible on both federal and state returns as permitted by law. What legacy would you like to leave to the world? A legacy gift can also be a very practical addition to your financial or estate plan — in most cases, the tax burden left to relatives is lifted significantly. Your professional advisor can show you how giving may actually benefit your family after you are gone. The Charitable Trust needs your continued support. If you can, would you please make a donation to the Charitable Trust. Your contributions should be sent to the Counselor Peter Hanson, 327 Old Marlboro Rd, Concord, MA 01742 pkhans@msn.com.

The Third District Board held their Spring meeting the first week of March. We have directors traveling from Florida to Maine to attend the meeting sharing their time and talents. They are valued and working toward what is best for the Third District. The board is working hard to be conservative and practical in our dealings. Every member of the board is appropriately stewarding the resources entrusted to it by the membership of our 3rd District.

Some of the discussion concerned the new officers of the board. We are confident they will lend insights and great value to the Board- they, and the officers who have been board members previously, are gearing up for lodge leadership training. Please come out and join in when the training is taking place. Anyone who has wondered “How does this group known as the Sons of Norway actually work and where do I fit in?” should take advantage of the leadership training.

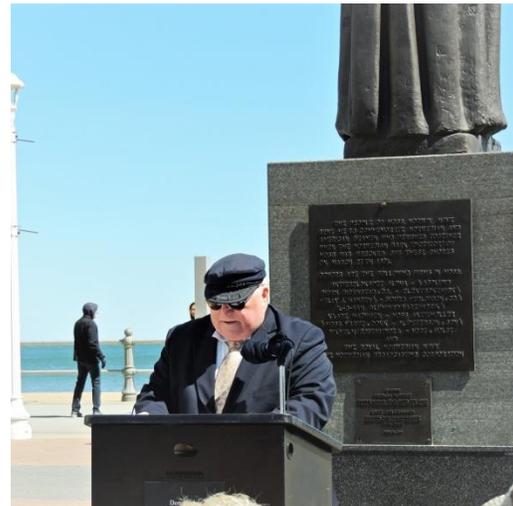
3D has a new Foundation Director, Dirk Hanson, of Southern Star lodge. He also holds the Zone 7 Director position so there he is- taking care of our membership. The SON Foundation has established several categories of scholarships and four categories of grants. The Foundation is focused on the following areas by creating opportunities for higher education as a means for success, showcasing our unique Norwegian heritage to wider audiences, exploring cross-cultural exchanges. and providing humanitarian support to Sons of Norway members who are victims of natural disasters.

Jeg ønsker dere alt godt, God Påske! Kathy

Gratulerer Med Dagen (Happy Birthday) To the Following Members in April

Michael Beck	Anette Johnson	Evelyn Keever	Amanda Kelly
Owen Lindenberg	Kaare Loftheim	Steven Lunde	Andrew Meagher
Allan Nadolski	Cole Partin	Patrick Peterson	Deanna Rumney
Austin Sutton	Kayla Vanwerkhoven	Vivian Zingarelli	

Norwegian Lady Ceremony



Easter Traditions in Norway

Easter is a long holiday, in fact, Norway has the world's longest Easter holiday. The last day for schools and some businesses is the Friday prior to Palm Sunday. Monday, Tuesday and Wednesday after Palm Sunday are normal working days (although most preschools and businesses are open for only half the day on Wednesdays) for many but since school-age children are already on holiday, many parents take these days off as well. Everything then goes back to normal the Tuesday after Easter.

The giving of Easter eggs full of chocolate and candy to friends and family is common during this festive season. Though Easter is a religious holiday, many do not celebrate it as such. Easter is synonymous with **vacation** in Norway – some people retreat to their cabins, go camping or skiing or travel overseas to other destinations. Others opt to stay home in order to avoid the crowds and traffic. Easter is also a time of gardening and DIY (do-it-yourself) work in the homes for some Norwegians.

Symbols of Easter Symbols of Easter in Norway are chickens, Easter eggs, and Easter bunnies. Eggs symbolize rebirth and chickens are a symbol of fertility. Yellow is the color of Easter in Norway. Crime Novels and Yahtzee are also associated with Easter – more on that later. Many people drain eggs and decorate them, this is a popular activity among children, especially in the preschools (*barnehager*). There is no specific Easter dinner food, but many do enjoy ham and lamb. On Easter Sunday, breakfast for many families usually include eggs – boiled, scrambled, fried. The boiled eggs are often dyed or painted before eating.

In Catholic tradition, Lent (the 40-day period before Easter) is the preparation of the believer through prayer, penance, repentance, almsgiving, and self-denial. Many of the faithful commit to fasting or giving up certain types of luxuries as a form of penitence. Carnival (*Carne- vale*, meaning 'meat farewell', was a time to indulge before the fast) In Norway it is referred to as *fastelaven*, (eve of the fast). This holiday lost its religious significance after Norway became Protestant but many families still follow traditions like baking *fastelavensboller* (buns). In pagan times the Norse put up birch trees inside the house to invite the smell of spring. As part of the carnival preparations, birch twigs with feathers glued to the ends are a common activity in the preschools (*barnehager*).

Palm Sunday – Palmesøndag This day commemorates Jesus' triumphant entry into Jerusalem. Birch tree twigs (sometimes with feathers glued on the ends) are brought into the house. These twigs are for Easter decorations. People usually start to decorate their homes for Easter during this time. Spring/summer colours can be seen throughout the homes in the form of curtains, table runners, wall and table decorations, candles, to name a few.

Easter Chocolate and Candy Easter would not be the same without chocolate and candy. Candy sales go up approximately 32% over this holiday. Kvikk Lunsj, oranges and Solo seem to be popular choices for a snack on the slopes or at home during this time. Marzipan is very very popular at this time. Almost all Easter candy has marzipan in it and Nidar is one of the main producers. They use a recipe from 1915 – their site states that each year Norwegians eat 23 million Easter figurines from them in marzipan and chocolate! For 5.2 million people living in Norway, that is impressive! All the Nidar marzipan is made in the Trondheim factory and they hire additional people to help with the work load before Easter. Giving large eggs full of candy is very popular. This is an old and important tradition. In old times, hens did not lay eggs in the dark season – thus when the days started getting longer the chickens started laying eggs again. This was a sign that Easter was soon to come and soon the two were associated together. All the grocery stores already have Easter eggs and candy out on sale.

Some Norwegian families allow the children to have chocolates and candy the entire Easter period while other families only take the goodies out on Saturday (Easter Eve).

Going to the Cabin Many people spend their Easter holiday in cabins. Norwegians are known for loving to be on their skis and being out in the fresh mountain air – this holiday is no different. Many people see the Easter holiday as a time to relax and rejuvenate. Days are generally filled with outdoor activities like skiing, snowboarding, hiking while the evenings are spent relaxing and playing board games such as Yahtzee, most preferably with a crackling fire in the fireplace.

The Religious Celebration Though the roots of Easter are religious, it does not seem to be the main focus in Norway. Some go to church on the religious days, but with many people out of town or living away from their home church, it is not as common.

The Famous Easter Crime Novels of Norway Norwegians, Easter and crime go together. This tradition is uniquely Norwegian, but how did it arise? Many believe it probably began with an advertisement that Gyldendal Publishing House ran during Easter in 1923. The advertisement, which resembled a regular news item, was published on the front page of *Aftenposten* titled “*Bergenstoget Plyndret I Nat*” (Bergen Train Looted in the Night). The text advertised the new crime thriller of Nordahl Grieg and Nils Lie. The book sold well – it was clear that people liked the idea of Eastercrime. The following year, Aschehoug publishing house also focused on crime thrillers at Easter. Since then Easter has been incorporated as the peak season for the launching of crime novels and thrillers, and this Norwegian tradition is now enhanced through several annual activities.

Have a Happy Easter and enjoy the experience of the Norwegian Easter, especially if this is your first one!

Karen Kise receiving a Gold Membership to our lodge



Sons of Norway **Whole Life Insurance** products provide coverage for your entire life, with single or level premiums and guaranteed level death benefit. These permanent life insurance plans can provide you and your family with financial security no matter how long you live.



Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452