



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

With spring upon us, we all want to get out and enjoy the better weather. However, we are still in a "stay at home" order in the battle against the coronavirus pandemic. As of now, this order is in effect until June 10th. We all hope that maybe conditions will improve sooner, and the restrictions could then be lifted sooner also.

In the meantime, let's continue to take advantage of sharing our lodge friendship by using such social media like our Facebook page and website. Please send to our lodge's Web Master Elizabeth (ekamosa@gmail.com) pictures and stories of the trips you have made to Norway or other fun places around the world. This way, we can all share the heritage and culture by joining in. We can also take this time to check out the International SON Headquarters (sofn.com) and SON 3rd District (3dsofn.org) websites for interesting links to everything from Norwegian language lessons to Norwegian cooking lessons, and so much more.

Obviously, there is no new news to share with respect to lodge activities. I do want to once again offer my help if any of you need critical supplies and goods but unable to get out yourself, please let me know. We've had several of our members volunteer to help out by getting them to you.

I'm looking forward to putting out an updated lodge Schedule of Events, but until I know more of when we can start getting together again, this will have to wait. So, in the meantime, lodge membership and board meetings continue to be canceled, along with lodge events.

Our lodge's Virginia Viking newsletter normally takes the summer off and resumes again in September. For now, we will keep to this schedule but reserve the right to send out a special edition if it would be helpful to our membership.

Please stay safe and healthy. Please let me know if I can help at all. **LENNY**

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Fra Presidenten, Kathy Dollymore, 3rd District President



MAY PRESIDENT'S MESSAGE

Hello District 3 Members. Peace and strength in the days ahead



During these unprecedented times, I worry about my loved ones, hoping my children and grandchildren remain healthy and safe. I worry about my daughter who risks contracting COVID-19 while working long hours as a health care professional in an effort to help as many residents, neighbors and strangers as possible.

I also worry about my friends and neighbors who have been laid off. My granddaughter as a small business owner. My son who teaches and his worry over his students. My second son who is in an essential business and is out in the public daily. I worry about

my lodge members knowing the age of most of our membership and how older adults may be particularly susceptible to the respiratory illness

If we continue to shelter in place and stay at home, we can help lessen the spread of this

terrible virus.

It's not easy, but I'm trying hard to remember patience is a virtue. I try to remind myself, these days filled with uncertainty and stress, will eventually pass. In the coming weeks or months, life will return to normal.

We'll not forget these times, but better days will return. We'll have regular lodge meetings again, we'll have special programs again, we'll meet with each other outside our meetings for lunch or events, we'll remember those who were the frontline hero's keeping us safe. And we won't forget any whom we've lost.

The 8th of May is Liberation Day, marking the end of Norway's occupation during World War II.

Liberation Day, known in Norwegian as **Frigjøringsdagen**, is marked every year in Norway on the 8th of May.

It is known in some other European countries including the United Kingdom as Victory in Europe Day, or VE Day.

It marks the anniversary of the day when Nazi Germany forces withdrew from Norway and the war came to an end. The occupation had begun on 9 April 1940, so Norway had been occupied for more than five years. Think of that 5 years!!

On that day in 1945, the people of Norway took to the streets to celebrate their long-awaited freedom. In the following days, soldiers and POWs returned home, and the celebrations continued. The celebrations reached their peak when King Haakon returned home to Oslo on the 7th of June.

Can we learn from our forefathers about resilience, those inner strengths of mind and character— both inborn and developed— that enable us to respond well to adversity, including the capacities to prevent stress- related conditions, such as depression or anxiety, or their recurrence; recover faster and more completely from stress and stress- related conditions; and optimize mental fitness and functioning in the various areas of life. It's just as important to care for your emotional needs as the physical ones! Can we see the blessings that we have in light of the hardships we've been dealing with? My fervent hope is that we can. Take nothing for granted. Take care of each other. And Take care of yourself – physically, emotionally and even spiritually.

Fraternally, Kathy



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

Synnøve Quaglietta	John Kise	William Hovland
Terri Hewitt	Christine Powers	Todd Alspaugh
Gustavo Perrotti	Alexander Truitt	Aldwin Halvorson



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Newsletter Service: Pandemic Supplement

The following articles are provided for distribution in lodge newsletters or other print and digital communications. Please do not revise. You will still receive your scheduled June/July issue of Newsletter Service as usual.

LODGE MEETINGS AND IN-PERSON EVENTS

Sons of Norway has been following the COVID-19 (coronavirus) pandemic closely. In light of the declaration of a national emergency in the United States, and the CDC's recommendation to avoid in-person gatherings, **we strongly recommend that all Sons of Norway lodge meetings and in-person events be postponed through at least May 31**. We will continue to communicate updates as the situation evolves.

We recognize the difficulty this poses to all of us, but it is important that we work together as an organization to respond this crisis responsibly. *Please continue to follow all state and local guidelines as you make decisions for your lodge.* If we can help in any way, don't hesitate to contact the Fraternal department at fraternal@sofn.com.

VIDEO CONFERENCE OPTIONS FOR MEETINGS

As you look for new ways to stay connected in this time of social distancing, here are a few free or low-cost video conferencing options that you can use to hold lodge meetings and other gatherings.

1. [GoToMeeting](#)
2. [Zoom](#)
3. [Skype](#)
4. [Amazon Chime](#)
5. [Google Hangouts](#)
6. FaceTime (limited to smaller groups; this option requires each participant to use an Apple product such as an iPhone, iPad or Macbook)

Although we are not able to distribute video conferencing software directly to lodges, we encourage you to explore these options for holding virtual meetings and social events. After an initial download, you will be given a quick set of instructions to get connected. It's fairly simply to have several people participate at once.

SONS OF NORWAY REMAINS STRONG

As we enter into this uncertain time in history, I want to assure you that Sons of Norway remains strong and dedicated to its members and insurance policy holders. From the spread of COVID-19 to unforeseen market volatility and natural disasters, we are living through unique times.

The world is changing at an extraordinary pace, and I want you to know Sons of Norway is well prepared for the current economic environment. Established in 1895 by 18 Norwegian immigrants with the mission to protect each other and their families, that mission has never been truer than it is today.

We have enacted our disaster plan to ensure that we can continue our day-to-day operations, provide service to our clients, and keep our employees safe. We have transitioned most of our employees to work remotely, with limited staff onsite to maintain the day-to-day functions of the home office. We have the systems and safeguards in place to continue to provide you and your families the protection and support you expect from us.

The financial markets have never seen conditions like we are experiencing now, but rest assured your insurance is safe—both life insurance and annuities. We make very conservative long-term investments designed to weather these “perfect storm” conditions. We do not make short-term high-risk bets; as we always have done, we are protecting our members and clients by taking a conservative approach.

Our solvency remains extremely strong, which means our ability to pay claims and annuity income streams remains unchanged amid today’s uncertain circumstances. We want to thank you for being part of Sons of Norway and let you know we remain true to our mission of protecting our members, policy holders and employees.

Fraternally,



FREQUENTLY ASKED QUESTIONS

Here are answers to some of the most frequently asked questions we’ve received as a result of the COVID-19 crisis.

Why did Sons of Norway postpone the International and District Conventions?

The Charter & Constitution gives the International Board of Directors authority to suspend or postpone the international convention for one meeting in case of a national emergency. Due to the national emergency declared in the United States, and the guidance for group gatherings issued by the Centers for Disease Control and Prevention, the Board of Directors determined that the most responsible course of action was to postpone the international convention until 2022.

How can my lodge take part in the recent food shelf program offer?

To be eligible for this donation-matching program, lodges must notify Sons of Norway headquarters of their plans to participate and send receipts to: Matt Roedel 1455 W. Lake Street Minneapolis, MN 55408. Please include a brief description of the aid given, including donation amount and the name and contact information of the recipient organization.

Is Sons of Norway still selling financial products and recruiting members during this time?

Yes, Sons of Norway remains strong during this time and is continuing to both sell financial products and recruit new members.

What about the event we have planned?

If you have an event planned for the next few weeks, we strongly recommend that you reschedule it. Most importantly, please follow all state and local guidelines as you consider holding in-person gatherings of any kind.

Can I still earn a Cultural Skills pin or work toward a Sports Medal?

Members are encouraged to work toward Cultural Skills pins and Sports Medals during this time. Send completed Cultural Skills reports to culturalskills@sonf.com, or mail hard copies to Sons of Norway headquarters. Sports Directors may order pins for lodge members by e-mailing sportsmedals@sofn.com, calling 612-821-4642, or mailing order forms to headquarters. Medals and pins will be mailed to lodge officers as staff scheduling allows.

Can I still reach people at Sons of Norway Headquarters if I have questions?

Yes. We are still operating during our regular business hours, with most of our employees working from home. Each department is fully operational and able to assist you as needed.

Can I still reach my insurance professional?

Yes. If you have any questions or if issues arise, please don't hesitate to reach out to your Insurance Professional by phone or email. They will be happy to serve you during this time.

Will I still receive my *Viking* magazine?

Yes! We will continue to print and ship *Viking* magazine though depending on where you live, your delivery may be delayed due to temporary shipping restrictions. We encourage you to [view the digital version of the magazine online](#) if delivery to your area is delayed.



17 May: Norway's National Day Parades Cancelled

Norway's Constitution Day parades in Oslo, Bergen, Stavanger and Trondheim have been cancelled. Other cities are expected to follow.

A few weeks ago, I wrote that the chances of Norway's Constitution Day parades going ahead looked slim. Now, that has been confirmed with the cancellation of public parades by some of Norway's biggest cities.

Last week, the Norwegian government announced a partial lifting of the **most drastic emergency measures** ever seen in Norway in peacetime. However, while schools will reopen along with some other businesses, public events remain prohibited. This means all cultural and sporting events will be off until mid-June at the earliest. The aim? To limit the spread of the coronavirus infection COVID-19. At the time of writing, 152 have died in Norway with the infection, while more than 6,700 people have tested positive. Following the announcement of the extension, Norway's biggest cities announced the cancellation of the parades. While the announcements concern Oslo, Bergen, Trondheim, Stavanger and Drammen, other towns and cities are expected to follow suit.

Norway's biggest public gathering

Norway's Constitution Day involves crowds of people gathering to watch and take part in 'people's parades'. Watch this video from Trondheim and take a look at this photo from Oslo, and you'll soon see the problem: As you can see, there's not a lot of social distancing going on on May 17th. Now attention turns to whether the other events usually held will also be cancelled, or if there are any viable alternatives. Could the other events be completely cancelled? Restricted in numbers? Or even held online? Organizers of the festivities are currently working on an alternative program.

Celebrations will “likely be different”

The leader of Trondheim's 17 May committee, Sissel Trønsdal, previously told **NRK** that this year's celebration will likely be different: “What will probably happen is that we will have a different May 17 than we have planned.”

In a press release announcing the cancellation of the parades, Trondheim's organizing committee states that they are now working on an alternative celebration. Most of it will be done digitally in collaboration with local media players, according to the statement. Efforts are also being made to enable Trondheim's residents to be involved in ways that are “in line with current infection control rules.” It's not clear exactly what form that will take, but a finalised Constitution Day program is scheduled for completion by the end of April.

Oslo cancels the anniversary parade

Oslo City Council leader Raymond Johansen told **Aftenposten** a few weeks ago that he “would not be surprised” if the capital's celebrations are postponed this year. In addition to *syttende mai*, he referred to the **Labour Day parades** held on the first of May. A statement this week confirmed the capital's decision. Committee leader Pia Farstad Von Hall said it was a decision of historic dimensions: “It has been a difficult decision, but at the same time a right decision. Health comes first.”

Historic because this year marks the 150th year since the first children's parade in Oslo. In 1870, several hundred children marched up to the palace. This year, thousands of children from over 100 different schools had been scheduled to march along Karl Johan's gate.

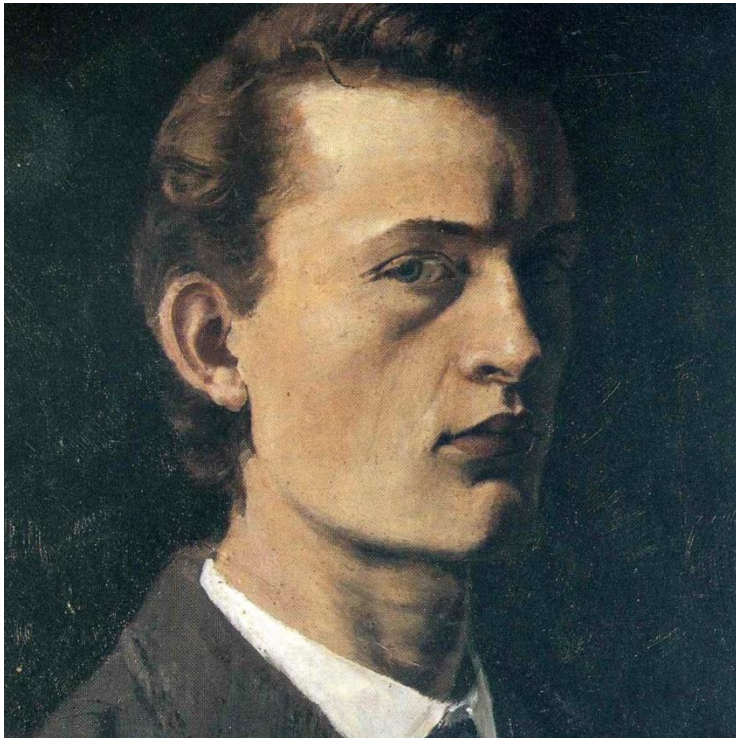
Alternatives under consideration

One idea that's been floated is to arrange the Oslo celebrations for mid-August instead. One Facebook event suggesting an alternate date in August has received tens of thousands of “likes” in support. But even if the formal celebrations were to be moved, there will probably be a celebration of some form on the day regardless. The recent media coverage of Italians singing and applauding from their balconies

has inspired some to suggest a similar approach in Norway. Very small gatherings of friends and family could be supplemented by TV or even online content to create a sense of one national celebration. The cultural director for the city of Alta in northern Norway has suggested the city's marching band could be sent around the city's residential areas in smaller groups.

National broadcaster NRK already does a great job of transmitting celebrations from every corner of the country (and in fact, the world) in a live broadcast throughout the day. Perhaps some additional events could be introduced, such as a mass sing-a-long of the national anthem at 10am?

"I am optimistic and think we can celebrate May 17 together," Lars Helle, editor of Stavanger Aftenblad, said in a recent [podcast interview](#).



Norwegian painter Edvard Munch

(Edvard Munch Selvportrett (Self-Portrait) 1881-82. Munch Museum, Oslo, Norway)

Famed painter Edvard Munch established a free-flowing, psychological-themed style all his own. His painting "The Scream" ("The Cry"; 1893), is one of the most recognizable works in the history of art. His later works proved to be less intense, but his earlier, darker paintings ensured his legacy. A testament to his importance, "The Scream" sold for more than \$119 million in 2012—setting a new record.

Edvard Munch was born on December 12, 1863, in Løten, Norway, the second of five children. In 1864, Munch moved with his family to the city of Oslo, where his mother died four years later of tuberculosis—he beginning of a series of familial tragedies in Munch's life: His sister, Sophie, also died of tuberculosis, in 1877 at the age of 15; another of his sisters spent most of her life institutionalized for mental illness; and his only brother died of pneumonia at age 30.

In 1879, Munch began attending a technical college to study engineering, but left only a year later when his passion for art overtook his interest in engineering. In 1881, he

enrolled at the Royal School of Art and Design. The following year, he rented a studio with six other artists and entered his first show, at the Industries and Art Exhibition.

Commercial Success

Three years of study and practice later, Munch received a scholarship and traveled to Paris, France, where he spent three weeks. After returning to Oslo, he began working on new paintings, one of which was "The Sick Child," which he would finish in 1886. In what would be seen as the first work to represent Munch's break from the realist style, the painting symbolically captures intense emotion on the canvas—specifically depicting his feelings about the death of his sister nearly nine years earlier.

From 1889 (the year his father died) to 1892, Munch lived mainly in France—funded by state scholarships—embarking on the most productive, as well as the most troubled, period of his artistic life. It was during this period that Munch undertook a series of paintings he called the "Frieze of Life," ultimately encompassing 22 works for a 1902 Berlin exhibition. With paintings bearing such titles as "Despair" (1892), "Melancholy" (c. 1892–93), "Anxiety" (1894), "Jealousy" (1894–95) and "The Scream" (also known as "The Cry")—the last of which, painted in 1893, would go on to become one of the most famous paintings ever produced—Munch's mental state was on full display, and his style varied greatly, depending on which emotion had taken hold of him at the time. The collection was a huge success, and Munch soon became known to the art world. Subsequently, he found brief happiness in a life otherwise colored by excessive drinking, family misfortune and mental distress.

Later Years and Legacy

Success wasn't enough to tame Munch's inner demons for long, however, and as the 1900s began, his drinking spun out of control. In 1908, hearing voices and suffering from paralysis on one side, he collapsed and soon checked himself into a private sanitarium, where he drank less and regained some mental composure. In the spring of 1909, he checked out, eager to get back to work, but as history would show, most of his great works were behind him.

Munch moved to a country house in Ekely (near Oslo), Norway, where he lived in isolation and began painting landscapes. He nearly died of influenza in the pandemic of 1918-19, but recovered and would survive for more than two decades thereafter (he died at his country home in Ekely on January 23, 1944). Munch painted right up to his death, often depicting his deteriorating condition and various physical maladies in his work. In May 2012, Munch's "The Scream" went on the auction block, selling at Sotheby's in New York for more than \$119 million—a record-breaking price—sealing its reputation as one of the most famous and important works of art ever produced.

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