



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

Although we still find ourselves in a pandemic, there is light at the end of the tunnel with three different vaccines now being distributed. More vaccination sites are opening, and more locations are expanding what phase gets the vaccination every day. With this trend continuing, I feel it is safe to start planning when our lodge can safely meet in person for events and meetings. For the rest of this spring and summer, I am just planning outdoor events for the lodge. In fact, I think we can safely have 3 in person outdoor events in the next few months. On 17 May, we will hold our annual "Lay of Flowers" at the Forest Lawn Cemetery for two WWII Norwegian seamen and other Norwegian patriots that are buried here in Norfolk. The first weekend in June, the city of Norfolk will be holding the NATO Festival in downtown Norfolk. Our Viking boat float will be on display with many NATO related festivities happening all weekend long. We also will be holding our annual Mid-summer night's picnic around June 21st. This is normally a very well attended event and hopefully will be a celebration for us to start returning to a more normal social environment. I'll be sending out a lot more information about each of these events when we get closer to their date. But for now, please mark your calendar and save this day for sharing our Norwegian culture and heritage among your lodge friends.

Stay safe and Healthy. *Lenny*

April 15, 2021 at
7:00 pm
Zoom Membership
meeting.

Program: The
Norwegian
Fairytale and the
Norwegian Fairytale
Artists
by June Cooper

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.

Fra Presidenten, Kathy Dollymore, 3rd District President

I count my lucky stars every day that I can say I am part of such a wonderful, supportive, and caring organization! Usually, when something disrupts the everyday norm in society, our District comes together and leans on one another. We have faced things TOGETHER. Our members have supported one another and "rallied the community troops" to care for one another in times of personal struggles. The only difference this time is we have to do all this from a safe distance away; ideally from the safety of our own homes. Being quarantined/ isolated can be stressful and lonely, whether you live alone or have a household of family members. We have been put through the wringer with this COD-19 Virus and it may not be over yet. My major concern is for everyone to stay safe and healthy. My daughter works in a major hospital as a medical technician scientist and my granddaughter is a self-employed small business owner. Everyone has been affected. Just be kind and patient and pray for those who are not so lucky as we are. When I am stressed and I feel like I have no control over the world around me, I try to do something creative. Whether I paint, embroider, knit, or reorganize my closets/books/computer files, I find something that focuses me on a fun task and I discover that I'm not worrying about today, tomorrow, or yesterday. Creative moments can, and do, help you to focus and unwind. It doesn't have to be painting a masterpiece or knitting a sweater; it could be something as simple as doodling using simple pen and paper. May I suggest while you are staying at home in a safe place you use that time to practice your cultural skills. Whether you want to try a new recipe, learn rosemaling or research your roots, Sons of Norway provides access to a variety of resources. After signing on look under Member Resources and go to Cultural Programming. Start writing a history. Write a letter. Netflix has some Norwegian movies. YouTube will show you how to make lefse. Take a walk around the block and breath some fresh air. Let's all come together (virtually), make some memories, and appreciate what we have. Reach out to those you know who are alone either by phone, text, Facetime, Zoom, etc. and make that connection. And if you feel like you don't have anyone to turn to, please reach out to a lodge member. Stay home, stay safe and Ta vare på hverandre "Take care of each other"

Fraternally, Kathy Dollymore, 3D President

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

Elizabeth Aadahl	Anette Johnson	Evelyn Keever	Amanda Kelly
Kelton Meagher	Larry Emmon	Alivia Wnek	
Owen Lindenberg	Kaare Loftheim	Steven Lunde	Andrew Meagher
Sophia Meagher	Allan Nadolski	Jordan Pagach	Clark Elverum
Patrick Peterson	Disa Power	Deanna Rumney	Austin Sutton



Wilma turned 90 years old on March 20, 2021. We wish her a belated Happy Birthday.

Our Lodge was formally instituted on July 1, 1972, and Wilma is a charter member. She has had numerous positions with the lodge since including being the social director in 1974, the financial secretary in 1977, the vice president in 1978, 2007, 2008, and the President in 1979 and 1980. Back then we only had one year president terms. She was also the chair-person for the bazaar twice. This lodge newsletter was started back in 1974 and Wilma gets the honor of having named it the “Virginia Viking”. Wilma is a well know artist as well and has painted many beautiful pictures. She lives in King’s Grant.



Odd Vinnelrod received his 50th year SON membership pin the day after his 93rd Birthday.

Happy Belated Birthday to Odd and congratulations on his long membership with the SON. Odd is well known for carving beautiful wood figures including at our Christmas Bazaars.



EASTER TRADITIONS IN NORWAY

Easter is an important holiday in Norway, giving Norwegians a chance to celebrate the arrival of spring after the dark winter. Despite being a predominantly secular country, this holiday is eagerly welcomed by the people of Norway as a chance to celebrate the arrival of spring and to spend time with friends and family over a lengthy break from work and school.

The Norwegian word for Easter is Påske, a name derived from the Hebrew word “Pesach/Pasah” or Passover. In Norway, however, Easter does not pass over very quickly. Norway has the world’s longest Easter holiday. Traditionally, Norwegian shops and work places are closed over *skjærtorsdag* (Maundy Thursday), *langfredag* (Good Friday) and the Monday following Easter Sunday, known as *andre påskedag*, or the Second Easter Day. Schools are usually closed for the entire week preceding Easter.

Evolving Traditions. Easter is basically a religious holiday that is marked with a number of holy days, religious practices and symbols. In addition, Norwegians have plenty of other nonreligious things to do with all of these days off. It applies to everything from ancient traditions such as the use of Easter eggs, the Easter bunny and yellow Easter chicks, to more recent traditions like the Easter Crime Genre (*påskeskrim*), Easter nuts and the Paganorigin Easter tree.

Of course no holiday in Norway is complete without a large celebratory family meal. Because the Easter season includes several national holidays, Easter holiday for many becomes a time for family gatherings. The traditional Norwegian Easter lunch consists of boiled potato and vegetables with lamb meat, accompanied by Easter beer. The meal is followed by a selection of cakes and desserts as well as the ever present Easter eggs. The lunch table is decorated with daffodils and other Easter decorations.

Mountain Trip and Skiing. Churches are naturally open for service through the Easter holiday for special services and enjoy higher attendance rates than on a normal Sunday. Many Norwegians choose Easter as one of their designated biannual visits to church. Another Easter tradition unique to Norway is the mountain trip, where Easter is celebrated up in the mountains. The brown skin tone one gets after long outdoor days and sunbathing in the mountain air and environments, are often called “Easter brown” (Påskesol), while the increased traffic from the mountain in the first and last days of the holiday is called “Easter traffic”. Also

“Easter Lead” is a term usually used for skiing at Easter, when the snow is often old, rough and grainy, wet during the daytime and crisp in the evenings.

Påskekrim: Why Crime Story on Easter! Reading crime stories and detective novels during Easter is a national trait in Norway. Each year, nearly every TV and radio channel produces a crime series for Easter. The milk company prints crime stories on their cartons. In order to cash in on this national pastime, publishers churn out series of books known as “Easter Thrillers” or Påskekrim. Nobody quite knows why, but for some reason, Easter is a high time for reading crime stories and detective novels in Norway, where many say that Easter and the crime genre simply work well together. It is believed that the tradition of påskekrim began with an ad of Gyldendal’s publisher Harald Grieg during the Easter of 1923. The ad, like a regular news article, appeared on the front page of Norwegian daily, Aftenposten, entitled “Bergen train looted in the night”. The text was advertising the new crime book of Nordahl Grieg and Nils Lie. The book was a success and it was clear that people liked the idea of påskekrim. In the following year, the publishing house Aschehoug began to focus on crime during Easter time. Since then, Easter has been incorporated as the peak season for the crime genre.

A Delicious National Pride for Easter. A Sweet Easter tradition, Kvikk Lunsj is a confection created by the Norwegian chocolate brand Freia in 1937. It consists of a thick bar, composed of wafer covered with milk chocolate, and divided into four fingers. In shape and composition, Kvikk Lunsj is almost identical to Kit Kat, which was introduced two years earlier, in 1935. An average Norwegian eats approximately nine Kvikk Lunsjs every year, three of them at Easter. Kvikk Lunsj is for many Norwegians a symbol of national pride, therefore the producer Freia got to feel the wrath of the people when they changed the wrapping of the chocolate a couple of years ago. Several Facebook groups were established to show that the opposition of this reckless change stood strong among the Norwegian people. For some it was incomprehensible that Freia could remove a piece of Norwegians Cultural Heritage just to save a little bit of money

A Norwegian Easter Calendar Palm weekend (Palmesøndag)– is the start of the Easter celebration, often with a great weekend excursion. Easter celebration starts for many with Palm weekend and is usually a time for cinema, where Easter films premiere on Friday before Easter weekend. Cinemas in Oslo and Akershus are open during Easter. Additionally, some churches organize palm walks in conjunction with Palm Sunday and other special services. Monday, Tuesday and Wednesday after Palm Sunday is work day for some, but since it is a school holiday throughout the week, many people are on vacation. Maundy Thursday (Skjærtorsdag) the first real Easter day and for many Sverige dag. There are long queues on the major roads to Sweden because of the influx of Norwegians going Easter shopping. Good Friday (Langfredag), Good Friday is one of the three days a year the TV stations don’t put commercials on TV – they show charity ads instead. Good Friday used to be a long day in which laughter, loud talking and extravagance were forbidden. In Oslo, the Church City Mission still organizes walk through the city on Good Friday. Easter Eve Saturday in Easter week is not as sacred as the other Easter days and is celebrated often as a feast day. Easter Saturday is not a public holiday and the shops are open. Holy Saturday is usually the day the kids get Easter eggs filled with sweets. Many host fun Easter ski races and other activities on Easter Saturday. Easter Sunday Easter Sunday in Norway starts with a good Easter breakfast: eggs, usually colored, is an important part of the meal. Fresh bread is also indispensable in an Easter breakfast. The table is also decorated with Easter goods. Most Norwegian children receive Easter eggs on Easter Eve, but someone has to wait for Easter Sunday. Tradition has it where the Easter Bunny comes with eggs on Easter Sunday and hides them around. The children are often up early and go hunting for eggs. Easter Monday Easter Monday is associated as a relatively calm day. The day’s most significant signs are packing, returning home and preparing to start a new work day, and then have to wait for the next noteworthy tradition, namely the national day 17 May.



Virginia Viking

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