



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

It's finally starting to feel like spring. Warmer weather with lots of pollen. Although we still find ourselves in a pandemic, conditions are getting much better. More of the general population is now fully vaccinated and more states are opening all age groups to getting the vaccinations every day. With this trend continuing, I still 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 several 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. For those living on the Lower Peninsula and all others, the Norge Norsemen will be holding their Syttende May Party Viking Hall 4 to 6 pm. You'll be getting more information on these two outside events beforehand. However, mark your calendars now so you won't forget. 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. I sent out links to all about exactly when, where, and how to get tickets earlier. I will also send out this information in its separate e-mail again here soon. We also will be holding our annual Mid-summer night's picnic on 19 June. 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. There will also be a Norge Norsemen picnic a week later up on the Lower Peninsula. More info

May 6, 2021

Zoom Board Meeting at 7:00 pm

May 17, 2021

Forest Lawn Cemetery to lay flowers at 10:30 am.

Lunch at noon.

See article below for more information.

May 17, 2021

Norge Norsemen Party at 4:00 - 6:00 pm
At the Viking Hall

May 20, 2021

Zoon Membership Lodge Meeting
at 7:00 pm.

Program:

SONS of Norway Today by
The International SON President

will be forthcoming on both soon. Again, 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. This will be our last Viking Newsletter until after the summer. The next one will be the September 2021 Viking Newsletter. We do this each year due to most members traveling. We also normally stop membership lodge meetings through the summer. But due to these unusual pandemic times, we will be doing a Mid-summer lodge ZOOM meeting on 15 July. More information will be forthcoming on our Lodge Zoom meeting this 20th of May. We will be having, as our special guest speaker, the President of Sons of Norway Ron Stubbings. He will be doing a presentation on SON Today. Here is an opportunity to ask questions and learn what benefits are available to SON members. Stay safe and healthy. Lenny

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[Fra Presidenten, Kathy Dollymore, 3rd District President](#)



May is a pretty month here in the Northeast. It is also a busy month. There are dates in this month that we can celebrate. It's time to fly the flags. May 8th Norwegian Liberation Day (known in Norwegian as Frigjøringsdagen) and International Viking Day, honor Mom on May 9th Mother's Day, Hurrah for May 17th.. The 17th has many names (syttende mai (17th of May), Nasjonaldagen (The National Day) or Grunnlovsdagen (The Constitution Day) so what better time to fly your

Norwegian Flag. Memorial Day, May 31st , is a US federal holiday remembering the people who died while serving in the armed forces and marks the start of the unofficial summer vacation season.

I'm pleased and proud to say the Norwegian Flag will fly over Philadelphia City Hall on May 17th and I will be attending the ceremony. If your lodge is meeting whether by Zoom or in person this is a great month to provide a history of our organization (126 yrs) and the reason behind organizing. Recounting the history of our organization is a perfect way to celebrate and reaffirm the enduring power of Sons of Norway. Our values of trust respect, and care are as essential today as ever before. Here in my part of Pennsylvania it is azalea time, dogwoods budding time, cherry blossoms time, daffy-dills, hydrangeas, the smell of new cut grass, oh I could go on. But the fact that we can get outside and BREATHE. Oh Yea! My son has all sorts of allergies so I do feel for him and anyone dealing with pollen etc., but I am so happy to be outside now and hope you will be able to get out and about too. I went out to a lodge meeting and we had a wonderful time. Now we are talking about being outside for meetings and programs. I hope you are all able to get your covid shots as things are starting to open up and

get back to normal. As the temperatures warm and you spend more time outdoors in your yard or walking the neighborhood, you may be more acutely aware of the birdsongs in the air as spring gets into full swing. As you take your walks use this opportunity to add to your sports medal. The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of friluftsliv (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference. Talk to your lodge Sports Director for information on different awards. Have a great summer and we'll connect in September. Ha en fin sommer, nyt naturen vi kobler till I september.

Fraternally Kathy



Syttende Mai: How Norway Celebrates Its National Day by David Nikel

Every year on May 17, Norwegians shed their typically reserved shell to dress up, hit the streets and party. It's a day full of national pride, yet there's no displays of military power and the politicians keep quiet. Norway's Constitution Day is all about the children.

The lack of military parades is perhaps the most notable difference about Norway's Constitution Day compared to many other countries around the world. Instead, the main parade is full of children from local schools, often in marching bands. Proud parents watch on with smartphone cameras at the ready before joining a people's parade later in the day.

A celebration of independence from Scandinavia

Norway only became a truly independent nation in 1814. The constitution was agreed unanimously by the Eidsvoll Assembly on May 16, and was signed and came into force the next day. After centuries of unions and domination by their Scandinavian neighbors, Norwegians began to spontaneously celebrate their new nation. Those celebrations didn't last long, however. The country swiftly entered into a union with Sweden and the joint King banned any celebration of the Norwegian constitution for a decade.

The celebrations returned in 1833 when poet Henrik Wergeland held a public address on May 17, which marked the beginning of the Constitution Day traditions. From 1870, author Bjørnstjerne Bjørnson launched the first children's parade in Oslo, a tradition that has continued – wartime aside – through to this day.

Children, not military

Perhaps that long history is the reason why tens of thousands of people still fill the streets of Oslo to watch the parades. While there is no military on show, the Royal Guard join in on the fun by picking dancing companions from the keen onlookers. The Royal Family spend hours on the balcony of the Royal Palace waving as the children march past, a tradition that was started by King Haakon and Queen Maud way back in 1906.

Norwegian children look forward to May 17 just as much as their birthday or Christmas. It's not the chance to wave at the Royals and there aren't any presents to open. The reason is simple. Children get to eat as much ice-cream and as many hot dogs as they like on May 17, even in the morning!

A day of traditions

The clothing is another tradition that's easy for visitors to spot. The vast majority of Norwegians will don their bunad, a national dress that reveals where you were born. The bunad is the most expensive item of clothing most Norwegians will own and it's meant to last a lifetime. So much so, that one Norwegian bank even offers 24-hour bunad insurance just for May 17.

A smaller Constitution Day parade in Elverum.

GETTY

After a short break, the people's parades follow. Local businesses, sports clubs, non-profits and other social organizations proudly display their banners, with plenty more marching bands to keep the festivities going. Given the strong volunteer culture in Norway, the one problem for a local is deciding who to march with.

Also joining the people's parade are Norway's high school graduates. Known as *russ*, they are easy to spot in their brightly-colored overalls. On May 17, they are likely to be taking it easy as the day marks the culmination of a two-week period of partying that is seen as a rite-of-passage by most Norwegians.

If you are visiting Norway on May 17 you will experience a truly special day. However, some advance planning is required as anything aimed at tourists will be closed. Public transit schedules go haywire, bus routes change, many central roads are closed, and most restaurants are fully-booked. Yet it's the day more than any other that will give you a feel for the true Norway. Hipp hipp hurra!

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

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

Laying of Flowers May 17

Our annual laying of the flowers at Forest Lawn Cemetery, 8100 Granby St., Norfolk at 10:30, on Monday, May 17, where we honor the two sailors, Ingvald Gjerstad and Jakob Arnfinn Sirng who lost their lives in Norfolk during World War II and were buried at Forest Lawn. Robert Hitchings will also be joining us and will give us a tour of other Norwegian burials with their stories; he always has wonderful commentary and is very knowledgeable of the people residing at Forest Lawn.

After the cemetery visit, we will travel to lunch at Longboards in East Beach, 4521 Pretty Lake Ave. Norfolk, 757-339-4010, just a short ride. Those who are interested in joining us for lunch, please RSVP to Judy Grandstaff at jggrands@yahoo.ca or 757-481-5470 by May 15

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SANKTHANS EVENING



Norwegians, Swedes, Finns, other northern European countries and even some eastern and southern countries celebrate midsummer, also known in Norway (and Denmark) as **Sankthansaften** or **Jonsok**. **Sankt Hans** is another way of saying St. Johannes or St. John, referring to John the Baptist (**Jonsok** means John's wake), who was thought to have been born 6 months before Jesus, on June 24th.

This holiday has roots both in pre-Christian/pagan and Catholic traditions. It's funny how that often is the case. Traditions often start out meaning one thing and then evolve when other knowledge is gained.

Midsummer is usually celebrated between June 21st and June 24th. The date that midsummer is celebrated varies between cultures, but since John the Baptist was thought to have been born on the 24th, this day has special meaning. So before John the Baptist, the 24th held no real significance. In Norway, in particular, **Sankthansaften** is celebrated on June 23. Historically, the idea was to celebrate the longest day of the year, the summer solstice, by gathering with friends and family to eat, drink, make a bonfire, and pick flowers. No, really. The bonfire was lit to protect the people from evil spirits that were thought to be lurking around when the sun turned southwards. Flowers were picked, marigolds to be specific, for their alleged healing powers. It was not uncommon to get married on this celebration, which would symbolize new life.

Once Catholicism made its way into the tradition, it became popular to make pilgrimages to churches and holy springs. In Norway, up until 1840, there was a pilgrimage to the stave church in **Røldal** (southwestern Norway), which had a crucifix that was thought to have special healing powers. I'm not quite sure why at this particular time of the year people were concerned with healing. But there are some traditions that I am afraid we are not necessarily meant to understand completely.

The best part about this night, this celebration, is that no matter where you are in Norway, the sun is up in the sky until at least midnight, even in southern Norway. Up north, it shines all night long. Easy to party, hard to sleep!



Virginia Viking

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