



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

As of today, the Covid numbers are declining, showing a nice improving trend, especially in our area of Hampton Roads. This allows us to continue to plan our lodge events with the hope of being able to gather our members in-person. We have quite a few lodge events this spring so please plan on attending. Last month, we were able to witness the wedding of Ole and Lena, with potluck for all. We also had our New Member's Breakfast for those new members that lived south of the tunnel, which turned out to be huge success. We will be holding a New Members Breakfast for the Norge Norsemen members up in Williamsburg on 19 March. More information and invitations to follow. Now in March, we have two very big events that you'll want to be a part of. First on Saturday the 26th of March at noon, we have our Norwegian Lady Ceremony at the beach on 25th Street and Atlantic, with the Stoughton Norwegian Dancers performing immediately afterwards at the 24th Street stage. Speaking of the Stoughton High School Norwegian Dancers, they are also performing for our lodge at the Tallwood High School (1668 Kempsville Rd., Virginia Beach) at 6 pm on the same day (26th of March). This is a change from our meeting church to Tallwood HS due to needing a larger space for their performance. Tallwood HS allows them to fully perform all their routines, especially the Wedding Dance that you don't want to miss. There will be a meet and greet with the dancers afterwards, but no potluck. Please plan on making this a lodge day by attending both events. It has been 2 years since we last had the Norwegian Lady Ceremony due to Covid. Show your support for the lodge by attending and sharing our Norwegian culture and heritage. If you want to check out the dancers, click on this link (stoughtonnorwegiandancers.com). An in May, mark your calendars now and save the date on Saturday the 21st of May, we have our lodge's 50th Anniversary party. Lots of good stuff. I haven't even mentioned the events in April yet. You'll see that in my upcoming "Updated Schedule of Events" for our lodge that I'll be sending out soon.

March 19, 2022

"New Member" Breakfast for Norge Norsemen Satellite lodge. Invitations are forthcoming!

March 26, 2022

Norwegian Lady Ceremony at noon on 25th street and Atlantic Avenue with dance performance following by Stoughton Dancers

March 26, 2022

Stoughton High School Norwegian Dancers at Tallwood High School at 6 p.m.

March 27, 2022

Stoughton Dancers and POTLUCK dinner in Williamsburg with the Norge Norsemen at 3:30 p.m.

Lenny

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](#)



As I look out the window, I see the leaves of the crocus and daffy-dills peeking through the snow that is still laying on the cold, cold ground. A first sign of Spring and how happy I am to see it. I find it almost unbelievable that we are 2 years since the beginning of the pandemic but am gratified to see so many lodges opening for meetings and programs. I recently was at Bondelandet lodge to install their new officers and it was wonderful to see how many came out for the meeting, a resurgence of interest in personal interaction so important to the human psyche. Congratulations to all the new and returning officers. You all are to be commended for accepting the responsibility for your lodges. And to the members of the lodges – remember the officers and directors can't do it alone. YOU are a necessary part of the running of the lodge. Help when able, join the

book club, language group, sunshine club, respond to requests for committee involvement. Many hands make light work..... Spring is springing this month and are you as excited as I am for the resurgence. There are deadlines that became due at this time of year. Did your lodge submit the AFA Lodge activity report due Feb 15th? Remember this can be done online at FraternalGives.org. Please do not take this form lightly, for it ensures that the order of Sons of Norway will keep it's not for profit status. There are still 2 grants available for members if there is a need: Helping Hands to Members – Disaster Relief and Helping Hands to Members – Medical Relief. Look at the particulars at <https://www.sofn.com/foundation/> Delegate report (<http://3dsfn.org/wp-content/uploads/3D-Delegate-Report-Form-2022.pdf>) should be mailed to 3D Secretary by April 1. Remember to send me pictures of your gatherings so we can send to the Viking Magazine. We'll show the organization how wonderful it is to be in the "Tremendous Third" Did you know that the Vikings did not have four seasons as we do today, they only had two seasons, Sumarr ("Summer") and Vetr ("Winter") . So, Happy Spring!! Kathy

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

Julia Abraham	Sarah Ammons	Larry Berg	Dana Fuqua	Michael Fountain
Rosalind Gillett	Lynne Hudson	Vigdis Jolly	Kjersti Lee	Kyle Lindenberg
Lucia Liptakova	Mitchell Dannon	Tonya Snow	Barbara Stehlik	Odd Vinnelrod
Kristine VanWerkoven	Mitchell Dannon	Julie Mosnes	Neal Porter	Wendy Porter
Berton Roth	Taggart Sletten	Regina Thek	Chris Thomas	
Kali Thomas				

Please join us for the Norwegian Lady Ceremony



131 years ago,

the tragic shipwreck and dramatic rescue of the Norwegian Bark, *Dictator*, brought Virginians and Norwegians together.

60 years ago,

the Norwegian Lady arrived and stands as a testament to the friendship and sisterhood between Virginia Beach, Virginia and Moss, Norway.

March 26, 2022,

the annual ceremony brings together Norwegians, Americans and friends to commemorate this remarkable event in our local history.



Norwegian Lady Ceremony
Saturday, March 26, 2022 at 12:00pm
(25th St & the Oceanfront Boardwalk, Virginia Beach, VA)



Supported by the Norwegian Lady Plaza Foundation, the Ladies Auxiliary of the Virginia Beach Fire Department, Virginia Beach Surf and Rescue Museum, Sons of Norway 3-522, and the Norwegian NATO & Military Service Members

Visit the Norwegian Lady Website: <http://thenorwegianlady.wordpress.com/>

*"I am the Norwegian Lady.
I stand here, as my sister before me to wish all men of the sea safe return home."*

EASTER IN NORWAY



What a wonderful time it is, the Norwegian Easter vacation. Many Norwegians have more than a week off work, and most of them head for their hytte (cabin) on the freezing mountain, in the deep dark woods or beside the sea (where, as like as not, it's raining – especially if you're somewhere on the west coast). The wintry conditions shouldn't put you off, though; just remember the saying: Det finnes ikke dårlig vær, bare dårlige klær ('There's no such thing as bad weather, only bad clothing') because in Norway, Easter – like most holidays – means that it's time to get outside and surround yourself with nature.

Embracing the snow

In Norway, skiing is the most common outdoor activity during Easter. Every year, thousands upon thousands brave the blizzards and head for the snow-capped mountaintops to pit their skills against the snow. To make sure no one gets lost on the slopes, the Norwegian Red Cross has compiled a few official rules that everyone hiking or skiing in the mountains need to know. Fjellvettreglene ('the Mountain Wisdom Rules') include: 'Never leave home without letting someone know where you're headed', 'Always wear appropriate clothing' and the most important: 'There is no shame in turning back'. Every Easter since 1972, Norwegian broadcaster NRK has done its best to remind the nation of the perils of ignoring the guidelines with a series of short films. These chronicle the assorted outdoor mishaps of Severin Suveren ('Severin the Superb'), a breezily confident Norwegian who disregards every rule in the book. For example when he goes skiing alone, without a map or compass to guide him, and promptly gets lost in a snowstorm. Then he suffers the worst fate imaginable for a Norwegian – no, not dying alone in the icy wilderness, but having to be helped home by some passing Danes.

There is a saying in Norway that Norwegians are born with skis on their legs. And it can certainly seem like it's true: Norway does have a tendency to come home with a sizable stash of medals after the Winter Olympics. If you visit a mountain in Norway over Easter, you'll probably encounter Norwegians of all ages, sliding past you as though skiing is the easiest thing in the world. However, every now and then, you'll come across a Norwegian on the ground, flailing in the snow, skis akimbo. But even if they're furious about it, chances are

you'd never know, because this is where one of the most important unofficial rules of the outdoors comes into play: Ut på tur, aldri sur – 'If you go hiking, you'll never be in a bad mood'.

Invading Sweden

However, not all Norwegians embrace winter sports with the same level of enthusiasm. Some prefer to stay at home in their cities and villages. In parts of Norway, a peculiar tradition has emerged from the surfeit of leisure time over Easter and the fact that no alcohol is on sale during the holiday week. On Maundy Thursday, the roads near the eastern border become clogged with cars as young Norwegians hit the roads and head to the Swedish city of Strömstad to buy cheap alcohol and party like there's no tomorrow. Last year about 15,000 Norwegians participated in this emerging Easter tradition, which Swedes have come to call 'the Easter invasion'.

Over-egging it

Whether they're on the mountain or in the city, almost all Norwegians partake in one common Easter custom: the food. The day invariably starts with a breakfast consisting of something involving eggs. In fact, Norwegians eat an astonishing amount of eggs during Easter alone. Not even chocolate eggs, but the standard hen-made variety. In 2011, Norwegians consumed over 35 million eggs over the Easter holiday, which for a population of five million, amounts to seven eggs each.

Oranges are another Easter dietary essential, and every skier worth their snow will have a few stashed in their rucksack. For a Norwegian, there's nothing that feels more Easterish than air-drying your hands in the crisp winter wind after peeling an orange. Next to the fruit, they'll probably have a Kvikklunnsj, which to the uninitiated, might look like a KitKat, but any true Norwegian will know the difference at the first bite. Made since the 1930s, Kvikklunnsj represents a chocolaty passport to the past for millions of Norwegians, evoking snow-sprinkled childhoods and the joy of an Easter spent out there in nature with family and friends. Nostalgia may well be a national pastime: over Easter in 2014, Norwegians bought 1,900 tons of Kvikklunnsj. Happy Easter!

SONS OF NORWAY
HAMPTON ROADS LODGE
PRESENTS

A PERFORMANCE BY THE

STOUGHTON HIGH SCHOOL NORWEGIAN DANCERS

MARCH 26
TALLWOOD HIGH SCHOOL
1668 KEMPSVILLE RD
VIRGINIA BEACH, VA. 23464
6 PM

*Scandinavian dancing,
gymnastics, and fun*

WWW.STOUGHTONNORWEGIANDANCERS.COM





Virginia Viking

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