



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

Summer is almost here, and everyone is ready to enjoy warmer weather and friends/family. Since many of us are not home in the summer months, we pause our monthly lodge meetings and the Virginia Viking Newsletter. So, after this month's May newsletter, the next one will be in September. Same for our business lodge meetings, next one will be a potluck on a Saturday in September. This past April, we had our normal in person lodge meeting at our Bayside Presbyterian Church. We had a special program on Norwegian art culture that all enjoyed. On 30 April, we walked with the Norwegian Group at NATO headquarters during the Norfolk NATO Parade of Nations. It was a lot of fun to walk in the parade. We do have two events left in May though. First is our "Laying of Flowers" on May 17th at the burial site of two Norwegian sailors that died in Norfolk years ago and of course, our 50th Anniversary party on 21 May at the Sheraton. Invitations and RSVP cards have already been sent and received. More detailed information to follow beforehand. You'll see that in my upcoming "Updated Schedule of Events" for our lodge that I'll be sending out soon. *Lenny*

May 5, 2022

Zoom Board Meeting at 7:00 pm

May 17, 2022

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

Lunch at noon.

At Freemason.

May 21, 2022

50th Lodge Anniversary Party at the
Sheraton at Waterside starting at 5:30 pm.
Guest Speaker will be the Norwegian Consul
General of New York, Heidi Olufsen.

Invitations and rsvp cards being sent to all.

May 23, 2022

Norge Norsemen Meeting at Viking Hall in
Norge at 6:30 pm. Program/Presentation by
Ingrid Kross, Weaving/Spinning

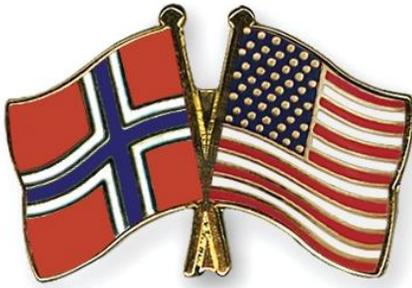
Sons of Norway Whole Life Insurance

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

May President's letter It's May and Mother Nature is doing what she usually does in Spring. Cool one day - warm the next.... But I'm pleased to see the dogwoods and Japanese cherry trees coming out, I don't mind the spring rain, and I'm happy to be out and about. It's looking good after the 2 years we've had but I want to say our District has come through like troopers. YOU ALL are to be congratulated for keeping your membership active, making efforts to get to meetings – whether by Zoom or onsite - sending me emails to just talk about your lodges and what you're doing to move forward. As you've seen we can get together and see each other, talk and share, enjoy some good programming both online and in person. There are dates in this month that we can celebrate. Time to fly the Norwegian Flag. May 8th Norwegian Liberation Day (known in Norwegian as Frigjøringsdagen) and International Viking Day, honor Mom on May 8th 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. As Norway's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time, the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 was a day of politics marked by speeches and rallies; today it is filled with national pride, festivities and tradition. Each year, thousands of people in Norway—and around the world—take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. (For more facts about Syttende Mai and details on how the day is celebrated, the Sons of Norway blog at www.sofn.com/blog/syttende-mai-10-fun-facts) 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. Let's fly the American Flag proudly. Then in a short few weeks we will gather in Jacksonville for Tremendous Third's Meeting/Convention. Has your lodge sent in their journal ad?? How about the booster list, a welcome to all those who are there to guide the District?? Support your delegates as they are there for you, your lodge and the District. I'm excited about this convention, I hope you are too.... My great thanks to those delegates who have taken the responsibility of being on our meeting committees. Again, going above and beyond. Hurra , Gratulerer med dagen, and Enjoy the summer.



Fraternally Kathy

 **Hurra for syttende mai!** 

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

Synnøve Quaglietta	John Kise	William Hovland	Betty Thomas
Terri Hewitt	Christine Powers	Todd Alspaugh	John Westland
Alexander Truitt	Aldwin Halvorson	Roger Bynum	Rosalie Wingler
Christopher Kahl	Daniell Marsden	Victoria Ferro	

NATO PARADE IN NORFOLK



50th Anniversary Party

As we all know, our lodge has a big event coming up that we need to celebrate in a grand style. 50 years since our Sons of Norway Hampton Roads lodge first started is quite an accomplishment that we all need to acknowledge by celebrating.

Our 50th Anniversary Party is all set with guest speaker, champagne toast, dancing and a delicious dinner. All of this on the waterfront of Elizabeth river at the Sheraton Norfolk Waterside Hotel, absolutely beautiful.

We need more of our members/guests to help us celebrate, so I am extending the deadline for your RSVP from 7 May to 14 May. So if you have not responded yes to your attendance or have changed your mind and would like to come, please send in your RSVP card now. If you no longer have the invitation and RSVP card, let me or my wife Vivian (vzingarelli@verizon.net) know and we will get you the information.

Time is running out!!!!!!!!!!!!!! From Lenny

EXPLAINED: Why are energy costs soaring in southern Norway?

Electricity bills for customers in southern Norway are shooting up due to record-high energy prices, leaving a big dent in people's pockets. Here's why.

Published: 8 September 2021 17:08 CEST



Vemork, a hydroelectric plan. Photo by [Mark König](#) on [Unsplash](#)

The price of electricity in southern Norway has reached the record high level of more than 115 øre per [kilowatt-hour](#).

This is more than double the cost of electricity in central and northern Norway, and the rising prices mean that energy bills for consumers in the south could increase by as much as 2,000 kroner per month more compared to last year, according to energy price analyst from Volue Insight, Tor Reier Lilleholt .

The massive price differences between the north and the south are down to a few factors. Firstly water reservoirs in southern Norway are incredibly low due to a small amount of rainfall over the summer.

“In the northern and in central Norway, we have water in our reservoirs, while southern parts of the Nordics have very little water,” Trygve Sørås, head of power management at NTE Energy, told public broadcaster [NRK](#).

In addition to the lack of rainfall, southern Norway has also exported large amounts of energy to the continent, meaning supply has struggled to meet up with demand.

“The continent is also seeing very high power prices, so some energy has been exported there. Therefore in the south, reserves aren’t as fully stacked,” Sørås said.

Norway sold a record 5 billion kroner worth of energy to other countries in the first half of 2021, a record for power exports in the country.

Things are looking much rosier for consumers in central and northern Norway, though. central Norway is benefiting from increased wind and hydro production. This output is expected to continue for the foreseeable future keeping energy prices low throughout the winter in central Norway.

“If the weather is normal for the time of year, the prices in central Norway will be at this level throughout the winter,” Sørås explained.

Frustratingly, the south can't buy any of the surplus power from northern and central Norway.

“There is little transmission capacity from the north to the south, which means a price bottleneck between the north and south,” energy price analyst from Volue Insight, Tor Reier Lilleholt, explained to the public broadcaster.

This means southern Norway is forced to buy much more expensive energy from the continent through subterranean cables.

READ MORE: [Norway and UK complete world's longest underwater sea cable](#)

Lilleholt believes this will exacerbate the issue even further for those in the South, leading to consistently high prices throughout winter.

“We will also connect to Britain and British prices with a new cable in southern Norway during the autumn. Prices are even higher there than in Germany and the Netherlands, and the UK needs even more power than those countries. This together with a dry autumn could trigger high prices this winter,” he told NRK.

How to get the best deal

With prices in southern Norway only expected to rise during the winter, getting the best deal possible has never been more important to stop you from feeling the pinch.

Shopping around isn't the only tip for getting the best bang for your buck, but also making sure you choose the type of energy agreement that works best for you.

If you want to find out more, check out our guide to getting the best deal [here](#).

Summer in Norway

DON'T SLEEP AWAY THE WHITE NIGHTS

During the months of June, July, and August, the days are long and the nights short, even non-existing north of the Arctic Circle, where you get the midnight sun. The Norwegian summer weather is often quite stable, and the temperatures are pleasant both on land and at sea.



As soon as summer gets a firm grip on Norway, usually in late May or early June, you'll see the locals out and about, enjoying the sun after a long and cold winter, barbecuing in the parks or at the beach, and generally just being happy. And as the weather gets warmer and warmer, so does the people.

Summer temperatures can reach 25 to 30 degrees Celsius, and there is hardly any humidity in the air. Even the nights are often warm, and water temperatures in the sea and the many inland and forest lakes usually reach 18 degrees or higher, making swimming a popular pastime.

From late June to early August, it never gets really dark anywhere in the country. But if you want to experience the [midnight sun](#), you have to travel to Northern Norway. The further north you go, the more nights of midnight sun you get. There are plenty of [cool things to do](#) with the extra hours – go kayaking, hiking, or fishing in the middle of the night, or gather at one of the [top places to experience the phenomenon](#) in all its glory.

Norwegians celebrate Midsummer Eve, or “Sankthansaften” (Saint John’s Eve) on 23 June. Parties take place all over Norway, especially along the coast or up in the mountains. The Norwegians take their bonfires seriously – in 2016, residents in Ålesund built the world’s largest open-air fire.

With one of the longest coastlines in the world, Norway has a rich boating life. People of all ages and from all sectors of society are out at sea all summer long. The “skjærgård” in Southern Norway – an archipelago consisting of thousands of small islands and islets – is especially popular, and almost every town along the southern coast has a proper guest harbour. [Check out our water safety tips.](#)

The summer season is also prime time for hiking, cycling, and camping. Most of the snow in the mountains has melted away, and lots of people spend their summer holiday out in the nature. Outdoor recreation is a major part of our national identity, and is also [established by law](#).

Local weather and climate

The warmest and most stable weather usually occurs on the eastern side of the southern mountains, including the south coast between Mandal and [Oslo](#). Even further north, summer temperatures are rather pleasant – sometimes reaching as high as 25 degrees Celsius or more.

You will find the highest temperatures inland, and especially [Setesdal](#) is famous for its record high temperatures. Along the coast, a cool sea breeze will often refresh you.

In [Fjord Norway](#), a lovely sunny day can be followed by a day of rain and fog, but here, you can experience both winter and summer in one day – go summer skiing or glacier hiking in the morning, take a swim in a fjord in the afternoon.

In [Northern Norway](#) you can see the midnight sun from the middle of May to the end of July. Just remember that temperatures that far north are usually a bit lower than in the rest of the country.

How to dress for summer weather

Norwegian summer weather may be relatively stable, but that doesn't mean it can't surprise you. If you go hiking in the mountains or are out at sea, prepare for everything and make sure you bring waterproof and windproof clothing, as well as a [layer of wool](#).

The sun can be deceptively strong, even if the wind helps keep you cool, so make sure you use sunscreen – otherwise you'll soon turn pink and sore.

Even if you should be careful not to underestimate the weather, the summer is the time of year when you can relax the most with regards to what to wear. Dress to your fancy, and enjoy the season – but use your head. As we say in Norway: there is no bad weather, only inappropriate clothing.





Virginia Viking

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