



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS NO. 3-522

President: Mike Solhaug Vice President: Jerry Blau Secretary: June Cooper Treasurer: Ragnhild Zingler

President's Corner



LODGE NEWS: Two of our most loyal and valuable members, Lenny and Vivian Zingarelli are relocating in April. As you know Lenny's extended time as President has been by marked membership growth and increased membership participation. His visionary leadership, among many accomplishments, created, along with Melody Loftheim, the only satellite lodge in the Son's of Norway, Norge Norsemen. Vivian has served as Social Director, tirelessly organizing refreshments for every event, Monthly Lodge luncheons, and especially the popular and well attended Julebord Christmas Dinner complete with door prizes. They'll still be Lodge members so we'll keep in touch TUSEN TAKK OG FARVEL!

EVENTS AND MEETINGS

Monday, April 1
Norge Norsemen Board Meeting
(Zoom) **7 PM.**

Thursday, April 4
HR Lodge Board meeting (Zoom)
at **7 PM.**

Sunday, April 7
Norwegian Lady Ceremony
1:30 pm on 25th St., with a
reception following at the Virginia
Beach Surf&Rescue Museum on
2401 Atlantic Avenue. Formerly
known as the Coast Guard
Museum

Thursday, April 18
HR Lodge Meeting at Bayside
Presbyterian Church, **7:30 pm**
Program: Karoline Knotten, a
world class athlete who competes
for Norway in the biathlons (skiing
and shooting)

Thursday, April 18
Norge Norsemen Lodge Sattelite
Meeting at Viking Hall at 6:30 pm
Program: Kristin Eittreim
"Norwegian Flora and Medicinal
uses"

LODGE NEWS: UP COMING EVENT April 7 at 1:30 PM, the Norwegian Lady Ceremony will be held at the Norwegian Lady Plaza, Virginia Beach Boardwalk and 25th St. A reception with light refreshments will follow the ceremony at the Virginia Beach Surf & Rescue Museum, 2401 Atlantic Ave. We are all familiar with the two "The Norwegian Lady" statues located in the sister cities of Virginia Beach, Virginia and Moss, a coastal town and municipality in the county of Østfold, Norway. On the eastern shore of Oslo Fjord with a population of 31,308, Moss was founded in the 16th century. On Aug. 14, 1814, it was the site of the signing of the Convention of Moss, which ended the short war between Norway and Sweden that preceded their union. The town has paper and cotton mills, metalworks, shipyards, textile factories, breweries, and facilities for glass, asphalt, and tar production. The harbor is protected by adjacent Jel Island, called the "Pearl of Oslo Fjord" for its fine resort area and many large estates. Every year the Moss mayor, currently Simen Nord, has sent a message of fellowship to commemorate the Norwegian Lady Ceremony in Virginia Beach. Mayor Nord remarks that it provides a "valuable opportunity to reflect on our long lasting friendship and to confirm the importance of our longstanding partnership.

See you there, All the Best Mike Solhaug

HAPPY BIRTHDAY AND GRATULERER MED DAGEN

Elizabeth Aadhal
Christopher Bode
Colton Bode
Tyler Burnett
Holt Conradi
Greg Smith
Thor Conradi
Lyndsey Dannon
Clark Elverum
Larry Emmons
Rannveig Fredheim
Tiffeni Goesel
Kristin Gotthardt
Wyatt Hall
Diane Hughes

Anette Jones
Evelyn Keever
Kim Lang
Lucinda Larsen
Owen Lindenberg
Kaare Loftheim
Bob Longworth
Benjamin Spencer
Andrew Meagher
Kelton Meagher
Sophia Meagher
Patrick Peterson
James Powers
Deanna Rumney
Robin Sabo

Austin Sutton
Ernest Sutton
Jim Thelie
Brenda Uyak
Kayla Vanwerhoven
Alivia Wnek
Richard Young
Vivian Zingarelli

NORWEGIAN WAFFLES

Waffle batter:

- 4 dl wheat flour
- 1 dl sugar
- 1 tsp baking powder
- 1 tsp ground cardamom
- 4 dl milk
- 3 pcs. Egg

100 g melted butter

1. Put all the dry ingredients in a bowl and whisk in a little of the milk at a time. Stir well between each time to get a smooth batter without milk lumps.
2. Stir in the eggs and add melted butter. Let the batter swell for 1/2 hour. Adjust the batter with a little water or milk if it is too thick.
3. Fry the waffles and serve them warm.

Served with jam, sour cream, sugar, butter and/or brown cheese.



THIRD DISTRICT PRESIDENT, STEPHEN HELMOLD



April 2024 Third District President's Message Spring is finally here, and summer is around the corner. I hope everyone had a nice Easter. Many lodges will be having their 17th of Mai celebrations and getting ready for summer with their picnics and other activities. Our Thid District Sports Director, Paul Kornbrekke, is trying to revive the 3D Sports Picnic, which will be held Nansen Lodge on Saturday April 20th from 11 AM to 6 PM. It is not just sports! There will be lots of good food starting with brunch, going though lunch/dinner as well as Scandinavian music by Ellen Lindstrom and games for all ages to enjoy. This is a great way of getting together with family and friends and having an enjoyable and fun day. I hope you will make every attempt to join us for this great day. Please keep in mind that the Third District Convention in Herndon, Virginia is not far off either and the convention committee (Washington Lodge) and the Third District Board are gearing up not only for the business at the convention but for a very fun and interesting time. Karen and I are looking forward to seeing and meeting with all the delegates and guests that are attending as this is the time to get acquainted with new Sons of Norway members and visit with friends from past conventions from other parts of the district. Also, in July the district will be having Youth Camp and the New Cultural/Sports Weekend. If you have not registered your child or grandchild for youth camp please consider sending them. The Cultural/Sports weekend will be on the last 4 days of youth camp, and it looks like it should be a very fun and educational event, so please consider attending as a family, couple or even a single. The camps will take place at Koinonia Camp in New York. The Board is working hard on setting-up a cultural camp in the southern part of the district for the summer of 2025, but we need people who want to attend to come forward and register early. There will be more information to follow on this. One of the comments we get from lodge members is that there needs to be more fun and less business. The board is working hard to address that concern as you can see from the events listed above. But these events are only good if there are participants. WE NEED YOU to come out and have some fun.

Fraternally, Stephen Helmold



133 years ago,

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

62 years ago,

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

April 7, 2024,

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



Norwegian Lady Ceremony

Sunday, April 7, 2024 at 1:30 p.m.
25th St & the Oceanfront Boardwalk, Virginia Beach, VA
(Parking available at the 25th St. Municipal Parking Garage.
Enter 25th St. between Arctic and Pacific Ave.)



Supported by the Norwegian Lady Plaza Foundation, Virginia Beach Fire Department and Marine Rescue, Virginia Beach Surf and Rescue Museum, Sister Cities Association of Virginia Beach, Sons of Norway Lodge 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."

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.



Mona J. Denton
3020 Watergate Lane
Virginia, VA 23452