



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

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

The President's Corner



Dear SON Lodge members

Happy Syttende Mai! How do you greet people in Norwegian on Syttende Mai? "Gratulerer med dagen!" meaning "Congratulations on the day!" is a traditional greeting on Syttende Mai, as is "Hurra for syttende mai!" ("Hooray for the seventeenth of May!"). **What is Syttende Mai and why is it significant?** Constitution Day is the national day of

Norway and is an official public holiday observed on 17 May each year. Among Norwegians, the day is referred to as Syttende mai ("Seventeenth of May"), Nasjonaldagen ("National Day"), or Grunnlovsdagen ("Constitution Day"), although the latter is less frequent. The Constitution of Norway was signed at Eidsvoll on 17 May 1814. It is the second oldest written constitution still in use. The constitution declared Norway to be an independent kingdom in an attempt to avoid being ceded to Sweden after Denmark–Norway's devastating defeat in the Napoleonic Wars. This established a Union between Sweden and Norway, which was permanently dissolved in 1905. **When was the holiday first celebrated?** It was, however, not until 1833 that public ceremonies were held. The poet Henrik Wergeland is credited with making Syttende mai a celebratory day for the children rather than a day of patriotic pride. **Children's parades are the centerpiece of Syttende Mai celebrations.** Actually, the day demonstrates that the children, i.e. the country's future, are the patriotic pride. Flags and music dominate the day, and there are few military parades. **TWO BIG LODGE EVENTS** featuring His

May 5, 2025

Norge Norsemen Board Meeting via Zoom at 7:00 p.m.

May 8, 2025

Hampton Roads Lodge Zoom Board meeting at 7: 00 p.m.

May 15, 2025

Hampton Roads SON Membership Lodge Meeting at Bayside Presbyterian Church Fellowship Hall at 7:30 p.m. Program: "17th of May Traditions" by Marta Segar

May 17, 2025

Lay Flowers at Norwegian Sailors graves at Forest Lawn Cemetery at 10:30 am. Following there is a lunch at Orapax on 1300 Redgate Avenue in Norfolk.

May 25, 2025

Norge Norseman Satellite Lodge Meeting at Viking Hall at 6:30 p.m.

June 20, 2025

Hampton Roads Lodge Zoom Board Meeting at 7:00 p.m.

June ??, 2025

Hampton Roads Midsummer Picnick at Dave and Joanie Ruedi. Date and Time and Directions will be emailed

Majesty's King's Guard Band and Precision Drill Team. On Thursday, April 26, 40 SON Lodge members and guests attended The Virginia International Tattoo, which highlighted the King's Guards, and a large crowd was in attendance for the Annual Norwegian Lady Ceremony on Sunday, April 27 with the King's Guard providing a memorable performance on the Virginia Beach Boardwalk.

UP COMING EVENT On May 17, we have our annual Laying of the Flowers at the graves of the two Norwegian sailors who died in a tragic accident in Norfolk during World War II. This is our way of remembering and honoring the service members that died overseas, away from their own country and loved ones. Renowned local historian, Robert Hitchings, discovered the unmarked graves, and contacted SON members Ralph and Annegrete Peterson, and Astrid Gulas who diligently found the relatives of Ingvald Gjerstad and Arnfinn Siring and as a result of their efforts headstones were installed for their graves. Following the Laying of Flowers ceremony, we will meet for a Fellowship Lunch 12:00 PM at Orapax Restaurant 1300 Redgate Ave, Norfolk, VA 23507

**All the Best,
Mike Solhaug**

[Fra Presidenten, Stephen Helmold, 3rd District President](#)

His article will be publish every quarter

Gratulerer Med Dagen (Happy Birthday)
To the Following Members in May, June, July and August

MAY

Elizabeth Alspaugh
 Todd Alan Alspaugh
 Parker Bunnicot
 Tami Dodge

Terri Hewitt
 William N Hovland
 Katherine Anne Johnson
 Christopher Kahl
 Christopher Kahl
 John A Kise
 Philip Andrew Lautenslager
 Anne Lynette Mason
 Tatton James Mason
 William James Mason

Christine Marie Powers
 Synnove F Quaglietta
 Debbie Ann Rathke
 Virginia Ringdal
 Donna Whitman

Alexander Truitt
 Alexander Ross Truitt

Rosalie M Wingler

JUNE

Vickie L Ammons
 Susan M Berg
 Joseph William Bogstad
 Virginia Ann Bogstad
 Katharina B.Powers
 Tricia Byrne
 Bonnie May Elverum
 Kari Anderson Fratricks

Pamela S Geisinger
 Charles Goesel
 Terrence Grandstaff
 Carol V Johnson
 Elizabeth Kahl
 Laura Kamosa
 Karen A Kise

Torsten Liptak
 Melody A Loftheim
 Karen D Luvaas

Adrianna Murphy
 Lindsey Edith Norman
 Vencka Bjorlo Peterson

Chase Douglas Rebman

Terry Sollom
 Linda Stanzione
 Brian Thomas
 Anne Lise Truitt
 Eli Walden
 Kari Williams

Mary H Zimmerman

JULY

Joseph Bouchard

Frances Strand Caldwell
 Lilly Ellingsworth
 Chris E Fosback

Judy G Grandstaff
 Caroljean Hanson
 Constance V Hoff

Kari Stedt Lane

William Kerr Macdonald
 Allynne L Nordstrom
 Mary Ommundsen

Kip Pagach
 David Pincus
 Fred X Reinertsen
 Linda Reinertsen
 Wade Rindy
 David J Snow

Rolf A Williams



AUGUST

Martin Joseph Boo
 Kathleen Michelle Brink
 Matthew Capel

Antonia Chambers
 William Bruce Clanton

Pamela Dannon
 Norman Elton
 Dora Fountain

Astrid V Gulas

Lee Hougen
 Sheila Heim

Clare Ellen Kerr
 Lisbeth Kozy
 Karen M Lawrence
 Sue Thordis Lebrato
 Vigo Liptak
 Harriet D Lounsbury
 Richard W Maki
 Evangeline Arya Mason

Victoria Nilsen
 Annegrete Peterson
 Ralph D Peterson
 Anna-Britta Pincus
 Erin Elizabeth Pincus
 Andrea Therese Powell

Rick Rudell
 Alexander Rumney
 Cresta Sitten

liamson

**Happy
 BIRTHDAY**





Norwegian Constitution Day is the official National Day of Norway, celebrated on the 17th of May. Among Norwegians, the day is referred to simply as “Syttende Mai” (17th of May) or Grunnlovsdagen (The Constitution Day).

The Constitution, declaring Norway an independent nation, was signed at Eidsvoll, Norway on May 17, 1814. The celebration of this day began spontaneously among students and other people in early years. At that time, Norway was under Swedish rule, and for many years the King of Sweden was reluctant to allow such celebrations. For a few years in the 1820s, King Carl Johan forbade the celebrations.

It was not until 1836 that anyone ventured to hold a public address on behalf of the day. That year, official celebration was initiated by the monument of the late politician Christian Krogh, known to have stopped the king from gaining too much personal power. In 1905, Norway separated from Sweden peacefully and became a truly independent country. By historical coincidence, World War II ended when the occupying German forces surrendered in Norway on May 8, 1945, just nine days before that year’s Constitution Day. Even if the Liberation Day is an official flag day in Norway, the day is not broadly celebrated. Instead, a new and broader meaning had been added to the celebration of Norwegian Constitution Day on May 17.

A noteworthy aspect of Norwegian Constitution Day is its very non-military nature. All over Norway, children parade with an abundance of flags. Each elementary school district arranges its own parade with marching bands between schools. The parade takes the children through the community, often making stops at homes of senior citizens, war memorials, etc. The longest parade is in Oslo, where some 100,000 people travel to participate in the festivities. The Oslo parade includes close to 100 schools, marching bands, and passes by the Royal Palace, where the Royal Family greets the people from the main balcony.

Outside of Norway, Norwegians all over the world celebrate the 17th of May with parades, speeches, and more. Since 1889, the Norwegian-American community of Seattle has celebrated the 17th of May, and now the festivities in Seattle is touted as the third largest 17th of May celebration in the world, behind Oslo and Bergen. Join us this year as we celebrate Norwegian Constitution Day with a Norwegian-American flair! Source: Royal Norwegian Embassy/Norway.org

Traditional Norwegian Fenalår cured leg of mutton recipe

(Traditional 17th of May Food)

Written by [Sverre Bech-Sjøthun](#)

Spain has Jamon Iberic, Italy has Parma ham, and Norway has Fenalår; one of my absolute favorite kinds of cured meats. It's incredibly flavorful, and actually pretty easy to make yourself too! My dad has made his own Fenalår for as long as I can remember. Paired with some [home made Flatbrød](#) with a dollop sour cream, and a nice, strong caramelly ale, I'm in heaven.



While my dad uses a brine to salt his leg, I prefer dry salting, as I feel it gives me better control of the saltiness – I like it a little bit salty, but not like a salt lick. Though traditionally made with mutton, I have used this exact technique for curing game, such as roe deer. In that case, make sure to replace 500g regular salt with 500 g nitrite salt (with 0.6% nitrite). Nitrite salt will kill off parasites in game, and can usually be sourced from a butcher.

To break down the process:

- Dry salt for 1 day per kg meat
- Cold rest for 7 days
- Drying for 2-3 months, or until 30% weight loss

Ingredients:

- A whole leg of lamb, hip joint removed
- 1 kg sea salt
- 100 g sugar
- 15 g juniper berries

Method:

Remove the hip joint, or ask your butcher to do it for you. Also trim the cut surface to nice and smooth.

Massage and squeeze out any artery blood left. Begin from the thinnest part and massage your way towards the thick.

Put the juniper berries and 0.5 kg salt in a blender and run until the berries are crushed and well combined. Mix in with the rest of the salt and sugar, and cover the meat all over with the mixture.

Set aside in a dark, cool place for 1 day per kg meat. The longer you let it sit, the saltier it becomes. Also note that a leg that has been thawed tends to get salty more quickly, so perhaps reduce salting time by 1/2 day.

Note the weight of your leg at this point, as you will use that weight to gauge the drying process.

If your leg is 3 kg, this will be the result:

- 2 days mildly salty
- 2.5 days medium salty
- 3 days slightly saltier
- 4 days very salty
- **The salt will draw out liquid. This is Normal.**
- **Cold rest**
- It is important that the leg rests for a period of time to allow the salt to fully penetrate the meat, all the way into the bone. Otherwise, you may end up with rotting meat. Just ask my brother – he found out the hard way...
- Simply rinse off the salt under running cold tap water, and pat dry with a kitchen towel.
- Cover tightly with cling film and rest in a cool, dark place for a week.
- **Drying**
- Remove cling film, pat dry, and hang to dry in a dark, dry and cool place for 2-3 months, or until 30 % weight loss is achieved before you sample it.
- Will usually keep for 1 year and more, depending on how well you made it. Unless you eat it. Then it won't last very long at all...
- If you dry it till 40% weight loss then vacuum bag it, it should be shelf stable for 8 years. Some give it a wash with potassium sulfite (Cambden) before bagging it. I've never done this before, so read up on it before you do it.

- It is important to get a dry surface as quickly as possible, or mold may start to grow. If it gets moldy, it is not spoiled, you will not die, and it is safe to wipe it off with coarse salt, or a vinegar wash.

- Here on the west coast of Stavanger, we have very high humidity, like Seattle on steroids, so cold smoking right before the drying process was some times used to prevent mould. Though I prefer the unsmoked version, it does add a nice touch. Thick juniper branches or beech would be used.

- There you have it! Skål 😊

Editor's Note: Make it in Virginia in the winter and enclose it in a 100% cotton pillow case and close it tightly if you hang it up in your garage away from where critters can get to it. If you have a garage fridge you can also dry it in your fridge.

Norway Prime Minister Støre met with President Trump



by Nadarajah Sethurapan | @ | April 25, 2025 10:30 am

‘We had a constructive meeting with US President Donald Trump, where we discussed a range of issues. The meeting reaffirmed not only how important the US is for Norway, but also how important Norway is for the US,’ said Prime Minister Jonas Gahr Støre.



Prime Minister Jonas Gahr Støre and Minister of Finance Jens Stoltenberg met with President Donald Trump at the White House in Washington DC on Thursday afternoon.

‘We had detailed discussions on Norway’s cooperation with the US in the area of defense and security, on the efforts to achieve a lasting, just peace in Ukraine, and on tariffs and trade relations between our two countries,’ said Prime Minister Støre.

‘The US has a vital role to play in safeguarding Norwegian security and is a key partner for Europe and Ukraine. We must all work to achieve a lasting, just peace in Ukraine. We must increase the pressure on Russia. As its neighbor, Norway has extensive experience of dealing with Russia, and President Trump was interested in hearing our insights,’ said Mr Støre.

Norway is in close contact with the US on tariffs and trade, and this was another key topic of discussion.

‘Norway has made its position clear: higher tariffs are bad news for the global economy and for a small, open economy like Norway’s. Norway has low tariffs on imports from the US, and trade with the US is balanced. This purpose of this meeting was not to negotiate tariffs, but we conveyed Norway’s views on the matter,’ said Minister of Finance Jens Stoltenberg.

The meeting also provided a good opportunity to highlight Norway’s important role as a partner to the US.

‘Norwegian companies are heavily invested in the US in many industrial areas, ranging from defense to fertilizer and aluminum. President Trump is seeking to bring more industrial production back to the US, and Norwegian stakeholders can play an important role in this context. Moreover, half of the assets in Norway’s sovereign wealth fund are invested in US companies,’ said Mr Støre.

Maintaining close contact with Norway’s most important ally, the US, at all levels including with the President, is one of the Government’s most important tasks.

‘There is a long tradition of close cooperation between our two countries. This year marks 200 years since the first Norwegians emigrated to the US. The US is important for Norway, and Norway is also important for the US – in terms of both security policy and the economy. Today’s meeting at the White House made this very clear,’ said Mr Støre.



Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452