



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 (MAY 17! How do you greet people in Norwegian on Syttende Mai? "Gratulerer med dagen!" meaning "Congratulations with the day!" is a traditional greeting on Syttende Mai, as is "Hurra for syttende mai!" ("Hooray for the seventeenth of May)

UP COMING EVENT On Saturday May 16, 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. Details about the location of this event to follow. Following the Laying of Flowers ceremony, we will meet for a Fellowship Lunch 12:00 PM at Quads Mexican Restaurant 7515 Granby St, Norfolk, VA 23505

NORGE NORSEMEN GOING INDEPENDENT! The process is underway for the Norge Norsemen Satellite Lodge to transition to become a fully independent Sons of Norway lodge. With a growing and active membership, this is a natural step to independence, and has the full and enthusiastic support of the larger Hampton Roads Lodge leadership as well as SON Leadership at the District and National level. The Norge

May 4, 2026

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

May 7, 2026

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

May 16, 2026

Lay Flowers at Norwegian Sailors graves at Forest Lawn Cemetery at 10:30 am. Following there is a lunch at Quad's on 7515 Granby St. in Norfolk.

May 21, 2026

Hampton Roads SON Membership Lodge Meeting at Bayside Presbyterian Church Fellowship Hall at 6:30 p.m. Program: Sølje and Silver-Show and Tell Bring any of your own Norwegian Jewelry.

May 25, 2026

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

June 1, 2026

Norge Norsemen Board (ZOOM) meeting

June 04, 2026

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

Norsemen will hold a meeting to vote for independence, so look for the specifics about this important meeting, and the process moving forward. Special recognition goes to the committed leadership of Melody Loftheim as well as several Norge Norsemen including Don Watrud, Marta and Bob Seger, Robin Sabo, Terry Sollom and many others. **All the Best Mike Solhaug**

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

Kvæfjordkake The world's best cake!

The cake originated at Café Alliance in **Harstad**, which was run by two sisters from Kvæfjord in the 1930s. They modified a Danish recipe for Kings cake, among other things, reducing the amount of expensive almonds to make it more affordable.

The cake became popular in Harstad, Kvæfjord, and beyond. Today, what was once a local delicacy has conquered the entire nation and has been voted **Norway's national cake**. It goes by many names, one of them is **verdens beste**, *the world's best*.

Need we say more? **Succulent sponge, crispy meringue and smooth vanilla cream**. Kvæfjordkake is a festive favorite!

Fancy a twist on the classic cake? Cut out small circles from the base. Fill with a dollop of cream, top with berries ... You now have the world's best portion cakes!

Kvæfjordkake is a festive favorite that is often served at weddings, on Norway's national day, and on anniversaries.

Ingredients

Vanilla cream:

2.5 cups milk

8 egg yolks

½ cup sugar

2 tbsp corn starch

1 vanilla pod

5 gelatin sheets

Sponge base:

3.5 oz butter

4 oz sugar

4 egg yolks

3 tbsp milk

5.3 oz flour

1 ts baking soda

1 ts vanilla sugar

For the meringue:

4 egg whites

7 oz sugar

2 oz almond flakes

7 oz double cream

Source: Matprat.no

Method

1. Start by making the vanilla cream. Add milk, egg yolks, sugar and corn starch to a pot. Extract the seeds from the vanilla pod and add both in the pot. Cut the gelatin sheets into smaller pieces and add them to the pot too.

2. Heat the vanilla cream while stirring until it thickens. When the consistency of the vanilla cream is like a thick custard, remove from heat and pour into a bowl. Leave to cool. Once cooled, whip the vanilla cream lightly until smooth and lump-free.

Tip: Move the pot aside if the mixture thickens too quickly in order to make sure that it doesn't separate. You can always put it back on the heat if it needs to thicken more.

3. Preheat the oven to 320 F.

4. Beat the butter and sugar into a fluffy and creamy mixture. Add the egg yolks one by one, beating the batter thoroughly between each yolk. Sift the flour, baking powder, and vanilla sugar through a sieve. Fold a little of the flour mixture into the batter and add milk a little at a time. Mix the batter well. Spread the batter onto a baking pan lined with baking paper.

5. Add egg whites to a steel or glass bowl. Whisk them slowly with a pinch of salt until they start to foam. Then carry on whisking at a higher speed until the egg whites become stiff peaks. Gradually add sugar until all the sugar is dissolved and the mixture looks like shiny shaving foam. Don't over-whisk the mixture, as it will become grainy. Spread the meringue on top of the batter in a baking tin lined with baking paper. Sprinkle almond flakes on top and bake the cake at the bottom of the oven for 30-35 minutes, until the meringue is golden brown.

6. Carefully slide the baking paper with the cake onto a wire rack to cool.

7. Whip the cream until stiff and fold it lightly into the egg cream.

Tip: You can also flavor the cream with rum (optional).

8. Slice the cake in half down the middle. Place one half on a serving plate. Spread the cream filling over the base of the cake, and place the other half on top. Refrigerate until serving.

Tip: The cake keeps well in the fridge and tastes just as good several days afterwards (if there is any left, that is!).



Norwegians hang on to cherished Labor Day traditions

May 1, 2026

The sun shone warmly over much of Norway on Friday's May 1st holiday, and hundreds of thousands turned out for Labor Day parades and demonstrations. Some felt a need to defend the tradition, even though Norwegian labor unions remain strong and have won

credit for the country's relatively small social differences. This year's May Day holiday arrived after the conservative leader of the Christian Democrats Party's youth group had controversially proposed eliminating May 1st as a paid holiday. Ingrid Olina Hovland claimed the holiday has become more a celebration of Norway's left-wing parties than workers, and has thus "outplayed its role" in Norwegian society. Hovland, known for also opposing abortion, went so far as to claim that most Norwegians spend May Day "gardening at the state's expense." She said the holiday costs the state around NOK 3 billion and suggested moving the paid holiday to May 8th, which has officially been dubbed as both Liberation- and Veterans' Day but isn't a paid day off.

Support for her proposal ended up in line with the Christian Democrats Party's weak voter support, currently around just 3 percent. Some even responded to Hovland's proposal by suggesting cuts in annual state support for churches in Norway, which also costs around **Even the relatively conservative newspaper *Aftenposten***, the country's largest, felt a need to publicly support the May Day holiday this year. "Hurrah for the 1st of May" read the headline on the paper's main editorial on Thursday. It went on to question Hovland's budget estimates, and wrote that May Day is a day "for fellowship in the spirit of nation-building."

That's especially important now, wrote *Aftenposten*, at a time of international polarization and unrest. It noted how Norway's Labor Day holiday was first celebrated in 1890, when calls for an eight-hour workday dominated. Two of the other paid holidays in May, it added, are tied to Christian traditions, Ascension Day and the Pentecost, which presumably should be enough to satisfy Hovland's Christian Democrats Party. "The labor movement's growth and participation in public life are pillars within Norway's history, economy and democracy," editorialized *Aftenposten*. "An organized labor system is a strength, and an important part of the Norwegian model."



"Freedom, democracy and solidarity" made up the slogan of this May Day parade in 2022, not long after Russia invaded Ukraine. PHOTO: [NewsinEnglish.no](https://www.newsenglish.no/)/Morten Møst
That model, in which the labor movement, employers' organizations and politicians make efforts to work together, has also recently won credit for Norway's high standard of living and low social differences compared to many other countries like the USA or Great Britain. Newspaper *Dagens Næringsliv (DN)*, Norway's main business daily, reported on a recent study carried out by professors at the University of

Chicago, the University of Oslo and Norwegian business school NHH, in which they attempted to explain how Norway and other Nordic countries manage to combine growth and welfare with a stable and egalitarian system.

Among measuring sticks are the differences between executive pay and that of salaried workers. The gap is much narrower in Norway, where an average salary is around NOK 700,000 (USD 76,000) and an executive's pay around NOK 3 million. Executive pay at the country's largest companies can often hit NOK 20 million (USD 2.2 million, including benefits and bonus) but base executive pay is generally a much smaller multiple of average salaries than elsewhere. The professors' report, published in the *Journal of Economic Literature*,

found that the 10 percent of those with the highest pay in the Nordics amounted to twice that of the 10 percent earning least. In the USA it was five times as much.

The social welfare states found in Norway and other Nordic countries have long sought to reduce differences among their citizens, mostly through tax systems meant to finance free health care and schooling through the university level. In addition, come paid maternity- and paternity leave for around a year, heavily subsidized day care centers and unemployment pay, while state agencies help people find work.

“Politicians like to take the credit for having smaller social differences than elsewhere,” NHH Professor Kjell Salvanes told *DN*. That’s true in many areas, but the main reason for narrower pay gaps in Norway, they found, is the strength of organized labour and how extensive it is. Around 60 percent of all employees in the Nordic countries are members of labour unions, and annual wage negotiations are highly coordinated between trade union confederations and employer organizations representing various industries and businesses across the board. In the USA, only 10 percent of workers are organized and 25 percent in Great Britain, and their unions often negotiate directly with their members’ employers instead of employers’ organizations. They lack the coordination of wage and benefit negotiations and settlements that make negotiations less personal and more professional.

The professors concluded that coordinated wage and benefit negotiations are the most important explanation for the much lower social differences in the Nordics than in the US and Great Britain. They account for fully 70 percent of the difference in wage disparity between just the US and the Nordics.

Norway’s Labor movement this year has also been characterized by far fewer strikes, after a 4.4 percent wage hike was agreed at the outset of the spring negotiating season among Labor organizations and major industrial employers. That settlement sets the tone for all other negotiations, with only a few other strikes so far **including one by hotel and restaurant workers**.

The Nordic work model also reflects high productivity and relatively high income per inhabitant, who also score high on global “happiness” surveys. That can explain why many dress up for May Day events and celebrations.

“For me, the 1st of May is like Christmas Eve,” 62-year-old Ingunn Gjerstad, leader of LO in Oslo, told newspaper *Dagsavisen*. “It’s a day for fellowship.” She remains worried that wage gaps may be widening amongst workers and their executives, but is proud of the Labor sector’s accomplishments over the years. She scoffed at the Christian Democrats youth leader’s proposal to scrap the May 1st holiday. “I think that was lacking history and knowledge about what the day is all about,” Gjerstad said, “so we won’t worry about it.”
NewsinEnglish.no/Nina Berglund

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
Christopher Kahl
John A Kise
Philip Andrew Lautenslager
Anne Lynette Mason
Tatton James Mason
William James Mason
Patricia McGrath
Christine Marie Powers
Synnove F Quaglietta
Virginia Ringdal
Alexander Truitt
Rosalie M Wingler

JUNE

Vickie L Ammons
Susan M Berg
Louis Bock III
Joseph William Bogstad
Virginia Ann Bogstad
Katharina Powers
Tricia Byrne
Bonnie May Elverum
Kari Anderson Fratrack
Pamela S Geisinger
Charles Goesel
Terrence Grandstaff
Kiersten Johansson
Carol V Johnson
Elizabeth Kahl
Laura Kamosa
Karen A Kise
Torsten Liptak
Melody A Loftheim
Karen D Luvaas
Brittany Mangold
Adrianna Murphy
Lindsey Edith Norman
Vencka Bjorlo Peterson
Chase Douglas Rebman
Linda H. Reynolds
Terry Sollom
Linda Stanzione
Eli Walden
Kari Williams
Mary H Zimmerman

JULY

Joseph Bouchard
Barbara Cody
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

AUGUST

Thomas Bakke
Martin Joseph Boo
Antonia Chambers
Julie Christensen
William Bruce Clanton
Pamela Dannon
Norman Elton
Dora Fountain
Astrid V Gulas
Clare Ellen Kerr
Lisbeth Kozy
Karen M Lawrence
Sue Thordis Lebrato
Vigo Liptak
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
Grete Sutton
Leroy E Williamson



**Happy
BIRTHDAY**



Virginia Viking

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