



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

Sadly, summer is almost over with. I know many of you have been able to travel once again to see friends and loved ones with the risk of covid being a lot less now for those vaccinated. Let's hope that it remains that way while we move into the fall season. This past summer, we enjoyed our annual mid-summer lodge picnic. We also celebrated our

50th Lodge Anniversary by having a grand party at the Sheraton in May. Our lodge was also awarded as the "3rd District Large Lodge of the Year for 2021." This is a big deal and you all should be very proud of being a part of it. And now that it is fall, we have so many more fun events for our members to participate in. Our September in-person lodge meeting is always a potluck event, allowing us to better share our Norwegian culture and heritage. So please plan on attending our lodge meeting at the Bayside Presbyterian Church on Saturday the 17th starting at 5 pm, in the large Fellowship Room. It's a potluck, so please bring a side dish or dessert to share with others. We will also be having a program by one of our Norge Norsemen members that I know you will enjoy. This fall we will also be nominating and selecting our lodge's officers for the next term. One of the reasons this lodge has always done so well, is because of the officers that direct lodge functions and activities. If you would like to be a part of the lodge's leadership, please let us know. I could go on and on about upcoming events, but I'll stop here for now You'll see these in my upcoming "Updated Schedule of Events" for our lodge that I'll be sending out each month.

Lenny

September 8, 2022

Zoom Board Meeting at 7:00 pm

September 17, 2022

Lodge Membership meeting with Potluck at the Bayside Presbyterian Church at 7:00 p.m.

Program: WWII by John Dannon

September 26, 2022

Norge Norseman meeting at the Viking Hall in Norge at 6:30 p.m.

Program: Weaving/Spinning by Ingrid Kross

October 6, 2022

Zoom Board Meeting at 7: p.m.

October 10, 2022

Leif Erikson Day Celebration at the Mariner's Museum in Newport News at noon. Lunch to follow.

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, Stephen Helmold, 3rd District President

I am honored to be entrusted with the job of Third District President. My goals for the next two years are to increase transparency, communication, and engagement from the members of the district. As many of you know, this past year has been a tough one for me with 6 hospital visits including 4 surgeries, the latest just this August. I would like to thank all the lodges and members who sent cards and e-mails with their prayers and good wishes. It meant a great deal to me. I seem to finally be on the road to recovery.

I really hated not being able to attend the District Convention in Jacksonville in person, but as it turned out, it was better that I was close to home during that time. I would like to thank the members of Gateway to Florida Lodge for all their hard work in conducting, from what I could see and from what I have heard, a wonderful convention.

Covid has taken its toll on many of our lodges and as we get back to a new normal, living with covid, I hope all the lodges can get back to where they were or even better than they were before the pandemic

hit us. You can rest assured that the members of the 2022-2024 Third District Board are ready, willing and able to get our District to come back even stronger than it was before.

To that end the following committees have been formed, approved by the Board, and have begun to work hard to make the district as great as it can be:

Committee to Review the Minutes of the 2022 Convention

According to Article III Section 9 in our Bylaws: The District Board shall appoint a committee to review the District Lodge Meeting (Convention) minutes before the Secretary sends a copy to the Sons of Norway Headquarters. The minutes will be reviewed and approved by the District Board at the fall board meeting.

By-laws and Policy Review Committee

The purpose of this committee is to review our bylaws and policy manual to make sure we are in compliance with the new international rules and to suggest any updates that are needed.

LOV Money Committee

The purpose of this committee is to suggest to the board the best possible use of the money from the sale of LOV.

Rezoning Committee

The purpose of this committee is to recommend changes to the zoning lines if any are needed.

Convention Policy Committee

The purpose of this committee is to review the policy manual for host lodges that are considering hosting a Third District Convention. Topics to be considered are virtual meetings, hybrid meetings, financial assistance to host lodges and any other concerns the committee seems fit to address.

Finance Committee

The purpose of this committee is to assist the treasurer and to present a budget each October for the following year as well as a 2-year budget prior to each District Lodge meeting (Convention).

Scholarship Committee

The purpose of this committee is to explore the possibility of having a Third District Scholarship fund. The committee will need to find the initial funds as well as propose fundraising ideas to keep the fund going.

Local Lodge Support Committee

The purpose of this committee is to identify and assist lodges that are struggling, to reach out to the officers of these lodges and suggest ideas to help them get back on track perhaps by getting more

members, suggesting programs to retain and engage members and addressing other problems that these

lodges are having. Also, this committee will be making suggestions to all lodges to enhance the programs that they are presently running.

Website Committee/Publicity

The purpose of this committee is to examine our website and make any necessary changes to make it more informative to our members.

Giving's Committee

The purpose of this committee is to continue their work to educate membership and increase involvement in the Sons of Norway Foundation, the Third District Charitable Trust, Alzheimer's and other worthwhile charities.

This is only the beginning. As the need arises, I will be forming other committees. I hope if I reach out to you to serve on a committee, you will be willing to step up to the plate.

There is a need for Leadership training. This will first be addressed at the October Board meeting and then will become available to zones and lodges. Hopefully this will result in more members becoming engaged in the work of Sons of Norway so that we will not continue to be the best kept secret.

I look forward to meeting as many of you as I can in the next two years.

Fraternally,

Stephen Helmold

Third District President

**GRATULERER MED OVERSTÅTT TIL ALLE SOM HADDE BURS DAG I JUNI, JULI, OG AUGUST
HAPPY BELATED BIRTHDAYS TO EVERYONE IN JUNE, JULY, AND AUGUST.**

**HAPPY BIRTHDAY TO EVERYONE IN SEPTEMBER.
GRATULERER MED DAGEN TIL ALLE IS SEPTEMBER**

JUNE BIRTHDAYS

Vickie L Ammons
Susan M Berg
Joseph William Bogstad
Virginia Ann Bogstad
Katharina K Brekke Powers
Bonnie May Elverum
Paula Epperson
Georg Fuglevik
Pamela S Geisinger
Terrence Archer Grandstaff
Carol V Johnson
Adrianna Kamosa
Elizabeth Kamosa
Laura Kamosa
Karen A Kise
Angela Z LaPlante
Melody Ann Loftheim
Karen D Luvaas
Karen D Minson
Lindsey Edith Norman
Vencka BJORLO Peterson
Ole A Raustol
Chase Douglas Rebman
Linda H Reynolds
Linda Stanzione
John M Stehlik
Anne Lise Truitt
Eli Walden
Kari Williams
Mary H Zimmerman

JULY BIRTHDAYS

Eleanor K Beyer
Frances Strand Caldwell
Chris E Fosback
Adam C Gardner
Theodore R Gardner
Judy G Grandstaff
Caroljean Hanson
Constance V Hoff
Kari Stedt Lane
Henry J Lindenberg Jr
William Kerr Macdonald
Allynne L Nordstrom
Mary Ommundsen
David Pincus
Fred Reinertsen
Linda Reinertsen
David J Snow
Rolf A Williams

AUGUST BIRTHDAYS

Martin Joseph Boo
Kathleen Brink
William Bruce Clanton
Dora Fountain

Astrid V Gulas
Lee R. Haugen
Sheila Heim
Clare Ellen Kerr
Karen M Lawrence
Grace Lindenberg
Harriet D Lounsbury
Annegrete Peterson
Ralph D. Peterson
Anna-Britta Pincus
Erin Elizabeth Pincus
Rick Rudell
Alexander S Rumney
Grete Sutton
Veronica Thomas
Kathleen Michelle Uyak
Leroy E Williamson

SEPTEMBER BIRTHDAYS

Jan Emmons
Abigale Lindenberg
Ruth Lindenberg
Jane Stangeland- Lipscomb
Anna Maria Lissnils
Grayson James Loftheim
Maxine MacGregor
Nancy J E Marsden
Tonie McCombs
Peter Mosnes
Elaine J Murray
Elaine M Norman
Harlan Olsen
Torbjorn Ommundsen
Timothy J Power
Bernt (Ben) Raugstad
Michael J Solhaug
Thea Michelle Sparks
Arne S Svindland
Richard E Thek
Pat A Trent
Annette Warner
Samuel Wilson
Brielle Wnek

Some Norwegian News:

Norway Moves to Limit Power Exports in Blow to Europe

- Nordic nation suffers from low hydro reserves after dry spring
- Energy minister met with parliamentary leaders Monday

Norway is gearing up to limit power exports, an early sign of the tests Europe's cross-border solidarity will face this winter as the energy crunch deepens.

Refilling reservoirs will be prioritized over power production when levels fall below seasonal averages, Energy Minister Terje Aasland said Monday. The country is one of Europe's top exporters of electricity, sending about a fifth of its output to its neighbors but low water levels in southern Norway mean the government says it needs to act now to prevent domestic shortages this winter.

"In practice, this will involve control mechanisms that limit the possibility of export in the event of low reservoir filling," the minister said in the text of a briefing for parliamentary party leaders. The ministry will this week work to lay the framework so that the mechanism can be put in place as quickly as possible.

As Europe's energy crisis worsens, any restriction would be yet another blow for nations on the continent who rely on cheap Norwegian hydropower to help keep the lights on. The UK is among the nations most dependent on Norwegian exports, and any limitations would raise already elevated prices and may force National Grid Plc to utilize its strategic reserve of coal generation, Aurora Energy Research said in a note.

Aasland and Prime Minister Jonas Gahr Store met with parliamentary leaders on Monday morning to brief them on the power market situation and parliament may be called back from its summer break to address the issue. The energy minister also confirmed that an increase to a program to help consumers and farmers cover soaring power costs will be brought forward a month to Sept. 1.

Norway isn't a European Union member, but is part of Europe's single energy market and its rules state that countries aren't allowed to curb flows to neighbors for prolonged periods. Cuts would only be allowed if an emergency situation is declared. And the lobby group for the nation's utilities said any potential curbs to Norwegian electricity exports need to follow EU power-market rules.

"If there is something that we do not need in a difficult time it is to undermine the cooperation and the predictability of power trade and flow that the European energy transition depends on, or Norway's commitment to that cooperation and rules of

exchange,” Toini Lovseth, executive director of markets and customers at industry group EnergiNorge, said by email before the minister’s statement.

Norway Mulls Curbing Electricity Exports to Avoid Shortages

Norway gets almost all of its electricity from its vast hydro resources. Historically, it has been able to export a hefty surplus and still have among the lowest prices in Europe. But after a dry spring, hydro reservoirs in the worst impacted area stand at 49.3%, compared with a median of 74.9% for the 2000-19 period.

Norway now has more water in the reservoirs than the authorities’ earlier forecasts indicated for the beginning of autumn, Aasland said. The probability of needing electricity rationing in the winter is “low,” he added, citing forecasts from regulator NVE.

Utilities benefit from selling electricity abroad, especially when prices are as high and volatile as they are now. The nation’s biggest power producer, Statkraft AS, supports “a well-functioning market system for power where Norway can import power in dry years and export power when we have a power surplus,” it said by email, declining to comment further on any potential curbs.

Norwegian cruises to drop vaccination requirement, ease testing rules

Starting in September, fully vaccinated customers on Norwegian Cruise Line will no longer have to test before boarding

Norwegian Cruise Line Holdings will end its vaccine requirement for customers and loosen coronavirus testing rules next month, the company [announced](#) Monday.

Starting Sept. 3, fully vaccinated travelers who are 12 or older will no longer have to test before boarding a ship on Norwegian Cruise Line, Oceania Cruises and Regent Seven Seas Cruises.

Travelers in that age group who are unvaccinated or who do not show proof of vaccination will be allowed onboard as long as they present a negative PCR or antigen test taken in the 72 hours before boarding. Children under 12 will have no testing or vaccination requirements.

Requirements could still vary depending on local regulations at different ports, “including but not limited to Canada, Greece and Bermuda,” the announcement said.

“Our long-awaited revisions to our testing and vaccination requirements bring us closer in line with the rest of society, which has learned to adapt and live with COVID-19,” Norwegian President and CEO Frank Del Rio said in a news release.

Woman injured by polar bear on Norway's Svalbard Islands

Authorities say a French woman has been injured when attacked by a polar bear in Norway's remote Arctic Svalbard Islands

COPENHAGEN, Denmark -- A polar bear attacked a campsite Monday in Norway's remote Arctic Svalbard Islands, injuring a French tourist, authorities said, adding that the wounds weren't life-threatening. The bear was later killed. The woman, who was not identified, was part of a tour group of 25 people camping at Sveasletta, in the central part of the Svalbard archipelago, which sits more than 800 kilometers (500 miles) north of the Norwegian mainland. The campsite was located across a fjord from Longyearbyen, the main settlement in the Arctic Svalbard archipelago. Authorities responded to the news of the attack, which came shortly before 8:30 a.m., by flying there in a helicopter, chief superintendent Stein Olav Bredli. "The French woman suffered injuries to an arm. Shots were fired at the polar bear, which was scared away from the area," he said. Further details on her injuries weren't disclosed. She was flown by helicopter to the hospital in Longyearbyen. The main newspaper on the Arctic archipelago, Svalbardposten, said the victim was a woman in her 40s, and quoted local hospital official Solveig Jacobsen as saying that the woman slightly injured. Bredli later told Svalbardposten that the animal has been "badly injured" and following "a professional assessment" it was put to sleep. It was unclear how it was killed. Svalbard is dotted with warnings about polar bears. Visitors who choose to sleep outdoors receive stern warnings from authorities that people must carry firearms. At least five people have been killed by polar bears since the 1970s. In 2011, a British teenager was killed and the last time a fatal polar bear mauling was reported on Svalbard was in 2020, when a 38-year-old Dutchman was killed. Following that attack, there was a debate as to whether people should be allowed to camp in tents but no ban has been decided. Some residents in Svalbard, home to more than 2,500 people, want a round-the-clock polar bear watch, while others advocate killing all bears that get close to humans. From 2009 to 2019, 14 polar bears were shot, Norwegian broadcaster NRK said. An estimated 20,000-25,000 polar bears live in the Arctic.

The History of Stavanger

October 26, 2020 by **Mathew Paul Gundersen** (Mathew is a British (og litt Norsk) guy living in Stavanger, Norway. He is a journalist, a literature student and a keen runner.



Stavanger is nearly 900 years old and one of the oldest cities in Norway. It's a city that has been built from many years of fascinating history – here is the story of the country's oil capital.

Stavanger is a city and municipality situated on Norway's south west coast. It's the administrative centre of the county of Rogaland and today the city is the fourth-largest in the country. The city has an intriguing history from Vikings to petroleum, while its origins as a

settlement can be traced right back to the end of the last Ice Age. Here is the story of Stavanger.

Early history: The first settlers in the Stavanger region are believed to have arrived in the years after the last Ice Age. The melting ice around 10,000 years ago brought new peoples to the low-lying coastal areas of the Scandinavian peninsula. In Norway, Stavanger area was one of the first places in Norway to support a settlement – this likely had much to do with its geography. **The receding ice carved out majestic fjords** to the north east of the city and, by contrast, large, open expanses of flat land to the south west of the city. The region of Rogaland in which Stavanger sits is a diverse mix of fjords, lakes, waterfalls, forests, open grasslands and long sandy beaches.



The Battle of Hafrsfjord: Many historians believe that this part of Jæren (the district in which Stavanger is located) was both a military and an economic centre from around the 9th and 10th centuries. This is also a time when the city played host to a major battle that went on to change the face of Norway. The Battle of Hafrsfjord was a naval conflict that was fought in Stavanger between 872 and 900 – the exact year of the conflict is unknown. The battle resulted in the unification of Norway. Harald Fairhair (King Harald I) was the victor in the battle at Hafrsfjord, and as a result, the Viking chief declared himself as the first king of Norway. He brought a number of separate kingdoms together under his monarchy. However, some scholars believe it was a far more complicated process than the outcome of a single battle and that the country's

unification was a process that took centuries rather than years. On the banks of the Hafrsfjord today, you will find The Swords in the Rock (**Sverd I fjell**), a landmark that was created by Fritz Røed in memory of the battle.

Origin of the city's name: Over the centuries, the origin of the name Stavanger has been debated and discussed. But one popular belief is that the city's name is taken from Old Norse 'Stafangr'. In turn, the word is believed to be the name of the narrow inlet of water in the city centre, an area now known as Vågen. The first part of the Old Norse name is staf- meaning 'staff' or 'branch'. While the latter part '-angr' can be understood as 'inlet' or 'bay'. This would tie in with the naming of the waterway in the city, a place that was the historical centre in the city. Today, Vågen is home to the oldest part of the city, a tourist hotspot known as **Gamle Stavanger**.

The history of Stavanger cathedral: Two centuries after the Battle of Hafrsfjord, Stavanger expanded into a market town and a centre for the church administration in the region. Around 1100 to 1150 (estimated), the city's Cathedral was built. This coincided with Stavanger gaining city status. The cathedral was initially made out of local timber, but the devastating fire of 1272 raised it to the ground. Later, a new stone building was constructed, and this is the one that stands in the city today.

City development: The fire that tore through the cathedral is also believed to have damaged other parts of Stavanger. In the centuries after the city was rebuilt, the population remained fairly steady but in small numbers. By 1759, the count had increased to 3,337, which is in line with the slow growth in other cities in Norway at that time. For many years, the sea and Herring industry were major parts of the city's economy. As were the flat expanses of land around the city which were perfect for farming. To this day, the region of Rogaland supplies many of Norway's vegetables, including potatoes, carrots and cucumbers.

Stavanger in World War II: There are many stories from the Stavanger region from the time of **World War II**. On the morning of April 9, 1940, the city's airport in nearby Sola came under attack from German fighter planes. The airport had only been built three years eThe German air assault gradually increased in strength until the parachute battalion took the airport within hours of the attack. During the conflict, there were several injured Norwegian soldiers but no fatalities; however, on the German side, there were several injured and dead. Later that morning, German cargo planes dropped containers full of weapons, ammunition and other equipment. In total, some 300 transport aircraft were used to deliver further equipment and hundreds of German soldiers in Sola. Just after midday on April 9, the Nazis had marched into the centre of Stavanger with little or no resistance from locals. Although the Germans took the city almost without conflict, it did spark a resistance movement by local Norwegians. Many men in the city left for the nearby municipality of Gjesdal, where they joined up with the Norwegian armed forces. Five years of occupation followed for the region and Norway. The Germans remained in the Scandinavian country until May 8/9, 1945, and the capitulation of Nazi German forces in Europe. A German hanger at Sola has been converted to host the city's [aviation museum](#).

Norway's oil capital: Stavanger has had to endure some pretty lean years in the 20th century. But that all changed in 1969 when they struck gold (ok, black gold). [The discovery of oil at an oil field called Ekofisk in the North Sea changed Norway's financial fortunes going forward.](#) Shortly after this initial find, Stavanger was picked as the oil industry's centre in the country. It is dangerous for a country to rely on just the financial gains from oil, which for many reasons is an uncertain business. This is mainly due to unpredictable global oil prices that constantly fluctuate. With this in mind, Norway planned for the future. In 1990, the Norwegian government formed the Oil Fund (Oljefondet). This is known today as the Government Pension Fund Global (GPF-G). The purpose of the GPF-G is to ensure sensible and long-term management of the country's oil and gas revenues. As of September 2020, the fund has investments in more than 9,000 companies around the world.

Modern day Stavanger: Stavanger has grown from small fishing village into an international hub. It's Norway's fourth-biggest city. As of 2019, the city had a population of 135,118, while the urban count stood at 237,369. There are seven boroughs that make up the city: Hundvåg, Tasta, Eiganes and Våland, Madla, Storhaug, Hillevåg, and Hinna. The city has its own university, the University of Stavanger, and is also home to several international schools.

In 2008, Stavanger was awarded European Capital of Culture status alongside Liverpool. The oil and gas industry continue to be a big part of the local economy, while tourism also plays an important role. Agriculture is an important industry in the region surrounding Stavanger.



Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452