



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

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



The President's Corner

Dear SON Lodge members



Well, here we are, having survived another summer, and looking forward to perhaps some cooler weather, and of course, the return of football in all shapes and sizes. Another season to cheer on your team of choice. For me it's not the Vikings or the Gophers, it's the St Olaf "Oles" as they energetically ply the gridiron, especially against their bitter rival, the Carleton College Knights, located on the opposite side of the Cannon River in Northfield, Minnesota.

Here are important dates in September to mark on your calendars:

The **first Fellowship Luncheon** of the Fall will be on September 16. See the calendar for more information.

Alzheimer's/Dementia Awareness is one of the three Charitable Giving causes that the 3rd District supports, has committed the research toward achieving a cure for Alzheimer's and encourages members to participate in local events. The local

Walk to End Alzheimer's this year will be held on September 23 - Chesapeake, VA. You can find out more about this event at https://act.alz.org/site/TR/Walk2023/VASoutheasternVirginia?fr_id=16833&pg=entry

Our **First Membership Lodge meeting** of the Fall will be on September 24th. The **first Norge Norsemen Satellite Lodge meeting** of the Fall will be on September 25th.

On Saturday, September 30, the District 3 will hold a **Leadership Training Session** at 12:00 via Zoom (Zoom invitation pending.) The Leadership Training Session is for current and potential lodge leaders, i.e.: Presidents, Vice-Presidents, Treasurers, etc. It will be given by Stephen and Karen Helmold, our District 3 President and Secretary,. The training is open to all lodge members. Join the session to find out about SON leadership roles and also general information about SON. Looking forward to seeing everyone. The Best, Mike.

September 7, 2023

Zoom Board Meeting at 7:00 pm

September 16, 2023

Fellowship Luncheon 12:00 at Blue Pete's. 1400 N. Muddy Creek Rd in Pungo. Please

RSVP to Vivian Zingarelli

vzingarelli@verizon.net or Peggy Carnes

pscarnes@cox.net

September 24, 2023

Membership Lodge meeting Bayside Presbyterian Church with potluck dinner at 5pm.

September 25, 2023

Norge Norsemen Satellite Lodge meeting at Viking Hall at 6:30. Program TBD

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

It has been a little over a year since your Board was voted into office. One good thing that came out of the recent pandemic was the use of Zoom which has given the District Board and its committees the ability to meet much more often and accomplish much more for the benefit of the district. In addition to the tasks that are done each year such as organizing, printing and distributing the district directory and filing of the D-63 and D-17 for the district, I have been meeting with the district presidents quarterly, more if necessary and Karen has been meeting with the district secretaries every other month and Karen sends a detailed district secretary's letters to all secretaries in the district with copies to the presidents. As I reported earlier, I have also appointed members to many committees. Your board members and volunteers have put in many hours over the last 14 ½ months. So, what has your board done for you lately?

We have brought back Youth Camp. Youth Camp 2023 was a success at Camp Koinonia, under the direction of Camp Director Tom Bakos. We are busy planning Youth Camp 2024.

The Committee to Review the Minutes of the 2022 Convention under the leadership of Barbara Berntsen reviewed the minutes and recommended approval by the Third District Board who approved the minutes of the 2022 Convention. The committee was thanked and dismissed. The Scholarship Committee under the leadership of Elaine Breiland met and recommended to the Board that the Third District NOT have its own scholarship fund. It was felt that having another scholarship fund in the district would compete with and hamper the zones and lodges that presently have scholarship funds. Their suggestion was approved by the board. The committee was thanked and dismissed. The Website Committee/Publicity under the leadership of Asbjorn Lageraaen met and decided that the district should consider having a new website. This sparked the need for yet another committee. I quickly formed the Website search committee. The Website Search Committee under the leadership of Christine Taylor reached out to and received bids from 6 companies. The committee narrowed the field to three bids which they presented to the board. The board overwhelmingly choose Graphics 22 owned and operated by Lodge Brooklyn President Kimberly Breiland. Her bid was not only the most reasonable, but the support she offered far surpassed any other bid. The committee was thanked and dismissed. Once hired Kimberly, with the input from Website Committee- Publicity, set up a new and much improved website. Please take some time to check it out. www.3dsofn.org.

The Convention Policy Committee under the leadership of Karen Olsen-Helmold has completed phase one of its assignment, by developing a policy for lodges who wish to host a convention. This was presented to and approved by the board. I have recently sent a copy of this policy to all lodge presidents and secretaries. The committee will now continue to work by outlining policies for various board members regarding their responsibilities regarding our conventions.

IF ANY LODGE OR ZONE WOULD LIKE TO HOST THE 2026 THIRD DISTRICT CONVENTION, NOW IS THE TIME TO START PLANNING BY CONTACTING EITHER KAREN OR ME SO WE CAN ASSIST YOU WITH THE LOGICS AND NUMBERS. WHILE A LOT OF WORK, HOSTING A CONVENTION IS A GREAT WAY TO MAKE MONEY FOR YOUR LODGE OR ZONE.

LOV Money Committee under the leadership of Elaine Breiland has met and made a few suggestions at the March 2023 Board meeting. The financials along with their recommendations will be given to the district finance committee who will take the district's entire financial situation into account and will make a recommendation to the board to be voted on at our October Board meeting. In the meantime, the money from the sale of LOV has been invested in a liquid interest bearing account until the final decision regarding its allocation is approved by the Board. The By-laws and Policy Review Committee under the leadership of Barbara Berntsen has been busy reviewing the By-laws and making suggestions for changes. They made their first report to the board in April and took comments from the members of the board. They will make another presentation to the board in October of 2023 and their final recommendations at the March 2024 Board meeting at which time the Board will vote on what to present to the delegates for approval at our 2024 Convention in June 2024. The Rezoning Committee under the leadership of Kaare Hansen, has met and discussed basic groundwork to be done for the next meeting. They are taking many issues into consideration as they examine the need if any to rezone. The Finance Committee under the leadership of Elaine Breiland will be working on the suggestions from the LOV Money Committee as well as preparing the 2024 budget. They will present their work to the board for approval at the October Board meeting.

The Lodge Revitalization Committee under the leadership of Christine Taylor has been extremely busy. The Committee developed a zone director's checklist that each zone director is being asked to complete for each lodge within his or her zone once, hopefully twice a year. The information can come from lodge visits either virtual or in person or by phone calls or zoom meetings with lodge officers. The purpose of this report is to help the Local Lodge Support Committee to ascertain what if any help can be given to each lodge for them to grow and prosper.

The committee has also developed a leadership training program. The purpose of this program is to help lodge officers understand not only their responsibilities, but the responsibilities of their colleagues in the lodge. The first phase concentrates on executive positions such as president vice president secretary treasurer and trustees with instruction on how to set up an account with the home office, how to update your profile and how to file required documents using the program from the home office which is the only way they will accept these documents. The program will be given via zoom in each zone. It was given in Zone One where all 6 lodges were represented, and 31 members attended. The training will be given in Zone 7 on September 30. Committee Chair and Zone 5 Director will be presenting the training in person as she visits each lodge in Zone 5. We are now in the process of setting up times to have the program in the other 4 zones. Another task that this committee has assumed is developing a toolkit on the district website that will have programs, lists of guest speakers and activities for lodges to use at their meeting. It is meant to make the jobs of social and cultural directors easier.

The Giving Committee under the leadership of Leif Easterson has gotten the bank accounts for the Charitable Trust changed. This takes 4 months each time we must do this with Morgan Stanley. The committee has dedicated a month to each charity that the district supports.

Third District Charitable Trust – month of April

Sons of Norway Foundation – month of October

Dementia- friendly support – can be The Alzheimer's Longest Day campaign in June or local Alzheimer's walks. More great information and links to donate can be found on www.3dsofn.org.

The Cultural Committee, a new committee under the leadership of Andy Mathisen is setting up 2 cultural weekends for everyone to enjoy; singles, couples and families; one to be held in the northern part of the district and the other in the southern part of the district. The Cultural weekend in the north is the evening of Thursday July 18, 2024 through Sunday morning July 21, 2024. SAVE THE DATE FOR FRATERNALISM AND FUN AT ITS BEST. More information about the cultural weekend in the southern part of the district will be available soon. I hope everyone had an enjoyable summer and as you head back to lodge activities in September, I will be updating you monthly on the activities of your Board of Directors and opportunities for all lodges and members to join in.

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
Katharina K Brekke Powers
Georg Fuglevik
Pamela S Geisinger
Charles Goesel
Terrence Gransta
Carol Johnson
Elizabeth Kahl
Laura Kamosa
Karen A Kise
Angela Z LaPlante
Anthony LaPlante
Torsten Liptak
Melody Ann Loftheim
Karen D Luvaas
Adrianna Murphy
Lindsey Edith Norman
Vencka Bjorlo Peterson
Ole A Raustol
Linda Stanzione
John M Stehlik
Brian Thomas
Anne Lise Truitt
Eli Walden
Kari Williams
Brandon Young
Jaxon Young
Mary H Zimmerman

JULY BIRTHDAYS

Christopher Beg
Frances Caldwell
Chris E Fosback
Adam C Gardner
Theodore R Gardner
Mishel Gaspard
Judy G Grandstaff
Caroljean Hanson
Constance V Hoff
William Macdonald
Allynne L Nordstrom
Mary Ommundsen
Kip Pagach
David Pincus
Fred Reinertsen
Linda Reinertsen
David J Snow
Rolf A Williams

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
Katie Young

AUGUST BIRTHDAYS

Martin Joseph Boo
Kathleen Brink
William Bruce Clanton
JoAnn Cook
Pamela Dannon
Norman Elton
Dora Fountain
Kristin Grilli

Astrid V Gulas
Lee R. Haugen
Sheila Heim
Kathryn Johnson
Shannon Johnson
Clare Kerr
Karen M Lawrence
Vigo Liptak
Harriet D Lounsbury
Evangeline Mason
Kristine Meeks
Victoria Nielsen
Annegrete Peterson
Ralph D. Peterson
Anna-Britta Pincus
Erin Elizabeth Pincus
Rick Rudell
Alexander S Rumney
Leroy E Williamson

NORWEGIAN NEWS



13-Year-Old Running Phenomenon

Norway has become known for producing fantastic athletes such as Karsten Warholm and the Ingebrigtsen brothers. Another such athlete might just be on the rise; 13-year-old Per August Halle Haugen of Stavern, Norway, has caught the attention of many with the success he's seen at such a young age. His natural talent was showcased when he became the second fastest 12-year-old boy to run a road 10K in 33 minutes, 17 seconds.

Halle Haugen is building upon his talents by participating in the "Norwegian endurance training method." The method consists of interval sessions and pricking one's finger to ensure that the body's lactate levels are in optimal range – at "threshold." It is believed that operating at threshold levels makes for a more effective workout and recovery. The method also teaches restraint and not to overexert before the runner is ready. Following this model that other great Norwegian athletes have used, Halle Haugen could very well be on track to participating in the 2032 Brisbane Olympics.

Mountain Comeback Story

Musk Oxen are the symbol of Dovre National Park in Central Norway. These shaggy creatures roamed the area 30,000



years ago, previously sharing a habitat with woolly mammoths. Unfortunately, all of these herds died off in the last ice age. Known as moskus in Norwegian, the enormous herbivores can now be found in the Dovrefjell region again, but the current populace isn't native to the area. In the 1930s through 1970s, repeated attempts were made to introduce musk oxen from Greenland to the rocky plateaus of central Norway.

Though the populace is still threatened, roughly 240 musk oxen dot the region, with 50 new calves debuting each year. As former Arctic animals, they can easily withstand cold and snow. Though they appear similar to bison, they are more closely related to sheep and goats. A full-grown adult weighs up to 450 kilograms (992 pounds), subsisting on a diet of grasses, willows, moss and lichen.

They appear laid-back from afar, but gentle giants they are not! Rather than fleeing perceived danger, when in doubt, musk oxen resort to attack mode. In fact, there is a Musk Ox Code of Conduct that visitors need to know before hiking in the area- basically, keep your distance and never surprise a musk ox, as they can run 60 kilometers per hour (37 miles per hour). It's best to take a guided musk ox safari, which assures that you will view them safely.

Bergen Walk of Fame

You may have heard of the Hollywood Walk of Fame, but did you know that the city of Bergen has its own Walk of Fame? Along the sidewalks of Nøstegate, not far from the famous colorful wharf, Bryggen, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway's second city. Among those heralded are internationally-acclaimed musicians such as AURORA and Sondre Lerche, athletes like world-champion boxer Cecilia Brækhus and a gold-winning Olympic speed skating team, hard-boiled crime novelist Gunnar Staalesen and former Prime Minister Erna Solberg. Comedic brothers Bård and Vegard Ylvisåker (aka Ylvis of What Does the Fox Say? Fame) each have their own plaque, but composer couple Edvard and Nina Grieg share one. Other inclusions are bands, actors, journalists, artists and more. Citizens of Bergen choose who gets to be inducted next. Notably, there is one person in the mix without a direct connection to Bergen- Sir Paul McCartney. The star-studded walk was launched in 2015 and now includes 40 tiles.

SONS OF NORWAY SCHOLARSHIP PROGRAMS

Each year Sons of Norway award scholarship and grants to promote the heritage and culture of Norway and provides assistance to our members, lodges and their communities. You may email questions on any of these scholarships to foundation@sofn.com prior to submission.

ALL SCHOLARSHIPS ARE OPEN FOR APPLICATION FROM OCTOBER 1 – MARCH 1

THE ASTRID G. GATES SCHOLARSHIP

Applicants must have a certificate of completion from high school and be enrolled in post -secondary training or education (college, vocational or trade school) and be a current member of SON or children or grandchildren of a current member of districts 1-6. Applicants must have strong financial need and be between the ages of 17 and 22. Applications must be postmarked no later than March 1 st . (Please mail all required items in one envelope. Incomplete applications will not be accepted).

THE KING OLAV V. NORWEGIAN AMERICAN HERITAGE FUND

Any North American, 18 years or older, who has demonstrated a keen and sincere interest in the Norwegian heritage and/or any Norwegian who has demonstrated an interest in American heritage and who desires to further the study of these heritages at a recognized educational institute is eligible to apply. Deadline for application is March 1

NANCY LORRAINE JENSEN MEMORIAL SCHOLARSHIP

Applicants must be female American citizens between 17 and 35 years old on the date the application is submitted. The applicant must be a full-time undergraduate who has completed at least one term, majoring in chemistry or physics, or in chemical, electrical or mechanical engineering. They must also be SON members or children or grandchildren of members (employment at the NASA Goddard Space Flight Center in Greenbelt, Maryland may be substituted in lieu of belonging to SON).

DAN AND BETTY RUDE SCHOLARSHIP

American citizens who are enrolled in an accredited four-year, post-secondary institution and majoring in elementary education and between the ages of 17-26 and sustained at least one year of post-secondary credit, as well as a grade point average of 2.5 or higher.

OREL AND MARIE WINJUM MEMORIAL SCHOLARSHIP FUND

This Fund was created to assist with college tuition costs for American citizens of Norwegian and or German heritage who have applied to or are enrolled in an accredited four-year college or university or two-year community college in the United States. Applicants must have a grade point average of 2.5 or higher and have a certificate of completion from high school or about to graduate.

BERNT ANKER SCHOLARSHIP

American citizens who have applied to and enrolled in a four-year post-secondary institution or a two-year community college with the intent of continuing toward an undergraduate degree in the US. Applicants must be between the ages of 17-25 and have a certificate of completion from high school or are about to graduate from high school. Preference will be given to students without parents, students with legal guardians or to students raised by single parents.

MYRTLE BEINHAEUER FUND

Three scholarships will be awarded from this fund annually for undergraduate studies in any major. Those who have a certificate of completion from high school and are enrolled in an accredited college or university in the United States may apply.

SISSEL AND ROGER ESPELAND MEMORIAL SCHOLARSHIP FUND

This fund creates an opportunity for qualified applicants to receive scholarships for post-secondary education at accredited four-year institutions or training at accredited vocational/trade schools located in the US. Applicants must be American citizens and between the ages of 17-26.

ELAINE NELSON SCHOLARSHIP

Students enrolled in an accredited four-year post-secondary institution, majoring in Education, Business or Agriculture and between the ages of 17-26 may apply. Applicant must be a citizen of the United States, Canada or Norway.

INTERNATIONAL SCHOLARSHIPS

DOUGLAS WARNE – ROLF & WENCHE ENG SCHOLARSHIP

This scholarship creates an opportunity for qualified applicants to attend education institutions in Norway and assists with the cost of tuition, room and board. Any current American or Canadian member of the Sons of Norway or Rotary, as well as their children or grandchildren and of any age who have completed one full year of college level work. Applicants who have been accepted by an educational post-secondary institution in Norway including but not limited to craft, folk, music theatre or technical school, Oslo International Summer School or undergraduate college/university in Norway.

LUND FUND SCHOLARSHIP

This fund is for study abroad through accredited, post high school, educational institutions. No preference shall be given based on the country selected for the study abroad experience. Special consideration shall be given to military veterans.

HELEN TRONVOLD NORWEGIAN FOLK HIGH SCHOOL SCHOLARSHIP

This provides cross-cultural experiences for youth. Eligibility are for applicants between the ages of 17-26 and with proof of enrollment in a folk high school in Norway and those who need tuition assistance.

OSLO INTERNATIONAL SUMMER SCHOOL SCHOLARSHIP

Award decisions are based upon academic potential, benefits to SON or the larger Norwegian community, involvement in school and community activities, financial need and other, e.g., work experience, Deadline is March 1.

THE SONS OF NORWAY FOUNDATION HERITAGE AND CULTURAL FUNDS

This is an endowment fund from which only interest will be spent. Two types of grants are available:

1. THE SONS FOUNDATION/LOCAL LODGE PARTNERSHIP GRANTS.
These are small matching grants awarded to lodges. A maximum of \$500 may be given. Deadline is May 1 of each year.
2. THE GENERAL HERITAGE AND CULTURE GRANT – These may be awarded to individuals, groups or organizations. Up to \$3000 may be received. Deadline January 15 th of each year.

Submitted by *Deanna Rumney*



SCANDINAVIAN CHRISTMAS BAZAAR



Sponsored By Sons of Norway
Hampton Roads Saturday,
November 4th, 2023
9am-3pm

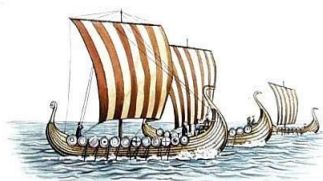
Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

- ❄ Viking Long Boat with Viking Re-enactors - photo op
- ❄ Norwegian Bakery - Julekake, Kransekake and more
- ❄ Norwegian Cultural and Tourist Information
- ❄ Children's Activity Table
- ❄ Enjoy Traditional Norwegian Food - Lefse, Waffles, Lapskaus
- ❄ Great Vendors - Scandinavian Packaged Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?

Visit Our Lodge Site www.hrson.org or on Facebook Sons of Norway – Hampton Roads





Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452