



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

LODGE NEWS The new member breakfast on February 3 was well attended, as we welcomed several new members. Our February Lodge meeting, LT Jules Murphy, USN gave a very informative and entertaining presentation about his recent deployment on the USS Gerald R Ford (CVN 78), and the ship's historic port visit to Oslo. Jules pilots E-2 Hawkeye airplanes, an all-weather, carrier-capable tactical airborne early warning (AEW) aircraft. The USS Gerald R. Ford recently returned to its homeport of Naval Station Norfolk, following an 8-month deployment. The Oslo port call was the highlight of the deployment. Jules described the E-2 Hawkeye and its capabilities, then had several slides of his visit to Norway, some as a tourist, including a plunge into the frigid waters of Oslo harbor, and some on "official" US Navy business, involving Norwegian dignitaries.



USS Gerald R Ford entering Oslo harbor

LT Jules Murphy presenting port call to Oslo

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. Please mark your calendars for this major event. We are all familiar with the two

“The Norwegian Lady” statues located in the sister cities of Moss, a coastal town and municipality in the county of Østfold, Norway, and at the Oceanfront of Virginia Beach, Virginia. And also, that the statues commemorate the lives lost in the 1891 shipwreck of the Norwegian barque from Moss, the Dictator, off the coast of Virginia Beach.

All the Best, Mike Solhaug

Fra Presidenten, Steven Helmold, 3rd District President

As I write this message, I am preparing for the in-person spring Third District Board meeting on March 2nd in Syosset New York. In addition to the usual business, the board will be reviewing the health of each of our lodges in hopes that none will have to be disbanded any time soon. We will also be going over the Third District’s bylaws and preparing resolutions that the board will put forward for discussion and approval at the Third District Lodge meeting in Washington DC. If your lodge has any resolutions that they would like to submit for the Third District Lodge meeting, please make sure you send them to the Third District Secretary (Karen) by March 23rd. This convention looks like it is going to be a great one. Karen and I have been meeting with the host committee and from what we hear, they have plans well underway for a fun convention. I hope every lodge sends their maximum number of delegates. Non-delegates are also welcome as there are many activities in the Washington DC area for all to enjoy. Plans for youth camp and the cultural/sports weekend at camp Koinonia are coming along very nicely. I hope many children will attend the camp and many members will come for the weekend. Unfortunately, the cultural/sports weekend in North Carolina had to be canceled but is being rescheduled for late June of 2025. The Third District sports picnic will be held at Nansen Lodge on Staten Island, New York on Saturday April 20th. It is hoped that many people will come and enjoy the day and that it can be an annual event again as was in the past.

The International Board has updated the Sons of Norway bylaws and policies and procedures which are available on the Sons of Norway website. I urge everyone to take a look at these documents as they affect all of us. At this time Karen and I and the whole Third District Board would like to wish you all a Happy Saint Patrick’s Day and a very Happy Easter.

Fraternally, Stephen Helmold

March 04, 2024

Norge Norsemen Board meeting
(Zoom) 7 PM.

March 07, 2024

SON Hampton Roads Board zoom
meeting at 7:00 p.m.

March 21, 2024

Membership Lodge Meeting at
Bayside Presbyterian Church at
7:30 p.m. Program:
Program Ralph Peterson and Mike
Solhaug, “Elite Norwegian-
American Soldiers in
World War II: The 99th Infantry
Battalion and the “NORSO” Group
of the OSS”

March 25, 2024

Norge Norsemen Lodge meeting,
Viking Hall, 6:30 PM.
Program Elizabeth Kahl,
“Norwegian Merchant Mariners”

April, 2024

Norwegian Lady Ceremony on
25th St. by the Norwegian Lady
Statue in Virginia Beach at 1:00
p.m. Reception following at the
Virginia Beach Surf and Rescue
Museum on 24th St.

Gratulerer Med Dagen (Happy Birthday) To the Following Members in March

Julia Abraham	Sarah Ammons	Larry Berg	Michael Fountain	
Rosalind Gillett	Gina Venable	Vigdis Jolly	Kjersti Lee	Kyle Lindenberg
Lucia Liptakova	Sariah Harmer	Tonya Snow	Katherine Neilsen	
Kristine VanWerkoven	Mitchell Dannon	Neal Porter	Wendy Porter	
Tone Flavin	Taggart Sletten	Regina Thek	John Millerhagen	
Kali Thomas	Cherrie Aukland	Jules Murphy	Berton Roth	
Matthew Eittreim	Alexandria Fabrians	Amelia LaPlante	Bruce Smeland	

TUBFRIM is Still Alive!

Although International Sons of Norway is no longer involved with TUBFRIM, our 3rd District is still involved and we will continue to collect stamps. TUBFRIM is out-sourcing with a firm called Skanphil who will process the stamps for them.

We continue to collect canceled or used stamps and telephone cards from anywhere in the world.

Cut around the stamps leaving a small margin. Any damaged stamps cannot be used. Old envelopes and postcards are still needed. If they are more than 50 years old, please send the entire envelope or postcard.

TUBFRIM was established in 1928. The profits are used to help children and youths with disabilities and handicaps in Norway.

Please send your postcards or stamps to Deanna Rumney, 776 Harris Point Drive, Virginia Beach, Va 23455.

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.

Please join us for the Norwegian Lady Ceremony



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."*



In Norway, Kids Slice Out Cod Tongues for Serious Money

Photographs by Mark Katzman and Christopher Wilson

Text by Rebecca Katzman

In the remote Lofoten Islands, youngsters are happy to embrace tradition by collecting the local delicacy and selling their wares

Pay a winter visit to Norway's remote Lofoten Islands, north of the Arctic Circle, and it's impossible to miss the rows of headless fish carcasses hanging from wooden racks to dry. Follow the snaking two-lane road from village to village and you'll arrive at the dock of H. Sverdrup AS fish factory in a town called Reine. When I visited, a group of kids with sharp knives and bloody smocks stood huddled together for warmth. School had just ended, and they were waiting for more cod heads to arrive.

The kids are known as *tungeskjaererne*, or tongue cutters. It was early March 2020, the middle of fishing season, when Arctic cod known as skrei migrate to the Norwegian coast to spawn. Cod tongue, tender and jellylike, is a local delicacy. "The best meat of the fish," said Jakob Arctander, a local fish exporter. "It's got the consistency of filet mignon."

For as long as anybody can remember, *tungeskjaererne* have been responsible for the local cod tongue trade, even as fish factories give up the money they would otherwise get from the tongues by donating the fish heads to children and teenagers. The tradition introduces young people to the fishing industry, and teaching them the value of entrepreneurship and hard work seems to matter more than making an extra kroner or two. "Fishing is the most important thing that we have here," said Arctander, who sometimes let his 6-year-old son stay up until midnight cutting tongues. "Fisheries will always be our main source of work."

The job makes selling Girl Scout cookies or running a lemonade stand look like child's play. Arctander knows *tungeskjaererne* who have made more than \$11,000 in a single season. "I haven't thought of anything else in the world where kids can make so much money," he says. Sea gulls swarmed overhead as a small fishing boat approached the dock. The haul was brought inside the factory, and the sound of scraping metal signaled that workers had fed the fish into a processor to slice off the heads. The bodies would be salted, frozen or dried as stockfish—unsalted fish that's hung for months in the open air to dry—and then exported for food. The heads were collected in large bins, to be moved outside for the kids.



That children as young as 6 go straight from school to the docks, where they spend hours in the numbing cold coated in fish guts, sharp knives in hand, may seem bizarre when viewed from the perspective of today's developed economies and increasingly virtual workplaces. But the rarefied nature of this work, proudly undertaken by kids who feel a connection to the tradition, is part of what makes the practice so fascinating. The

task itself involves spearing the head onto a giant metal spike and then slicing out the tongue. The heads were thrown into a bin, to be strung up and dried for export to Nigeria, where they're a popular ingredient in traditional soups and stews. The tongues piled up on the spike until they reached the top and were then tossed into a bucket. The kids' handiwork was so quick it was difficult to make out the distinct steps. Heads were grabbed, spiked, sliced, tossed, grabbed, spiked, sliced, tossed, until the large bin was empty and a new batch of cod heads arrived. Despite harsh winds and below-freezing temperatures, a few of the older tongue cutters, who work fast, were sweating. Piles of snow were pink with blood, but they didn't seem to mind.

"My parents don't want me to tell anyone how much money I'm making," Alice Bendiksen, 14, said. "But it's a lot." Her two siblings also cut tongues, as did her parents and grandparents. Alice cut tongues nearly every day, sometimes staying at the factory until 2 a.m. Her earnings went toward new Apple AirPods, for listening to music while cutting, and a new phone—but she was saving up most of her money. Alice and other children use a mobile app called MarineTraffic to see when fishing boats are headed back to the dock.

At the end of each night, the cutters took their haul home to be washed, weighed and vacuum-packed or block-frozen. Their customers, curiously, tend to be local—generally family, friends and restaurant owners. In the old days, children sold tongues door-to-door. Now many use Facebook Marketplace. "The charm of it is all gone," said Steve Nilsen with a sigh. His son, Martin, was a tongue cutter in the village of Ballstad. The most traditional way to prepare the delicacy is to poach or fry the meat and serve it alongside potatoes and raw shaved carrots. But variations have evolved: served with cod roe and celery root, for example, or deep-fried with capers and tarragon. Jørgen Botolfsen, then 10, couldn't stand the taste of cod tongue, but he earned more than \$5 for every 2.2 pounds he sold. His mother, Anniken Marie Geirsdatter, made enough money as a teenager—\$32,000 in six years—that she was able to buy a car, pay for driving lessons and make a down payment on a home. "I want Jørgen to learn that it's not easy to make money—it's hard work," she said.

Because Jørgen wasn't old enough to drive himself to the dock, Geirsdatter sat in the car, observing him at work. He didn't enjoy the supervision. "Mommy," he said, "you don't have to watch me cut all the time—I'm not a kid anymore."





Virginia Viking

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