



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



Special Event. The Norwegian Lady Ceremony this year on Sunday April 27 at 10:30 will be a very special event, Featuring the world renowned His Majesty the King's Guard Band and Drill Team of Norway (Hans Majestet

Kongens Garde) world famous for showcasing Norwegian tradition, precision drill and expert musicianship. They are widely considered to be among the best ceremonial guard units in the world.



His Majesty the King's Guard is a royal guard battalion of the Norwegian Army. Since 1888 the King's Guard has been on duty at the Royal Palace and other Royal residences 24 hours a day, 365 days a year The battalion has two main roles; it serves as the Norwegian King's bodyguards, guarding the royal residences (the Royal Palace in Oslo, Bygdøy Kongsgård and Skaugum) in Oslo, and is also the main infantry

April 03, 2025

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

April 07, 2025

Norge Norsemen Board Meeting (Zoom) 7 PM.

April 10, 2025

Membership Lodge Meeting at Bayside Presbyterian Church at
7:30 p.m. Program: Finland Nato Relations. LCDR Kim Kalima

April 26, 2025

NATO Parade You can watch the parade in downtown Norfolk.
Or you can walk with the Norway float (meet at the Norfolk
Tides Stadium @9:00/9:00
AM). The International Village will take place after the parade at
11:30 AM in Town Point Park.

April 27, 2025

Norwegian Lady Ceremony at the Boardwalk on 25th St.
at 10:30 am in Virginia Beach,
Reception at Virginia Beach Surf and Rescue Museum 24th St.
Featuring His Majesty the King's Guard Band and Drill Team

April 28, 2025

Norge Norsemen meeting at Viking Hall at 6:30 p.m.
Program: Mike Solhaug: "The Kensington Rune Stone"; Fact or
Fiction

unit responsible for the defense of Oslo **The Band**, The most visible part of the company, the band provides musical accompaniment for all state ceremonies foreign and domestic. Everyone who enters the band must audition prior to joining, which are usually held in the spring. It is an integral part of the Norwegian Military Tattoo. Uniquely, the band consists of about 50% conscript women musicians and field musicians. **The Drill Team** The 40-member drill unit is the official parade and exhibition drill unit of the battalion. During the 2-month training and selection process of the unit, close attention is paid to the basic drill movements of members. Each member must have minimum height, good physical shape, and rhythmic coordination ability. The unit commonly performs a 20-25 minute drill routine which includes solo drill and a merged drill routine with the band. **The Mascot** of His Majesty the King's Guard (Norwegian Royal Guard) is a king penguin named "Nils Olav", who resides at Edinburgh Zoo in Scotland; the current penguin holding the title is "Nils Olav III" and he is officially recognized as a Major General.

FINAL NOTE: As we begin our monthly presentations at our monthly meetings. Remember you can access previous presentations at our You Tube Channel: https://www.youtube.com/channel/UCwAAF_NAge-PFJ2PtDegguA



All the Best,
Mike

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

Elizabeth Aadahl	Anette Johnson	Evelyn Keever	Lyndsey Dannon
Kelton Meagher	Christopher Bode	Colton Bode	Tyler Burnett Holt Conradi
Rannveig Fredheim	Alivia Wnek	Benjamin Mason	Wyatt Hall Andrea Hartage
Owen Lindenberg	Kaare Loftheim	James Powers	Andrew Meagher
Sophia Meagher	Tiffeni Goesel	Kirstin Gotthardt	Clark Elverum
Lucinda Larsen	Deanna Rumney	Austin Sutton	Diane Hughes Deborah Inge
Kim Lang	Richard Young	Brenda Uyak	Robin Sabo
Vivian Zingarelli	Bob Longworth	Kayla Vanwerkhoven	

Fra Presidenten, Steven Helmold, 3rd District President

Spring Third District President's Message



Happy Spring! With spring here and winter over, a lot of lodges will be gearing up for Easter and 17 th of May celebrations. The district is having several great events this year. In June there will be a long weekend cultural camp at Isle of the Palms, South Carolina from Thursday June 26 th to Sunday June 29 th . It promises to be a fantastic event not to be missed, so if you are interested in going, sign up as soon as you can, as room are filling up fast. Another great event is the Third District Youth Camp at Camp Koininia in Highland Lake, New York from Sunday July 20 th to Saturday July 26 th . This is an event at which the children enjoy learning about Norwegian culture and heritage and make friends with children from other parts of the Third District. So, if you have children or grandchildren ages 8 to 17, I urge you to send them to this great camp, the children will be happy you did.

The Third District Picnic is being held at Nansen Lodge on Staten Island, New York on Saturday August 23 rd . Last year the picnic was a great success and looks like it will be even better this year.

The District President's Advisory Council, which is comprised of the president from each of our 8 districts, met on March 1 st with the CEO of Sons of Norway, Dan Seyfried, and Chairman of the Sons of Norway International Board, Luella Grangaard, to discuss issues of importance to the 8 districts and district lodges. The main issues were communications from both the International Board and the home office staff, fraternal problems, and the dues increase causing membership losses. Dan and Luella agreed to have more open communications, stress the importance of the fraternal aspect of Sons of Norway and were sorry that there was a loss of members because of the dues increase. I hope they were sincere with what they said, but we can only hope. As I am the chairman of the District Presidents Advisory Council, I will be having Dan, Luella, and some home office staff on future meetings with the District Presidents.

To get the members of the district to get to know more about the 4 new Third District board members who were elected at our last convention. I will be including in my messages a little bit about them in their own words. In this message I want to introduce you to Katie Brink the new Assistant District Secretary. Please read about what Katie had to say about herself. Assistant Secretary Katie Brink has been a member of Sons of Norway since 2017. She is currently the Secretary for Hampton Roads Lodge located in Virginia Beach, Virginia. Katie is involved in coordinating the District's Cultural and Youth camps. She has extensive experience as a teacher collaborating with others and currently lives in the Richmond, Virginia area with her husband Drew. Karen and I are very pleased to have the opportunity to work with Katie. She has been a tremendous help already, always willing to step up to the plate and lend a hand.

Until my summer message, Karen and I would like to wish you all a very Happy Easter and a great 17 th of May. +

Fraternally, Stephen Helmold



World War II bomb drama ended well

March 24, 2025

PHOTO FEATURE: A large evacuated area in the Norwegian town of Elverum has been declared safe again, after a massive military and civilian operation successfully disarmed and later detonated an 85-year-old bomb during the weekend. It was among many that had fallen on the area during the beginning of World War II.

Belgian bomb experts were flown in to offer advice and contribute to the emergency effort to dismantle and move the bomb from where it was suddenly discovered here at the Terningmoen military base in Elverum. It had been quickly cordoned off, and the bomb surrounded by a protective wall. Around 1,000 military staff are on duty at the base and it's located near a residential area and critical infrastructure, so both it and everyone within a 1500-meter radius had been evacuated. **The bomb, which dated from the Nazi German invasion** of Norway in April 1940, had been found during routine excavation work at Terningmoen, which is currently under expansion connected to Norway's [current defense build-up](#). "The bomb had a very large load of explosives (125 kilos), so it was dangerous to move it," Commander Chris Taarneby Maukeng, who led the operation, told state broadcaster NRK. **After several days of intense planning and help** from the bomb experts within the Belgian military, Maukeng's team could use special equipment from a distance to dismantle the bomb and move it away from the area. Both local police and health care workers were involved. **After its fuses had been removed**, the team could lift the large and extremely heavy disarmed bomb onto a truck. It was then driven on Sunday up to a military practice range tied to the base and destroyed. The process involved "controlled destruction" that caused several loud and powerful explosions. "It was a demanding operation," Maukeng said, that ended well but brought forth the dangers of war decades later.

To see a video of the explosions that ended the bomb drama, click [here](#) (external link to NRK's website) and then on the arrow next to the text: "*Her blir flybomben detonert* Here's the bomb being detonated".

Current war fears following Russia's invasion of Ukraine and [uncertainty around the future of NATO under new US President Donald Trump](#) have contributed to the Norwegian defense build-up that includes the expansion of the Terningmoen base, which in turn led to the discovery of the old German bomb. Local mayor Lillian Skjærvik told NRK that it had been a "special" week for Elverum residents, "but we have been reassured by the defense forces who dealt with all this, and we rely on them." She said local residents also had reacted to the emergency in an "exemplary" manner. Some evacuated families simply headed off into the woods and spent the weekend camping out.

ALL PHOTOS: Forsvaret/Synne Nilsson TEXT: [NewsinEnglish.no/Nina Berglund](#)

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 Annual Norwegian Lady Ceremony



134 years ago,

the tragic shipwreck and dramatic rescue of the Norwegian Bark, *Dictator*, brought Virginians and Norwegians together.

63 years ago,

the Norwegian Lady arrived and stands as a testament to the friendship and sisterhood between Virginia Beach, Virginia and Moss, Norway.

April 27, 2025,

the annual ceremony brings together Norwegians, Americans and friends to commemorate this remarkable event in our local history.

Annual Norwegian Lady Ceremony



Sunday, April 27, 2025 at 10:30 a.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.)



*Enjoy a very special performance by
His Majesty The King's Guard from Norway at this year's ceremony.*

*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."*



Virginia Viking

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