



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



For many of us, Fall means Football, and of course Football Fans. There are fortunate fans, such as our Lodge's Ralph Peterson and his perennially successful North Dakota State Bisons. But there are others such as myself dealing with the affliction known as Minnesota Vikings Misery. The great thing about Fall however, is the opportunity to get

reconnected at our Lodge meetings and social events. **The first HR Lodge meeting this Fall on September 18 will be a potluck dinner starting at 5:00 in the fellowship hall at Bayside Presbyterian Church Crossings 2025:** In 2025, Norway and Norwegian-Americans are commemorating the 200th anniversary of organized emigration to North America, particularly the voyage of the sloop *Restaurasjonen* in 1825. This anniversary is being celebrated with various events in both Norway and the United States, focusing on Norwegian-American heritage and culture. The sloop "*Restaurasjonen*" or "*Restauration*" played a pivotal role in Norwegian-American history as the first ship to carry Norwegian immigrants to the United States. This voyage is often called the "*Norwegian Mayflower*". *Restaurasjonen*, built in 1801, in Hardanger, Norway, has become a symbol of Norwegian American immigration. On what is considered the first organized emigration from Norway to the United States, *Restauration* set sail from Stavanger on July 4, 1825, with 52 people aboard, many of them Norwegian Quakers. Probably many of this group belonged to a similar local movement, the Haugeans, a Lutheran sect which derived its name from Hans Nielsen Hauge. The group, led by Cleng Peerson, landed in New York City on October 9, 1825, after a three-month voyage. The voyage is described in Ole Rynning's *Amerika-boka* (The America Book, 1838). For a vessel of her size *Restauration* had far more passengers on board than were allowed by American law. This resulted in a severe fine, confiscation of the ship and the arrest of the

September 4, 2025

Hampton Roads Lodge
Zoom Board Meeting at 7:00 pm

September 6, 2025

Hampton Roads Lodge Fellowship Luncheon
Firebrew Bar and Grill
1253 Nimmo Parkway, VB 23456

September 8, 2025

Norge Norsemen
Zoom Board meeting at 7:00 pm.

September 18, 2025

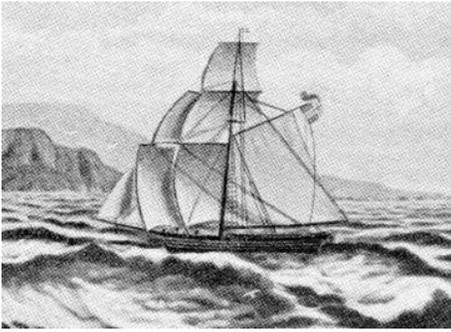
HR Lodge Meeting Bayside Presbyterian Church with **Potluck Dinner at 5:00 p.m.**

September 29, 2025

Norge Norsemen Satellite Lodge meeting at 6:00 p.m. at James City County Library in the Kitzinger Room
7770 Croaker Rd, Williamsburg, 23188

September, 2025

Norge Norsemen Fellowship Luncheon
Exact date to be decided



captain, L. O. Helland. The situation was solved when President John Quincy Adams pardoned the captain on 15 November, released him and the ship, and rescinded the fine. The people who made this voyage, who are sometimes referred to as the "Sloopers", moved onward to their first settlement in Kendall, Orleans County, New York

Key Celebrations and Events:

Commemoration in Oslo: A major event was held in Oslo harbor, Norway, on July 4, 2025, to mark the 200th anniversary of the sloop's departure

Events in the US: Many events are planned in the United States, particularly in areas with large Norwegian-American populations, such as the Upper Midwest.

These events will likely include celebrations of Norwegian culture, history, and heritage. **St. Olaf College:** St. Olaf College, known for its strong ties to Norway, is also participating in the commemoration with a series of events and educational programs. **Vesterheim Norwegian-American Museum:** Vesterheim, a museum dedicated to Norwegian-American culture, is hosting events and classes to celebrate the anniversary. **Luther College:** Luther College is also holding a bicentennial alumni gathering to celebrate the anniversary. **Sloopers 200th Anniversary:** Sons of Norway District 5 is hosting a three-day weekend event in Norway, Illinois, called "Celebrating Norwegian Immigration - The Sloopers 200th Anniversary". **Crossings 2025:** Sons of Norway is a major sponsor of Crossings 2025, an initiative to commemorate the 200th anniversary of Norwegian migration to North America.

<https://www.sofn.com/blog/checking-in-with-the-restoration/>

SON has also highlighted the replica Restoration as it prepared to retrace the historical journey to New York. This week marks 40 days since the modern ship set sail from Stavanger. Read more about both ships in our Virtual Voyage series: Virtual Voyage <https://www.sofn.com/virtual-voyage/> **Looking forward to resuming our Fellowship with Summer Stories.**

All the Best, Mike

TUBFRIM Stamp Collection Contest

Zone 7 is holding a TUBFRIM stamp contest which runs from May 1 - October 31, 2025. The lodge that collects the most stamps by weight, will receive a \$50 gift card for the Lodge's use.

We are collecting used stamps, postcards, embossed envelopes and stamp collections. All stamps should have a border of around 1/4" of envelope paper around them and not be torn.

Please save your stamps. You can either mail them or bring them to the September meeting.

We have always supported the TUBFRIM program which helps children and youth with disabilities and handicaps in Norway. Let's win the \$50 gift card for our Lodge!

Tusen Takk, **Deanna Rumney**

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

2025 Fall Message

A big hello everyone. It has been a while since my last president's message, so I wanted to bring you up to date on what is happening in the district. I have just returned from the wake for Audun Gythfeldt, past Sons of Norway International Secretary and Third District President. It was nice to see so many turn out from all over the district to pay their respects for Audun and participate in the Sons of Norway Funeral Service. It was a fitting tribute for him, for his many years of service to our order. For me, Audun was a good friend and advisor as he was for many of us, he will be very sadly missed, it is a great loss for Sons of Norway and the Third district. With Summer almost over and fall just around the corner there are just two more events left to hold. One is the district picnic at Nansen lodge on Staten Island on August 23rd which the district board hopes will be a big success, if not it may not happen next year. The other event is a district membership drive at Scanfest in Budd Lake, NJ to get new members. The district will have a table with lots of information to hand out and hopes to sign up many new members that day. Earlier this summer, the district cultural camp in South Carolina and the district youth camp were both a great success. The cultural camp had a great turnout with members from all over the district that were interested in learning about cultural activities. Those that attended would like to see it happen again next year, so the district board voted to investigate having another cultural camp in North Carolina about mid-September of 2026. The district youth camp had more children attending this year over last year. The children enjoyed camp so much that they asked if they could attend next year. So, the district board voted to have it next again from July 26th to August 1st. This is the best gift that we as Sons of Norway members can give our children. So, if you have children, grandchildren or great grandchildren of camp age 8-17 years old, please, highly consider sending them to youth camp next year. The success of both of these camps is due to the hard work of our Cultural Director Cheri Johson and our newly appointed Vice President Katie Brink. These ladies along with their volunteer committees went above and beyond to make everyone happy. Also happening next year is the Third District Convention, Thursday June 4th to Sunday June 7th at the Holiday Inn Hotel and Conference Center, Virginia Beach, Virginia and will be cohosted by Hampton Roads lodge and the Third District Board. I encourage you to come to the convention as a delegate, non-delegate or guest, where you can meet other members from other lodges in the district, hear from them what their lodges are doing and learn what the District is all about. I am sure you won't be disappointed, and for all past delegates I hope you will return as delegate again. The District Lodge Revitalization Committee has been very busy working on ways to help lodges. One thing they have been working on is contacting the Spirit New Century 3-999 Lodge members with a personalize snail mail letter and information about Sons of Norway lodges in the third district. They are Sons of Norway members, just not in any lodge. It is the hope of the committee that these members will transfer to a lodge in the district, which will help those lodges. The District Board also approved reimbursing lodges for the purchase of a banner to be used for recruitment. Information regarding the ordering of these banners has been sent to all lodge presidents. At this time, I want to wish you all a happy fall. Look for my next message in December.

Fraternally, Stephen Helmold



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

Kayla Alspaugh	Susan Grammerstorf	Gregory Stewart	
Rita Clifton	Jane Stangeland-Lipscomb	Grayson Loftheim	
Thora Eittrem	Dennis O'Brien	Jan Emmons	Alexandra Fackrell
John Mihaly	Abigale Lindenberg	Ruth Lindenberg	
Elaine Norman	Torbjorn Ommundsen	Timothy Power	
Michael Solhaug	Arne Svindland	Richard Thek	Debbie Thomas
Erik Tonnessen	Annette Warner	Don Watrud	
Pamela Wildenberger	Brielle Wnek		

NORWEGIAN NEWS

Norway sharpens fishing rules for tourists

August 13, 2025

New rules regarding how much fish tourists can take out of Norway went into effect from August 1. The government's goal is to sustain fish stocks and strengthen control, in order to halt smuggling of fish out of Norwegian fjords.

Everyone fishing off the coast of Norway will now need to report their daily catch and there will be a gradual reduction in how much fish can be taken out of Norway. The quota will be reduced to 15 kilos twice a year from 2026 and 10 kilos twice a year from 2027. Those claiming quotas will also need to be at least 12 years old.

"Fishing tourism is important for jobs and activity along the coast," said Fisheries Minister Marianne Sivertsen Næss of the Labor Party, but smuggling has become a problem. The government also wants to make sports fishing more sustainable, hence the lower quotas on fish exports.

Response from Norwegian fishing tourism firms was mixed. Some worry that fishing enthusiasts from Germany, the Netherlands and Austria, for example, will now travel to Iceland to experience open sea fishing, instead of Norway. **NewsinEnglish.no staff**

Fishing banned to save the Oslo Fjord

July 30, 2025

After years of concern about sealife in the Oslo Fjord, government officials announced extensive bans on fishing in three key areas from January 1. Critics were quick to object, especially commercial fishing firms, claiming the sources of pollution that have been killing off fish should be banned first.

"This is a sad day," said the leader of the Norwegian fishing organization *Norges Fiskarlag*, Kåre Heggebø. He doesn't think the bans on fishing in specific areas will revive fishing stocks, and fears that commercial fishing boats will disappear from the fjord, especially those that go after shrimp. The mayor of Hvaler, an archipelago known for its shrimp boats and summer cottages, told local newspaper *Frederiksstad Blad*, that the new government measures were "a catastrophe" for the local industry. Mayor Mona Vauger of the Labour Party criticized her own Labour government's plans, calling it "a compromise we can't live with."

The compromise seems to have come from officials trying to appease both fishing, shrimping, farming and real estate development along and near the coast. Many professional fish and shellfish firms blame the steep decline in fish stocks on higher temperatures in the water that are a result of climate change, pollution from sewage and the nitrogen from farmers' fertilizer waste that seeps into the waterways that lead to the fjord, and development along the coast.

Shrimp boat owner Ivar Kanten showed up at Tuesday's press briefing on the new measures and challenged Prime Minister Jonas Gahr Støre directly. "Those of us who know what's going on in the fjord know that fish don't thrive in the (high) temperature of the water now," Kanten said. "It's disappointing that you (the government) don't provide funding for nitrogen clean-up immediately." He thinks the fishing industry around the Oslo Fjord is being "sacrificed" because it's much smaller than the farmers' or real estate lobbies. "Many of my colleagues who will now lose their jobs haven't done anything else but fish all their lives," Kanten told newspaper *Aftenposten*. "You can't just put a 60-year-old who's been trawling for shrimp on land and say, 'go find a new job.' It's not that simple."

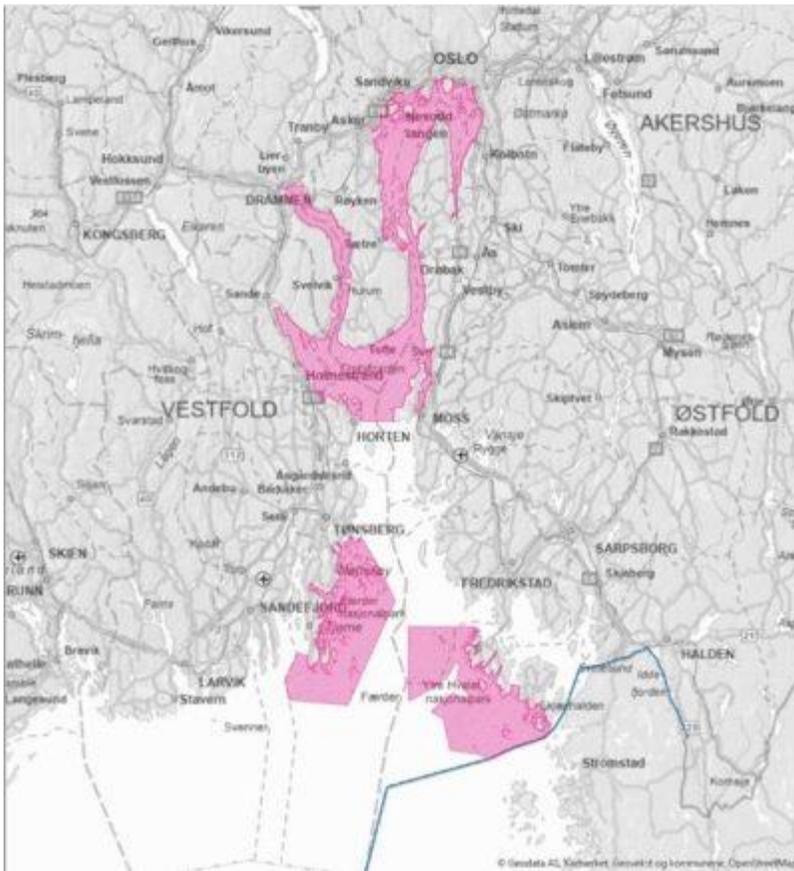
Støre promised him "a good dialogue" on that as TV cameras rolled. He stated that the Oslo Fjord "is more than just a fjord, it's summer nights and a morning swim, and now the fjord is [crying out for help](#). Much too much sealife has vanished." In order to save the fjord, he said, "all sectors must contribute. We must clean up plastics in the water, restore nature, preserve coastal zones, sharpen efforts against pollution and drainage from agriculture and protect fishing stocks ... we must have a fjord full of life that we can pass on to our children." Fisheries Minister Marianne Sivertsen Næss also cited "a need for widespread and coordinated measures across all sectors to turn around the negative trend we have seen in the fjord. We are creating zero-fishing zones in the fjord to give its ecosystems the best possible chance to recover."

There's already been a lengthy hearing process on the measures aimed at saving the Oslo Fjord. Earlier efforts to protect the fjord, not least to stem farming waste and improve cod stocks, have "not had the desired effect" and the government is thus trying to "strengthen stocks and the ecosystem." The measures, according to Næss, build upon

professional advice from both Norway's state fisheries- and environmental directorates, even though some worry it can take a generation before a ban on fishing restores local fishing stocks. There's also already been a ban on cod fishing in the Oslo Fjord since 2019. It will now extend to salmon, sea trout and other fish. Only crabbing for children will still be allowed, as will removal of the so-called *stillehavsøsters* (oysters) that have been spread all along the coast. There will also be a process for applying for dispensation from some activities tied to coastal culture carried out by local governments or organizations.

While the Socialist Left and Reds party support the Labour government's measures, they were criticized by both the Greens and the conservative Progress Party. The Greens called them "too little, too late," while Progress was most concerned about the threatened shutdown of the commercial fishing business along the Oslo Fjord. "We should rather put our energy into improving environmental conditions than shutting down an important business for many local communities along the Oslo Fjord," Erlend Wiborg of Progress told *Aftenposten*.

NewsinEnglish.no/[Nina Berglund](#)



The areas in pink show where fishing will be banned, first for recreational fishing from October 1 and then for commercial fishing from January 1. The bans will apply in the inner Oslo Fjord (and Drammensfjord) that extends from Oslo south to Horten and Moss, and in and around the national parks set up around the islands of Hvaler in the east and Færder in the west. MAP: Nærings- og fiskeri departementet (NFD).



Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452