



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Michael Solhaug Vice President: Jerry Blau Secretary: Katie Brink Treasurer: Ragnhild Zingler

The President's Corner

March is more than The NCAA Basketball Tournament ...better known as MARCH MADNESS. March also will hold two special SON Lodge Events: **On Saturday, March 21, 11:00 AM – 3:00 PM we will have” Waffles and Craft Day – Taste Norwegian Heart Waffles And Make a Scandinavian Woven Paper Heart”**. The event will be located at Bayside Presbyterian Fellowship Hall. Heart Shaped Waffle irons are welcome. Bring your favorite Heart Waffle topping. (Mine is whipped cream with so much sugar it is crunchy with lingonberry jam mixed in). Heart making supplies (and instructions) will be provided in a variety of colors

On Saturday March 28 at 12:00 PM, the Annual 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 next door 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 bark from Moss, the Dictator, off the coast of Virginia Beach, and to honor the brave Virginia Beach rescue teams who saved many lives from the sinking ship

News From Norway. Long Live the King! Of course we're referring to **King Johannes Høsflo Klæbo**. The unsurpassed cross county skier now stands alone with the 6 gold medals won at a Winter Olympics, breaking a 36-year-old record by Eric Heiden. The legendary American speed skater won five golds at the 1980 Winter Olympics in Lake Placid, New York. The six golds at Milan/Cortina brought his Olympic medal total to Klæbo to career Olympic medals, including 11 golds, which is also an Olympic record. He joins American swimmer Michael Phelps, who won 23 gold medals, as the only Olympians with more than 10 career gold medals. Klæbo golden performance helped Norway,

March 02, 2026

Norge Norsemen Board meeting
(Zoom) 7 PM.

March 05, 2026

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

March 21, 2026

Membership Lodge Meeting at
Bayside Presbyterian Church at
11:00 a.m. Program:
Waffles and Craft Day.

March 28, 2026

Norwegian Lady Ceremony on
25th St. by the Norwegian Lady
Statue in Virginia Beach at noon

March 30, 2026

Norge Norsemen Lodge meeting,
King of Glory Lutheran Church ,
6:30 PM. Program TBD

with a population of fewer than six million people, score a record 18 gold medals, setting the mark for most golds of any country at a single Winter Olympics. *All the Best, Mike*

Fra Presidenten, Steven Helmold, 3rd District

Spring 2026 Third District President's Message

Spring is almost here and I hope the winter we had is over, and everyone can enjoy nice spring weather for a change. Lodges will be celebrating spring with St. Patrick's Day corn beef and cabbage dinners and Easter dinner celebrations.

The Third District is getting ready for the district convention in Virginia Beach, Virginia June 4th to 7th at the Holiday Inn and Conference Center. I hope your lodges will send your full delegation to the convention so they can hear and vote on resolutions and other matters that come up. Remember your delegates are your lodge's representatives to the district meeting (convention), so if you want a say in what is happening at the convention, you should be sending delegates.

Going forward after the convention is the Third District Youth Camp which is from July 26th to August 1st, so if you have children that would like to attend camp, please send in an application which can be found on the Third District Website or contact District Vice President Katie Brink.

Following Youth Camp, there is Cultural Camp September 16th to 20th. For more information, contact Third District Cultural Director Cheri Johnson.

Speaking of Cheri Johnson, as I have done in some of my past president's messages, when I highlighted some of the Third District Board members, I am introducing Cheri Johnson to everyone now. Cheri has been a member of the district board since the 2024 convention and has been the perfect person for the Cultural Director's position. Here is what she has to say about herself in her own words.

It is my pleasure to be involved in the Sons of Norway as Cultural Director of the 3rd District and President of Bla Fjell Lodge in Salem, Va. near Roanoke. When I was a teenager, in a suburb of Chicago, I wanted to be an archeologist because I loved studying cultures of people. I ended up as a Special Needs teacher for 38 years, a profession I loved very much.

During those years I was fortunate to be an exchange teacher through our United States Gov't to Russia, Sweden, Costa Rica, New Zealand, and The Netherlands. At night I taught classes at Roanoke College, UVA, and Radford University in Special Education and Global Studies. My Lutheran church needed a missionary, so I made 7 trips to Central and South America to teach children alongside a medical team. 20 years ago, I became interested in my ancestry. My Norwegian and Austrian grandparents shared their past with me, and I found myself tracing my roots to Telemark, Norway, the Heddal Church, and Vienna, Austria.

Deep down I knew I had the "Viking Spirit" to travel.

I feel very blessed because my wonderful husband, Don of 45 years, and my 3 children, Theresa, Scott, and Tiffany have supported these endeavors. I loved having my youngest daughter, Tiffany, accompany me on several exchanges and missionary trips.

I love my position as Cultural Director in SON. I work with wonderful and talented people and can share in the joy of learning about our Nordic countries. Our Bla Fjell Lodge has 2 Adopt-a-Schools, where I share lessons on the Vikings, Sami of the Northern Cap, and all the Nordic Countries. This is my 20th year at Bla Fjell Lodge, and I love sharing Cultural programs with fellow members, colleagues, and our satellite Lodge, Hardrada, in Charlottesville, Va. My Virginia friend, Katie Brink, and I have worked with the Youth Camp at Koinonia in New York and started a Cultural Camp in Isle of

Palms, SC for adults and children. We are all learning from each other and enjoying our love of Norway. I love doing research on many countries, reading, and trying cultural recipes to share with my 74 Cultural Studies students at Cornerstone Classical Academy one day a week. They love it too.

Thank you, Stephen Helmold, for giving me this opportunity to share my cultural experiences with 3rd District, all my Nordic friends, and fellow lodges. Please consider coming to our Cultural Camp in Isle of Palms, SC for fellowship, fun, the beach, and the "joy" of learning with each other from talented instructors in September 2026.

Thank you, Cheri. Karen and I and the rest of the district board are very pleased to have the opportunity to work with Cheri. She has been tremendous in her position, and is always willing to step up to the plate and lend a hand to help out.

Until my next message in May, Karen and I and the rest of the district board would like to wish you all a Happy St. Patrick's Day and a very Happy Easter.

Fraternally, Stephen Helmold

New Bodø/Glimt victory another 'miracle'

February 20, 2026

Players for Norway's small but sensational football club Bodø/Glimt had to leave cheering fans behind after logging another "miracle match" this week against the much-bigger Inter Milan. They had to prepare for a new encounter with Inter on its home turf in Italy.

The Bodø-based club in Northern Norway, where there's no grass to play on, beat Inter by a score of 3-1, shocking their opponents who faced huge piles of snow heading into the small stadium that only seats 8,000 people. Bodø/Glimt had already [won over Atletico Madrid 2-1 last month in Madrid](#) and [Manchester City 3-1](#) in Bodø.

Now they're back in Spain training for the upcoming second match against Inter in Milan, on grass that they don't have in Bodø. From there they'll travel to Milan, where Norwegian athletes have been dominating the Winter Olympics. That may be a good omen, but head coach Kjetil Knutsen was characteristically looking ahead.

"I think it's important that we enjoy good presentations and good results," Knutsen told state broadcaster NRK. "I think it's also important to quickly move forward and rather try to look forward as well."

NewsinEnglish.no staff

Why Norway dominating the Winter Olympics and what could US learn

By [Don Riddell](#)

UPDATED FEB 22, 2026
Olympics

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is

Gold medalist Johannes Hoesflot Klaebo of Norway celebrates on the podium after the men's 50km mass start classic alongside silver medalist Martin Loewstroem Nyenget of Norway and bronze medalist Emil Iversen of Norway, on Saturday.

Stephanie Lecocq/Reuters

Norway's director of elite sport sounded a little hoarse when he answered the phone to **CNN Sports**. Tore Øvebrø said he had just caught a cold, but he admitted that his raspy voice might also have something to do with his cheering over the last two weeks.

"It didn't help," he chuckled a few days ago. "I had to cheer just now because we've just won another gold in the Nordic Combined. We have 16, that's the Olympic record, and we hope for a couple more. So, it's fantastic!" Of course, the Games weren't done then. Norway ended Milan Cortina 2026 with a record 18 golds – and 41 total medals. It's now an indisputable fact: Nobody can touch Norway at the Winter Olympics. From 2018 in Pyeongchang through the Italian Games in 2026, the Norwegians have always come out on top.

A tiny nation of roughly five-and-a-half million people – about the same as the US state of South Carolina – has figured out how to keep beating countries like China (1.4 billion), the US (342 million),

Germany (84 million), Italy (59 million) and Canada (40 million). Clearly, they're doing something right, and perhaps some of their rival nations like the US could learn a thing or two from the Nordic champions. It might come as no surprise that a Nordic country would excel in winter sports, but the truth is that Norway has been punching well above its weight in many sports for some time. Norway has recently produced Olympic champions in beach volleyball and several in track and field – two quintessentially summer sports.

Their triathlon program is celebrated as the best in the world, Viktor Hovland is one of the top golfers, Casper Ruud made it to world No. 2 in the ATP rankings, Erling Haaland is one of the most feared strikers in the “**Beautiful Game**” and Ada Hegerberg won the most prestigious individual honor in world soccer, the **Ballon D'Or**. There are many reasons for Norway's success, but there is one common theme: An emphasis on fun and enjoyment that starts at the grassroots level. Until the age of 12 in Norway, nobody in youth sports is allowed to keep score, and there are no league standings either. As a result, there is far less destructive pressure and no reason to specialize too soon, and young athletes are encouraged to try out multiple sports. If one player gets a trophy, everyone gets a trophy; they want as many children as possible to return the following season.

Keeping top athletes engaged Such a small country can't afford to lose athletes whose talent might not be fully revealed until their later teens. Norwegian coaches don't tend to mistake early bloomers for talented athletes. “I find that many of the big sporting systems are more occupied with getting rid of people at the young age than develop many,” explained Øvebrø. “Why do I say that? It's all about selection and selection is another way of getting rid of people. We are few. We have to take care of everybody.”

Haaland played in the same mixed development group of 39 boys and one girl at Bryne FK until he was 16. The group was never broken up into first, second and third teams, nobody dropped out, and a handful of those players ended up turning professional.

Johannes Høsflot Klæbo always thought he'd be a soccer player one day; in fact, he was sure of it . But he would come to realize that his true potential lay elsewhere – in Italy, he won six gold medals in cross-country skiing to become the most successful Winter Olympian of all time, his 11 gold medals surpassing three other athletes who had eight golds to their names.

All are Norwegian, by the way.

The sports development pipeline in Norway is less about trying to identify talent quickly and then turbo-charging the athletes to success, it's more about letting them find their own way, ensuring that when they're ready to join an elite-level program, they will make the most of it.

“When you try different sports, you also meet different cultures and that means you develop the social skills to handle different kinds of people,” said Øvebrø. “There is a broad learning base and when you have those kinds of kids, it's easier to build a high-performance culture; they know who they are, what they want. We like the kids to feel that they are in it for themselves.”

Editor's Note: This article was much longer and goes on to explain how the system in the USA works.

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

Larry Berg	Michael Fountain	Clara Dent	Tone Flavin	Henry Mason
Rosalind Gillett	Gina Venable	Vigdis Jolly	Kjersti Lee	Kyle Lindenberg
Lucia Liptakova	Tonya Snow	Katherine Neilsen		Kristine VanWerkoven
Mitchell Dannon	Regina Thek	Jules Murphy	Berton Roth	Matthew Eittreim
Alexandria Fabrians				

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.

Please join us for the Annual Norwegian Lady Ceremony



135 years ago,

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

64 years ago,

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

March 28, 2026,

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

Annual Norwegian Lady Ceremony



Saturday, March 28, 2026 at 12:00 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."*



Virginia Viking

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