



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

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

The President's Corner



Dear SON Lodge members

Sons of Norway Third District Convention

June 4 – 5. The Third District, comprised of 33 Lodges on the East Coast, from Maine to Florida, held their bi annual convention at the Holiday Inn Virginia Beach – Norfolk. The

convention, was co-hosted by the HR Lodge with the Norge Norsemen Satellite and The Third District, and by all accounts was one of the best ever due to the dedicated effort of many Lodge members. Special mention goes to Bob Longworth who took the lead to set up the organization and coordinate the teams, Katie Brink whose tireless work managed the Lodge and District participation, and along with Bob dealt with the Hotel arrangements, and Don Watrud was the ever-present steady hand for the duration of the event. Many Lodge members played a key role in contributing to the great success, including Annete Warner who organized a great supply of cookies and pastries.

Norway Rows through the 2026 Football (Soccer) World Cup. The Norwegian National team achieved great success in the World Cup (held every 4 years), a Global event hosted by the joint effort of USA, Canada and Mexico. The Norwegian squad, led by its international star and leading scorer, Erling Haaland made it to the semi-finals. In addition to the team's success, the Norwegian Fans captured attention here in the US and around the world with the now famous "Viking Row", performed everywhere possible, not only stadiums, but restaurants, streets, and even escalators.

September 10, 2026

Hampton Roads Lodge
Zoom Board Meeting at 7:00 pm

September 19, 2026

Hampton Roads Lodge Celebrate the
Autumn Equinox Picnic 12:00 -2:30 pm
At David and Joanie Ruedi, 1960 Haywards
Heath, VB 23456

September 28, 2026

Norge Norsemen Lodge meeting at 5:00
p.m. at King of Glory Lutheran Church in
Williamsburg.

October 3, 2026

Hampton Roads Lodge Board Zoom
Meeting at 7:00 p.m.

October 9, 2026

Leif Erikson Day Celebration at the
Mariner's Museum in Newport News at
NOON followed by lunch.

October 24, 2026

Special Hampton Roads Lodge Meeting at
the Bayside Presbyterian Church with Dr.
Lee Morgan, Veterinarian, an author of
"Four Thousand Paws: Caring for the Dogs
of the Idiatord and on the trail staff for the
Finnmarks Run for sled dogs

FALL EVENTS: LOOKING AHEAD. This Fall we will have two special events. We have moved the Annual Summer Picnic to this fall. **On September 19** the HR Lodge Picnic will Celebrate the Autumn Equinox at Dave & Joanie Ruedi's house and yard complete with the large and entertaining Koi pond, 1960 Haywards Heath, Virginia Beach, VA 23456. **Then on October 24** a Special HR Lodge Meeting at Bayside Presbyterian Church will feature Dr. Lee Morgan: Dr. Morgan is a veterinarian known for his work as a trail veterinarian in long-distance sled dog races, including Norway's famous Finnmarksløpet.

NORGE NORSEMEN OFFICIALLY SON LODGE 3-691. **On September 28** the Norsemen Lodge 3-691 official installation will occur at King of Glory Lutheran Church, Williamsburg

See you at the special events this Fall

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

2026 Fall Message

I hope that everyone has had a safe and enjoyable summer. I also hope that everyone is aware that Sons of Norway is entering into a partnership with BetterLife. The International Board held an all-member meeting via zoom to announce the new partnership. They have put some information on their website. After attending the all-member meeting, the members of the Third District Board sent a list of questions to the International Board of Directors in May. We recently received answers to some of our questions. The questions and answers are posted on the Third District website. I am very excited about the new partnership. As it was explained at our convention, Sons of Norway was in financial trouble, and this partnership will allow us to continue as Sons of Norway lodges.

We don't have all the details yet, but we do know that the Sons of Norway Bylaws will no longer be what guides us. We will be governed by the BetterLife Bylaws and the Sons of Norway policies and procedures which are in the process of being rewritten. I have appointed a committee to review the Third District Bylaws and the Third District Policies and Procedures and to recommend any changes needed to be in line with BetterLife's Bylaws and the new Sons of Norway policies and procedures. Changes to the Bylaws will then go to the delegates of the 2026 convention for approval. Changes to the policies and procedures will go to the Third District Board for approval. I will share any new information in my future President's Messages. Many good and interesting things took place at our 2026 Third District Convention. I would like to highlight a few that will most affect the local lodges.

First, my congratulations to the new Third District Board:

President Stephen - Helmold from Norden Lodge. Vice-President – Katie Brink from Hampton Roads Lodge.
Secretary - Karen Olsen-Helmold from Norden Lodge. - Assistant Secretary - Karen Lima from Troll Lodge.
Treasurer - Diana Syvertsen from Noreg Lodge.
Charitable Trust Director - Peter Hanson from Norumbega Lodge.
Cultural Director - Cherri Johnson from Bla Fjell Lodge.
Publicity Director - William (Bill) Browning from Norskevenner Lodge.
Zone 1 Director - Leif Easterson from Loyal Lodge
Assistant Zone 1 Directors - Elaine Breiland from Lodge Brooklyn and Susan Olson from Loyal Lodge.

Zone 3 Director - Paul Kornbrekke from Nansen Lodge
Assistant Zone 3 Director - Barbara Bensen from Noreg Lodge.
Zone 4 Director - Kaare Hansen from Norrona Lodge.
Assistant Zone 4 Director - Gregory Lima from Troll Lodge.
Zone 5 Director - Christine Taylor from Tampa Bay Lodge.
Zone 6 Director - Linda Hestvik from Washington Lodge.
Assistant Zone 6 Director - Marie Hansen from Washington Lodge.
Zone 7 Director - Dirk Hanson, from Southern Star Lodge.
Assistant Zone 7 Directors a- Don Watrud from Norge Norsemen/Hampton Roads and Robert Longworth from Hampton Roads.

The delegates passed the merger of Zone 2 into Zone 4. This was necessary because a number of Zone 2 lodges have disbanded or merged into other lodges leaving only two lodges remaining in Zone 2. Also passed was the ability of the District Lodge to suspend term limits for the Third District Offices. We passed a resolution to request that the International Lodge be reconstituted and there be an International Lodge meeting. The delegates also passed a resolution to investigate other Scandinavian organizations and the possibility of forming our own fraternal organization just in case the partnership with BetterLife does not work out. This is only an investigation, and nothing will be done without a vote of the District Lodge (the delegates) at a future date. In my four years as president, as I visited lodges or held programs on zoom with members from lodges throughout the district, this idea was raised many times. If anyone in your lodge is interested in serving on the committee, please have them contact me. The Third District Board and its committees announced a few programs in which I hope that all of our lodges will participate. Recruitment and Retention Contest - To entice lodges to recruit new members and offer programs that will help to retain members, the Third District is holding a recruitment and retention contest. The contest will run from June 2026 through May 2027. There will be 3 categories for which prizes will be awarded. Details are available on the Third District Website. Newsletter Contest – We are bringing back the Third District Newsletter contest. Information along with a sample scoring sheet had been sent to all lodge editors from District Secretary Karen Olsen-Helmold. Information about the contest and a sample scoring sheet are also available on the Third District website.

The Toolbox is available on the Third District website. Revitalization Committee Chairperson, Christine Taylor, has been hard at work to get lots of ideas to help make your meetings fun and interesting. She has gathered (and continues to gather) programs, skits and events that were successfully done at local lodges and put them in our toolbox for all to share. The Third District also announced the Lodge Assistance Program. Since we no longer get Fraternal Funds from the home office, the Board wanted to do something to help those lodges with limited funds. Lodge presidents and secretaries have gotten information from District Secretary, Karen Olsen-Helmold. The request form is available on the Third District Website.

This is only a small part of what took place during the convention. The next convention will be June 4th to 7th in Riverhead, Long Island, NY. I hope every lodge will be represented. If you have any questions, please feel free to contact me either by phone or email.

Fraternally, Stephen Helmold, District 3 President

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

Kayla Alspaugh	Rita Clifton	Jane Stangeland-Lipscomb
Grayson Loftheim	Dennis O'Brien	Alexandra Fackrell
Abigale Lindenberg	Ruth Lindenberg	Elaine Norman
Torbjorn Ommundsen	Timothy Power	Michael Solhaug
Richard Thek	Erik Tonnessen	Annette Warner
Don Watrud	Pamela Wildenberger	Brielle Wnek

EDITOR'S NOTE:

I WOULD LIKE TO PASS THIS NEWSLETTER JOB ONTO SOMEONE ELSE. I HAVE BEEN THE EDITOR FOR 8 YEARS. PLEASE LET ME KNOW IF THERE IS ANYONE WHO IS INTERESTED IN TAKING IT OVER. THANK YOU.

Brunost (Brown Cheese) Chunk Cookies

Makes 20

Time to make: 40 min

Ingredients

1 egg

1 egg yolk

2 1/4 cups (270 grams) flour

1 tsp baking powder

1/2 tsp. salt

3/4 cup (170 grams) butter

1/2 cup (100 grams) brown sugar

3/4 cup (150 g) white sugar

2 tsp. vanilla extract

150 g TINE Gudbrandsdalen brown cheese (cut into chocolate-chip-sized chunks)

How to make:

Mix the salt, flour and baking powder in a bowl. Melt the butter in a saucepan. Add both quantities of sugar and stir until any lumps are dissolved. Stir in the egg, egg yolk and vanilla extract. Pour this mixture over the dry ingredients and stir until you have a smooth dough. Stir in the brunost chunks. Chill dough in refrigerator for half an hour to an hour.

Divide the dough into 20 equal pieces. Roll each one into a ball and flatten slightly. They will spread somewhat during cooking, so be sure to leave space between them.

Bake at 165°C / 325°F for about 15-20 minutes.

Source: <https://www.tinebrunost.com/recipes/cookies-with-chunks-of-brunost>



Virginia Viking

Mona Denton
3020 Watergate Lane
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