



VIRGINIA VIKING

SONS OF NORWAY HAMPTON ROADS LODGE NO. 3-522

President: Leonard Zingarelli Vice President: Mike Solhaug Secretary: June Cooper Treasurer: Ragnhild Zingler

The President's Corner



Dear SON Lodge members

On a beautiful October 9 day, several members of our HR Lodge along with members of the Icelandic American Association met at the Leif Erikson statue at the Mariner's Museum, Newport News to celebrate the legendary Scandinavian explorer.

Following the presentation of a wreath, and brief discussion about the statue and the origins of the Leif Erickson Day, the group had lunch at nearby Smoke Barbeque.

Major Upcoming Events

HR Lodge SCANDINAVIAN CHRISTMAS BAZAAR

November 4, 2023 (see Flyer). We need volunteers from the Lodge to assist in running this event.

Norge Norsemen SCANDINAVIAN CHRISTMAS BAZAAR

Saturday, November 11th, 2023 (see Flyer)

EVENTS

November 2 at 7:00 pm

Zoom Board Meeting

November 3 at 3:00 p.m. -5:00 p.m.

Set-Up for Bazaar

November 4 at 9:00 am – 3:00 pm

SON Christmas Bazaar

(SEE FLYER BELOW)

November 10

Set up for the Norge Norsemen

Bazaar in Williamsburg

November 11 at 9:00-3:00 pm

Norge Norseman Bazaar

At the King of Glory Lutheran Church

November 16 at 7:30 pm

Membership Lodge Meeting Bayside

Presbyterian Church at 7:30 PM.

Program "A Presentation Centered around Norwegian Storytelling and Symbols" by Helene Katarina and

Dick Henriksen.

December 3 at 5:30 pm

SON Holiday Party at

the Holiday Inn on Greenwich Road

in Virginia Beach

(Invitations are being mailed out



ANNUAL CHRISTMAS DINNER December 3 Holiday Inn Virginia Beach 5655 Greenwich Rd, Virginia Beach, VA 23462. Mark your calendar. Further details to follow.
See you at the Great Events All the Best, Mike

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

JoAnn Porter	Harold Bernsen	Kristin Eittreim
Terence Johnson	Ethan Lindenberg	Jude Liptak
Edward McCarthy	Chasity Sletten	Alex Pincus
Suzy Broadwell	Robert Rumney	John Grunseth
Gail Ball	Myles Sanoba	Richard Urbanek
Harrison Dahlstrom	Darien Loftheim	Wesley Eittreim
Diana Cacciola	Tim Stanton	Christine Jacobson
Herbert Lapetina		

A new scholarship has been added to the Sons of Norway Foundation Scholarship:

Nordkap Lodge 3-215 Scholarship

Nordkap Lodge was founded in 1921 in Baltimore, Md. They purchased land near Freeland, Md and built a lodge called Norse Park. After it was sold they created a scholarship primarily through the proceeds from Norse Park and the time and talent contributed by lodge members over the years.

The monetary award for this scholarship is \$2,500 and is awarded for one year.

Eligibility - Candidates must be 17 or older and study within the US. This scholarship is open to all but preference for those pursuing degrees in the medical field.

SON Membership is required. Applicants who are current members of SON or children of or grandchildren of a current member with at least one year prior to the date of the scholarship application. If no one in the above category applies, the applicant must show their actual lineage to Norwegian ancestors (ancestry supported by only DNA evidence

is not sufficient.}. Applicants must be enrolled or accepted in an accredited four year college or university, an associate's program or a graduate program in the US.

Deadline - Submission of the completed application and all required elements is February 15th.

For more information visit www.sofn.com/foundation/scholarships

Fra Presidenten, Stephen Helmold,

3rd District President

As I write this, I am preparing for the fall Third District board meeting, so this will be a short message. The district has secured two sites for the cultural/sports weekends. One in New York State for members in the north and one in North Carolina for members in the south. You will receive more information (places, dates and prices) in the next month. Our leadership training program has been going very well and we have more dates scheduled for virtual zoom sessions, they are Sunday November 5th from 3 to 5pm, Friday November 10th from 7 to 9pm and Sunday November 12th from 3 to 5pm. All the sessions will be the same program, so you do not have to sign up for all three, just one. They are open to all third district members. If you are interested in attending any of these dates, please register with your Zone Director by sending him or her your email address and the day that you wish to attend. Lodges that are electing new officers for 2024 should be planning to hold their elections in November so that your secretary can complete the D-63, Change in Officer report by the December 31, 2023 deadline.

I hope to have more information to share with you in my next president's message after the upcoming board meeting. At this time Karen and I and the whole Third District Board would like to wish you all a very Happy Thanksgiving.

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.

Ethnic Norwegians to become minority in their own country this century:



by Nadarajah Sethurupan | @ | March 10, 2020

A report from the Norway's official statistics bureau that shows immigrants now account for nearly half of Norway's population growth, a trend that follows the agency's report that ethnic Norwegians will be a minority in the country by the end of the century.

Last year, 52,000 people immigrated to Norway, which nearly equals the amount of 54,500 children born in the country in 2019, [according to Statistics Norway](#).

The Norwegian statistics bureau identified stable migration as one of the main trends in population growth in Norway, while on the other hand, the declining births and an aging of the population are negative trends for Norway.

Statistics Norway also points to certain municipalities with rapidly falling populations, which serves as a major economic and population drag on those regions. Many young people leave for cities and other economically strong areas, leading to fewer children born and a sense of decline for those regions most affected.

Last year, net migration to Norway amounted to 25,300 people, but the country of 5.3 million has consistently seen its share of newborns decreasing each year, with native born reaching a peak in 2009 with 61,800 births.

Due to these trends, the average age of Norwegians jumped by 0.23 percent to 40.5 years.

Given the increasing number of migrants in the country, there are worries about the decline in the ethnic Norwegians population. According to journalist Helge Lurås of the news outlet Resett, ethnic Norwegians are on their way to "become a minority in their own country".

Resett analyzed the data on newborn children with an immigrant background and compared them with the net migration data. There were 42,300 people with an immigrant background and 37,000 newborns with an ethnic Norwegian background. In conclusion, Resett found out that in 2019, at least 53 percent of children born in Norway had a foreign background.

The fertility rate of ethnic Norwegian women (1.50) compared to women with an immigrant background (1.87) is another unfavorable factor. Women with an African background have an even higher fertility rate, which stands at 2.6 children per mother.

The 2017 report of Statistics Norway, predicting that 52 percent of the population will have an immigrant background by 2100, seems increasingly likely.

This watershed moment could even occur before then.

Currently, about 18 percent of the population in Norway has an immigrant background. In the younger age group, the percentage is even higher, exceeding 30 percent.

In the past, the Norwegian population was highly homogenous. In the late 1970s, ethnic Norwegians made up 98 percent of the population. Nowadays, except for Norwegians, the most numerous foreign groups are Poles, Swedes, Somalis, Lithuanians, Pakistanis, and Iraqis.

Julekake (Norwegian Christmas Bread with Raisins and Candied Fruit)

For the bread

- 1 cup butter (2 sticks)
- 2 cups scalded milk
- 1/4 teaspoon cardamom seeds crushed
- 2 packets active dry yeast (4 1/2 teaspoons)
- 2/3 cup sugar divided
- 2 eggs beaten
- 2 tablespoons grated orange zest
- 2 teaspoons salt
- 1 teaspoon cinnamon
- 6 cups all-purpose flour
- 2 to 3 cups dried or candied fruit (raisins, candied fruit, chopped maraschino cherries)
- 1 beaten egg for brushing

For the icing

- 2 cups confectioners' sugar
- 1/4 cup whole milk
- 2 tablespoons butter melted
- 1/2 teaspoon almond extract

For the topping

- Sliced almonds

INSTRUCTION

1. To make the bread, in a small saucepan, melt the butter. Add the milk and scald. Remove from the
2. heat and add the cardamom, letting the spice steep while the milk lowers in temperature to 110 degrees F.
3. In a mixing bowl, combine the yeast with 1/2 teaspoon of the sugar and pour a little of the lukewarm milk over them. Let proof until it bubbles, 5 to 10 minutes.
4. Stir in the remaining milk, along with the eggs, remaining sugar, the orange zest, salt, and cinnamon. Add 5 cups of flour and gently mix, adding additional small amounts until the dough begins to pull away from the sides of the bowl. (You may not need to use the full 6 cups of flour.)
5. Transfer to a lightly floured surface and knead for about 10 minutes. Fold in the dried fruit and transfer to a lightly greased bowl. Cover with a clean tea towel and let rise until doubled, about 1 hour.
6. Punch down the dough and separate into two equal portions. You can either place them in two greased 9-inch round cake pans, or form them into two braided loaves. Cover with clean tea towels and let rise again until doubled, about 1 hour.

7. Preheat the oven to 375 degrees F.
8. Brush the loaves with the beaten egg and bake for 30 minutes, or until golden. Cool on a wire rack.
9. When cooled, to make the icing, sift the confectioners' sugar into a medium bowl, then add the milk, melted butter, and almond extract and whisk until smooth. Drizzle over the loaves, then scatter the sliced almonds on top. Let set before slicing.



SCANDINAVIAN CHRISTMAS BAZAAR



Sponsored By Sons of Norway
Hampton Roads Saturday,
November 4th, 2023
9am-3pm

Francis Asbury United Methodist Church Fellowship Hall
1871 N. Great Neck Road, Virginia Beach, VA 23454

- ❄ Viking Long Boat with Viking Re-enactors – photo op
- ❄ Norwegian Bakery – Julekake, Kransekake and more
- ❄ Norwegian Cultural and Tourist Information
- ❄ Children's Activity Table
- ❄ Enjoy Traditional Norwegian Food – Lefse, Waffles, Lapskaus
- ❄ Great Vendors – Scandinavian Packaged Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?

Visit Our Lodge Site www.hrson.org or on Facebook Sons of Norway – Hampton Roads





SCANDINAVIAN CHRISTMAS BAZAAR



Sponsored By
Norge Norsemen Satellite of
Sons of Norway Hampton Roads
Saturday, November 11th, 2023
9am-3pm

King of Glory Lutheran Church
4897 Longhill Road, Williamsburg, VA 23188

- ❄ Viking Long Boat with Viking Re-enactors - photo op
- ❄ Norwegian Bakery - Julekake, Almond cake, Lefse and more
- ❄ Norwegian Cultural and Tourist Information
- ❄ Great Vendors - Scandinavian Food & Gift Items

Come out and join in the Scandinavian culture and fun!!!!

NEED MORE INFO?

Call (757) 229-5803

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Virginia Viking

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