



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 December 2023

Dear SON Lodge members



Our two annual Bazaars, Hampton Roads in Virginia Beach and Norge Norsemen in Williamsburg were huge successes. Thanks to the tremendous effort of many, many Lodge and Norge Norsemen members (some at both Bazaars), we set attendance records at both events: Hampton Roads over 900 and Norge Norsemen over 1,000, that's an amazing over 2,000 visitors. More importantly, the visitors experienced that special Norwegian and Scandinavian Christmas joy and celebration. So, a big THANKS to all who worked the

Bazaars or attended them.

Lodge News: Lodge member Alex Pincus has restored our Viking Boat.

The replica of a Viking

Longship has been used by the Lodge for many years in the Norfolk NATO Festival (Old Azalea Festival) Parade and at many of the Lodge's public events, such as the Annual Christmas Bazaar, and other celebrations. Alex assumed custody of the boat, and has refurbished the craft inside and out. It even floats! In October, he held a special "re-naming" event, naming the refurbished boat the "Inger-Dikken", after his Mother, Inger Pincus a long standing and beloved member of our Lodge. The boat has the same "clinker" hull construction seen in all Viking Longships, oars, mast, a full set



EVENTS

December 3, 2023 at 5:30 p.m.

SON Christmas Party
at The Holiday Inn, 5655 Greenwich Road,
Virginia Beach. Cocktails at 5:30 pm and dinner
at 6:30 pm.

December 7, at 7:00 p.m.

Zoom Board Meeting

December 11, at 5:00 p.m.

Norge Norsemen Christmas Julebord at the
Viking Hall in Williamsburg.

January 4th, 2024 at 7 p.m.

Zoom Board Meeting

of shields, and a sail recently upgraded by member Anne-Grete Peterson. Thank you Alex! **Note from Elizabeth Kahl, our extraordinary webmaster and media specialist:** “We have uploaded the video of Helene Katarine Dick-Henderson’s performance, “Having Fun & Other Stories” on Thursday to our HR lodge You Tube channel. This one was definitely different from our usual programs. You can find most of the 2023 recordings from the HR Lodge meetings programs at this link:”

<https://m.youtube.com/watch?v=n0NKYdBz8dl&pp=ygUcaGFtcHRvbiByb2FkcyBzb25lIG9mIG5vcndheQ%3D>

Upcoming events:

ANNUAL CHRISTMAS DINNER December 3, 5:30 at Holiday Inn Virginia Beach 5655 Greenwich Rd, Virginia Beach, VA 23462. (RSVPs required)

Norge Norsemen Julebord December 11, 5:00 at Norge Community Hall (Viking Hall) 7402 Richmond Rd, Williamsburg, VA 23188

All the Best, Mike

News fra Norge Norsemen:

Takk for all who supported our effort for the 2023 Sons of Norway Norge Norsemen Scandinavian Christmas Bazaar! Our event was held at a new (for us) larger venue this year at King of Glory Lutheran Church, here in Williamsburg. Generous parking, easy to access, and much room for shopping! We had over 1,100 visitors to enjoy photo ops with the Viking longboat and the Ostvik Vikings as well as inside, shopping with the bakery and the many vendors! God Jul!

Our Julebord is scheduled for Monday, Dec 11th, 5-8 pm. Held again at the Viking Hall in Norge, we may be limited to our Lodge members north of the tunnel, as we have a fire code limit of 100 in the building! This year may determine a change of venue for the 2024 Norge Norsemen Julebord, so we can include the larger group!

Looking forward into 2024, we have a year of programs already spoken for on the calendar, with January’s program (Jan 22nd, 6:30 pm) offered by a member of the Norge Depot Rail Museum! Originally located one block behind the Viking Hall, it was relocated beside the JCC Library on Croaker Rd. Additionally, we will have a small presentation about Norwegian reindeer! We hope to offer a virtual recording on You tube so everyone can enjoy!

Vi sees!, Melody Loftheim, NN VP

December 2023 Third District Presidents Message



I hope everyone had a very Happy Thanksgiving; it is always nice to get together with family and friends for the holiday.

I would like to start with an update from the fall Third District board meeting. We have started a fundraiser for the Charitable Trust. You can shop online to send gifts to friends and family and the trust will get a portion of every sale. The details were sent out in an e-blast on November 27, 2023. Shop now, the sale only lasts until the middle of December. If you did not get the email about this fundraiser, it is

because the district does not have your email address. Please send your email address to Third District Secretary Karen Olsen-Helmold so you can receive these important e-blasts. The executive committee is working on a policy for future e-blast so that you are not inundated with emails, yet we can get out important information in a timely manner. We only have email addresses for about half of our members, so please contact Karen.

As 2023 comes to an end and we look forward to 2024, there are a number of deadlines that you should be aware of: Most applications for grants from the Sons of Norway Foundation are due by 12/31/2023 and Foundation Scholarships deadlines are by January 15th and February 15th. So, if you are interested in a grant or scholarship, please check on the Sons of Norway website under Foundation for more information, exact deadlines, and applications.

Next, secretaries must update their officer lists by December 31st. This can be done as soon as you have elected your new officers. If this is not an election year for your lodge, the officer list must still be updated by clicking on the box that says no changes. Karen, as district secretary can help with this if you are having problems completing the update.

In January, lodge presidents and secretaries will receive the maximum number of delegates that your lodge can send to the 2024 District 3 Lodge meeting and Convention in June. Washington Lodge, the host lodge, is working closely with the board to plan a great time for all; delegates as well as non-delegates. I am hoping that every lodge is represented by the maximum number of delegates that they are permitted to send. I will be sending more information about the convention and deadlines soon.

In mid-February lodge secretaries will receive a link from the home office to report fraternal and community service hours. Reporting of these hours is important for Sons of Norway to keep its fraternal tax status. This same status covers each lodge. This is now being done using a program called survey monkey and must be completed by March 15th.

March 15 is also the deadline for filing the lodge financial statement, which is also known as the D-17 form. We are working with the home office to develop a way in which the district can help individual lodges submit this report. It must be done using the online program from the home office and must be electronically signed by the treasurer, president and an auditor. We have been told that while the home office was lenient in accepting forms this year, in 2024, they will be checking to see that all signatures are included.

Other committee reports were made. The rezoning committee reported that they had ideas for rezoning, but it all hinged off the international redistricting committee, which has not come up with anything yet and is hampering the efforts of the rezoning committee.

The Cultural Committee has been busy setting up 2 cultural weekends. There will be an e-blast soon with the details about these 2 weekends. I hope that many members will join us for fun and fraternalism at its best at these events.

Paul Kornbrekke, our District Sports Director is planning a district picnic in April to be held at Nansen Lodge on Staten Island. There will be more information sent to secretaries and editors in early 2024.

Our youth camp will be held again in 2024 at Camp Koinonia in Highland Lake, New York. The dates for this year's camp are Sunday July 21, 2024 to Sunday July 28, 2024. Please encourage your kids, grandkids, and other youngsters in your family to attend. The ages for campers are from 8 to 17.

This is only a part of the work that your district board is doing. As you can see, your board is working hard to make District 3 strong and to bring back the fraternalism that seems to be lost at the upper level of our organization.

Christmas and New Year's will be here soon, and most lodges are having their holiday parties, so at this special time, Karen and I and the whole third district board would like to wish you all a very Merry Christmas and a very Happy New Year.

Fraternally, Stephen Helmold

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

Kirsten A. Hill

Gunilla N. Burke

Harriet Lindenberg

Jaboc K. Bunnicont

Jeanne McDonald

Victoria M. Clanton

Luther Hanson

Lana R. McGraw

Daisy Sletten

Sandra Coffey

Walker R. Douglas

William L Peterson

Charles Ball

Martha A. Blau

Mona J. Denton

Ken E. Reynolds

Bernt H. Larsen

Cynthia S. Sanoba

3 Peaceful, Safe Countries Ideal for a 'Plan B' Passport

Kathleen Peddicord, Contributor at Forbes Magazine



I'm talking about a "bolt hole" where you feel safe. Where, even if there's a crisis going on elsewhere in the world, it doesn't have to bother you. To put it mildly, our world faces some hefty problems. War... the effects of climate change... ongoing inequalities... But it goes without saying that some countries are better prepared for these challenges than others. Some countries are better prepared for crises... or less likely to experience the worst outcomes from a crisis.

We saw that during the Covid-19 pandemic, which did not hit every country equally. The robustness of a country's government... its wealth (or lack) of natural resources... and its relationships with its neighbors and trade partners... all play a role in helping any nation to weather a crisis. The *Simon Letter* periodical—edited by my husband, Lief Simon, and produced by my publishing company, Live and Invest Overseas—will this month publish an extensive study of various countries' preparedness for the next major global crisis... But here's where it gets interesting.

Leif's and my beat is expat life and moving overseas. From our point of view, there's no point knowing that a country is well prepared to weather the next crisis... if you can't actually move to that country quickly and easily and take advantage of all it has to offer. For example, New Zealand is one of the world's most politically stable countries, rich in water reserves, very safe, and quite climate-change friendly... but it's difficult to move there to live, unless you're moving for a specific job or to start a particular business. And foreigners can't own property in most circumstances.

It's interesting to know which countries will survive the coming storms... but it's much more useful to be able to make a plan so that you can not only survive, but thrive—no matter what happens in the world. The most important consideration in any "bug out" plan is residency. You'll want to establish residency in at least one other country (and owning property there is also ideal). Having a bug out plan isn't about doom or gloom or being paranoid. It's about being prepared for the consequences of life-changing conditions. And setting up a second residency and home overseas is a good investment regardless of the outcome. Even if the worse-case scenario never happens, you'd have somewhere that you could call home indefinitely or use as a potential

vacation or retirement destination. Here are some highly resilient... safe and peaceful... countries where you might consider getting a “Plan B” residency right now.

1. Ireland is a much-romanticized country, with some of the top-ranking places in the world to visit or live (like the cities of Dublin and Galway, or the Wild Atlantic Way, the longest coastal tour in the world). However, Ireland is also blessed with resilience... Its political system has been stable for a century, and it's one of the most peaceful countries in the world. Ireland has maintained military neutrality since before World War 2.

It experiences petty and drug-related crime, like anywhere, but the murder rate is an enviable 0.44 per 100,000 people (as of 2021). Plus, terrorism risk is very low in Ireland (at least since the end of “The Troubles” in Northern Ireland, brought about by the Belfast Good Friday Agreement in 1998). The peaceful nature of the country is exemplified by the small size of its armed forces (7,000 or so in total) and the fact that ordinary police are generally unarmed. Ireland's demographics are generally better than the rest of Europe, though birth rates are dropping. The middle class is strong at around 66%.

Ireland has the second-highest GDP per capita in the world — though this at least in part a distortion caused by the number of large multinational companies drawn to the country for its low corporate taxes. Ireland's debt to GDP ratio is an enviable 58%, though this could change if the multinationals leave. Even better: Ireland is highly food secure. This small country of 5 million produces enough food for 45 million people. Residency in Ireland is easily available to anyone who can show €50,000 a year in income.

2. Norway has ample freshwater reserves, with 70,000 m³ per capita — one of the highest reserves in the world. Most of Norway's electricity comes from its ample hydroelectric power systems. This, plus the vast North Sea oil and gas reserves, make Norway fully energy independent.

Norway is also very safe, with an ultra-low murder rate of 0.54 per 100,000 in 2021. All other forms of crime are low, too. Norway shares a 200km border with Russia in the Arctic... but as a NATO member, there is little chance Norway would ever be invaded. Due to its northerly location, it's exposed to storms, floods, and landslides, but it has the resources and experience to easily manage these. Climate change will pose less of an issue in Norway than most other countries because it has little low-lying land that could be affected by sea-level rises. The median age in Norway is just under 40 years, a reasonably young age for a western economy, and the middle class encompasses a whopping 80% of society. Norway is one of the most equal countries in the world... which makes social cohesion very high. As compensation for high taxes, Norway offers excellent, and generally free, public services including health care, education, pre- and after-school care, and much more. However, rates of entrepreneurship are lower than in countries such as Ireland. High taxes and strong social safeguards reduce the benefits of risk-taking in businesses. While there is no Norwegian Golden Visa, it's relatively easy to get residency. Skilled workers are welcomed... or anyone willing to invest just 100,000 euros in a company that creates jobs.

After three years you can apply for permanent residency and after seven years as a resident, you become eligible for citizenship.

3. Uruguay offers a high standard of living, a temperate climate, great beaches, and welcomes foreigners. Uruguay is recognized as having [the strongest democracy in the Americas](#)... as well as

being [the least corrupt country](#) in Latin America. It also enjoys the largest middle class in the Americas, encompassing over 60% of the population. And, demographically, the average age is an enviable 35 years old. There is little fear of invasion or terrorism. Moreover, according to the UN's Food and Agriculture Organization, Uruguay ranks second globally for food self-sufficiency. In 2018 Uruguay had over 10 times the global average freshwater reserves per capita, at 26,000 cubic meters. In short, Uruguay is a haven of stability in an often-unstable part of the world. You can get residency here easily. Show that you have income of at least US\$1,500 to support yourself – and you can qualify.



Homemade Christmas cake - Delicious flavors and tradition for many! (Gladkokken.com)

Using Christmas beer in the dough gives the extra good taste!

INGREDIENTS

2 pieces of large Christmas bread

- 1 000 gram wheat flour
- 150 gram sugar
- 3 tsp cardamom
- 1 pack dry yeast
- 0,5 tsp salt
- 150 gram real butter
- 1 egg til deigen
- 2,5 dl H-milk
- 1 can Munkholm Christmas beer
- 1 egg til pensling

A bit unsure if this is actually a cake, but there are some dishes in Norway that can be called cake even if they really aren't. Gingerbread, meat cake, fish cake, Christmas cake... Regardless of the name, this is a wonderfully sweet pastry that resembles and is used like bread. Using Christmas beer in this dough gives an incredibly good and slightly more complex taste. Here you get all the good flavors of Christmas. My favorite is to enjoy Christmas cake with butter and goat's cheese.

Start by melting the butter in a saucepan. When all the butter has melted, I turn off the heat and add cold milk and 1 can of cold Munkholm Christmas beer. Here I think it is perfect to use alcohol-free Christmas beer. Mix together. Mix together all the dry ingredients and start the food processor. I use a dough hook. Continue with the liquid. Knead this dough for 10 minutes and, if necessary, adjust with more milk or wheat flour so that you get a flexible dough. Take it out of the bowl and place on a lightly floured board. I like to knead by hand for a while too, but you can use the machine. So in total the dough should be kneaded for about 20 minutes. Place back in the bowl and cover with plastic wrap or a kitchen towel.

Now let the dough rise for 1 hour. Put the bowl back into the food processor and knead on low speed. Now I add the sugar and raisins. Let the machine run for about 5 minutes so that the ingredients mix well. Now put back on the kitchen counter and divide into 2 equal parts. The most traditional thing is to make Christmas cake as a big bowl, but I like to make them oblong more shaped like a loaf of bread. That's why I use loaf pans. Grease the loaf tins well and place a blank in each loaf tin. Let these now rise for another 45 minutes. Whisk together 1 egg and brush the Christmas cakes before they are baked. The Christmas cakes are baked at 200 degrees above and below. Bake on one of the bottom shelves in the oven. The Christmas cakes should be baked for about 30 minutes.

Take the Christmas cakes out of the loaf tin and leave to rest on a wire rack. Now they are ready and can be enjoyed. You store these best in a plastic bag. Then they have a shelf life of about 3-4 days. I freeze one loaf and serve the other with butter and goat's cheese. Good luck.

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



Virginia Viking

Mona Denton
3020 Watergate Lane
Virginia Beach, VA 23452