



SONS OF NORWAY

District 3

September, 2008

Third District Today

Fra Presidenten Ralph Peterson

Hei alle sammen!! It is hard to believe but as I write this note the summer has been here and gone. It just goes to show you one doesn't want to waste time, especially at my age.

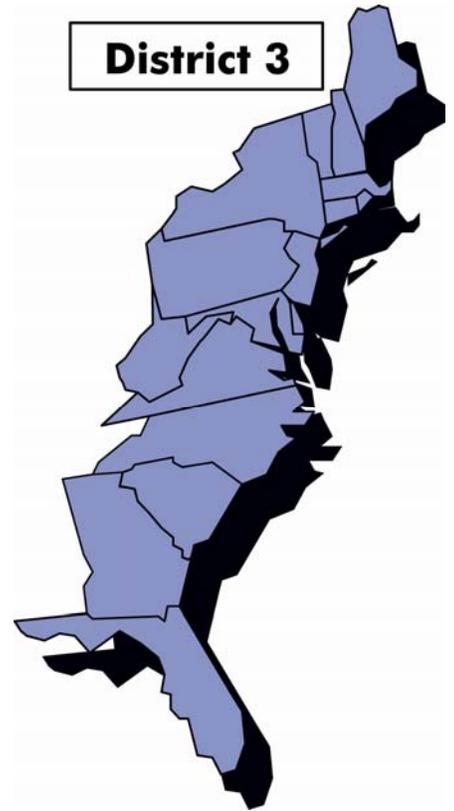
We had a great convention that included a large number of first time delegates in attendance. We also have several first time delegates that will attend the International convention. While our Local Lodges are the heart of our organization, those lodge members need to be aware of the matters that are handled on the District and International Lodge level. It is difficult to properly conduct this business if we don't have full participation from all members. This is why I think attendance at all conventions is so important. I was happy to see a high percentage of local lodges in attendance at our recent convention. Perhaps we can shoot for 100% attendance at our next convention.

The convention did make some significant changes in the makeup of your District Board. We now have a Cultural Director and a Publicity Director. By splitting up the duties, the applicable Board Members will be able to concentrate on each area. We have advised the Cultural Attaché at the Norwegian Embassy that our new position is available to assist them in locating venues along the East Coast for Norwegian artists and performers.

I spent 3 days at the Senior Youth camp and had a great time. Sister Evelyn has a great program set up for the children. We need to make sure that both weeks are full as well as our camp in Florida. Not only is it good for our children, but they also have fun and it is very inexpensive. It is not too early to be thinking about next year.

On my way to the camp, I spent an evening with Gene and Nalda Olson and attended the weekly Bondelandet ice cream social. It is another great way for members to get together and it requires little or no effort on your part.

I know that the signing of the gas lease at LOV was an exciting bit of news. The lease payment has been received and a significant portion of it is in a CD. We have not been contacted by the gas company since that event took place but there is a well that is being drilled in the area. We will keep you advised.



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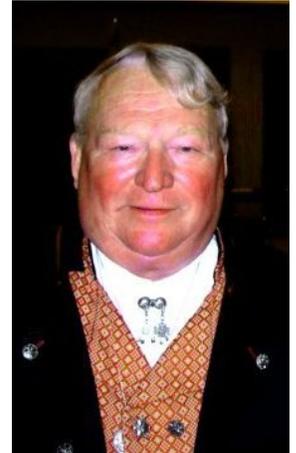
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As we head into the fall we need to help Sister Gail with our membership programs. We need to have membership tables at every event possible. We need to follow up on every name we can find. Call those members who have fallen behind in their dues. We cannot afford to lose any more members.

The International Convention is almost here as I write this column. Six members of our delegation will be arriving in San Diego on Sunday 24 August 19, 2008 so we can start work in the various committees Monday morning. Our International Delegate Audun Gythfeldt will also be on hand Monday as the International Board will be meeting daily prior to the actual start of activities on Wednesday.

I am very excited by the challenges and opportunities we have and I am looking forward to visiting with as many of you as I can in the next two years.

Med Vennlig Hilsen
Ralph Peterson
President



“News from the convention floor” That is, the International convention

(for continuing convention coverage refer to the last page)

25 August 2008 - 60th Biennial SON Convention; Marriott Hotel, San Diego California

Reported by Ralph Peterson

The convention started today at 9am with the 5 convention committees meeting with President Bill Forsberg and the International Board which included D3 International Director Audun Gythfeldt. District 3 was well represented with 4 committee members. Sandy Ginsberg-Garborg Lodge, John Gregg -Norumbega, Kathy Dollymore- Restauration and Ralph Peterson-Hampton Roads are serving on the committees. The various committees held meetings through the day.

There are several other D3 members on the scene as well; International Director elect Barbara Berntsen and husband Roy are enjoying the scenes of San Diego.

While all of the committees have specific jobs to accomplish the exchange of ideas (utveksling av ideer) between the committee members is amazing and vital for our order.

Many of the home office staff are on hand helping the local convention organization get the convention on track. After helping with the planning of the District Convention I can appreciate all the work that is being done.

The day's activities ended with a reception on the San Diego waterfront for the Delegates, International Board and members of the convention Committee.



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Fra Vise Presidenten Gail Ekloff



How do you make a new member, a member who attends meeting infrequently or a guest feel comfortable? Your GREETERS!

Have your Greeters at the door before the meeting starts to greet people as they enter the meeting hall and give them a NAME TAG. If your lodge doesn't have any, ask one of your gifted members to volunteer to make some - the computer can do some amazing things. Or, have the children in your Barne Norsk group make some for the lodge. Or, in a pinch, you can use the "Hello, I am _____" stick on ones you get at the office supply store. Try to use them at all your meetings; this makes everyone feel like they are part of the lodge.

Name tags are particularly helpful at an initiation of new members -- they are great ice breakers. Speaking of initiations, does your lodge set aside a specific time throughout the year to have an initiation ceremony at a meeting? With the New Year approaching and the lodge calendars being made, maybe this would be a good time to incorporate your initiations into your lodge's meeting schedule. Two to four times a year would be great. (If, at the designated meeting, there are no new members, no initiations will be held that night.) Having it on the lodge's calendar makes it nice for the lodge members and the Secretary. They'll know in advance when new members will be joining the lodge so they can be sure to attend. And the new member is notified in advance of the date and can be welcomed in a big way!

Better yet, if there are a good number of new members, why not have an open meeting or social after the initiation ceremony, and let the new members invite friends and family to the event. This is a good way for your lodge to spread the word on Sons of Norway. You never know, maybe that friend or family member could be your lodge's next new member.

Alt for denna ganeg,
Gail

BROTHERS AND SISTERS-----NEED HELP!!!!

The District is trying to compile a list of Scandinavian Festivals or Fairs within the District. Do you know of any? Please forward the Title of the event, the date, and any contain information you might have to: Gail Ekloff, 4061 Fall Clove Road, Delancey, NY 13752 or email: rege882@catskill.net. MANGE TAKK



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Financial News

By Sverre Aasgaarden, Financial Benefits Counselor

Sons of Norway has a new annuity product called Single Premium Deferred Annuity (SPDA). The SPDA offers you the same benefits as the Fixed Premium Deferred Annuity (FPDA) but with some great additional features. Like the FPDA our new SPDA product has the same guarantees of principle, minimum interest rate, lifetime of income and tax deferred interest accumulation. However, unlike the FPDA the SPDA enjoys a shorter surrender charge period, higher interest rates and the potential for higher first year interest bonus.

SPDA INTEREST RATES

Deposit	First Year Rate of Return
\$10,000-\$24,999	*5.25%
\$25,000-\$49,999	*5.45%
\$50,000-\$99,999	*5.70%
\$100,000-\$249,999	*6.05%
\$250,000+	*6.55%

*Rates above reflect first year bonuses from 1.25% to 2.00%. In Oregon the first year bonus is 1%.

To learn more about the SPDA and any other products Sons of Norway offers please contact one of the Financial Benefit Counselors listed at the end of the newsletter.

Leadership News

By Kenneth Johnson, Leadership Phase III trainer/coordinator, Third District

Leadership Phase III Introduction - MEMBERSHIP

During the spring of this year the third phase of Leadership Training was introduced to all of Sons of Norway membership via the Home Office. The International Board and subsequently the Districts passed it on to their District Officers and ultimately to the membership of their local lodges.

"...membership is everyone's job in Sons of Norway."

Here in the Third District it was discussed at the spring board meeting and most recently at the Third District Convention where individual lodge delegates were given a brief leadership report on Phase I and the more compressive Phase II. At the conclusion of this report all were informed of the roll out of Phase III starting in the summer/fall of 2008.

Because the Phase III message is membership, the target audience is every lodge of the entire Third District. The rational is that membership is everyone's job in Sons of Norway.

Unlike the presentation of Phase I & II, Phase III will be presented to every lodge in the District in one of two formats. The preferred method will be a scheduled +/- three hour session outside the normal lodge business meeting, preferably on a Saturday morning.



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However, an option of a one hour condensed version is available for presentation during a regular lodge meeting. Although this session will cover the same material, it will not really allow for in-depth member interaction and discussion. This abbreviated session should therefore be used as a last resort to present the information to the lodge members.

Another option in support of the three hour session would be a combined session of two or three lodges that would offer not only the training benefit but also the fraternalism that Sons of Norway stands for.

To date all eleven District trainers have been identified and they are either seeking lodge requests or are currently accepting invitations for them to visit. They are:

Zone 1

Barbara. Berntsen, Garborg Lodge
10 Pershing Avenue, Valley Stream, NY,
11581-2910 516.791.3983
bberntsen@aol.com

Kenneth Johnson, Henrik Ibsen Lodge
3 Derry Street, Patchogue, NY 11772
631.289.3580
kgjohnson@optonline.net

Zone 2

John Gregg, Norumbega Lodge
113 Oakley Road, Belmont, MA 02478-2758
617.484.5748
trollbu@earthlink.net

Zone 3 (see Zone 6)

Zone 4

Arnold Johnsen, Hudson Valley Lodge
34 Bluestone Park Road, Saugerties, NY
12477-4400 845.246.8912
johnsens@hvc.rr.com

Zone 5

George Teigland, Gateway to Florida Lodge
10760 Karen Gale Lane, Jacksonville, FL
32225-2928 904.641.7796
z5alive@bellsouth.net

John and Aud-Helen Hlivyak, Tampa Bay
Lodge
2434 Anchor Avenue, Spring Hill, FL 34608
352.666.5651
Skrangla@aol.com

Carol Anderson, Suncoast Lodge
1062 Charles Street, Clearwater, FL 33755-
1008 727.461.7746
carolnphil@juno.com

Zone 6

Doris Beck, Fredriksten Lodge
1716 Holmes Road, Maple Glen, PA
19002-3111 215.542.7374
dlb1716@verizon.net

Karen Doty, Washington Lodge
7720 14th Street NW, Washington, DC
20014-1404 202.465.2417
kmdoty@comcast.com

Ardis Morton, Washington Lodge
9224 Meredith Drive, Vienna, VA
22180-6121 703.281.3463
ardismorton@aol.com

Most importantly

Third District Members, please react to this value added membership benefit session request and add it to your Lodges fall agenda of things to do.



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To date the trainers have scheduled the following Lodges.

Zone 2

(John Gregg)

- Hartford Lodge, September 14, 2008 **1 Hour Session**
- Morgensolen Lodge, September 21, 2008 **1 Hour Session**
- Maine Nordmenn Lodge, October 2, 2008 **1 Hour Session**
- Norumbega Lodge, October 3, 2008 **1 Hour Session**

Zone 5

(Carol Andersen)

- Sun Viking, August 15, 2008 **1 Hour Session**

(John and Aud-Helen)

- Gateway to Florida, August 9, 2008
- Sun Coast, September 19, 2008
- Port Orange, September 26, 2008

(George Teigland)

- Lauderdale, September 20, 2008
- Leif Erikson Regatta, October 11, 2008

Zone 6

(Barbara Berntsen)

- Southern Star, during the 3/D Golf Tournament weekend

That's eleven sessions either completed or planned for the early fall.

Contact your Zone Phase III trainer now!

In order to ensure that every member knows of, and understands Leadership Phase III, individual letters with this same message are being sent to each lodge so it may be discussed at their September business meeting.

Charitable Trust

By Louis O. Olsen, M.D., Counselor

THE CHARITABLE TRUST – A brief history

On December 14, 1971, Jan H. Henriksen, President, District Lodge No. 3, Sons of Norway, along with Edmond J. Trabulsy, Sigvald Andersen and Frank C. Monnick, established the District Lodge No. 3, Sons of Norway Charitable Trust.

This Trust was, "to provide elderly, indigent and infirm persons with subsistence and those services essential to their physical, social and psychological well being". Its funding was to be in the form of grants, contributions, donations and receipts from estates. Such funds were to be



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invested in appropriate portfolio offerings that would assure the protection and longevity of them.

This document and funding have prevailed for the past 36 years. Monthly funds have been paid to deserving Sons of Norway members without interruption since then. It has truly met the intended goals of the vision of the 3rd District members and founders. The recipients have ranged from Maine to Florida, wherever our members are. They must have been members of a lodge for at least 5 years, be recommended by a member and complete forms of application. These are reviewed by the Trustees of the Third District board --The President, Vice President, Counselor and Treasurer. The Counselor is the Trustee who serves as the manager of the fund handling the letters, recommendations and applications; conferring with the portfolio managers; communicating with the recipients; and reporting to the board. The beneficiaries are known only to these 4 board members.

This may sound very formal, and the document and implementation is, of necessity. But, I will tell you that communicating monthly with the beneficiaries via letters accompanying their checks is a highly personal one. Their expression of appreciation and gratitude is heartwarming. Their personal accounts of their individual, private lives, conditions and infirmities would touch the hearts of any one of you. And I can say without reservation, those who have served as Counselors have been deeply touched by these people. And you, the Brothers and Sisters of the 3rd District of the Sons of Norway have every right to be immensely proud that through this trust and your officers, every month you provide a measurable amount of good will and ray of hope into their lives. They do not feel forgotten.

Foundation News

by Cindy Olson, Director Sons of Norway Foundation

The Sons of Norway Foundation has three major focuses – Scholarships, Grants and the Humanitarian Fund. From 2006-2008, the Foundation gave away \$144,182 in scholarships and \$82,000 plus in grants for a total of \$225,339!!!

Two new features have been added to the Foundation section of the Sons of Norway website. First, you are now able to see a complete listing of the 2008 grants awarded by individual grant category. Go to www.sonsofnorway.com, click on foundation, then, click on grants and 2008 recipients. This feature has been available for the scholarship recipients for the past few years. Secondly, the Foundation annual reports are now included on the foundation section as drop down choices. The 2008 annual report will be up on the web to view in time for international convention in August.

The Foundation is continually working to improve the information available to members. These two improvements will keep you up to date on Foundation activities.

“Sons of Norway cares about each and every member. It is the true meaning of fraternal. Our Foundation stands ready to offer assistance in these times of natural disaster to help our members with their recovery.”



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The work of the Foundation was shown in a very timely manner regarding the Iowa floods. The following letter was received from Minneapolis.

“The Sons of Norway Foundation has been called upon to help three Sons of Norway families who were affected by the June floods in Iowa. Members from Restauration 1-548, Cedar Rapids, Iowa, Solglimt 1-547, Cedar Rapids, Iowa and Marsteinen 1-596, Des Moines, Iowa were impacted. Our Humanitarian Fund offers "Helping Hands to Member" Grants for \$750 for current members who lose their homes to natural disasters. These three families were displaced from their homes during the severe June flooding. The photos that were sent to me show the devastation such an event can cause. It is truly heartbreaking.

All three families are setting about the task of rebuilding their lives and homes and have very positive outlooks. They are remarkable people. The grant recipients all want me to pass on their sincere thank you's for your support both financially and for your well wishes.

Sons of Norway cares about each and every member. It is the true meaning of fraternal. Our Foundation stands ready to offer assistance in these times of natural disaster to help our members with their recovery. You, our Sons of Norway family, through your generous donations to the Sons of Norway Foundation Humanitarian Fund, have made this assistance possible. “

Scholarship winners

Congratulations to Third District scholarship winners:

- ❖ Amanda Lund received the Nancy Lorraine Jensen Memorial Scholarship and
- ❖ Kate Gaustad received the Astrid Cates Scholarship

Grants

Grants were awarded as follows:

- ❖ Loyal Lodge for their Little Vikings Heritage Club
- ❖ Fram Lodge for conversion of VHS to DVD
- ❖ Norden Lodge for the Children's Heritage Fest

In addition, the NYC Opera House Society received a grant for a Norwegian Christmas tour and Roland's College received a grant for Grieg recordings for National Public Radio.

Publicity

by Mary Andersen

New Look – as you can see we have a new look. The new format will continue the great information that was provided in previous editions of TDT as well as to reformat it into what will hopefully become both a marketing tool and informational material for current and prospective members. The new format will evolve and continue to change over time.



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Managing Expectations - as I begin my role as Publicity Director I thought it might be wise to manage expectations in a very visible and popular area – The Viking photos. You may think that we have 48 photo opportunities over a two year period, but, not really. My understanding is that the October issue is reserved for Scholarship winners (subtract 4) and this year, the December issue is reserved for the convention (subtract 4) that leaves us with 40 photo opportunities over two years for 52 lodges! Some of our lodges are loaded with shutterbugs while others appear to be camera shy. I have reviewed the past 15 issues of The Viking to get some idea of how the photos were distributed and while you may disagree, the photos were spread over quite a number of lodges (if you would like a copy of the excel spreadsheet, email me at publicity@sofn3d.org) - nice job Karen! There were also a number of group pictures with multiple lodges represented. That said, there were lodges with no pictures published. Over the coming two years I will try to do what has been done in the past, which is, spread the wealth among as many lodges as possible, but I will need pictures! Ideally, it would be great if, each month, we could have a picture from each geographical area of our district (Northeast, Middle Atlantic and South) as well as a group shot or special event shot (Ski for Light, Youth Camp etc.). Keep the pictures coming; please don't be discouraged if your picture doesn't make it into The Viking; if they don't make it into the Viking, we will try to get them into TDT or posted to our website. To those lodges who haven't submitted a picture lately, please do! Please submit your pictures to publicity@sofn3d.org and describe the event and identify the participants! Thanks in advance.

An Important Reminder Regarding Privacy

You may have received this message at the beginning of this year, but it is worth repeating.

1. Honor a request to keep information private. If a member indicates that they do not want their contact information published, the request must be honored. Further, a communication strategy must be developed to ensure that the entire organization is honoring the request. Thus, if a local lodge officer receives such a request, it must be communicated to headquarters and the district.
2. Use contact information for official purposes only; published member information is for Sons of Norway purposes only. Warning language accompanying the publications (website, yearbooks, directories, etc.) will serve as an additional reminder.
3. Privacy warning language. When we publish information, there is a chance those outside the organization may view it. If so, they must be reminded that the information is published for Sons of Norway purposes only and not available for other use, such as commercial use. Likewise, our general membership should be reminded of the same. There is no magic to the terminology. You are free to draft whatever conveys the message. Language we have used is as follows:

"The following contact information is published for Sons of Norway purposes only. Use for any other purpose is strictly prohibited."

"This information is for official Sons of Norway business use only. Use of this information for solicitation or commercial purposes is a violation of the Sons of Norway privacy policy and is strictly prohibited."



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4. Added privacy concerns for minors. With respect to minors, federal laws apply to the online publication of ANY contact information (picture, address, email, and phone) of a minor under age 13. In essence, the law requires parental consent prior to such a publication. While the law only applies to online publication, lodges should always be careful in publishing minor information without knowledge and consent of a parent.

In sum, there is no need to suggest that contact information not be published unless there is a specific request or lack of parental consent. The primary objective is to create a general awareness within the organization that the information published is for membership purposes only. Further, this awareness is of particular importance to those responsible for web sites. Special care must be given before scanning newsletters or directories and posting them on the web.

What's **LOV** got to do with us?

HOW ABOUT A GETAWAY?

By Kenneth Fagerheim, LOV Chairman of the Board

We in the Third District are most fortunate to have our very own property in the northeast corner of Pennsylvania. The Land of Vikings makes for a great place for a summer camp and is used as such each summer. In the winter, the area is a great one for winter sports. It is not far from the Delaware River, which can be used for fishing, kayaking and the like.

In the largest building onsite, we have ample rooms for lodges to schedule overnight or weekend stays. Meals can be served in our spacious dining room. There are rooms available also for playing games, socializing or just hanging out at the bar.

If we look at the reasons why any of us joined the Sons of Norway, we see mention of things related to cultural heritage and understanding our roots. However, one of the related benefits we obtain from being an active part of the organization is found in the enjoyment of being with people who have similar interests. The fellowship of our membership becomes an important part of the reason why we come to meetings and renew our memberships.

If your lodge can schedule a weekend at LOV, you will find that you will grow together in greater appreciation of the heritage we share as well as deepen the friendships that are begun in our local lodge meetings. We realize that Sherman, PA is far away for many of our lodges. However, you may find that the benefits of being together and sharing activities over several days are well worth it! The rates are quite reasonable and LOV is waiting for you!

LOV Scrapbooking weekend

Martha Williams, Oslo Lodge, Doris Beck, Fredriksten Lodge, Karin McCadam, Oslo Lodge, Kate Remillard and Amy Raimy of Oslo Lodge are seen planning their work and then the final product – you go girls!!



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LOV Youth Camp

By Evelyn Karpack

Each year we have a Youth camp which is divided by age into two groups; one group is for children aged 8-11 and the other group is for our 12-15 year olds. We take children who are affiliated with Sons of Norway but we do open it to non members as long as we have the room. We usually have 10 or 11 counselors each year. We are all volunteers and we do everything from cooking, cleaning and of course, keeping an eye on the kids. The counselors are critical to the success of the camp; our counselors teach the various classes in the morning, lead hikes in the afternoons and evenings and help out with the cooking, cleaning as well as planning and leading activities.

This year we had 30 campers in the older group and 34 in the younger group. We were short of counselors so everyone had to work doubly hard. Our camper's days are action packed: we have various classes in the morning covering language, hardanger, rosemaling, wood working and archery.

One day each week, we go to Oquagua Creek state park (about 15 miles from LOV) to go canoeing and swimming; we make a picnic out of it.

On the days we are at LOV, the campers either have games, hikes or can swim in the pool. The younger group uses the pool more than the older ones who are more into socializing with their friends from previous years.

The campers who cannot return next year because they will be 16 all want to come back as counselors. They even threaten that they are going to bring tents and camp out in back of the lodge. Of course this won't happen but it makes us realize how much they enjoy the camp; they don't want to give it up when they are too old to return. Many of the campers keep in contact after camp is over. ***I am hoping that the zone directors can help me with counselors next year.***



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*A bunch of
happy
campers!*



Scandinavian Flat Plane carving classes at LOV

Submitted by Carl Johnsen

Want to start a new hobby and learn about carving some caricatures, Yule Nissans, or some Santa's? Twice a year at LOV, there is an up to 5 day course available to learn about Scandinavian flat plane carving. In your first 5 days, you can learn to carve a face and go home with a couple of finished pieces! Tools and supplies can be purchased there from the instructor Joel Hull. While the class is going on, there also is a rosemaling class being taught as well, so many have a partner in the other class. The cost of the class is only \$20 a day (not including supplies or tools), plus the lodging at LOV. Joel Hull is a retired teacher; graduate of Lehigh University and a student of Harley Refsal since 1991. He teaches adult education classes at Suffolk Community College and seminars at the Fletcher Farm School in VT. Joel is the recipient of the Gold Medal of Excellence in Woodcarving at Vesterheim, the Norwegian Museum in Decorah, Iowa. He is President of his local woodcarver's club and writes for Woodcarving Illustrated Magazine.

The next week of classes is from October 13th to the 17th, with arrival Sunday afternoon or evening on the 12th. Come on out and join us!! Contact LOV directly at (570) 461-3500 or call Carl Andersen of Nor-Bu lodge for more information at (973)-328-0393



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Sports/Social

By Phil Nelson

THE ZONE SPORTS MEDAL CHALLENGE

Introducing the first zone sports medal challenge! Bronze, silver, gold or enamel medals will be awarded.

Here's how it works:

1. Each zone in the 3rd district will compete against each other.
2. The object is for each member of each lodge to start the sports medal program..... NOW!
3. This annual program will be from June 1st 2008 - May 31st 2009 and also June 1st 2009- May 31st 2010 and the winning zone for each year will be announced at the 2010 convention in June.
4. The awards for each zone will be on a per capita basis...in other words number of medals divided by the number of members in the zone (based on the most recent 3-D directory). In other words if there are 27 medals earned in a zone of 550 members (27 divided by 550=.049 or 4.9%). The highest percentage wins. The awards will be provided by the third district and have not yet been determined. Just start moving now!

Remember, this is by ZONE and possibly it will bring zones together and work and/or socialize with each other giving strength and comradery to the district....use your imagination. The Zone director will get the award and distribute within the zone as he or she sees fit.

Zone directors have enough work to do so I will not ask them to police it but I am asking them to announce and introduce it to the presidents and/or sports directors of each lodge in your zone and have them send the medal forms to Phil Nelsen, 3D Sports Director, not the zone director.

They can fax it, e-mail it or snail mail it; Fax number is the same as my home phone, 727-461-7746.

Cultural

By Karen Ladderud Doty

"There's something for everyone, of any age."

Has Your Lodge Experienced the Sons of Norway Cultural Skills Program?

Is your lodge participating in the Sons of Norway cultural skills program? Given that most new members join because they want to learn more about Norwegian heritage and their own family heritage, it just makes good sense.





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There's something for everyone, of any age. There's language, genealogy, knitting and needlework and various styles of carving. There's literature, music and dancing and even stamp collecting. And for those who enjoy eating Norwegian delicacies, there is cooking.

It's fun in the midst of some serious learning! And there are special categories tailored for youth.

It's non-competitive. Members can participate individually or in groups. When certain steps are completed and attested, there is a medal to celebrate the accomplishment.

Check out the details of the Cultural Skills program.

- Log on to the SofN.com using the "Members Login" tab.
- Click on "Lodge Programming"
- Click on "Cultural Skills"

Be creative --

- One member submitted a plan for earning medals in Reading Norwegian and Norwegian-American Authors, and has completed all three levels this summer.
- One member has set a goal of one level medal per year and has completed two to date.
- One member has researched portions of his family back to the 15th century; when he finishes his documentation, he will have earned 3 medals in Genealogy and he is already mentoring others.
- Washington Lodge held a cookie baking day. Ten people participated and created lots of coffee break cookies for the recent District 3 convention. All participants took a step towards a medal in Traditional Norwegian Cooking, and Convention delegates attested to the results.

Questions?

- Email Cultural@sofn3d.org.



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“In the Zone”

This is a new section in the Third District Today where periodically you will read about area happenings “in the zone”. This month we start with a few words from the Zone Directors.

Zone 1

By Kris Rasmussen, Zone 1 Director

Zone 1 is quite busy this fall and early winter and I hope to be able to attend as many of the varied and various events as I can. The Zone delegates will hold their first meeting September 17th to begin planning for the upcoming years events. The Zone’s 17th annual *Dave Morris*

Orienteering Challenge will be held November 8th from 11 – 3 at Sunken Meadow State Park. **Norden** will be hosting their annual “Night on the Town”, a dinner theater event on November 9th. They are seeing a local production of *Evita* with dinner afterward. **Loyal** is holding their annual Scandinavian Bazaar on November 8th and the **St. James Lutheran Church** also holds their Christmas bazaar on the same date two blocks away. The third weekend in November is when the **Norwegian** and **Swedish Seaman’s** churches in NYC hold their annual Julebasar (Christmas Fair), so stock up early on your Christmas goodies through these various events! I hope to share some glögg with you at one of the various Juletreffets (12/6 **Loyal**, 12/12 **Norge**) or lodge meetings that will be offered later in the early winter. See you soon!

Zone 2

By Judi Mack, Zone 2 Director

Zone 2 lodges are looking forward to an active Fall. Two lodges are scheduled for Leadership Training. New Englanders looking for their Scandinavian items will be headed to Norumbega Lodge’s Scandinavian Fair, November 15, 2008, in Acton, MA. The highlight of the summer has been Maine Nordmenn Lodge’s Hummer Fest. Over four lodges and two countries were represented at this annual festive event!



The Lobsters are brought up from the dock... get ready for the pot.....get ready for the table!



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Zone 3

by Joan McKillop, Zone 3 Director

Zone 3 Lodges have lots of plans and we hope to report on them in the near future. In the meantime, one very important item to be celebrated in early September is the Lifetime Achievement Award to be presented by Barbara Berntsen at Noreg Lodge to Cliff Sjusen, who has devoted many years of active membership to Noreg and to Sons of Norway. Cliff is respected and beloved by all who know him!

Zone 4

by Arnie Johnsen, Zone 4 Director

July 26, Zone 4 held its annual picnic at Hudson Valley's property (Elvedal) in Saugerties. In conjunction with the picnic the Zone meeting was held with attendance of 5 of our 7 of our upstate New York lodges. Hudson Valley has hosted the annual picnic at Elvedal for about 25 years. In addition to about 60 picnickers, we also had about 12 daring souls that camped for the weekend in the heaviest rain and powerful thunder storms that I can ever remember being in. Those Viking campers certainly proved they can handle anything, after that camping session.

Fall is coming and lodges will be getting back to full swing shortly. In the near future we will be starting the Phrase 3 leadership training around the Zone. Hopefully all Lodges will participate. We are never too old to learn.

November 22nd Norrona Lodge will be celebrating their 50th Anniversary with a dinner dance. Information on that event should be coming from Norrona shortly.

Zone 5

By Carol Anderson, Zone 5 Director

Assistant Zone Director, Gail Martinsen, and I have a full schedule visiting lodges in the upcoming months. Gail will attend Gulfstream's meeting on September 7 and I will be visiting Southern Star in Myrtle Beach on September 14 and Space Coast Lodge on September 21st.

On Saturday, September 27th Tampa Bay Lodge will play host to the Florida Bay Area Interlodge Picnic. This will mark the seventh year in which Sarasota, Suncoast, SunViking and Tampa lodges have come together to enjoy great food, games, lots of fun and camaraderie. This year's picnic will be held in Tampa at Lowry Park. The host lodge provides the dogs, burgers and trimmings while the other lodges bring the salads, veggies and desserts. Who could ask for anything more.

To members in Zone 5, October means Leif Erikson Weekend hosted by Gulfstream Lodge. This year's event will be held Friday evening thru Sunday afternoon, October 10, 11 and 12 at Port St. Lucie, Florida. There will be a Zone 5 delegates meeting Saturday morning, lounging in the afternoon, culminating with a dinner dance in the evening. **Sverre Risdal of Norway** will be the entertainment for Saturday night! He plays Gammelddans (Norwegian old fashioned dance music) as well as American standards, country western, and other toe-tapping fun songs and dances.



SONS OF NORWAY

Sunday morning the Viking boats will start arriving at Jensen Beach for the annual Regatta. While cheering on the boat crews, you will also find Scandinavian arts and crafts for sale, look for the famous "hot dog lady" and if you arrive early enough you'll be able to buy a bowl of lapskaus. October in Florida is a beautiful time of year so come for the week-end or just for a day. For more information, contact Charlie Nilsen at (772) 223-5333 or Jay & Lindy Wise at (772) 466-1275.

Zone 6

By Kathy Dollymore, District 6 Zone Director

The Lodges of Zone 6 have a great year planned ahead what with new lodge installations (North Carolina) and anniversaries (Washington-65th). Many of the lodges are planning "Welcome back from Summer" parties for their September meetings. This is the perfect opportunity to share and for those children who have attended LOV Youth Camp to let their home lodge know what a great place and fine opportunity for heritage in LOV. In October a crew from the Viking Ship "Norsman" will be visiting Restauration to speak about artifacts and the life of the Vikings. All of the lodges have returned from the District Convention with reports and have hit the ground running with the excitement of a new day, and new experiences. Let the games begin. And just in case you are in Washington D.C, the Foot-Notes of Decorah are coming to Washington, DC! The Foot-Notes, famous for its rousing and inspiring Norwegian American Old-Time Dance Music will be performing twice in Washington, DC in September. Please come to one or both performances and introduce your families to this great Decorah tradition. On Monday, September 1, from 6:30-8:30 p.m. they'll be playing for a dance at St. Stephens Episcopal Church located at 1525 Newton Street, NW (closest metro is Columbia Heights, green line). For directions to the church, go to <http://www.saintstephensdc.org/directions.html>. Suggested donation is \$5/person. . On Tuesday, September 2 at 6:00 p.m., the band will perform a free concert on the Millennium Stage at The Kennedy=2 0Center. See <http://www.kennedy-center.org/programs/millennium/schedule.html> for more information.



SONS OF NORWAY

Upcoming Events

September

6th Bernt Balchen September 6 Annual Scandinavian Craft Fair at Central Vol. Fire Hall

6th Norumbega-Talent Show and Welcome Back Cookout

11th Restauration –“Welcome Back From Summer” Spaghetti Dinner \$15 per person

10th-13th Gateway to Florida - District 3 Golf Tournament

14th – Hudson Valley, Soup Day, close Elvedal; 1 pm

14th Norsk Carolina Installation of Officers, Holy Trinity Lutheran Church Fellowship Hall

18th - Bernt Balchen Brothers Night” Lodge meeting at Fire Hall

19th – Bondelandet – presentation regarding the Coat of Arms of Norwegian counties.

19th - Hampton Roads Potluck Membership Meeting 6:30 at Bayside Presbyterian

26th-28th Restauration –LOV weekend

27th Tampa Bay Lodge – inter Lodge picnic for Sarasota, Sun Coast, Sun Viking and Tampa Bay Lodges; Lowry Park, Shelter #118, Tampa Bay

October

10, 11, 12 Gulfstream hosts Leif Erikson Regatta , Jensen Beach, FL

10th Restauration –Leif Erickson Program

11th – Oslo Lodge Tentative Date for our Membership Dinner.

11th – Hudson Valley Leif Ericsson Dinner at Maennerchor 7pm; new member initiation.

11th Norsk Carolina Woodcarving; Holy Trinity Lutheran Church Fellowship Hall

13th-17th LOV - Rosemaling and Scandinavian Flat plane Carving classes –Contact LOV directly

17th – Bondelandet Lodge -the Society of Creative Anachronism (SCA) who will give a presentation on the skills of Viking Women in the Middle Ages

November

2nd- 11:00 - Zone 4 Meeting at LOV.

2nd Fram Polse Dinner

8th – Oslo Lodge Tentative Date for Focus on Iceland.

8th Hudson Valley Men’s Night at Maennerchor, 7 pm

8th Loyal Lodge Scandinavian Bazaar

8th Hampton Roads Christmas Bazaar, Francis Asbury United Methodist Church

8th Norsk Carolina will have a booth at the ScanFest in downtown Charlotte

8th Loyal Orienteering Challenge at Sunken Meadow State Park

9th Norden – “Night on the Town” dinner theater

14th Restauration – Show and Tell – Norwegian crafts shown/discussed

15th Gateway to Florida Trip to IKEA

15th Norumbega – Scandinavian Fair

22nd Norrona 50th Anniversary at Marriot Hotel, Park Ridge, NJ

December

5th – 7th 30th Anniversary of LOV

6th Hampton Roads bus trip to Raleigh for Scandinavian Christmas Festival

6th Loyal Lodge Juletrefest

7th – Oslo Lodge Juletre Fest. Come bring in the holidays the Nordic way by celebrating all Nordic cultures.

7th Restauration – Juletrefest at Springhaven Country Club, Wallingford

12th Norge Juletrefest

13th Hudson Valley Christmas Party at Maennerchor

13th Norsk Carolina Jule Dinner and Festival with Juletre

13th Hampton Roads Christmas Party/Dinner at 67th Street Officers Club

14th Hudson Valley Children’s Christmas Party at Maennerchor



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Financial Benefit Counselors

To learn more about the SPDA and any other products Sons of Norway offers please contact one of the following Financial Benefit Counselors listed below that is nearest to you:

Sverre Aasgaarden
115 Mast Hope Avenue
Lackawaxen, PA 18435
Phone: 800-314-2955 or 570-685-1197
Email: aasgaarden@cs.com

Helge Aursland
PO Box 369
Jensen Beach, FL 34958-0369
Phone: 800-274-3543 or 772-334-0201
Email: helgeaursland@comcast.net

Gene Bartow
62C South 2nd Street
Deer Park, NY 11729
Phone: 631-242-4745
Email: dgbar@msn.com

Hans Christensen
52 Harding Road
Lexington, MA 02420
Phone: 781-860-0519 or 978-282-0059
Email: christh2001@yahoo.com

Pat Casey
71-14 Myrtle Avenue
Glendale, NY 11385
Phone: 718-456-8646 or 516-354-2171
Email: pat@hughesassocinsur.com

Jack Falcone
453 Plainfield Avenue
Berkeley Heights, NJ 07922
Phone: 908-464-2060 or 908-358-8463
Email: jackfalcone@yahoo.com

Norm Hines
3720 Farragut Avenue S-405
Kensington, MD 20895
Phone: 301-933-7960
Email: nrhines@msn.com

David and Karen Hollowell
2100 5th Avenue North
St. Petersburg, FL 33713
Phone: Karen: 727-827-9307
David: 727-384-0096
Email: Karen: karen@kchollowell.com
David: dave@insunderwriters.com



SONS OF NORWAY

News from the International Convention as reported by our field reporters

August 27th dispatch by Ralph Peterson

The convention's second day consisted of more committee meetings and the meeting of the International Board of Directors. More delegates and non-delegates continued to arrive. The members were on their own for the evening.

On Wednesday the meetings continued with the results of the meetings being sent to the "office" for formatting and to be placed in the correct order for presentation. The information will be shown on a screen during the delegate sessions. The bulk of the delegates arrived today. The majority of the D3 delegates were in place by noon. The D3 resolutions regarding International Director Term Limits and Mission Statement Changes are causing a lot of discussion. They probably will not be approved in committee but the Mission Statement Change has a chance to pass on the floor. No new names are being mentioned as a candidate for International Office as of noon today. That doesn't mean someone won't enter the races later.

D3 adventures Roy Berntsen, Ken Johnson and John Gregg went deep sea fishing and actually caught some fish!

The opening ceremonies were held at 4 pm today followed by a luau for the attendees. The ceremonies were very impressive and included a crack Marine Corps color guard and the San Diego Marine Corps Band. The music was exceptional. The luau featured a Polynesian dance group which was a great hit. Of course there was participation by the crowd and I hold the blackmail pictures. D3 was well represented on the stage but I don't think any of our delegates are considering a career as a Polynesian dancer.

It has been very nice meeting old friends from across the country, Canada and Norway and meeting new friends. The exchange of ideas is always a delight and very useful.

I attended a meeting of the District Presidents, CEO Lund, Corporate Attorney Ness and the Fraternal Director Eivind Heidberg. It was a very informative meeting where all had a chance to discuss problems that were of concern to the attendees. We can expect a clarification on internet security that will be less restrictive than suggested before and a status report on 990 reporting in the very near future.

At 8:30 am tomorrow all the preliminaries are over and the convention starts in earnest.

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