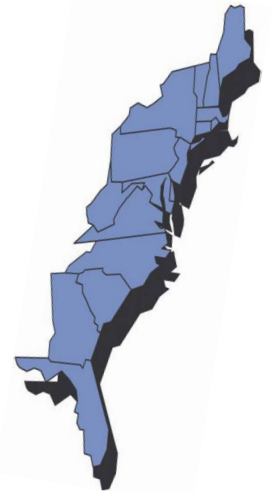




SONS OF NORWAY

3D



Third District Today 2020 Volume 2

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

[Fra Presidenten, Kathy Dollymore](#)

May 2020 and more!!

Hello District 3 Members.



Peace and strength in the days ahead During these unprecedented times, I worry about my loved ones, hoping my children and grandchildren remain healthy and safe. I worry about my daughter who risks contracting COVID-19 while working long hours as a health care professional in an effort to help as many residents, neighbors and strangers as possible. I also worry about my friends and neighbors who have been laid off. My granddaughter as a small business owner. My son who teaches and his worry over his students. My second son who is in an essential business and is out in the public daily. I worry about my lodge members knowing the age of most of our membership and how older adults may be particularly susceptible to the respiratory illness.

If we continue to shelter in place and stay at home, we can help lessen the spread of this terrible virus. It's not easy, but I'm trying hard to remember patience is a virtue. I try to remind myself, these days filled with uncertainty and stress, will eventually pass. In the coming weeks or months, life will return to normal. We'll not forget these times, but better days will return. We'll have regular lodge meetings again, we'll have special programs again, we'll meet with each other outside our meetings for lunch or events, we'll remember those who were the frontline hero's keeping us safe. And we will not forget any whom we've lost.

The 8th of May is Liberation Day, marking the end of Norway's occupation during World War II. Liberation Day, known in Norwegian as **Frigjøringsdagen**, is marked every year in Norway on the 8th of May. It is known in some other European countries including the United Kingdom as Victory in Europe Day, or VE Day. It marks the anniversary of the day when Nazi Germany forces withdrew from Norway and the war came to an end. The occupation had begun on 9 April 1940, so Norway had been occupied for more than five years. Think of that 5 years!! On that day in 1945, the people of Norway took to the streets to celebrate their long-awaited freedom. In the following days, soldiers and POWs returned home, and the celebrations continued. The celebrations reached their peak when King Haakon returned home to Oslo on the 7th of June.

Can we learn from our forefathers about resilience, those inner strengths of mind and character— both inborn and developed— that enable us to respond well to adversity, including the capacities to prevent stress- related conditions, such as depression or anxiety, or their recurrence; recover faster and more completely from stress and stress- related conditions; and optimize mental fitness and functioning in the various areas of life. It's just as important to care for your emotional needs as the physical ones! Can we see the blessings that we have in light of the hardships we've been dealing with? My fervent hope is that we can. Take nothing for granted. Take care of each other. And Take care of yourself – physically, emotionally and even spiritually.

Faternally, Kathy

April 2020

I count my lucky stars every day that I can say I am part of such a wonderful, supportive, and caring organization! Usually, when something disrupts the everyday norm in society, our District comes together and leans on one another. We have faced things TOGETHER. Our members have supported one another and "rallied the community troops" to care for one another in times of personal struggles. The only difference this time is we have to do all this from a safe distance away; ideally from the safety of our own homes. Being quarantined/ isolated can be stressful and lonely, whether you live alone or have a household of family members.

We have been put through the wringer with this COD-19 Virus and it may not be over yet. My major concern is for everyone to stay safe and healthy. My daughter works in a major hospital as a medical technician scientist and my granddaughter is a self-employed small business owner. Everyone has been affected. Just be kind and patient and pray for those who are not so lucky as we are.

When I am stressed and I feel like I have no control over the world around me, I try to do something creative. Whether I paint, embroider, knit, or reorganize my closets/books/computer files, I find something that focuses me on a fun task and I discover that I'm not worrying about today, tomorrow, or yesterday. Creative moments can, and do, help you to focus and unwind. It doesn't have to be painting a masterpiece or knitting a sweater; it could be something as simple as doodling using simple pen and paper.

May I suggest while you are staying at home in a safe place you use that time to practice your cultural skills. Whether you want to try a new recipe, learn rosemaling or research your roots, Sons of Norway provides access to a variety of resources. After signing on look under Member Resources and go to Cultural Programming. Start writing a history. Write a letter. Netflix has some Norwegian movies. YouTube will show you how to make lefse. Take a walk around the block and breath some fresh air.

Let's all come together (virtually), make some memories, and appreciate what we have. Reach out to those you know who are alone either by phone, text, Facetime, Zoom, etc. and make that connection. And if you feel like you don't have anyone to turn to, please reach out to a lodge member.

Stay home, stay safe and Ta vare på hverandre "Take care of each other"

Faternally, Kathy Dollymore, 3D President

March 2020

First let me add my compliments to all the new and returning officers. You all are to be commended for accepting the responsibility for your lodges. Congratulations on your achievement and being a good model for people around you. March is the month that we see nature preparing to change. Daily we see Winter's last hoorah fighting Springs rebirth. There are also deadlines that become due at this time of year. This means it's time to act. Feb 15 th was the deadline for each lodge requirement to submit their AFA (American Fraternal Alliance) Lodge activity report. Please do not take this form lightly, for it ensures that the order of Sons of Norway will keep it's not for profit status. Coincidentally, this is also the time of year to complete your lodge Achievement form, which is used to help select the Lodge of the year and the Family lodge of the year. No matter the size of your membership, filling out this form is a good way to see how much you have accomplished over the year! Using the Lodge achievement form is also a great recruitment tool. It shows perspective members what your lodge does within the community and entices them to join. Demonstrating to a new person in your lodge that we have a lot of fun, is what will get people interested. When you bring a new person to a meeting, it is important that the Lodge show the new member the value in what you have to offer. Creating positive first impressions and the likelihood of creating a deeper connection to your lodge is worth every drop of energy. So, keep up the good work It is hard to believe that our 3D Convention is only a little over three months away. Coming up in June it will be held in Jacksonville. Delegates have been chosen to represent each lodge, resolutions are in the process of being assembled, and caucuses are soon to be organized. This is a great year to attend the Convention while we celebrate 125 years as Sons of Norway Organization. If you are thinking of traveling in June think of Jacksonville and come to the celebration. With that said, I would like to remind you to notify the District Secretary the names of your delegates. This is the lodge's opportunity to participate in district business. Delegates can meet and greet members from around the District. The delegate reporting form and list with the individual lodge delegate counts have been sent to the lodge presidents and secretaries. Please access the District website/convention information 3dsofn.org for more details on the delegate and non-delegate rates and information on how to add your lodge to the convention journal.



A little history – let's not forget *by Arne Solbak, Bondelandet Lodge*

Editor's note: A few years ago, my lodge asked members who lived in occupied Norway to share their experiences. I wish we would have taped it. I was very happy when one of those speakers posted the following on his Facebook page. I hope he eventually retells the story of his mother and the hidden radio.

May 8th – Liberation Day memories by Arne Solbak – Bondelandet Lodge

I kveld vil det bli 75 år siden Ivar Flem Devold, min yngre bror John Kjell og jeg kom ned fra bakkene ved Husafjellet. Det var en fin kveld og vi hadde vært å sett etter kusymre og andre vårplanter. På veien hjem gikk vi om Nio Gartneri, og så tyske soldater som holdt på å laste ting på lastebiler utenfor bunkerene bak Møre Ungdomskole.. Vi visste og håpet freden var nær, men det ble også sagt at tyskerne hadde befestet Norge så godt at, at de ville holde ut for å få de beste betingelser. Ivar og jeg bestemte oss for å finne ut hva soldatene lastet på lastebilene som stod ubevoktet over lange perioder. Well, det viste seg å være proviant som kanskje ble fraktet til Tueneset eller andre kyststasjoner. Vi så løse bokser med hermetisk frukt som vi grapet ett par bokser av, samt en mengde poser med drops som vi puttet i lommen før vi tok veien hjem. Da vi kom ut på Borgundveien like utenfor Nørvesundsbroen ser vi 2 tyske soldater som vakt på den ene siden av broen og 2 menn i sivile klær på den andre siden. Vi ville ikke bli tatt med tjuvegods og kastet boksene og dropsene i sjøen før vi gikk mot broen. De tyske soldatene stod der på den ene siden uten ett ord, men de 2 nordmennene, Lars Bryne og Karsten Hogg, begge med en stengun og armbind med det norske flagg sa, Gutter det er på tide dere går hjem og legger dere til å sove. Vi gikk hjem, men det ble lite søvn på meg den natten. Mitt værelse hadde vindu ned mot Borgundbanken hvor også lensmannen hadde kontor og der var det stor virksomhet hele natten. Jeg lå halveis ut av vinduet, da hjemmefronten kom for å arrestere en nabo som var nasist. Ja, det er 75 år siden og jeg har ingen ting nedskrevet, men det sitter i hodet som det skulle være idag.

Translation:

Tonight it will be 75 years since Ivar Flem Devold, my younger brother John Kjell and I came down from the hills at Husafjell. It was a nice evening and we would have been looking for primroses and other spring flowers. On the way home we walked by Nio Garden Supply. We saw German soldiers loading things into trucks outside the bunkers outside Møre Ungdom School. We knew that peace was close but it was said the Germans had fortified Norway so well that they would hang on a bit longer. Ivar and I decided to find out what the soldiers were doing. The truck stood unattended for long periods of time. It turned out they were loading provisions that might be taken to Tueneset or other forts along the coast. We saw loose cartons of canned fruit packages of hard candy that we put in our pockets before we turned toward home. We came out on Borgund Road just outside Nøvesund Bridge and we saw two German soldiers as guard on one side of the bridge and two Norwegian s in civilian clothes on the other side. We did not want to get caught with the stolen goods. So we threw them in the sea and started to cross the bridge. The German soldiers said nothing and on the other side Lars Bryne and Karsten Hoff both with a stengun (a cheap weapon made in England and smuggled into Norway during the war) and wearing an armband with the Norwegian flag on it. Lars told us to go home and sleep, which we did. We went home but we were not able to get much sleep. My room had a window pointing down to the Borgund Bank where also the local police office was located where there was a lot of activity. I was lying half way out the window when the hjemmefronten (home front) came to arrest our neighbor who was a known Nazi in Aalesund. Yes, it has been 75 years and I have nothing written down but I still remember it as if it was yesterday.

Third District in the time of quarantine *by Mary Andersen, Bondelandet Lodge, past 3D President*

Social Media

Facebook, twitter, zoom, oh my!

Social media has really occupied a lot of our time lately. It is both a blessing and a curse. It is a blessing because we can stay in touch; it can be a curse if we get addicted and do not go out for a walk! However, it is an easy way to reach out and let the world know about Sons of Norway! We are not the only folks on social media! In our world of lost connections, people are looking to connect and social media is the venue.

Many of our lodges have facebook pages, let's follow each other! See the list coming up. The more people following a page the more vibrant the organization looks. Go like a lodge and follow!

Some of our lodges tweet, let's follow each other!

Did you know that the Third District has a facebook page, a twitter page, and pinterest?

We are lucky to have Christine Rasmussen of Loyal lodge maintain our facebook page. Please like it, follow it and post!

Marissa Curry of Bondelandet lodge started our twitter page a few years ago and conducted virtual training sessions for the then 3D Board. I tweet on twitter and have messed it up a bit, so if you see things that might seem a little strange for a 3D page, it is my fault!! Actually, I don't really tweet, I retweet. The 3D could use some help with an army of tweeters throughout the District!

Pinterest was started some time ago by Deb McConaghy. We need someone to continue with our Pinterest page.

Many folks are on Instagram – as a District – we are not there yet.

So, this is a call to arms asking help with our 3D twitter and pinterest pages and maybe start an Instagram page. Let us know if can help. The more people that volunteer, the less time involved for all.

Getting back to Social Media – taken from your newsletters and a survey requested of zone directors awhile back.

Lodges with Facebook

Bondelandet
Washington
Restoration
Norumbega
Nor-bu
Norsk Carolina
Norskevenner
Southern Star
Blafjell
Hampton Roads
Gateway to Florida

Lodges with Twitter

Norskevenner
Gateway to Florida

Lodges with Instagram

Norskevenner

Lodges with Pinterest

Norskevenner
Blafjell

Lodges with websites

Blafjell
Hampton Roads
NorskCarolina
Gateway to Florida
Gulfstream

Other

Norskevenner is on Reddit, Flickr and Tumblr

It is also fun to follow other Districts; there is so much to learn about everyone and their great programs.

We can't meet in person this year Jacksonville but we can meet online. We can't meet our fellow SofN members this year at the International convention, but we can still connect online.

Let's do it!! You may find you will be glad you did.

Resources

Sons of Norway power point presentation Facebook tips https://docs.google.com/presentation/d/1RqsujmLf7-ikoEqy3GQXnfjE47fQNnxLaTCL1EbGfEo/edit#slide=id.g23f5de4ef3_0_48

Please remember that SofN has some Social Media Policy Tips

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/communications_tool_kit/social_media_tips/

Our 3D Local Lodge Newsletters

The local lodge newsletters that you produce are all excellent! Each lodge has its own presentation style and while there are some standard content items, there are many new and interesting articles each month. The following are excerpts from some of our lodge's newsletters.

Southern Star May newsletter

Lodge President Karen McIlrath reached out to lodge members asking for updates on how and what they were doing. Here are some snippets of their responses:

- I have continued updating the Today in the Gardens table at Brookgreen Gardens through today. Not sure if that will continue or not. As you know you can still go in and enjoy the grounds.
- Doing more crosswords and sudoku to keep busy. Took about 7 days to weed our gardens and stay away from each other. Keeping in touch with family is most important for us. We hope you and your family are safe.

- Have ordered and waiting for puzzles. In addition I do working on my coin and stamp collection, staying away from stress, watching a lot of western movies on GRIT
- Since we have been home we have been so busy with projects both indoor and outdoor. We built and planted a raised vegetable garden with corn, peppers, tomatoes, eggplant, onions, cucumbers. We have 2 new kittens and they keep us busy too.
- We live on a small lake and the scene is always changing....swans, herons, ducks, geese, etc. To look out this idyllic scene, you would never know a pandemic is all around us. I like to take photos around my yard now...and also of my 2 cats. When we got the order to stay at home I made this mask out of the one bandanna I had. I used it and gloves to go to Walmart yesterday. We are also trying to support our local restaurants with "orders to go". I am also trying to keep busy by reading, watching different series on tv, calling friends, cleaning out drawers and sorting through too much paperwork, trying new recipes and attempting to learn as much about Covid 19 as I can to keep myself and family safe. I am keeping a rough form of a diary to be able to explain to future generations how it is to live through a pandemic.
- I've been tackling some spring cleaning here and there now and then. Can't do that for very long at a time! I've been keeping my embroidery needle flying and just completed a table runner that I had hoped to enter in the folk art competition at Convention this year. Not to worry as I'll have no problem coming up with another one in 2022. I've been busy in the kitchen trying new recipes. I made Chinese pork dumplings and have been exploring the world of homemade sourdough starters and bread, the latter of which is particularly enjoying these warmer temperatures.

Nor-bu Lodge – May newsletter

QUARANTINE IDEAS FOR MAY

Here is an idea for something to do this month. You can do these things and then share them with the lodge. Send me what you are doing on my email and I can share with other members and also include some of your pictures in the June newsletter or on Facebook. This way we can stay connected at this time of quarantine.

May 4th: Tell us a joke

May 6th: Color a picture or take a picture of your area to share.

May 8th: Share something that made you smile or laugh this week.

May 11th: Tell us the best advice you have received this week.

May 13th: Shout out to a local business/restaurant that has helped you.

May 15th: Share something that made you smile or laugh this week.

May 17th: Celebrate Norway's constitution day and send us your picture.

May 19th: What inspirational saying has helped you.

May 21st: Share your favorite item to grill.

May 23rd: Share something that made you smile or laugh this week.

May 25th: Show us your patriotism on Memorial Day.

May 27th: Share a picture of your favorite item to cook.

May 30th: Share something that helped you get through the quarantine.

May 31st: We made it through another month, how about another joke to make us laugh. It would be fun to connect with our members in this way and share things in the newsletter or through the emails or Facebook.

Scandinavian Heritage – taken from April Troll Lodge newsletter

Because of the shortage of masks for our medical community during this Covid-19 pandemic, two ladies from our Scandinavian Heritage Society have been using their sewing skills to help. Karen Reichert and Joan Callahan have been producing masks over the past several weeks. They have been sent to hospitals in Rochester, NJ, NC and to other groups in need. So far, they have made and donated over 150 masks. Our materials and labor have been graciously given by family and friends, all pitching in to ensure the safety and wellbeing of our front-line heroes.

Masks have been accompanied by filters rated MERV 13. (Minimum Efficiency Reporting Value)



Hudson Valley Lodge

Participated in a car parade for residents of local facility



Cooking in the time of quarantine by Mary Andersen, Bondelandet Lodge, past 3D President

Seems like everyone is cooking!!! Remember you can get a SofN medal for one of our sports programs, so eat and exercise it off.

If you follow our 3D facebook page, you know I follow Elusive Moose on twitter and post their amazing pictures. Well, here is a recipe that sounds good.

Kari's Ostekake (Cheesecake) <https://northwildkitchen.com/ostekake/>

Ingredients:

- 225g digestive biscuits (*Kari uses Sætre brand digestives*)
- 110g (~1/2 cup) butter, melted & cooled
- 225g (1 cup / 8oz) natural cream cheese
- 1 package (125g / 1 cup) of lemon jello (*sitrongelé*)
- 110g (1 cup) powdered sugar
- 300g light sour cream
- 3 dl (1 1/4 cup) heavy cream

Roughly crush the biscuits and blend together with the melted butter. Line a 24cm round springform cake tin with parchment paper, grease. Press the biscuit mixture on top. Place in the refrigerator.

Boil the whole box of lemon jello (125 g) with half of the suggested water (2.5 dl). Allow the jello mixture to cool. When cool, blend together with the cream cheese.

In a separate bowl, combine the powdered sugar and sour cream, then add to the cream cheese/jello mixture.

Whip the heavy cream in another bowl until stiff peaks form, then blend into the rest of the mixture.

Pour the mixture over the crushed biscuits in the cake pan and place in the refrigerator to set, at least 2 hours.

To serve, Kari uses slices of kiwi fruit, but you can use whatever fruit or topping your heart so desires. Enjoy!

From Norskevenner Lodge – Lodge President Bill Browning posts and emails some amazing history articles and recipes. Thanks Bill, these look great!!!



Bløtkake med Tyttebær (Layer Cake with Lingonberries)

<https://northwildkitchen.com/blotkake/>

Sponge Cake/Sukkerbrød

*I also recommend following grams over cups for better accuracy

5 large eggs

3/4 cup plus 2 tablespoons (175 g) granulated sugar

1 1/2 cups (175 g) all-purpose flour

1 teaspoon baking powder

Tyttebær/Lingonberry Sauce

1 1/2 cups (150 g) tyttebær/lingonberries (or cranberries if you can't get a hold of lingonberries)

1 1/2 cups (300 g) granulated sugar

Sugared Tyttebær/Lingonberries

2 cups (200 g) tyttebær/lingonberries (or cranberries)

2 cups (480 ml) water

1/2 cup (100 g) granulated sugar, plus more for rolling

Whipped Cream

3 cups (720 ml) heavy whipping cream

2 1/2 tablespoons sugar

Method

Sponge Cake/Sukkerbrød

To make the cake, preheat the oven to 165°C/329°F. Place a parchment sheet in the bottom of a spring form cake pan so that it fits just right (cutting it into a circular shape and greasing the bottom so it sticks) and grease the sides of the pan and top of the parchment sheet. For this cake, I used a 22cm/9inch pan.

Combine the eggs and sugar in a kitchen mixer on medium/high speed for 5-8 minutes, until the mixture becomes stiff and light in color. This is really important because you want the sponge cake to rise when it bakes and become airy and light.

Sift (very important!) the flour and baking powder over the batter and mix gently with a spatula. Pour the batter into the prepared spring form cake pan and place on top of a cookie sheet. Place in the oven and bake for 35-40 minutes.

When the cake is done, allow to cool. You can also freeze the cake for future use.

Tyttebær/Lingonberry Sauce

To prepare the sauce, place the tyttebær/lingonberries (or cranberries if using) in a small saucepan with the sugar and a spoonful of water. Cook over low heat, stirring occasionally for about 10-15 minutes, or until the berries soften and burst. (You can add some orange zest if you so desire). Set aside and allow to cool.

Sugared Tyttebær/Lingonberries

To prepare the sugared berries, place the water and sugar in a saucepan and bring to a small simmer letting the sugar dissolve, but do not let it boil. Turn down the heat to low. Add the tyttebær/lingonberries (or cranberries if using) to the sugar water and let sit for 2-3 minutes. If using frozen berries, just let them sit in the sugar water a little longer.

With a slotted spoon, place the berries on a wire rack or sheet with small holes and separate them so they can dry. Tyttebær/lingonberries tend to be quite small and can fall through a general wire rack so use any type of metal sheet with small holes. The process of drying takes around 20-30 minutes.

When the berries are dry, roll them in granulated or caster sugar. They are now ready for use.

Whipped Cream

To make the whipped cream, place the cream and the sugar in a kitchen mixer and whip on medium/high for a couple of minutes until the cream is stiff.

Assembly

To assemble the cake, take your sponge cake and cut it into 3 separate layers. On the bottom layer, add half of the sauce and gently spread it across the entire cake. Top with a good amount of the whipped cream and spread it out to the edges of the cake. Place the second layer of sponge on top and repeat with the last layer of sauce and some more of the whipped cream (reserving enough to cover the cake). Place the final layer of cake on top and cover completely with the rest of the whipped cream, sides and all. Take the sugared berries and place on top of the cake. Bløtkake is one of those cakes that actually tastes better the next day because the cream and sauce has had some time to soak into the sponge cake. You can, of course, serve this cake immediately and it's still delightful, but seconds on the day after will be even better. Enjoy!

Almond-Cardamom Thumbprints with Lingonberry Preserves

Adapted from Food & Wine, December 2013

Makes about two dozen cookies.



Ingredients

- 1 cup fine almond flour
- 1 cup all-purpose flour
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon kosher salt
- 1 stick (8 tablespoons) unsalted butter, softened
- 1/2 cup sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- Approximately 1 cup lingonberry preserves

Method

Preheat oven to 350 degrees F and prepare two baking sheets by lining them with parchment paper or using a Silpat baking mat (I did the latter and baked the cookies in rounds batches).

Whisk almond flour, all-purpose flour, cardamom, and salt together in a medium bowl to combine. In a medium-to-large bowl, beat the butter and sugar using an electric mixer for about three minutes, until it becomes light and fluffy; scrape down the sides of the bowl as necessary to fully incorporate the ingredients. Beat in the egg and vanilla extracts, then turn down the speed to low and mix in the dry ingredients, just until incorporated. Turn out the dough onto your work surface and knead it a few times, forming it into a ball.

Shape the dough into little balls using a tablespoon measure and arrange them on the baking sheets about an inch apart. Make an indentation in the center of each—*Food & Wine* suggests using a teaspoon for this—and bake until slightly firm, about 10 minutes. Reinforce the indentation in each cookie one more time and return the cookies to the oven until they start to turn lightly golden and feel dry to the touch. This should take about seven more minutes.

Immediately transfer the cookies to a rack. When completely cool, stir the lingonberry preserves in a small bowl to create a smoother jam (it's okay to leave the berries intact), then carefully spoon a little into the center of each cookie.

Source: Outside Oslo <http://www.outside-oslo.com/cardamom-thumbprint-cookies-with-a-scandinavian-touch/>

Foundation by Dirk Hansen, Southern Star Lodge, 3D Foundation Director and Zone 7 Director

In 2011 Minot, ND saw more than 10,000 people displaced and 4,000 homes devastated by the Souris River Flood.

Among them were 39 members of Thor Lodge who had been directly impacted by this natural disaster. In what was likely some of their darkest days, the Sons of Norway Foundation was there for them, providing Humanitarian Fund grants of a

\$1,000 each to be used as needed to help them get through the early days of recovery. "My observation while driving the flooded areas was truly a shock to me. I have never seen 4,000 homes flooded as bad as they were. It was a very sad sight, indeed. But the Foundation gave these members of

Thor Lodge some financial help, from which sprang hope. Many used the money to buy linens, cooking supplies, coffee pots, etc.; basic items that we may take for granted, but gave our members a sense of normalcy. They were extremely appreciative of the help provided by the Sons of Norway Foundation and so am I."

Martha Elliot, Former District 4 President



**SONS of
NORWAY
FOUNDATION**



Sons of Norway 2020 Goals

ATTAIN
1,500
new insurance
members

ACHIEVE
\$2.75
million
in total life
insurance
premiums

ACCOMPLISH
\$10
million
in total annu-
ity premiums

ACQUIRE
6,300
new lodge
members

ARRIVE AT
\$240,000
Foundation
funds raised

**2020 FOUNDATION
GOALS ACHIEVED
INSURES NOW AND
INTO THE FUTURE**

**GRANTS
SCHOLARSHIPS
DISASTER RELIEF
COMMUNITY
PARTNERSHIPS**

**Only \$6.26 from each District 3
member!
Donate:**

- Individually when you renew or online
- Through your local lodge
- Consider a legacy gift

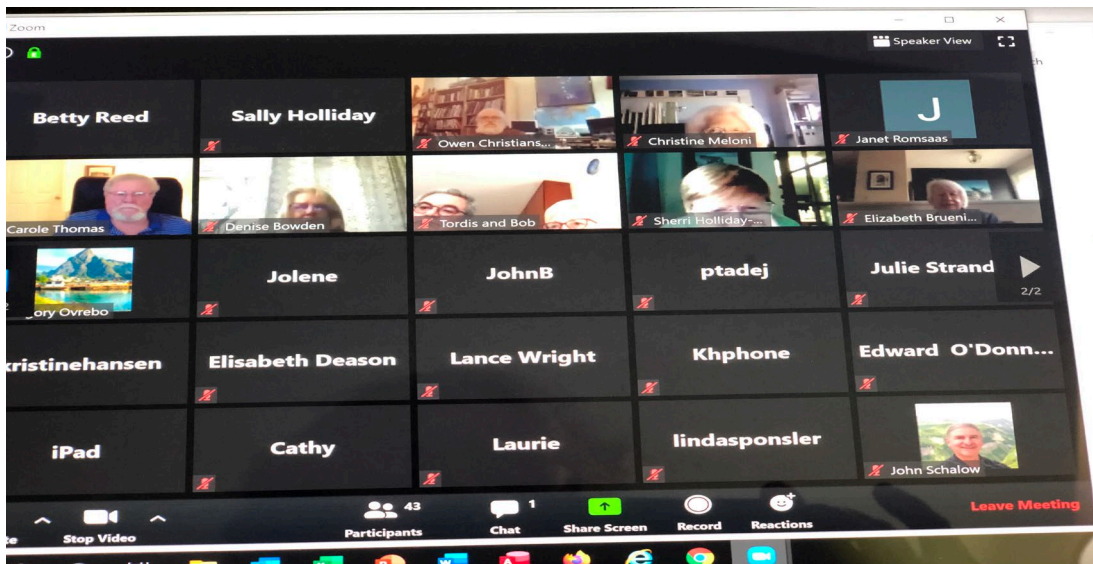
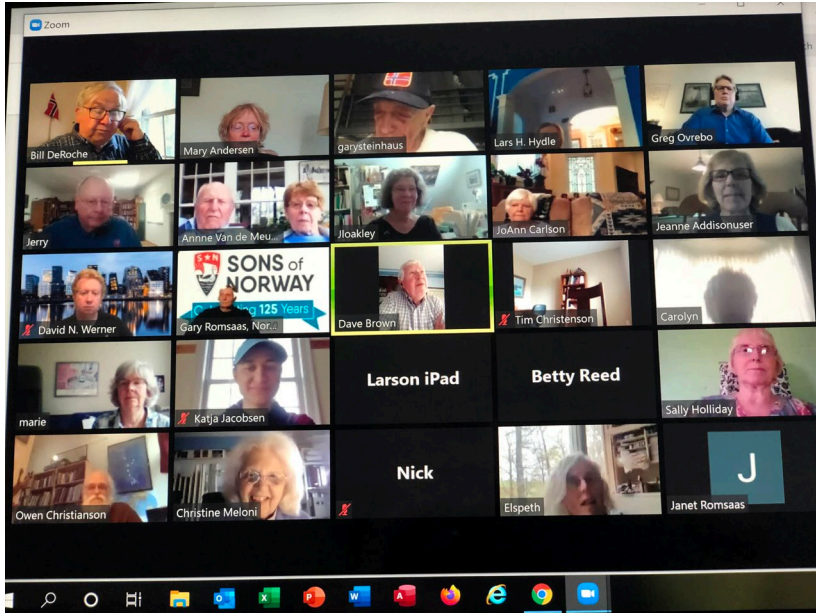
There are 2 sides to every coin. **Your continued support entitles you to all the resources available to your lodge through the Sons of Norway Foundation. Learn more Visit www.sofn.com.**

Zooming around the District

Zoom meetings

Had some fun these past few weeks attending various lodge zoom meetings. Here are some pictures I snapped during the meetings. Note if you don't want to see your quarantine hairdo, you can stop sharing video!

Washington Lodge – held a history roundtable as well as a regular lodge meeting with a speaker!



As you can see, the virtual meeting didn't keep people away 43 people attended this meeting!

Bondelandet – Thursday night coffee hour



Oslo lodge – first zoom meeting(I wasn't sleeping, I was looking down to make sure I captured the whole screen)



Restauration first zoom meeting



Virtual Syttende Mai celebrations in the works

- Suncoast Lodge
- Oslo Lodge
- Bondelandet Lodge
- Nordkap
- Nor-bu
- Norrumbega
- Norskevenner

If you are going to have a virtual Syttende Mai meeting, how about recording a greeting and posting on the 3D facebook page.



• Taken for Hartford Lodge May newsletter

 **Hurra for syttende mai!** 

Happy Memorial Day!
Remember all who serve (past and present)



YOUR HOROSCOPE THIS WEEK



ARIES

You'll be spending time in your home



LIBRA

You'll be spending time in your home



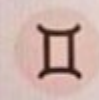
TAURUS

You'll be spending time in your home



SCORPIO

You'll be spending time in your home



GEMINI

You'll be spending time in your home



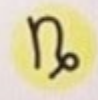
SAGITTARIUS

You'll be spending time in your home



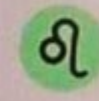
CANCER

You'll be spending time in your home



CAPRICORN

You'll be spending time in your home



LEO

You'll be spending time in your home



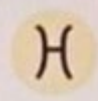
AQUARIUS

You'll be spending time in your home



VIRGO

You'll be spending time in your home



PISCES

You'll be spending time in your home

Stay Safe Everyone and keep in touch!!!