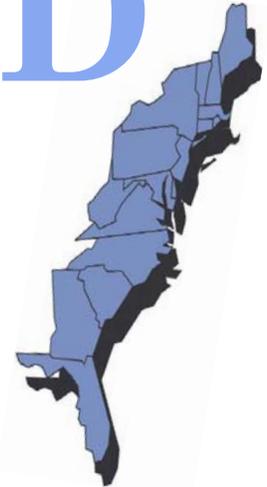




# SONS OF NORWAY

# 3D



## FEBRUARY 2011 Third District Today

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**  
**Ralph Peterson**

Well I guess most of us either had a white Christmas or a white New Years, but if you didn't have snow, I am sure it was chilly where ever you where.

One of our success stories this year was our web site. During the first 6 months we averaged 161 daily visitors and that jumped to 190 for the last 6 months. June was our highest month when we averaged 227 daily visitors. I am sure they were looking for convention information. The site has not only been fun but it is a trove of information with bylaws, reports books, District Convention minutes, forms, event listings, current information, District and local lodge newsletters and much more available to you with just a click <http://www.3dsofn.org/home.html> .

We just received some great news; Hurtigruten Inc has donated two cabins (two passengers per cabin) to District 3 to be used as a fund raiser. The tickets are valid during between 1 October and 14 December 2011. The raffle tickets will be mailed to the lodges ASAP. The drawing will be on 15 July at LOV. If you are not sure what the trip is all about read this note from one of our last year's winners <http://www.3dsofn.org/blog/?p=268> . You will want to go!!!!!!

We are still working with Vesterheim on the woodcarving and rosemailing classes that will be held at LOV and conducted by Vesterheim instructors. We will have the full details shortly. Right now we are hoping to have two sections of rosemailing and woodcarving classes starting September 11, 2011. Check the web site for the latest.

LOV will be sponsoring a lobster fest this year. Make sure you get a reservation. June 4 is the date so circle it and call soon.

The District had 4 goals in 2009. We came close on two of them, reducing voluntary leaving by 10% and increasing delegate attendance at the convention, we failed on increasing active membership committees but did reach our goal of 75 new benefit members signing up 100 new benefit members. Well done!!!!!!!!!!!!!! We need to work on increasing the membership committees.

We have two District wide sports events coming up. Check the site for more information. <http://www.3dsofn.org/aboutus/sportsrecreation.html> Our sports medal competition has been great. Keep it up but I doubt if anyone can beat Hampton Roads. Based on our current performance I do not expect Hampton Roads to win the bowling competition but we will bowl.

I will be spending a few days in Zone 5 during January installing 3 lodges and visiting a couple more. I will be heading north to Zone 6 and Zone 3 over the next couple of months so I am looking forward to meeting with many of you during my travels.

Fraternally,  
Ralph Peterson, President  
District Three Sons of Norway



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## Vice President Gail Ekloff

Recently Eivind Heiburg, CEO of Sons of Norway wrote in "Viking" magazine about lodge outreach. Reading some of the lodges newsletters I see many lodges do community outreach. If you have a personal interest in a community outreach program consider bringing that idea to your lodge and make it a fraternal effort! Many lodges currently collect food for their local food banks. Consider making contact with the food bank in your area so they can contact your lodge for support when special needs arise in your community. Make sure they have the names and contact info for your lodge and encourage them to contact you for support!

There are many who get together to knit or crochet, (are you working on your cultural medallion in knitting? If not - start now!) There are many organizations out there looking for items. "Warm up America" is looking for blankets, "Knit for Kids" collects sweater for needy children. "Knit for our Troops" need liners for helmets for our soldiers overseas. Get your group together and choose your cause... send them from your Sons of Norway lodge.

Support your local blood bank ...donate blood as a lodge! Wear your t- shirts and go as a group! Let them know if you have members with rare blood types that would be willing to donate when needed. Many of your members do all this individually so join up together and show the community how Sons of Norway cares! Any members with other groups or causes they would like to share just send me an email and I'll pass the info on to our members. When you begin... make sure you let Kathy Dollymore know and she'll post it on the web. For the month of February lets not just show our families and spouses how much we care LETS SHOW THE WORLD!!!!♥♥♥♥ Happy Valentines Day ♥♥♥♥ Alt for denne gangen,

Gail Remember: **2 A's** - Ask & Advertise - to get a member **2 M's** - Mentor and Mingle to keep a member.

## Kathy Dollymore, 3D Public Relations

### Welcome, New Board Members!

Congratulations on being elected to your local lodge board. A special welcome to the two new District Appointees, Rannvig Klinge will be our new Charitable Trust financial administrator and Frank Bolstad will come on board as an auditor. There is no greater contribution than serving as a member of the leadership team of your lodge! Please visit the SON website and sign on at the member login. There you will find a wealth of valuable online resources. These are designed to acquaint you with SON, its history, its services, and its officers and staff. Under the heading management you will find the Guide for Leadership link where you can learn about your new position or as a refresher for those continuing in their position.

For the new officers in charge of entering your events on the 3D web page it is quite simple. Follow the log in at the events page link on the 3D website. <http://www.3dsofn.org/eventscalendar/> register as a contributor and post your events for the rest of the District to see and remember as our President Ralph Peterson has said to "all you editors. I receive on-line newsletter from all of you and I really appreciate receiving them. For some time the District Board has discussed putting local newsletters on the web site. We knew that it would not only bring enjoyment to those readers it would provide them with a lot of great ideas from around the District that they could utilize in their own lodges.

*Jim Dunagan, our web master has created a slot on the web site so you can publish your monthly newsletter on the site. Hopefully your readership will greatly expand.*

*You can get the instructions here <http://www.3dsofn.org/blog/>*

*I think that this will be a major factor in any future lodge growth and retention. I am looking forward to seeing your newsletters the web site.*

Thank you for all your efforts. The newsletters are very important to all our lodges."



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Did you know you can find out what is going on in other lodges by clicking on About Us and then lodges on the 3D website. This will take you to the Sons of Norway page which contains all of our lodges. Lodge names highlighted in blue means they have their own website; check out what they are doing and if you are travelling in the area, drop in and say hello!!

## [Gene Olson Sports/Recreational Director](#)

### **3 D SPORTS & RECREATION VERY HOT TAKE NOTICE**

The Sports Medal Program & Bowling Tournament is or should be Highlighted & encouraged within all 53 3D Lodges. We are not getting a very good response. Refer to 3D web site [www.3dsofn.org](http://www.3dsofn.org). Click on "About Us" on left side of page and next click on "Sports" one the right side of window and Sports Info opens up.

We need help from all Lodges to encourage members to earn Sports Medals. Contact your Zone Director for supply of Cards for members to record their activities and earn Medals. The Bowling Tournament is currently in progress. This tournament is on until 3/31/11. Each Lodge should be able to find a few members to form teams of 5. Each team is to send a check for \$25.00 to me, made out to **3D Sons of Norway**. This money is used to purchase trophies and to benefit the 3D Treasury.

I have heard from a few Lodges who have Teams line up. LETS DO BETTER.

Gene Olson - Sports & Recreation Dir.

2869 Southwick Dr.

Lancaster, Pa. 17601

mais@comcast.net or 717-569-1747 (leave message)

## [From the Secretary Marci Larson](#)

Greetings to you as we survive a rather cold winter and lots of snow in some areas. Even north Florida is cold. A reminder about the 2011 Membership Directory that will be available about March 1. If you would like extra copies for your lodge, please send me your check made payable to SON District 3 at \$5 per copy. Each lodge will receive one complimentary copy. The order form has been sent to the lodges, but it is also on the district web site and can be easily downloaded. I base the printing quantity on the orders received and don't print many extras, so let me know your needs soonest.

Deadline to order is Feb. 11. Individuals can also order a directory at the same price by just sending me \$5. The Lodge of the Year form or Achievement Form as it is now called should be completed and sent to your Zone Director by March 1. If you have any questions, please let me know. Money remains in our Fraternal Funds Program for 2010 (the new year starts about April 1), so consider submitting a request. The form is on the web site and I will be pleased to answer any questions you may have. If you have new lodge officers and I have not received your updated list, please send it to me as soon as possible since I am in process updating the directory and want your lodge information to be correct.

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**TUBFRIM:** Please remember to save used postage stamps for Tubfrim. Please cut the stamps from envelopes with scissors, leaving a 1/4 inch margin of paper around the stamp for ease of handling. Picture post cards should be left whole. Tubfrim also collects used telephone cards. The money realized from the sale of stamps benefits disabled children and youth in Norway.





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[Kristin Stone Cultural Director](#)

## Exploring Norwegian Cuisine

Food, Folks and Fun. I believe this is a winning proposition for our lodges. Norwegian-Americans are known for loving good food and coffee. What could be more natural than providing opportunities for members to become more accomplished at creating Norwegian foods and then sharing them in a group setting?

The Washington Lodge has started a Norwegian Cooking group. Each month participants will prepare one dish and bring it to the cooking meeting to be shared with other members. The group coordinator will ensure that we have a broad range of dishes from the following categories: appetizer, soup, bread, vegetable, salad, main dish and dessert. Participants will describe how they created the dish as that course is served. Photos will be taken and comment sheets completed so that participants can proceed on the course toward earning a cultural skills award for cooking. Cooking group meetings will be held in private homes throughout the metropolitan DC area giving more members an opportunity to enjoy food, folks and fun.

The Hampton Roads lodge recently held a contest to determine which lodge member had the best rice cream recipe. Lodge members sampled assorted rice creams and voted for their favorite. Members could copy the recipe for their favorite rice cream version and recreate it in the future.

Perhaps your lodge could view a segment or two of the PBS series: "New Scandinavian Cooking" at a lodge meeting. This show drew 5 million US viewers per episode when it was broadcast in the early 2000s. Norwegian cook, Andreas Viestad, is the host of many episodes which feature Norwegian culture and cuisine. Viestad's cookbook "Kitchen of Light" not only contains great recipes and photos but also includes articles such as "How we Survived: Cod and Potatoes" and "Skål".

## Traditional Woven Heart

Do you know how to make the red and white paper baskets Norwegian's often hang on their Christmas trees? With Valentine's Day approaching, a video showing how to create your own woven hearts will be posted soon on our Third District website. Work to master the technique and share your knowledge with others. Making woven hearts is a great activity for Christmas parties, festivals, Adopt a School or public events. Create a nice inexpensive gift for pennies. Enjoy!

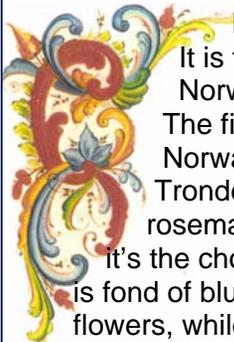




# SONS OF NORWAY

# 3D

## NORWEGIAN FOLK ARTS-----ROSEMALING



Rosemaling or literally “rose painting” is a term covering a wide variety of Norwegian motifs.

It is the most recent of the Norwegian peasant crafts, and varies from district to district within Norway. This decorative painting is done on flat surfaces and didn't begin until about 1700.

The first districts to take up the new art were in the central and south west sections of Norway...Hallingdal, Numedal, Telemark, Setesdal. And Vest-Agder. Though Gudbrandsdal and Trondelag also turned out this painting. In most districts, certain families began to specialize in rosemaling, making it easy to determine the locale of origin. Sometimes it's the design; sometimes it's the choice of colors. For example, Hallingdal colors are bright with a predominance of red; Glomdal is fond of blue-green. Telemark painting is recognized by its graceful, elongated leaf forms and dainty flowers, while Gudbrandsdal makes extensive use of a luxuriant acanthus motif.

The baroque vine is the starting point for almost all rosemaling and most pieces show elements of flower baroque, too. However, some pictorial paintings can be found particularly in eastern districts. Some scenes are biblical, others animal, and then there are folk scenes such as wedding parties. Every design was different in some respect from every other design, and it's difficult to find two pieces with even close identity. It was a point of pride to be original. There was very little in mass production. In Nordmore, two of the prominent artists made use of stencils in blocking the main area of their design. This procedure was used after the 1844's as the craft fell into decline. It could never have been used in the freely placed, intertwining designs from other parts of Norway.

Appreciating the design of the 18<sup>th</sup> and 19<sup>th</sup> century rosemaling, color was a different matter. At one extreme, backgrounds may be dull teal blue with design combinations of darker and lighter shades of the same color. A few touches of brick red, and perhaps a little pale ochre and some black was used for accents. The other extremes were designs with raucous combinations of reds and yellows with shades of green and touches of blue, and perhaps both white and black outlining and highlights as well. Virtually every shade of every color and every combination of colors has been used at some time in some part of Norway. Even purple and gold. For the most part though, dull blues and blue-green, dull reds and red-oranges have covered the background, while moderate greens, reds, yellows, white and some blue have formed the design. Yellow ochre was more popular than yellow. Black lines and white lines were used to set off colors which are nearly the same value. An artists ability can be judged by his adeptness in the use of black and white or sometimes yellow to set off his design. It requires a steady hand and a sure eye to vary the strength and delicacy of the lines at just the right point in the design, and with the right gradation. Curves of the sweeping strokes must be perfectly executed and in harmony with all other design curves. Small comas of black and flecks of white must be located for the best effect, and their size and number selected with care. Certain artists were noted for the proficiency of their brush stroke and can be identified by it.

Prior to the Renaissance, furniture was not painted, just white-scoured. Even after the idea of painted furniture spread, it was mainly the cupboards, chests, and some beds that were painted. Ale bowls, boxes of various kinds and chests constitute the greater part of the remaining examples of rosemaling. Even walls and ceilings were paneled making them easy to decorate.

Rosemaling motifs vary from district to district within the country with some picture painting similar to that used in Sweden; tulip motifs from the Dutch and German baroque; the scroll-like motifs from French rococo, but always the designs have a strong Norwegian air. Telemark, Rogaland, Hallingdal, Valdres and Gudbrandsdal styles are probably the most popular and most recognized, but added to them are Osterdalen, Numedal, Aust Agder, Vest Agder, Hordaland and Romsdal.

Here at LOV (Land of the Vikings), there are a variety of the rosemaling styles that have been painted on the cornices. Look around and enjoy the cultural beauty of this Norwegian art form. (The above information was taken from the book “The Folk Arts of Norway”).....by Barbara Bensen





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January 2011

## 3D **LOV** Letter

This land is your land, this land is my land. Come and enjoy, bring your family & friends.  
You don't have to be a member to enjoy all that LOV has to offer.

### Great News!

#### Lov has changed their rates

The first 2 days will be \$65/n single +\$10 per extra person/n  
After the 2 days your rate will drop to \$40/n +\$10 extra person/n  
So when coming for the weekend, consider staying extra days or coming a day or 2 early. The \$40 rate is also good for those staying a week or two so consider coming to one of our cultural classes. Share a room with a friend and split the cost.



### Land of the Vikings

**1st Lobsterfest**  
**June 3-5, 2011**



Stay for the weekend and the Lobsterfest is included in your food package.

The Lobsterfest will be held on Saturday the 4th at 1:30

Meal will include potato, corn on the cob, salad and rolls and of course dessert

Extra Lobsters will be \$10 each

**Don't eat Lobster?**

Ask for a steak or chicken on the BBQ

Hot dogs and Hamburgers available for the kids

Take advantage of our extra day rate (\$40/n + \$10 extra adult) and come a day early or stay an extra day

Please make your reservations early and let Bev know if you want Lobster, (and how many) Steak or Chicken

Also how many adults or kids are coming

Managers: Beverly and Rick Budrick

457 Big Valley Road  
Susquehanna, PA 18847

**Phone 570-461-3500**

<http://lov.3dsofn.org>  
[vikingland@tds.net](mailto:vikingland@tds.net)



### Make LOV your winter get-away

Great snowmobiling, cross country skiing. Enjoy the trails during the day and relax by the fire during the evening in our Viking boat lounge and bar.



Join with other lodges this January and Feb for a fun weekend or come during the week with your own group, family get-together, reunion, or just a winter vacation

Call Bev for availability

Coming in March - Rosemaling with Master painter Eldrid Arntzen  
**March 20 - 26 and 27th - April 2**

**April 15-17th**  
Zone 4 Scholarship Dinner weekend

**May 15-17**  
Fly Fishing

**May 20 - 22nd**  
John Carlsen Golf Weekend  
Make reservations now for availability



If anyone has pictures of activities At LOV please e-mail to me at [Uffdamobile@yahoo.com](mailto:Uffdamobile@yahoo.com)



# SONS OF NORWAY

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### Don't forget to:

The SON Foundation has given out multiple awards and grants this year to individual Lodges for special events, activities and for the Communities they are in. The SON Foundation also helps with hardship and other special needs after disasters or crisis.



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Spend the Weekend  
**NOTE NEW DATE!**  
May 20 – 22, 2011

### 5<sup>th</sup> Annual Golf Tournament

The "John Karlsen Memorial" weekend is coming again to  
Land of the Vikings

Reservations for each person \$20.00  
Payment must be made at this time.



**Each Golfer, make out a Greens Fee Form .**  
**The Form must be received by Ken Gundersen by April 8<sup>th</sup>,**  
**So we can make arrangements with the Golf Course.**

For Reservations Call Bev or Rick:-

Phone:- 570-461-3500

E-mail:- [vikingland@tds.net](mailto:vikingland@tds.net)

This year the theme is the 50's

**Everyone** (That also means you, men) get out those 50's outfits.

Dancing to the 50's music on CD's and contests.

It's a Great Weekend!!! There will be a "Waiting List" for those that delay.

### Each Golfer Greens Fee Form: -

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Send This form and \$65.00 Check to: -

### **Ken Gundersen**

374 Demorest Ave.

Staten Island, NY 10314-2162

### **Any Questions:-**

Phone # 718-761-2391

E-mail: [kengundersen@aol.com](mailto:kengundersen@aol.com)



# SONS OF NORWAY

# 3D

## ZONE NEWS

### ZONE 1: Kris Rasmussen Director "Zone One Happening's"

Here in Zone 1 we just finished some lodge officer's installations. Sunday afternoon on January 16<sup>th</sup>, Loyal and Norden Lodges had a joint installation with live accordion music, a koldtbord and "kaffe and kake" at the St. James Lutheran Church. There were roughly 75 – 80 people in attendance representing four of the nine lodges in the Zone. Our own 3D International Director, Barbara Berntsen, was the installing officer. Ibsen Lodge's installation had to be postponed due to the snow this past Friday and has been rescheduled for their meeting Friday February 18<sup>th</sup>. Unfortunately, this is when I had planned on attending Garborg Lodge's February meeting, Mardi Gras celebration and "Winter Olympics" at the Third District's beautiful Heritage and Cultural Center at the Land of the Vikings. I will have to be a little flexible and just have to miss the first night of the festivities at LOV! Other February happenings in Zone 1: Brooklyn Lodge will meet on 2/27 at the Gjoa Sport Club which is celebrating its 100<sup>th</sup> anniversary this year. Speaking of 100<sup>th</sup> anniversaries, Faerder Lodge will be having its 100<sup>th</sup> "birthday" at the Rex Manor in Brooklyn on March 26<sup>th</sup> – MARK YOUR CALENDER. They are holding their regular February meeting 2/13 with a Valentine Party. Loyal has an international pot luck supper and meeting on 2/4 and a spaghetti dinner and family bingo game night on 2/24. Norden Lodge is thinking positively and holding a beach party at its meeting on 2/20. Norge Lodge is meeting 2/11 with a wine and cheese reception in honor of St. Valentine. The Zone 1 Committee will be meeting 2/16 and we will have a visitor from the home office, Len Carlson - Director of Agencies. That's it for February. Hilsen!

### ZONE 3: Barbara Bensen Director FEBRUARY TIDBITS FROM ZONE 3:

Presently, the lodges in Zone 3 are working on their 2011 calendar of events, and it is always interesting to see what is being planned for the year. On January 15<sup>th</sup>, Barbara Bensen installed the Lodge Officers and Jr. Lodge Officers of Nor-Bu Lodge. It was a pleasure installing a young group of children, who are interested and excited to be part of Sons of Norway. Members of Nor-Bu are going to LOV, in February, for their annual Family Weekend of fun and fraternalism. The Installation of Officers for Nansen Lodge was combined with their 73rd Anniversary Dinner...too much snow caused the delay. Their LOV Weekend is February 25 - 26- 27, and they are encouraging Zone members to join them. Nansen is also having a Super Bowl event on February 6<sup>th</sup>. Noreg Lodge's Installation was delayed, til January 21<sup>st</sup>, due to snow. Zone 3 has a scholarship winner this year! The scholarship is for Oslo, and will be presented at our 50th Anniversary Scholarship Dinner/Dance in April. Our Zone 3 Meeting is February 13<sup>th</sup>, 2:00pm, at Noreg Lodge in Marlboro, New Jersey. And don't forget your Valentine!

### ZONE 4: Karin McCadam, Director

Although there has been much snow and frigid temperatures, Fram Lodge in Cairo will host their annual codfish dinner on February 6<sup>th</sup>. They are hopeful the weather will permit it. It is not a good thing to keep us Nordic people from our fish!

Amid the wintery blast in Central New York State Oslo Lodge is having a Sweetheart Dinner on Sunday February 13<sup>th</sup>. So none of the sweethearts have to work that day, there will be a wonderful dinner at a local restaurant. A short program is on Prillar Guri and there will be a raffle of a beautiful Prillar Guri tapestry to benefit Oslo Lodge.

Chances are \$1 each so if you are interested contact Lorraine Bentley, Social Director at [social@oslolodge.org](mailto:social@oslolodge.org). If you win the tapestry but are not present then the Lodge will gladly ship it to you at your expense!

### **Photo of a statue of Prillar Guri,** Gudbrandsdalen's Sweetheart.

Scandinavian Heritage Society in Rochester will have an awesome slide program and discussion about the Northern Lights when they meet February 19 at 1:00 pm. They have decided that since they cannot be in Norway, Sweden, Finland or Iceland to see them, they will simply enjoy them vicariously. **So from all of us in Sunny Beautiful Upstate New York we wish a Happy Valentine's Day!**





# SONS OF NORWAY

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## Zone 5: Gail Martinsen, Director

7 of our lodges had installations in January. Among them many Presidents remained the same. Sun Viking has a new President, Nellie Larson. She is a new President, but, not new to being an officer in Sons of Norway. She is a Past 3D Secretary among many other offices in the Sons of Norway. Also, Dean Brown is the new President of Suncoast, he is also, the past and current editor. (And he is an excellent editor.) Gateway to Florida has a new President, Kent Larson! He will do a fabulous job for his lodge. I was honored to be asked by President Mary Larson to install Sarasota's new officers. This was my first installation, thanks to all the members of Sarasota for helping me feel so warm and welcome! Ralph Peterson drove all the way down to Florida to install 4 of our lodges, Suncoast, Lauderdale, Scandia and our new lodge, Gulf Coast Vikings. Gulf Coast Vikings celebrated both their installation and their Charter meeting on this evening. Their new lodge is off to a great start. I want to congratulate all of the newly installed officers! We are so lucky to have so many good, hard working and dedicated members in our zone willing to stand up and take an office in their lodges. Tusen tak, each and every one of you!!

Eivind Heiberg took time out of his busy schedule to attend both Gulf Coast Vikings meeting and the Zone 5 Memorial Service. Thank you so very much, Eivind!

I'm so sorry; I made an error in my report last month! I wrote Gulfcoast was hosting our Memorial Service! I don't know how I did that!!! **Suncoast** is the host of our Memorial Service each and every year. They have a very beautiful and moving service every year in honor of the members we have lost the previous year. **Happy Valentine's Day! Gail**

## ZONE 7: Edward McCarthy, Director

I installed Blafjell Lodge in Salem, Va. and Hampton Roads Lodge in Virginia Beach. I will be installing Norsk Carolina Lodge in Raleigh on the 27th of this month. I have been able to visit the Salem Lodge twice thus far and plan to visit the remaining Zone 7 lodges after the installation season.

## PICTURES FROM AROUND THE DISTRICT Who we are and what we do.....



Loyal & Norden's Joint Installation



Dressed to the nines  
Lillihammer Lodge



Mary Larson serves up some treats at  
Gulfstream Lodge



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Newly installed, President of Sarasota, Mary Larson being escorted by the installing marshals.



A few of the 42 people who attended the DELICIOUS Lutefisk and Meatball dinner given by Bondelandet Lodge



All generations enjoying the first Juletreff given by Gulf Coast Vikings



Faerder's Jul Party where everyone said they'd been good



Hartford Lodge celebrates the season



Example of social networking invitation by Vennekretsen More and more Lodges are joining the web