



# SONS OF NORWAY

# 3D



## MARCH 2012 Third District Today 3D-100 years young



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

Hei alle sammen, well after a very mild winter they predicted snow for Virginia Beach but none came at least not yet today.

I am going to do some cheerleading for my home lodge. On 31 March Hampton Roads will be celebrating their 40<sup>th</sup> anniversary and in the afternoon the Norwegian Lady Celebration will showcase their 50<sup>th</sup> anniversary. Check out the web site for more information. We would like to have a lot of guests to help us celebrate both events.

<http://www.3dsofn.org/eventscalendar>

There are more celebrations in the works as well. Fredriksten will celebrate their 100<sup>th</sup> anniversary on April 28 and Norden will celebrate their 75<sup>th</sup> anniversary on 22 April.

Congratulations to all those lodges celebrating big anniversaries this year.

For the 7<sup>th</sup> month in a row the web site has seen an increase in usage. In January we had 8,525 visitors or about 275 a day. That is compared to January 2011 when we had 6,700 visitors or about 216 a day. The blog, the events log, LOV and the newsletter continue to be the main attractions.

Last month I mentioned that we listed over 30 members over the age of 100 on the SON membership list. I was wrong, it is 81. One of those members is a heritage member so we know that there are some mistakes there. Let's get those birthdays correct so we can have a better idea as to our real make up. You as an individual can check the SON web site or the Membership Secretary can check the rolls. Between us all we can get the correct data on the membership rolls.

We did make one of our goals last year and that was to get 75 new benefit members. We actually got 84 so for the second year in a row we exceeded that goal. I see that the Insurance department has introduced a new life insurance product that will be of interest to all members but may be the only option available for folks of my age and older.

We did not make our membership goal last year but we are doing a bit better in 2012. So far, we have signed up 10 more members than in 2011 however we are still losing far too many. We need to hold on a bit better.

While sales of the convention/centennial merchandise are coming along ok it is a bit slower than we hoped. For those coming to the convention we hope that you would purchase items prior to arriving so we have a better idea



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on how much additional merchandise we need to order. Order now and beat the crowd. Check out the merchandise here. <http://3dsofn.org/convention/merchandise.html>

We are hoping for record attendance at this convention and so far it looks very good. With the first 9 lodges reporting we have a 4 delegate increase compared to 2010. I am happy to report that Vennekretsen from Atlanta is on the list and we look forward to seating them. It is not too early to book your room.

[http://3dsofn.org/convention/hotel\\_info.html](http://3dsofn.org/convention/hotel_info.html)

Remember to get your nominations for the Leif Erikson award, lifetime achievement awards and your list of delegates to our District Secretary Marci Larson.

## Vice President Gail Ekloff

March is the month that we see nature preparing to change. Maybe it is time for lodges to do the same.



Have you reviewed when you have your meetings? Should you start having the winter meetings during the day so driving is safer? Have you considered canceling meetings if the weather is very bad (we want our members safe!) Is the time of your meetings working for most members?

Have you considered having a “family style” meeting once or twice a year? Since you are required to have 8 meetings a year with 4 specific to business this gives you a lot of flexibility. It seems most lodges meet in churches. Is there a room they use for children during church; do you have access to it? Maybe a member or friend has a teen of babysitting age that could watch members children during the meetings? Parents could pool their funds paying the sitter a flat fee for watching all the children. There are great projects for the sitter to use out of the Barne Norsk work book to teach your children about Scandinavian culture. On a “family meeting” night you could try having a movie night for everyone, viewing “How to train your Dragon” or “Thor”; they are good for all ages!

Change might be just what you need to re-spark the members’ interest in Sons of Norway! Hope all the lodge celebrates St Patrick’s Day! The Irish and the Vikings have been connected for years. Research the findings of Viking ships found in Ireland and share your discoveries!

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

### 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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## Publicity by Kathy Dollymore, 3D Public Relations

Congratulations to all the new and returning officers. For some, it is obvious and simple, for others, it's a matter of showcasing your talents as opportunities present themselves. This is about jumping in, taking part, stepping up, and clearly, opening doors to new members. What we hopefully discover is where we feel most alive, inspired, challenged, and worthy of our time and contribution.

Here we are in the first quarter of the year and yet the next few weeks will go by so quickly. This means it's time to act. Coming up soon will be our District Lodge meeting /Convention along with the Centennial Celebration being held in Virginia Beach in June. Delegates have been chosen to represent each lodge, resolutions are in the process of being assembled, and caucuses are soon to be held. This is a great year to attend the Convention while we celebrate 100 years as a District. If you are thinking of traveling in June think of Virginia Beach and come to the celebration.

### March Days of Note

1<sup>st</sup> - Share a Smile Day

2<sup>nd</sup> - Dr. Seuss's Birthday

3<sup>rd</sup> - National Anthem Day

1931-The Star Spangled Banner adopted by Congress as the national anthem

17<sup>th</sup> Saint Patrick's Day- Long before the shamrock became associated with St. Patrick's Day, the four-leaf clover was regarded by ancient Celts as a charm against evil spirits.

20<sup>th</sup> First day of Spring- Ah, spring! This season brings increasing daylight, warming temps, and the rebirth of flora and fauna

23<sup>rd</sup> 1775 American revolutionary hero Patrick Henry, while addressing the House of Burgesses, declares "give me liberty, or give me death!"

29<sup>th</sup> 1638 The first Swedish colonists in America established a Lutheran settlement at Fort Christiana in the Colony of Delaware.



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!!

## Kristin Stone Cultural Director

A highlight of our Third District conventions is the **Folk Art Competition and Cultural Skills Exhibition**. The focus of this event is the Sons of Norway cultural skills program. The upcoming District convention to be held June 20-23<sup>rd</sup> will afford third district members an opportunity to enter the **competition** in one of the following eight areas as either an adult novice or adult professional: 1) Rosemaling 2) Weaving 3) Hardanger Embroidery 4) Hand Knitting 5) Figure Carving 6) Ornamental Woodcarving 7) Chip Carving and 8) Other area (not photography) with Norwegian design or motif. Entrants may enter no more than three items for judging in each area of competition. Items eligible for submission for judging may have been made at any time provided that the item(s) have not competed in the Folk Art Competition at a prior Third District convention. Third District Sons of Norway Heritage members (younger than 16) may choose to enter items as an adult member. **Pre-registration is required on or**



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**before June 8<sup>th</sup>, 2012** to guarantee that your entry/entries will be judged in the competition. Late entries will be accepted and judged on a space available basis.

The **Cultural Skills Exhibition** is designed to highlight cultural skills from the Sons of Norway cultural skills program which are not eligible to be judged in the Folk Art Competition. There will be seven cultural skills areas eligible only for exhibition: 1) Traditional Norwegian Cooking 2) Reading Norwegian and Norwegian-American Authors 3) Norwegian and North American Stamp Collecting 4) Genealogy--Family History 5) Norwegian Language and Culture 6) Folk Dancing 7) Music and Musicians of Norway. Entries to the Exhibition may be made by individual district members or by groups of district members. Adult members may enter items previously judged at a Third District Folk Art competition in the Cultural Skills Exhibition. Third District Sons of Norway Heritage members (younger than 16) may enter from any of the Sons of Norway Youth Cultural Skills areas in the cultural skills exhibition. **Pre-registration is required on or before June 8<sup>th</sup>, 2012** to guarantee that your entry/entries will be judged in the competition. Late entries will be accepted and displayed on a space available basis.

A special **Exhibition of photographs** is open to Adult and Heritage members. **Digital images must be submitted by June 8<sup>th</sup>, 2012 via email** to: [torchbearer76@yahoo.com](mailto:torchbearer76@yahoo.com). Photos submitted will be compiled into a digital slide show.

Entry forms for the Folk Art Competition and Cultural Skills Exhibition are posted on the Third District website under the convention section. Pre-registration forms must be received by the District Cultural director on or before June 8<sup>th</sup>, 2012 to guarantee the entry a spot in the competition or exhibition. Pre-registration may be accomplished by either: 1) mailing your entry form(s) to: Kristin Stone, 3700 King Arthur Rd., Annandale, VA 22003 or 2) emailing your entry form(s) to: [torchbearer76@yahoo.com](mailto:torchbearer76@yahoo.com) or 3) faxing your entry form(s) to 1-866-632-3264.

**Entries** must be delivered to the Folk Art and Cultural Skills room no later than 9:00 pm on June 20<sup>th</sup>. Entries must be reclaimed no later than 5:30 pm on Saturday June 23<sup>rd</sup>.

A list of frequently asked questions (**FAQ**) **will be posted on the website** to guide members in completing entries. If your question is not answered on the website, email me for clarification.

Please plan to participate in this celebration of our Cultural Skills!

## [Gene Olson Sports & Recreation Director](#)

Come on, let's get with it. The 2012 District Bowling Tournament is on.

**All local Lodge Presidents and ALL Zone Directors. PLEASE PROMOTE THIS ACTIVITY.**

It is always enjoyed by those who do participate. Teams are made up of 5 members per team. The teams can be made up of men only, women only or mixed teams. Teams are to bowl 3 games and submit the score sheets to me, listing names (PRINT) and male, female or mixed team. Each team must also submit a check of \$25.00 per team made out to 3D Sons of Norway Bowling Tournament.

So far I have been in contact with very few Lodges who have shown an interest.

The Bowling Tournament is on until March 31, 2012. Do not forget to promote our Sports Medal Challenge.

PLEASE send me a copy of the order form you send to International at the time Sports Medals are ordered. Gene Olson – [mais@comcast.net](mailto:mais@comcast.net) This Program ends May 31, 2012.

**PLEASE GET THIS INFORMATION INTO LOCAL LODGE NEWSLETTERS.**

## [Counselor's Corner](#)

*By Mary B. Andersen, 3D Counselor*

What do retirement planning and Bruce Springsteen have to do with the Charitable Trust? One of the basic tenets of saving for retirement is that after you receive your paycheck, the first check you should write is to yourself.

Whether it be to an IRA or a 401(k) plan or other retirement vehicle. Ok, you probably know where I am going



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with this paragraph. But what is the Bruce Springsteen connection? Bruce Springsteen opened the Grammy's with a song titled "We take care of our own". Those words are repeated over and over and over again in the song. Let's face it, through the Charitable Trust we have been taking care of our own for 40 years. Many of our lodges do write the first check from fund raisers to the Charitable Trust. Many of our lodges do write the first memorial donation to the Charitable Trust. Some of our members make individual donations to the Charitable Trust. The Trustees, the 3<sup>rd</sup> District Board and our beneficiaries thank you heartily.

Please continue to keep the Charitable Trust in your heart and minds as you write your first check, so that we can continue to take care of our own.

Med vennlig hilsen, Mary

## From the Secretary Marci Larson

The 2012 District Membership Directory will be available about March 1. Each lodge receives one complimentary copy and additional copies are \$6 apiece. The directories will be mailed or given to lodge members attending the District board meeting saving postage. I usually order a few extra, so if you have forgotten let me know as soon as possible. And thanks very much to the lodge officers who so graciously reviewed and proofed individual lodge listings so the information is hopefully correct to the last minute.

Keep the lists of convention delegates coming to me. I've heard from about 20 lodges – thank you very much. I know some lodges are electing delegates in late February/March. This is the District Centennial so it would be outstanding if all 53 lodges could be represented even though it may not be possible. If the lodges can support their delegates financially that's even better. If you don't have any money, try some fundraising to help delegates offset their personal cost. After all, they are taking time and perhaps vacation for those still employed to represent YOUR lodge.

As always if you have questions, please reach out to me. If I don't have the answer I'll do my best to get it for you.  
Marci A. Larson 904-306-7513 C: 904-307-2888



**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.



## **Frizen's Financial Findings!**

### **My friend Lars!!**



When he was young, Lars went to work for a large company and worked there for many years, trusting that the company would take care of him. One of the things Lars counted on was the company's life insurance policy that they paid for him. Like so many Americans, Lars thought he had life insurance through work and that was enough. Or, they think, well I have that for now but someday I will take out an additional policy of my own to supplement the policy I have at work.



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When Lars was in his early 50's he had his first heart attack. He recovered and went back to work but it proved to be too much for him and he had to retire early due to his medical condition. Lars was a careful and thoughtful man, but he had never taken out a personal life insurance policy on himself when he was younger and healthy. Now he could not qualify for life insurance due to his health condition. Lars passed away a few years ago and did not have any life insurance. You see, when he had to leave his company, he lost his company life insurance. Many people are finding that out these days as they have lost their jobs.

You always need a personal life insurance policy that is not tied to your job!

Sons of Norway offers members Permanent and Term Life Insurance. You may;

- Need a policy yourself. Get it now! It only gets more expensive the longer you wait.
- Have children that need to have a life policy but can't afford it now. You can help them by paying the premiums until they can take over.
- Life insurance is one of the greatest gifts you can give to your grandchildren.

Give me a call, let me help you get your questions answered and help you with all your life insurance needs.

**Bruce Frizen , Sons of Norway, Financial Benefits Counselor**

**704-243-6369 Office - 704-578-2592 Cell - [bfrizen@horizonbene.com](mailto:bfrizen@horizonbene.com)**



## ZONE NEWS

**ZONE 1:** Kris Rasmussen Director

**ZONE 2:** Judy Mack Director

Zone 2 News

Mark your calendars for the Zone 2 Memorial Service which will be held April 22, in Cumberland, ME at 2:30 PM. Prior to the service the Zone 2 meeting will be held. Maine Nordmenn will host. Lodges have elected their convention delegates and are eagerly awaiting the convention with the 100<sup>th</sup> Anniversary Celebration.

**ZONE 3:** Barbara Bensen Director

**ZONE 4 -** Karin Gudbranson McCadam, Director

The seven lodges in Zone 4 are diligently working on publicity, programming and membership. One recent exciting event happened in Oslo Lodge: the first baby was born to a lodge member in many years! This is an important milestone because as a fraternal organization we need to continue to reach out to younger people and make families feel wanted and welcomed in our lodges with interesting programming while recognizing the needs and contributions of all members. Then we can look forward to this type of growth in all of our lodges!

**Fram Lodge** is always busy with culture while also staying active in various endeavors. For example, in January a few members were at LOV for Ski for Light. Then recently several lodge members also donned their best Norwegian kjaer (clothing) and made a presentation to the local food bank (see photo).



Regular programming returns in March as they also prepare to host the Zone 4 Memorial Service April 28<sup>th</sup>.

*Bob Christensen, Else Andersen and Bjørg Dunlop, on behalf of Fram Lodge, delivered a check to Mark Quant, Director if the Regional Food Bank of Northeastern New York.*



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**Hudson Valley Lodge** will march in the St. Patrick's Parade in Kingston followed by a trip to Maennerchor for subs, salads, and dessert. If anyone is in Kingston for the parade be sure to give great Nordic support to HVL – you'll know who they are – the best looking marchers in the parade.

**Norrøna Lodge** meets Friday March 16 at 7:30 pm for a St. Patrick's Day dinner/dance with corned beef and cabbage - "Erin go bragh!"

**Norsemen Lodge** has moved its location to Oneonta – a return to its roots, so to speak. Norsemen is growing in several areas. They have added a few new members, who were officially welcomed in February. At their November elections they also added the offices of Cultural, Social and Correspondence Directors. So on March 10<sup>th</sup> Gail Ekloff, Third District Vice President, will officiate at the installation of all newly elected officers. This is an exciting time for the Lodge.

**Oslo Lodge** members are thrilled! As of January it has been five years since the lodge met with just 12 people in attendance after not having met for several years. Yet Oslo Lodge members have worked diligently in contacting and inviting and community PR. In January the Lodge was notified they won the Viking Quest membership drive with more new members in those 10 weeks than any lodge in the order. By the way, the lodge motto is "many hands make light work". Also, January 1, 2012 we have signed up another 3 new adult members and one more Unge Venner member. We are now at approximately 84 members. Not bad for five years of work! Our March focus is on the Vikings and the Nordic World. We will be making Viking costumes and other things.

**Scandinavian Heritage Society Lodge** is busy with getting ready for the Zone 4 Scholarship Dinner April 14<sup>th</sup>. They are hosting the Viking auction and are accepting new or gently used items.

**Troll Lodge** has it's installation of officers on Sunday, March 11, 2012 at 2 PM with installing officer, Gail Ekloff, Third District Vice President. All are welcome to come celebrate with Troll Lodge. Please mark your calendars for the following event: **Troll Lodge celebrates 45th Anniversary on September 29th at the Chalet-on-the-Hudson in Cold Spring, N.Y. More information will be forth-coming.**

## **ZONE 5: Gail Martinsen, Director**

There were many different programs at the Zone 5 Lodge's February meetings. Suncoast members enjoyed a Music & Comedy Evening! Several members participated with stand-up comedy or musical performances, including karaoke. Wow, they were very brave!!! It sounds like they had a great time! They, also have a get together every other month for dining out. In February, they dined at Joe's Crab Shack. Gateway to Florida celebrated their Installation in February. They were honored to have 3D President Ralph Peterson as their installing officer. Their steak dinner was enjoyed by all. A chili dinner was served at Vikingworld's meeting, a prize was given for the best chili. All of their members brushed on their American history to prepare for the Family Feud Program, President's Edition presented at the meeting. Gulfstream members all brought in pot luck for dinner and enjoyed Norwegian music after the meeting. A Norwegian Supper of yellow pea soup and open faced sandwiches was served at Sarasota's meeting. After the meeting, they discussed the many Sons of Norway Skills Programs that are available. Sarasota is hoping to form a book club and a needlework group. I'm sure you will get many interested members, good luck! Sun Viking celebrated Valentine's Day and their 24th Anniversary with hors d'oeuvres and Anniversary cake. The cake was purchased at Walmart and they were willing to decorate it with a Viking ship (they never did it before). They were just given a rough outline of the ship. It was beautiful! Norsemen Harbour is a tiny lodge, but, they do so much for their local area! They collect food every month for the local pantries and collect aluminum tabs for Ronald McDonald House. They heard how many children in their school district are living in cars or tents! So now, the ladies are busy crocheting afghans for the needy children and collecting underwear, etc for them. All of the Zone 5 lodges with Viking Ships are busy preparing them for the upcoming 2012 Regattas. Don Nemree, a stamp collector from Georgia, heard about Tubfrim, so, he donated **13,880 stamps (6 LBS)** to Scandia Lodge! That is so great! Meta Brylli, a Scandia member, counted and sorted all of



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the stamps. Both Scandia and Gulf Coast Vikings were honored to receive an invitation to a special evening in March for an exhibit of Norwegian/American artist, Ida Lorentzen's art in a Naples Art Gallery. She was born in New York. She studied art at Boston University and continued her studies in Norway at the National Academy of Fine Arts. She now lives outside of Oslo. Ida is regarded as one of Norway's foremost painters and was commissioned to paint Queen Sonja and the Consecration Ceremony of Queen Sonja & King Harald. Eliot O'Hara, also, has his paintings of the Norwegian landscape on display. I am proud of our lodges for their contributions to the Foundation, Ski for Light and many of our local charities. **Happy Saint Patrick's Day!**

### ZONE 6: Carol Goral, Director

TDT from one 6

Zone six lodges have been bust preparing Lodge Achievement forms this month and I am happy to say that they have all complied with the deadline and I am ready to present them to the Board at the March Meeting. Congratulations to all the new officers. I wish you a successful term. Good programming and fellowship will continue to keep our Zone strong. Heritage programs add interest and excitement as well as a reason to belong to Sons of Norway. I know that you will enjoy your term of office. I would also like to thank all who served their lodges last year. Your dedication makes our order strong.

Zone 6 is completing the final preparations for the March 17th Memorial Service to be held at the Gloria Dei, Old Swedes Church at 1pm.

### ZONE 7: Edward McCarthy, Director



**The Maine Nordmenn** are not able to host our usual Hummerfest celebration at Bailey's Island this year. However, we would like to invite you to join us for the House Island Lobsterbake and Tours on July 28th

We have arranged for a **private** visit to House Island, just off Portland, ME, on Saturday, July 28th. The visit of **4 hours** will include a **narrated round trip to the island** from Long Wharf. Once on the island a **tour of the island** will be provided in addition to a full dinner including:

Clam Chowder-Lobster or Chicken Breast-Corn, cole slaw and roll-Butter, potato chips-Iced Tea and hot coffee  
Perhaps a bit of Aquivit-Beer and wine arranged through Chuck

The cost \$60.00 per person which includes tax and tips.(special pricing normally \$69.50)

For children 11 and under the cost is \$50 for grilled chicken-For children 3 and under ---- free!

**This is one of those functions where you can simply relax and enjoy -- someone else is doing all the work.** If you are interested in joining us please contact: Bob Boylestad [rboylestad@aol.com](mailto:rboylestad@aol.com) 207 828 5710



**HAPPY SPRING**



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## LAND OF THE VIKINGS

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. Be sure to check out LOV on the 3d web site [www.3dsofn.org](http://www.3dsofn.org) or [www.Landofthevikings.org](http://www.Landofthevikings.org)



Managers: Beverly and Rick Budrick  
461 Big Valley Road  
Susquehanna, Pa 18847  
Call - 570-461-3500  
Or E-mail to:- [vikingland@tds.net](mailto:vikingland@tds.net)  
<http://lov.3dsofn.org>

### ELDRID ARNTZEN ROSEMALING AT LOV

Session 1 March 12-16 Telemark roses  
Session 2 March 19-23 Gudbrandsdal  
For reservations call : Bev at 570-461-3500  
Eldrid Skjold Arntzen  
860-945-8742  
[Normana@aol.com](mailto:Normana@aol.com)

### **District 3 Board Meeting March 1st—4th**

#### Basket Social

Our December basket Social was moved to April 22nd.



We are looking for donations from all the 3rd District Lodges and /or individuals. Baskets of goodies or any unwanted **new** item or a donation of money would be appreciated. Please send your donation to Lov with your Zone Director or any Board member by the end of February. (They will be attending the Board meeting the first of March) after that, items can be delivered or sent to LOV directly. If your lodge has already sent a basket or donation for the December Basket Social you don't need to send another. We appreciate your support.

### **Save the date - June 8th Lobsterfest at LOV**

Come for the weekend or just the day. Silent Auction donations accepted  
Fun, games and good food Make your Reservation early  
Call - 570-461-3500 Or E-mail to:- [vikingland@tds.net](mailto:vikingland@tds.net) <http://lov.3dsofn.org>



Thanks you for supporting LOV this past year. We are hoping to bring you lots of fun happenings at LOV in 2012 Let us know if there is something you would like to do and we will try to make it happen. We are talking to Vesterheim on bringing some of their classes to LOV. How about Knife making, basket making, weaving, woodcarving more rosemaling, or Quilting. What would you like to do?  
E-mail Sally [Uffdamobile@yahoo.com](mailto:Uffdamobile@yahoo.com)

Blafjell 3-646 OPEN HOUSE "Getting to Know Norway", Saturday, March 25, 3-5 pm, College Lutheran Church, 210 College Avenue, Salem, VA; all adults and children invited, no reservations required, No Charge!

THX!

Joann Barfield Editor, Fjell-Ljom  
540-380-2926