

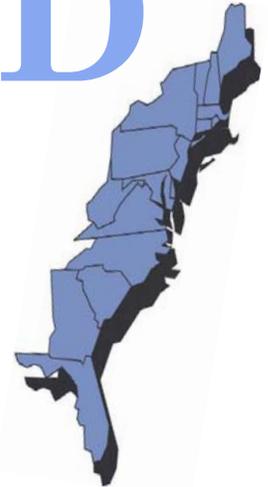


SONS OF NORWAY

3D



NOVEMBER 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 am still traveling. Today I am in Minneapolis, MN. I just finished two days of meeting with the District Presidents Council and the International Board of Directors. Tonight will be very exciting as AnneGrete and I will join a large group of Norwegian Americans as we greet the King and Queen of Norway.

Mother Nature was not very nice to this years Leif Erikson regatta as it got blown out of the water, however all the land activities were held as scheduled. It was a full house at the banquet with no cancelations despite the gale conditions.

As part of our DPC meeting we met with the International board twice to hear different presentations on how to strengthen and grow the SON. Words starting with the letter F became a big player in our discussions. The first three words that came up where Financial (we are an Insurance Company), Fraternal and Foundation and as we moved along we added three more, Food, Fun and Family. If your lodge is embracing all 6 words you are or will become a successful lodge.

I mentioned that the SON is an Insurance Company which means that we are a business, subject to many rules and regulation. Each of our local lodges is a part of that business along with our fraternal activities. Our local lodges have to follow these rules as well as the Home office. One area where some of us have fallen down is in the filing of various financial documents. There are two critical forms, 990(income tax) and form D17, a financial report required by SON. There are several lodges throughout the order, including a couple in D3, who haven't filed one or both of the forms and will shortly get notices from the International Board advising them that the Board is starting action to pull their charter. We simply cannot take a chance to continue to operate with lodges who do not comply with the law.

Our web site continues to attract large numbers of visitors. The site has averaged over 200 daily visitors every month since January. In September the site averaged over 250 daily visitors with a high day of 487. The events page is constantly well read so get your events posted. <http://www.3dsofn.org/home.html>

We hope to get our Convention/Centennial page on the web site this month. When that happens, you will be able to order various clothing items that are adorned with the Convention/Centennial logo. We will be communicating information about the upcoming events to local lodge officers by mail as well as utilizing email via Constant Contact. Many of you have recently added your correct email address to your SON information. Thank you. We will continue to utilize email and our web site as much as possible as its faster, cheaper and less labor intensive. We will continue to use the mail as well but by adding your email address to the SON data base it will help a great deal and insure you receive the latest information.

We will be taking a look at The Village, FL and Richmond, VA to see if new lodges could be started in those locations. If you are aware of anyone in either of these locations who would be interested in joining a lodge there please pass their names on to our VP Gail Ekloff.

Fraternally, Ralph Peterson





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Vice President Gail Ekloff

Bazaars-----November and December are times when the Lodges have their Holiday Bazaars. Do you **advertise** them? Put **flyers** at churches and stores? And, **posters**? The posters from the International Office are eye catching and attractive and would look great at your events!*******Utilize your bazaar to expose our wonderful heritage and culture.**

*****Amongst the tables of Scandinavian ornaments, goods, jewelry, and food, do you have a **membership table**? Have a member (your VP or a person from your membership committee) be there to greet people as they enter your Bazaar. Be sure to **ask** if they would be interested in joining your lodge. Contact your **Financial Benefits Advisor**. Have them come and be with you

at the membership table. They can let people know what Sons of Norway has to offer. Order an **EVENTS KIT** from the International office. It is **Free** and has all the information on SON and our **BANNER**. Post up coming events so they know what other events are going on in the lodge. Let them know they are welcome to attend these events and see what your lodge is all about!If your lodge doesn't have a bazaar and you think you would like to start one, contact me and I will be glad to come and discuss it with the lodge members. Maybe next year will be your first! **It is a great fund raiser for your lodge.** How is you Fund raiser going? RAH ! RAH! RAH! Football is backto celebrate help football great Boomer Eaison's Foundation for cystic fibrosis by joining our Sons of Norway District wide fund raiser!!! (What theme will your lodge use to attract a crowd?)The Boomer Eaison Foundations is waiting to see how we are doing and are looking for information to post on their web site. I can't wait to see how our 1st.District wide event turns out. Let's show everyone what Sons of Norway can do!!!!

Rolf and I wish you all Great Thanksgiving!!!!

Alt for denne gangen, Gail

Remember the 2 A's; Ask & Advertise

Remember the 2 M's; Mentor and Mingle

[Kathy Dollymore, 3D Public Relations](#)

[check out the blog on the 3D web site for ideas and notes from your board](#)

At Plymouth in 1621, the Pilgrims celebrated their first harvest in the New World thanks to the generosity of their Native American neighbors. In return, the Pilgrims invited them to share in their harvest festival.

At no time of year are Americans more mindful of our heritage as a Nation than at Thanksgiving - a day when people of every race, creed, and walk of life join in celebrating the many blessings that we have received as individuals and as a Nation. Every generation of Americans has benefited from the generosity, talents, efforts, and contributions of their fellow citizens. All of us have been enriched by the diverse cultures, traditions, and beliefs of the millions of people who, by birth or choice, have come to call America their home. While we, as Americans, are an independent people, we are interdependent as well, and our greatest achievements are those we have accomplished together. Let's not forget, in the midst of turkey dinners and sweet potato pie, that there is greater meaning to our gatherings.



This text was found in a *Maranatha Daywatch* posting for Thanksgiving Day. I'm not too certain about how some of the numbers were derived, but even if they are out by 50%, the message is still valid: Source Unknown.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

If you woke up this morning with more health than illness...you are more blessed than the one million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation .. you are ahead of 500 million people in the world today

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of the worlds population.

If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

If you hold up your head with a smile on your face and are truly thankful...you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder...you are blessed because you can offer a healing touch.



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FROM THE SECRETARY, Marci Larson

This is another reminder that I'd like lodge officer installation information from you so I can compile a schedule and most importantly honor your request for the District Officer of your choice to install your new board. If you are not changing officers this year, which is about half the lodges, then please tell me that as well. Many thanks to the 15 lodges who have given me the appropriate information – I appreciate it.

A parallel to installation information is my annual plea for copies of the D-63 or Change of Officers form which I use to update the Membership Directory. **EVEN IF YOU HAVE NO CHANGES**, lodges must still complete the form and submit it to SON and a copy to me. Often times, a web site address or phone number may change. The deadline is Dec. 15, but if you can send it sooner I'd appreciate it. If you have any questions, let me know.

As you are contemplating 2012 summer travel plans, please mark your calendar for the District 3 Convention and Centennial Convention June 20-23 in Virginia Beach, VA. The various committees are hard at work planning not only a great convention but a "dazzling and memorable" Centennial Celebration. Our District is 100 years old, certainly a milestone and you will want to be part of the festivities. We are finishing the website, lovely apparel will soon be available, the convention hotel has recently undergone a multi-million dollar renovation, and our special events during the four days will be "special." Spend a few extra days because Virginia Beach is in the heart of historical areas like Williamsburg, Charlottesville, Jamestown, Washington, DC. The beach is close by and the mountains a short drive away. In addition, the City of Baltimore is commemorating the 200th anniversary of the War of 1812 with special activities. Stay informed through the district website and the District newsletter.

3 D Sports Director Gene Olson

REMEMBER:

The Sports Medal Challenge Program is ON and whoever READS this please bring it to the attention of all members you come in contact with. We need the help AND SUPPORT from everyone including ZONE DIRECTORS, PRESIDENTS OF ALL 3D LODGES, ALL LODGE SPORTS DIRECTORS.

Please check with all Zone Directors who have the necessary forms to fill in and then to be sent to International Sons of Norway Headquarters in Minneapolis to the attention of Shipping Department.

AND DON'T FORGET TO SEND ME A COPY SO I CAN RECORD AND ENTER INTO THE CHALLENGE RESULTS.

Third District 2012 **BOWLING TOURNAMENT WILL AGAIN RUN FROM JANUARY 1, 2012 THRU MARCH 31, 2012.**

Any information you need concerning any of the above please contact your Zone Director or 3D Sports Director.

We certainly can do MUCH better then we did last year.

3D Sports Director Gene Olson mais@comcast.net

DON'T FORGET TO PASS THE PIGGY.....

*******ZONE NEWS*******

ZONE 1: Kris Rasmussen Director

ZONE 2: Judy Mack, Director

News from Zone 2

ZONE 3: Barbara Bensen, Director

ZONE 3 "THIS N' THATS"

November brings us Election Day, Armistice/Veterans Day and Thanksgiving Day. Similarly, our Lodges have a busy month tooElection of Officers, Holiday Bazaars, Fall Festivals and the like. It's also the month that begins the "Holiday Frenzy".

Nansen had a successful Heritage Fair last month, and also enjoyed another visit from "Elvis the King". He "wowed" them again!. The Junior Lodge is also in the swing of things and preparing for the holidays. On October 21st, Nansen Lodge paid tribute to their namesake by honoring Fridjof Nansen's 150th Birthday. Brother's Night is November 18th. Bernt Balchen has a successful Scandinavian Craft Fair. They even had the local TV crew filming





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the activities and airing the event on the local TV station. After nine years of meeting and reading 63 books, the Reading Circle applied for and received their Cultural Skills Award Pins. Quite an accomplishment. Nor-Bu had their October Fest Dinner last month and will be having a Bunad Show at their November Meeting. The famous "Tricky Tray" fundraiser is November 12th. A group of Fredheim members set sail on rafts and river-rafted on the Delaware River, PA this summer. Their visit to Monmouth Park Racetrack, NJ, for a "family and friends day" picnic, proved to be fun for all. A Cultural Night with Norsk food and music is November 12th. Noreg Lodge added a web site www.noreglodge.com and invites everyone to visit the site. November is one of their busiest months. It's all hands on deck as they prepare for their annual two day bazaar, November 19th and 20th at the Old Bridge Municipal Center. They also sent a basket to LOV for the Basket Social fundraiser. From our Zone to your Zone, have a Happy Thanksgiving.

ZONE 4: Karin Gudbranson McCadam, Director

With the holiday season just weeks away, the Zone 4 lodges have hit the ground running with many activities and events to get everyone in the holiday spirit.

Fram holds their Scandinavian Craft Fair on the afternoon of November 6th at the Freehold Fire Hall where shoppers will find handmade ornaments and gift items that feature rosemaling, knitting, and woodcarvings. Then relax with great coffee, delicious cookies and other goodies. If you are in the area, please drop in at **Fram Lodge!**

Hudson Valley celebrated Leif Erikson Day in a different way with a voyage on the Hudson River aboard the Rip Van Winkle boat and later met for a codfish dinner and afterward, new members were initiated. They continue the fun in November - if you are in Saugerties on the 12th please join **Hudson Valley** for Men's Night when the men cook and serve dinner and provide the entertainment.

Norrøna enjoyed a wonderful dinner on October 21st followed by Dr. Per Brevig, who spoke on the Norwegian composers Edvard Grieg and Arne Nordheim. Dr. Brevig, conductor, is the President of the Edvard Grieg Society. In November **Norrøna** Lodge will gather again for their annual "Craft Night" and Wine & Cheese party.

After recent area flooding **Norsemen Lodge** has had to meet elsewhere as the Fire Hall was used as a staging area for volunteer workers. They cancelled their Leif Erikson Day event. **Norsemen Lodge** is in the process of updating their schedule. With a nominating committee in place, they are busy preparing for elections.

In October **Oslo Lodge** sponsored the CNY Scandinavian Day, with the Five Nordic Nations booths highlighting history, culture and art. Visitors used their Viking passports to guide them around the hall. Then following a concert of Irish, Scots and Norwegian music by the "Harmony of Harps" group, members and guests enjoyed dinner. The program included the awarding of the Leif Erikson Award, the Honorary Norwegian-American Award, and, the Third District Bowling Tournament youth trophies. Sverre Aasgaarden, Financial Benefits Counselor, spoke about the competitive insurance and investment opportunities via Sons of Norway. The evening finale was a mini-concert of Grieg pieces by Sabine Krantz (local soprano and music teacher) during dessert. It was a great opportunity for the community to experience Nordic culture in a relaxed setting. On November 13th **Oslo** has a Nordic Food program with a demonstration and a little hands-on practice. A short business meeting follows.

Scandinavian Heritage Society began the fall season with lots of enthusiasm. In October Nils Caspersen presented a program on Scandinavian Folk Music. SHS is also designated as Project Managers for Nils Caspersen in applying for a grant from the Arts and Cultural Council for a project on Scandinavian music. In November there is a social program followed by a business meeting, with elections. On November 20th they will have a reception for Rochester Philharmonic Orchestra Conductor, Arild Remmereit, a Norwegian who has made his home in the United States. He has also said he will be joining SHS Lodge.

On October 14th **Troll Lodge** members celebrated Oktoberfest with bratwurst and beer. They had initiation of newest members. The nominating committee was formed. Then on November 12th Troll has their annual Scandinavian Holiday Fair at the Methodist Church in Mahopac. If you are interested, please feel free to stop in.

ZONE 5: Gail Martinsen, Director

Here in Zone 5...



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ZONE 6: Carol Goral, Director

Zone 6 Report

Nordkap Lodge celebrated their 90th Anniversary with a lovely banquet in Baltimore. The feature menu selection included the famous Maryland crabs. A great time was had by all. A couple demonstrated Norwegian Folk Dances and then instructed guests on the dances. That was so much fun. President, David Tonnesen presided with his usual humor and the afternoon sped by too quickly. Congratulations on a wonderful celebration. Bondelandet had a very interesting fall meeting with their Cultural Director commenting on Nansen and Amundsen. It was a wonderful program. Sports medals were awarded to several members and the bowling trophies were certainly plentiful.

Fredriksten Lodge spent a wonderful weekend at LOV in October. The foliage was wonderful and the company even better. They are now gearing up for their annual flea market. It has served as a great money maker for the lodge for many years and they hope to continue that tradition.

Washington Lodge is planning a book chat for their October meeting which I will attend. I look forward to hearing about Norwegian authors and perhaps get some books to add to my Christmas list. They are working on their Christmas Bazaar which will be held at the Elks Club. It is a very successful Bazaar and I look forward to attending again.

Restauration Lodge is planning their 35th Anniversary/ Christmas Party at the Springhaven Country Club the beginning of December. I look forward to this as well. It is a beautiful affair and the atmosphere is wonderful. I was able to attend several of their meetings and they are busy making the Christmas baskets for the trees and working on Kransakke as well.

Zone 6 lodges are doing well. They have many interesting programs which is key to success. They also have chosen capable leadership and I know they will continue to do that.

Respectfully submitted, Carol Goral Zone 6 Director

ZONE 7: Edward McCarthy, Director

Greetings from Virginia Beach!

The Zone 7 lodges have been off to a running start for the fall season with many activities being planned not only for October but for the upcoming holiday season. Drammen Lodge in New Bern has a major fundraising event planned for the 9th of October. This is the dinner for the Boomer Esiason Foundation which raises funds for the research into Cystic Fibrosis. It promises to be a big affair with a good amount of money being raised for the foundation.

North Carolina Vikings Lodge in Raleigh has a Norwegian woodcarving session set up for their October meeting with a master woodcarver to hold demonstrations and perhaps teach a few techniques. They are also instituting a children's program at each meeting beginning with October.

Southern Star in Myrtle Beach will have a variation on a normal meeting in that they will be meeting at the Cafe Vienna for a grand meal of German foods (Yum!).

Blafjell Lodge in Salem has a very active October program planned. On October 6th they attended their adopted school to have Viking Day to end the student's unit on Scandinavia. The students learned about the country of Norway, the Viking Tales, Viking lifestyles, Trolls and myths. They ended up with a lunch of Nordic foods. On October 21st they will take part in a community celebration entitled "A Taste of Culture". Norway is the featured country this year and they will bring educational materials as well as baked goods for sale at their booth. On October 22nd, they will be celebrating their 15th Anniversary with a catered salmon dinner. Entertainment will be by the Nordic Dancers from Nashville, Tennessee.

Hampton Roads in Virginia Beach has had an active October program planned. On 1 October the lodge took part in the annual Neptune Festival Parade in Virginia Beach complete with longboat and bunads. This is a major parade and gives the lodge a lot of exposure to the public. The lodge is currently planning for its annual Christmas Bazaar which will be held on 5 November. Members are engaged in month-long baking for the bazaar. The Bazaar will be held at the Francis Asbury United Methodist Church at 1871 North Great Neck Road in Virginia Beach.

Hampton Roads lodge has instituted a call tree to remind members of an upcoming meeting. Currently the lodge board is evaluating how it is working.



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Many lodges are in the process of setting up nominating committees for new officers for the upcoming year. Step forward and help your lodge build for the future.

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!!



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.



As the holidays approach we look back and reflect on all we have to be thankful for. No matter if you are grandparents, parents or other family members we all have a tie to bind us together. Family is so important to us and the generations keep going on.

We are nearing that time of year of gift giving and often end up buying our grandchildren, great grandchildren, and/or our children, gifts that last only a very short time - either they break, get lost, or just wear out. How about giving a gift this year that "keeps on giving", a legacy for your loved ones or your favorite charity. You may find that it costs less than what you had planned to spend.

Call your field staff representative and I will share with you this "once in a lifetime gift idea." Sons of Norway can help you perpetuate your generosity into the future.

Happy Thanksgiving to all.

Ann Krause, FIC, LUTCF, Field Staff Representative Sons of Norway
701-852-5508 701-720-2755 E-mail: boat@srt.com



IF YOU ARE ENJOYING YOUR
MANY FREEDOMS THANK
A VETERAN-NOVEMBER 11TH



DR. OZ SAYS: Lingonberries have more antioxidants than any other berry. Eat Lingonberries..



The dual benefits of the midnight sun and the warming effects of the Gulf Stream, produce berries with outstanding flavor and color. Lingonberries have more antioxidants than any other berry. Eat Lingonberries. The dual benefits of the midnight sun and the warming effects of the Gulf Stream, produce berries with outstanding flavor and color. Their unique tartness makes them a natural accompaniment to meat, fish and game. Or they can be served with pancakes and waffles.



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**Calling Sons of Norway 3rd District Members
To Enter The
CONVENTION DELEGATE'S PADDLE CONTEST**

As we all know, our Third District Membership is overflowing with an abundance of members skilled in the field of arts and crafts.

Please take this opportunity to showcase your skill and talent.

- Eligibility:** All Sons of Norway members are eligible to enter. You may enter as an individual, group or lodge.
- Designs:** Designs for paddles will be of your own choosing, however, those reflecting, the 3rd District Centennial Convention, Sons of Norway, Norway, or Virginia Beach, will be given special consideration.
- Paddles will require a minimum of 2 ½ inch black consecutive numbering on one side.
- Quantities:** Approx: 200
- Finished Cost:** Products coming in at a cost below \$6.00 each will be given special consideration.
- Production:** Winners must be able to produce the required number of paddles for the convention by June 1, 2012.
- Deadline:** Photos of your design, along with dimensions and cost per each, must be submitted with application no later than January 15, 2012.
- Reimbursement:** Winner (s) will be reimbursed from convention budget funds upon presentation of finished product quantities and invoice. Paddles will become the property of the Third District for future use or to be used as convention delegate favors.
- Delivery:** Our committee will work with the winner(s) for delivery of items to arrive at the convention hotel by June 21, 2012.
- Winner(s):** Will be notified no later than February 10, 2012.
Will have their name(s) listed in the Convention Journal. Paddle winner(s) has/have permission to sign the paddle.
Committee reserves the right to select more than one winner.



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DELEGATE PADDLE CONTEST APPLICATION

Delegate's paddle 200 pieces

NAME OF ENTRANT INDIVIDUAL/GROUP/LODGE:

CONTACT NAME IF DIFFERENT FROM ENTRANT:

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____

EMAIL: _____ LODGE: _____

THEME: _____

DESCRIPTION INCLUDING MATERIALS, DIMENSION AND WEIGHT PER EACH:

COST PER EACH:\$ _____ TOTAL PROJECTED COST OF PROJECT: \$ _____

For a .pdf or .jpg file of the convention logo and/or questions, please contact Carol Anderson by email at carolnphil@juno.com.

ATTACH PHOTO AND SUBMIT TO:

Nellie Larson
10920 New Brighton Court
New Port Richey, FL 34654

GOOD LUCK!



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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.

Be sure to check out LOV on the 3d web site www.3dsofn.org

Come join our Norwegian cooks teaching you their specialties Danish, Lefse, Kransekake, Rosettes, Open face sandwiches

November 11 – 13

Work on your Cultural badge for cooking. Free class- just reserve your spot



Genealogy expert

Blaine Hedberg.

Blaine is the Executive Director of the Norwegian-American Genealogical Center and Naeseth Library in Madison,

He is coming to LOV

November 11-13

Join the fun of searching for your family roots. If you want Blaine to check into your family name, e-mail him in advance of the class at Bhedberg@nagcnl.org and let him know you will

be attending the class at LOV

A great weekend to be at LOV with all the Norwegian baking going on. A small fee may be charged for the class, **register now**

Make your reservation at L.O.V. now!

Contact: Bev , 570-461-3500
461 Big Valley Rd, Susquehanna, PA 18847
E-mail to:- vikingland@tds.net
<http://lov.3dsofn.org>



Make your reservations for New Year's Eve now!!! Over 60 people attended the festivities last year \$100 deposit required

Contact: Bev , 570-461-3500
461 Big Valley Rd, Susquehanna, PA 18847



Have fun celebrating the New Year with old and new friends and not have to drive anywhere. Relax by the fire, we have plenty of games to keep you entertained

Fall Hunting at LOV

November 18th-23rd New York Hunting
November 25th –29th Pa Hunting

Enjoy hunting in either state and come back to Lov for a nice homemade meal and camaraderie by the fire



Basket Social Dec 2-4

The Basket Social has become very popular with the locals but we need your help. We are asking **All lodges** and/or individuals who wish to donate, to make up a basket of goodies or any unwanted **new** item. If you would like **us** to shop for you, a money donation would also be appreciated. Please get your items to your Zone director **before Oct 25th** so that it can be delivered to LOV at the board meeting. After that date please send directly to LOV.

