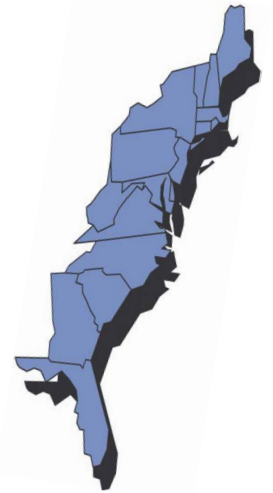




SONS OF NORWAY

3D

Third District Today October 2018



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 October, 2018

I like to think that exploration is in our blood from the time of the Vikings to Liv Arnesen and beyond. Who is Liv Arnesen you might ask?

Liv Ragnheim Arnesen (born June 1, 1953) is a Norwegian educator, cross-country skier, adventurer, guide, and motivational speaker. Arnesen led the first unsupported women's crossing of the Greenland Ice Cap in 1992. In 1994, she made international headlines becoming the first woman in the world to ski solo and unsupported to the South pole. – a 50-day expedition of 745 miles (1,200 km). Liv has worked with Ann Bancroft for approx. 20 years. They are both former teachers, and in 2000-01 they became the first women in the world to cross the Antarctic continent on skis. An amazing trip of 2765 km (1,717 miles). They used the

expedition to market their curriculums; – An interdisciplinary about Antarctica and one called «Dare to Dream». They also have a curriculum called «Roads to Peace». Together they formed Bancroft Arnesen Explore so that they could share their dreams with millions of others. In 2012, they launched their most ambitious project, BAE Access Water, with an expedition on Ganges. In order to anchor teaching programs internationally, they have invited one woman from every continent to participate. To learn more about this amazing explorer look at the website: <http://www.livarnesen.com>



In this month we celebrate **Leif Erickson Day**. I would like to list some Notable Norwegian Explorers. Yes, we all know Leif Erickson, Thor Heyerdahl, Helge Ingstad and Roald Amundsen, but the list, though not complete, will give you an idea of the men and women who thirst for adventure. If you are unfamiliar with one or two of the names this would be a wonderful opportunity to present a program at your lodge on a particular unsung champion. Remembering that the Norway of today is as bold and with love of the great outdoors, No Horizon is so Far: An Extraordinary Journey across Antarctica. Ann Bancroft and Liv Arnesen. Da Capo Press. 2003 for a good read.

- Bernt Balchen (1899–1973), Norwegian-American polar aviation pioneer
- Samuel Balto, arctic explorer
- Rune Gjeldnes, polar (solo) adventurer
- Tryggve Gran (1889–1980), aviator, made the first solo flight across the North Sea
- Tormod Granheim, climber and extreme skier, 1st ski descent Mount Everest North Face, 2006
- Hjalmar Johansen (1867–1913), polar explorer

- Erling Kagge, polar solo adventurer, climber
- Carl Anton Larsen (1860–1924), Antarctic explorer and first person to ski in Antarctica on the Larsen Ice Shelf; considered the founder of the Antarctic whaling industry and the settlement at Grytviken, South Georgia
- Henry Larsen, Norwegian born Canadian Arctic seaman for the Royal Canadian Mounted Police; second to traverse Canada's Northwest Passage in the *St. Roch*
- Christian Leden (1882–1957), Greenland and Canada
- Lars Monsen, adventurer
- Jens Munk (1579–1628), explorer of the Northwest Passage
- Fridtjof Nansen (1861–1930), Arctic explorer, scientist and international statesman
- Børge Ousland, polar solo adventurer
- Finn Rønne (1899–1980), Norwegian-American antarctic explorer
- Otto Sverdrup (1854–1930), Arctic explorer

Begin your own adventure and discover your lodge. See what adventure awaits when you all work together for the common goal. Language classes, book discussions, sharing recipes, enjoying the Culture of Norway.

La oss arbeide sammen som en.

Remember Leif Landed First,

Kathy

September 2018

"Individual commitment to a group effort - that is what makes a team work a company work, a society work, a civilization work." Vince Lombardi



There are lodges that are gearing up for a new year of programs, a change of officers, new issues and new ideas. The organization of Sons of Norway has been around for almost 125 years and I expect it will be here another 125 and more.

After visiting at the International Meeting in Minneapolis I can tell you that I am proud of our Third District delegates for insightful thoughts and comments.

More information will be forthcoming after all the delegates get their notes to me.

We, in the Third District, are a strong group with differences in geography, age, ideas, temperament. That being said I have found we are also a group who will often share their ideas and mentor those in their roles and responsibilities and represent their local lodge and its values to others.

We also are a group that will listen and help ensure a free flow of ideas and challenges from all. Listening involves accepting and respecting the ideas, feelings, behaviors, and experiences of members different from ourselves.

We are trying something new on our District Board in that we have some Committee Chairpersons with committee people in position to assist them in the job. This also allows the Chair/Director to mentor a committee person in fulfilling the position at a later election time.

As an existing example, take Zone 5- There is a Zone Director, an Assistant Zone Director and two committee members on the "Zone 5 team".

Another example of a committee approach is Publicity where we have a Publicity Chair, assists for the TDT, assists with photos for the Viking Magazine and a webmaster.

If your lodge is having difficulty fulfilling roles perhaps it is time to choose the “committee approach”. Knowing you are part of a team can help develop a positive attitude about that position and develop strong relationships with your other committee members. Members on a team develop a sense of working for a larger cause, which can provide strong motivation to perform well. They also realize that if they ever need help, they can count on a teammate to provide it, and they are willing to return the favor in the future.

Be a part of the puzzle and join a committee, working together makes a great picture.

Fraternally, Kathy

In case you missed President Kathy’s July letter, you can find it on our website by clicking this link [July 2018](#)

[Andy Mathisen, Cultural Director](#)

Hello Sons of Norway Members! I am your new Cultural Director.

Sons of Norway has an excellent Cultural Skills Program that we should all take advantage of and learn more about our contemporary Norwegian culture. Attached please find details about our Cultural Skills Program which covers a wide variety of subjects, ranging from Norwegian cooking to music appreciation.

Each unit is designed to provide skill-specific activities at the beginner, intermediate and advanced levels to foster learning and advancement with each newly acquired skill. There are 14 different Units for as adults to explore. Also shown are 5 Youth Cultural Skills tailored for children but adult guidance and supervision is encouraged.

Cultural Skills Pins are awarded to participants as they progress through the units within the program. For instance, when you complete part 1 of your first unit you’ll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.

You can get started learning right away by downloading any of the Cultural Skills units from the “Members Login” section of www.sonsofnorway.com. Otherwise call 1-800-945-8851 or e-mail culturalskills@sofn.com to order hard copies.

Let’s keep our Culture alive at Sons of Norway!

Andy Mathisen
3D Cultural Director
973-766-4145
amathisen@njtransit.com

A Little about the Icelandic Sagas (excerpt from article in Restoration’s October newsletter by Nickie Smith)

“The last example of saga writing involves material from “The Saga of the Greenlanders”. In this saga Leif Eriksson goes on an expedition to find new lands West of Greenland. The writer describes Leif Eriksson as a large, strong man with a very striking appearance. He also is a wise moderate thinking man. Leif purchased Bjarni’s ship and hired thirty-five men to accompany him on this journey. He asked his father, Erik, to head the expedition, but Erik said that he was not good at bearing the cold and wet any more. When Leif’s group started sailing, the first thing they found was the land which Bjarni had seen earlier. Each time they saw a new land, Leif gave it a name that related to what it had to offer. For instance, Helluland had stone slabs, (slabs of rock);

Markeland had forests (from the forest). Then they saw a land where they thought their livestock that they brought with them would find plenty of fodder during the winter because they saw so much crop growing on this land. Also, even though Winter was coming on, they noticed that the temperature did not drop below freezing, and the grass was only slightly withered. They saw salmon larger than they had ever seen before. They realized that this was a good place and so they carried their sleeping sacks ashore and built booths, which are small enclosed shelters. They decided to spend the Winter there. When Spring came they started building houses. When they finished building houses, Leif realized that they should have a plan involving the exploration of this land. He spoke to his men: "I want to divide our company into two groups, as I wish to explore the land. You must never go any farther than what will enable you to return that same evening, and no one is to separate from the group." But Tyrkir went wandering, and Leif was cross about that, and he started with a few men to look for him. Soon Tyrkir returned and told them that he found grape vines. The men liked Leif's plan, so the next day they started to follow it. The men who went exploring picked grapes and felled trees. Leif named this island for its natural features. He called it Vinland (vineland)."

END

Jane Smiley, author of [A Thousand Acres and The Greenlanders](#). Comments on the sagas written in Iceland:

The literature of Iceland, written in the high middle ages, prefigured the literature of the modern world.

October is Foundation Month

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members, and make Sons of Norway communities a more vibrant place to live. Be it through a student's scholarship for study, a cultural exchange experience, or assisting lodges to provide quality programs and community events – the Sons of Norway Foundation is true to its mission.

Established in 1966, our focus and offerings have grown to include several categories of scholarships and four categories of grants. Our passion is focused on the following areas:

- Creating opportunities for higher education as a means for success.
- Showcasing our unique Norwegian heritage to wider audiences.
- Exploring cross-cultural exchanges.
- Providing humanitarian support to Sons of Norway members who are victims of natural disasters.

The Foundation has awarded \$1,375,000 in scholarships, \$390,000 in grants and more than \$500,000 in humanitarian aid. To learn more about the Foundation, check out the great video on their [website](#)

Convention News

Kudos to all the various award recipients!

Founders Awards

2016 Founders Awards:

Washington Lodge	Doris Goodlett
Loyal Lodge	Ed Fleming
North Carolina Vikings Lodge	Michael Tilder
Norsemen Lodge	Debra Martin
Pleasant Point Lodge	Liv Svendsen
Norden Lodge	Stephen Helmold
Norskevenner Lodge	Erik Kind

2017 Founders Awards:

Lodge Brooklyn	Kimberly Breiland
Scandinavian Heritage Society	Jason Hoffman
Viking World Orlando Lodge	Keith Lavin
Tampa Bay Lodge	Paul Lunseth
Hampton Roads Lodge	Lenny Zingarelli
Gateway to Florida Lodge	Evelyn Hopkins
Bondelanet Lodge	Svein Klinge
Southern Star Lodge	Dirk Hansen
Blafjell Lodge	Joanne Barfield
Norskevener Lodge	William Browning
Norsk Carolina Lodge	Marge Clements

Merit Awards for 2017**Bronze:**

Southern Star Lodge	Audrey McVean
Tampa Bay Lodge	Paul Lunseth
Troll Lodge	Kari Williams
Norrna Lodge	Kaare Hansen
Oslo Lodge	Alan Roseen
Hudson Valley Lodge	Anita Hoppe

Silver Awards 2016

Restauration Lodge	William Taylor
Tampa Bay Lodge	Paul Lunseth
Washington Lodge	Doris Goodlett
Nor-Bu Lodge	Audun Gythfeldt
Gateway to Florida Lodge	Evelyn Hopkins
Hampton Roads Lodge	Ralph Peterson

Bronze Awards 2016

Norsk Carolina Lodge	Ruth Campbell
Suncoast Lodge	Christine Taylor
Hudson Valley Lodge	Julia Nilsen
Bondelandet Lodge	Svein Klinge

Silver Awards 2017

Bondelandet Lodge	Svein Klinge
Nor-Bu Lodge	Audun Gythfeldt

Gold Awards 2017

Bernt Balchen Lodge	Gordon Charles Mathisen
Restauration Lodge	William Taylor
Hampton Roads Lodge	Leonard Zingarelli
Washington Lodge	Doris Goodlett
Nansen Lodge	Paul Kornbrekke

Walking Challenge

There were 8 Lodges and the Third District Board that participated.
First Place: Third District Board.

Bicycling Challenge

First Place: Norumbega Lodge

Bowling Tournament

First Place: Norumbega Lodge

Each winning team was presented with two pounds of Starbucks coffee and two coffee mugs.

Lodge of the Year Awards

2016 Small Lodge of the Year Award
2016 Large Lodge of the Year Award
2016 Family Lodge of the Year Award

Southern Star Lodge
Hampton Roads
Hudson Valley Lodge

2017 Small Lodge of the Year Award
2017 Large Lodge of the Year Award
2017 Family Lodge of the Year

Restauration Lodge.
Hampton Roads Lodge
Norden Lodge and Nansen Lodge (tie).

Lifetime Achievement Awards



2017 Helen Timoney



2018 Doris Beck



In closing, we had some lodge anniversaries in September – 75 years for Washington Lodge and 40 years for Norsemenn. We have some pictures from Washington and hope to have some from Norsemenn in next month's TDT. Note that Norrona will be celebrating 60 years on October 28!!! Join their celebration if you can.



Former D3 President Mary Andersen,
former Washington Lodge President Rick Nelson
3D President Kathy Dollymore

Red was the color of the day for Kathy, Mary and Sonja!

Past Presidents of the Washington Lodge, Sons of Norway



The names are (left to right) Burt Koske, Kristin Stone, Dave Brown (current President), Bill DeRoche, Rick Nelson, Ardis Morton, Carl Jacobsen, and Doris Goodlett.