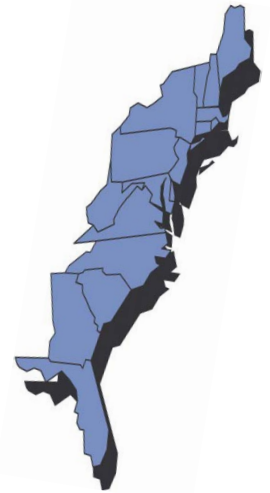




SONS OF NORWAY

3D



Third District Today

Summer 2019

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

June- August 2019

I hope everyone had an excellent 17th of May Day. Did you celebrate with family and friends, did you decide to have a quiet day flying your Norwegian flag and playing music, did you march in parades, did you feast on lutefisk, kumla, lefse, or Fårikål, maybe hot dogs and hamburgers? Whatever you did I hope it was fun. I was in Brooklyn for the parade there. It was a beautiful day of sunshine, marching bands, bunads and good wishes and flags flying from the sidelines. Wonderful to see the Norwegian Spirit still alive and well at "Lapskaus Boulevard" We were honored to have SON International President Ron Stubbings, as Honorary Marshall, and wife Riitta showing off their dancing skills as we marched along.

I've just returned from the District President's Advisory Council meeting in Minneapolis, Minnesota and I am proud to announce to all of District Three that we are number one in the whole order in Retention and Recruitment. Congratulations to you all for doing what you're doing, bringing new friends into our lodges to share our heritage and celebrations.

We were busy going over what works and what needs doing in each District. You can be proud of the way D3 shows itself. Between the programs presented, the LLST (local lodge support team), the outreach to communities, and making each member important we are doing something right. On the visits I have made so far to the lodges I am so impressed with the dedication I have seen of all our members. I will be trying to visit all our lodges and I have no doubt that dedication will be seen in those lodges too.

Now that summer is just around the corner and we have just a year to the D3 Convention, I hope your lodges are finding ways to help send delegates to the meeting. From what I was able to see in Jacksonville, when I visited the event facility, the hotel is exceptional, right on the St. John's river. More information will be forthcoming from the committee, they are a great group doing a first-rate job for us.

The mornings are a wonderful time for a walk or a swim, think about the sports medal program and getting an award. Talk to your Lodge Sports Director for more information. Take care with sun exposure, keep yourself safe swimming, boating and other summer activities. I enjoy my gardening while listening to my books-on-tape but so far there is no medal for that so it's off to walk around the block for me.

If your lodge is one of those taking the summer months off, remember to take a "Join Now" membership application with you as you enjoy the summer, you never know who you'll meet on travels. Let's all get one new member for our lodge between now and September.

Vi skal ikkje sova bort sumarnatta, Ho er for ljøs til det.



We should not sleep away the summer night, It is too light for that.

Have a happy, healthy and safe summer and don't forget to send in your pictures

Fraternally, Kathy

[A Note from International President Ron Stubbings](#)

I'm happy to report that our 2018-2020 Charter and Constitutions, Policies and Procedures book is now posted online. You can view the book by logging in at sonsofnorway.com and clicking the link on the homepage, or by following this pathway: Member resources > Lodge Leadership Resources > Governance > Download Charter & Constitutions

Hard copies of the book will be sent to five officers from each lodge and be available to district and international delegates at the time of their conventions in 2020.

With best wishes,

Ron Stubbings

[A little culture](#) *by 3D Cultural Director Andy Mathisen*

Some of Norway's great explorers Erik the Red and Raold Amundsen

Erik the Red

Erik Thorvaldsson (Old Norse: *Eiríkr Þorvaldsson*; 950 – c. 1003), known as **Erik the Red** (Old Norse: *Eiríkr hinn rauði*)^[1] was a Norse explorer, remembered in medieval and Icelandic saga sources as having founded the first settlement in Greenland. According to Icelandic sagas, he was born in the Jæren district of Rogaland, Norway, as the son of Þorvald Ásvaldsson. He therefore also appears, patronymically, as Erik Thorvaldsson (*Eiríkr Þorvaldsson*). The appellation "the Red" most likely refers to his hair color and the color of his beard. Leif Erikson, the famous Icelandic explorer, was Erik's son. Erik the Red's father (Thorvald Asvaldsson) was banished from Norway because of some killings. He left with his son Erik to northwest Iceland, where he died before 980. To read more about Erik's adventure click [here](#).



Raold Amundsen



Roald Amundsen was the first man to lead a successful expedition to the South Pole. Arriving about a month before Scott and his party after unilaterally declaring it a race. Amundsen used dog sleds, his party was well organized and well prepared with the single intention of reaching the pole, rather than any other exploration or scientific discovery.

To read more about Amundsen's exploration, click [here](#).

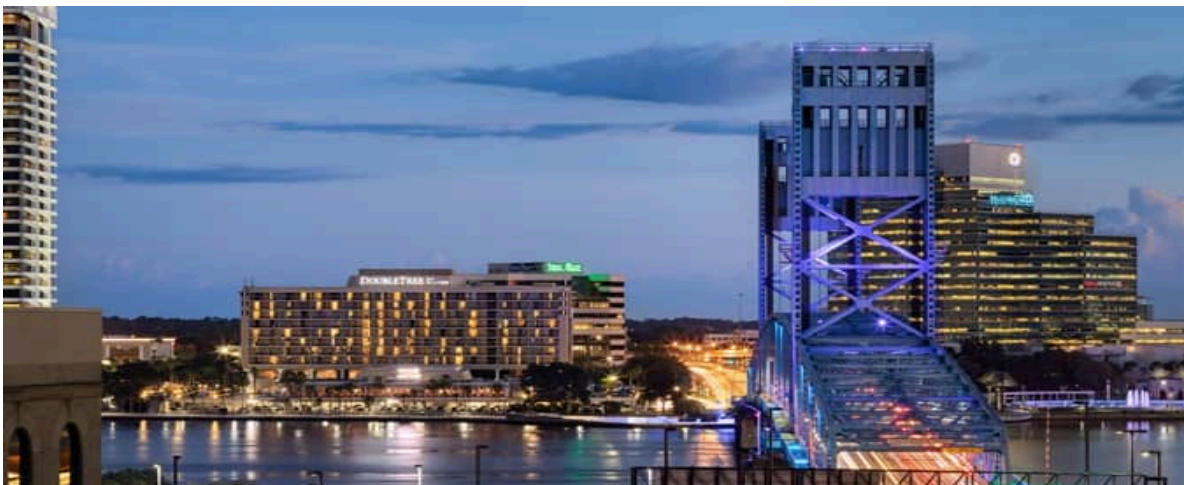


SAVE THE DATE

2020 D-3 Convention

June 5-8, 2020

Jacksonville, Florida



Doubletree by Hilton Jacksonville Riverfront on the banks of the St. Johns River in downtown Jacksonville.



Hosted by the award winning Gateway to Florida and proud host of the 2014 International Convention.

What's LOV got to do with us?

RENEW YOUR 300 CLUB NUMBERS! You've got to be in it, to win it!

A great big thank you from the LOV Board to those who supported LOV by participating in the 300 club. The present entries will run until the end of June. There will be another 300 club from July 1, 2019 through June 30, 2020. If you would like to participate it is \$50.00 per number. (Please make checks payable to Land of the Vikings) . If you have any questions, please contact Karen Olsen at kolsen2@verizon.net.

Stay informed

There is a lot going on at LOV! Sign up for the LOV newsletter, it is packed with great information. Go to <http://3dsofn.org/land-of-the-vikings/contact-lov-2/> and scroll down to sign up.

Make sure you check out some of the fun activities and make a reservation. Make new friends, reconnect with old friends and have fun!

1-6	Fly fishing camp
7-20	3D Youth camp ages 8-15 21-27 Sports for health
August	
2-4	Beck reunion
16-18	Lobster fest
23-25	Stevens' Reunion September
6-8	Canoe Weekend
TBA	Community vendor & Garage sale
20-22	2 nd annual 3D Kubb tournament
October	
4-6	Fredriksten weekend
11-13	October Fest
24-27	3d board meeting
November	
21-25	NY hunters 11/29-12/2 PA hunters

Land of the Vikings Telephone 570 461 3500 • E-mail vikingland@tds.net

Pictures from around The Tremendous Third!

International President Ron Stubbings visited from Canada and visited some lodges; he and his wife danced in the streets of Brooklyn!! Come again next year Ron and Ritta!!



Ron Stubbings visiting Nansen before the parade

D8 International Director Per Mikalsen, Former 3D President Mary Andersen, 3D Vice President Steve Helmold waiting for the bus to Brooklyn at Nansen Lodge



Ritta Stubbings, International President Ron Stubbings, 3D VP Steve Helmold, LOV Treasurer Karen Olsen-Helmold relaxing at Nansen after the parade

Nor-bu lodge has some great pictures of Syttende Mai parade on their facebook page and guess who visited Nor-bu, International President Ron Stubbings!!! Check it out at https://www.facebook.com/Nor-Bu-Lodge-504391412935106/?tn-str=k*F

Hudson Valley has some great pictures of their picnic as well as Syttende Mai. You can check it out at <https://www.facebook.com/groups/1607462002894611/>

Want to learn Norwegian in digestible soundbytes? Check out Norsk Carolina's facebook page <https://www.facebook.com/norskcarolina/>. Norsk Carolina is also active on twitter.

Hampton Roads participated in the NATO parade and lots of other activities. Check out their facebook page <https://www.facebook.com/hrsons/>

Norumbega has more Syttende Mai pictures and other great information on their facebook page <https://www.facebook.com/norumbega506/>

Social Media *by Mary B. Andersen, immediate Past 3D President*
Old ways won't open new doors (Author unknown)

The previous references to facebook pages and twitter serves as a lead-in to the topic of social media. Our world is becoming a world of competing interests that are communicated by soundbytes. What is your lodge's soundbyte? A newsletter is great but is it enough? Is facebook alone enough? Should you supplement your current publicity efforts by Instagram, pinterest, WhatsApp, Meetup groups? Will they work, you never know until you try.

Let's focus on Meetup groups.

The opening line to the site Starting a Meetup Group <https://help.meetup.com/hc/en-us/articles/360002882111-Starting-a-Meetup-group> starts with

“Starting a Meetup group connects you with the passionate people looking to share experiences in real life. It's simple to start a group and schedule events, and we'll promote your group to interested people who are ready to join you.”

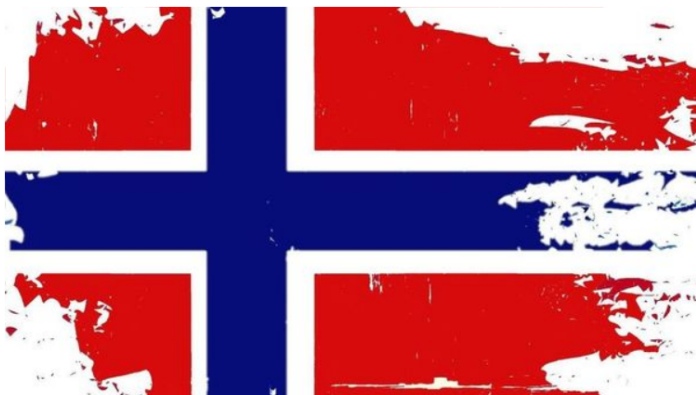
What is a Meetup group? <https://help.meetup.com/hc/en-us/articles/360002878251-What-is-a-Meetup-group->

“Meetup is about connecting people with something in common. From activities you love and hobbies you want to try, to ways you identify yourself and who you want to be, a Meetup group is a community. A community of people who come together because they care about the same thing. Mountain climbers, first-time parents, aspiring circus performers, coders... you name it, there's a good chance there's a Meetup group for it (and if there isn't, maybe you should create one).

While the connections begin online, the real memories are made at events. Meetup events are real-life gatherings where members and organizers get together to connect, discuss, and practice activities related to their shared interests.”

The Hudson Valley Lodge Meetup Group

The Hudson Valley Lodge Meetup page <https://www.meetup.com/Hudson-Valley-Lodge-of-Sons-of-Norway/> has a great landing page



Hudson Valley Lodge of Sons of Norway

[About](#) [Events](#) [Members](#) [Photos](#) [Discussions](#) [More](#)

What we're about

This is a group for anyone interested in discovering more about their Norwegian Heritage. Maybe you found out through a DNA test that you have Norwegian roots, or you just wish to learn more about Norwegian Culture.

OR you emigrated from Norway to live in the New York area, and want to stay in touch with your "landsmen"

Our Lodge is part of the Sons of Norway Fraternal order. We are an all-volunteer, non-profit fraternal organization with 150 members.

We have meetings once a month, in Kingston October to May, and in

You must answer a few questions before you can join the group. Reminders about upcoming meetings/events are automatically sent to members. This is a great way to keep the lodge's activities in front of the members while waiting for the next newsletter.

How does it work? I asked Anne Haugland, Hudson Valley Vice- President a few questions:

How much does it cost?

My meetup subscription is \$16.49 per month for 6 months. With that subscription I can have 3 groups. My "main group" pays for the subscription with a \$2 meetup fee for each member every time they attend an event. That pays for the subscription.

Have you attracted any potential members?

We started the group in March and have 15 members so far. Some are lodge members while others are potential new members.

The trick is to get the attention of the people who might be interested by using "topics" that are relevant to the group. The group will be listed in a directory under each topic you choose. I chose:

- Norsk
- Family ancestry research
- Norwegian heritage
- Genealogy
- Scandinavian Networking
- Scandinavians
- Nordic
- Norwegian Culture
- Expat Norwegian
- Norwegian Language
- Scandinavian Cultures
- Norway
- Scandinavia
- Scandinavian Americans
- Genetic Genealogy

I can change the topic anytime I want but can only choose 15 at a time.

How do you keep it private?

You post only what you want about yourself under your Meetup profile. What others see is your screen name, location, when you became a member and whatever you like to write for an introduction.

How do people find you?

Anyone can search the group and get our description, group title, event titles, dates, times and the number of members attending. They can also get the organizer's contact information. Other things a searcher can see includes, events, number in the group, group organizers and co-organizers, the location for past and upcoming events, photo albums and discussion section.

How difficult is it to maintain?

Maintenance is easy. You post new events as they get on the lodge's calendar, preferably post updates to past events and post pictures if you want. If you can get some engagement from the members it increases our visibility. But as you grow as a group, people tend to relax more and start using the app more. For example, my other Meetup group is Hudson Valley Active dog and we are up to 500 members after three years!

Anyone who is part of the leadership team can post and host events. For Hudson Valley Lodge, the Lodge Board executive committee is the leadership team.

Are you aware of any other SofN lodges with a Meetup group?

As far as I can see, there is a SofN lodge in or near Portland, Oregon with a meetup page. I have contacted the organizer there and he feels they haven't generated a bunch of new members yet but it is a great platform to get information out about what is going on in the lodge. I got the idea for our book club from them and received their reading list!

What would you tell other lodges about Meetup groups?

I think meetup groups are growing and getting more and more used to go out and get used by likeminded people.

In conclusion I want to thank Anne for taking the time to answer my questions. Please let your Zone Director know what social media platform(s) your lodge uses. Let's build a data base of who is using what and let's all help each other with social media!

On a personal note – I have used the Meetup group app in my area and have found a dog walking group and two photography clubs, it works!

Thanks
Mary