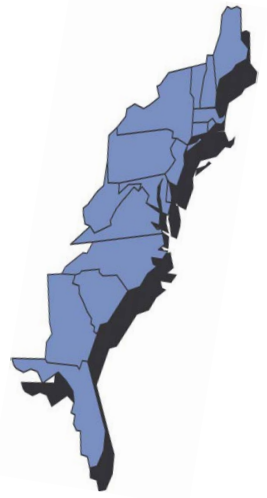




# SONS OF NORWAY

## 3D



## Third District Today

### Winter 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

February 2019

**“Strengthen Unity, Boost Communication, and Support and Work with Each Other.”** Cao Gangchuan



The 3<sup>rd</sup> District has communication options available for members to use for social media, web site design and maintenance (including the linked calendar) and the newsletter of the district. Here's how you can use the district to help you and your lodge communicate:

1. The TDT is the newsletter of the 3rd District.

It is sent electronically to 3D email addresses and forwarded by several lodge secretaries to their members. Articles of interest may be submitted to [3dpublicityguy@gmail.com](mailto:3dpublicityguy@gmail.com), Mary Andersen, [andersenmaryb@gmail.com](mailto:andersenmaryb@gmail.com) or myself [kdollymore@aol.com](mailto:kdollymore@aol.com) for publication. Articles may include a recently held or upcoming event or any article of general interests to members within the district. Make sure you read your TDT.

2. The District website has a calendar that anyone can add to their phone or google calendar. You can view the calendar on the 3D website at <http://3dsofn.org>

If you don't have google calendar you can still request to add your event by sending an email to [3dpubliciyguy@gmail.com](mailto:3dpubliciyguy@gmail.com). Please put **INVITATION** in the subject to make sure it gets acted upon promptly.

3. The District has a facebook presence. Search facebook for Ttd SON (The Third District Sons of Norway) The facebook will allow members to share pertinent information and will allow the district leaders to notify members of upcoming events and deadlines

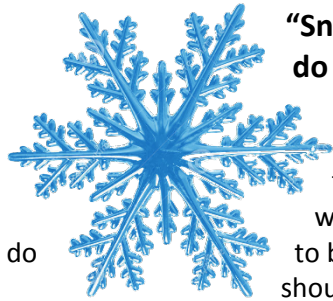
4. Would you like to reach everyone in the district and let them know what your lodge is doing? Ask one of your lodge officers to share the information with us. Then we can send it out in the TDT.

5. Communications Tool Kit can be found at SON International

([https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/communication\\_s\\_tool\\_kit/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/communication_s_tool_kit/)) Here are resources to help lodges connect with members and the community, keeping them informed about news and events, while enhancing their relationship with Sons of Norway.

The officers of the district are looking forward to getting to know everyone better and assisting the lodges in any way possible. Please take advantage of the events around the district, get involved, build some friendships and support your lodges. Together we can make a difference in our lodge and our SON community.

January 2019



**"Snowflakes are one of nature's most fragile things, but just look what they can do when they all stick together."** Vista M. Kelly

I hope you have had a wonderful holiday season! As I am taking the decorations down to put away till next year, I think about the coming month of January. January is a time when many of us reassess our busy lives and think about what we want to accomplish or to balance our lives during the next year. Do you make resolutions? One of your resolutions should be to start becoming an active member of your lodge. Here are some New Year ideas and exercises for you!

- **Attend a Meeting:** When was the last time you attended a meeting. When was the last time you volunteered? We all know things don't happen if no one does them. How about 4 hours twice a year. There are all kinds of things to volunteer for. Just ask. Without new ideas and help, the success of the lodge is put at risk. You are an important member of your lodge and you are missed. Make 2019 the year that you come out and support your lodge.
- **Bring a friend:** When you do come to a meeting, why not bring a friend! Bringing someone to see the lodge and all that there is to offer will be energizing, give them good food, good fellowship, and, with your help, they will be good candidates for the Lodge. Think of all the people you know, who might make good members of our Lodge and share the fun.
- **Join a group:** Does your lodge have a literature group, a genealogy group, a language group? Why not join and if there isn't one, why not start one.
- **Try some Exercises:** Look at the SON website and find the sports medal programs. There will be something you will like. Start slow and easy and work your way up. Do something for your good health while earning an award.

Now that January has arrived many lodges have the installation of new officers. Congratulations to those new and returning officers and a hearty thank you to those who have served in the past. Many don't realize the dedication and many hours you have spent as a volunteer to support your lodge.

There are photographs to take of your lodge happenings. Share your events through pictures. Send them to the [publicity@3dsofn.org](mailto:publicity@3dsofn.org) and copy me. I'm always interested in what's going on in our "Tremendous Third"

I sincerely hope that new year brings you and yours health and happiness.

Fraternally,

Kathy

## Congratulations to the 3D Lodges that met the 2018 Recruitment Goal!

Remember, success leaves clues. Don't hesitate to pick up the phone and call some of these lodges and ask for ideas!

Lodge No.	Name	Location	Goal	YTD Actual	Mth Goal Met
3-242	Fredheim	Staten Island, NY	5	10	May
3-243	Brooklyn	Brooklyn, NY	10	10	Nov
3-252	Loyal	St. James, NY	22	31	Nov
3-407	Norden	Huntington Sta, NY	16	17	December
3-428	Washington	Washington, DC	26	60	May
3-433	Scandinavian Heritage Soc	Rochester, NY	4	15	Feb
3-438	Oslo	Syracuse, NY	5	5	Nov
3-501	Vikingworld	Orlando, FL	4	5	Sept
3-522	Hampton Roads	Norfolk, VA	15	16	Nov
3-541	Gateway to Florida	Jacksonville, FL	11	21	December
3-545	Morgensolen	Beverly, MA	4	6	December
3-566	Bernt Balchen	Rowlands, PA	8	8	Nov
3-630	Southern Star	Myrtle Beach, SC	5	8	July
3-646	Bla Fjell	Bedford, VA	4	8	October
3-675	North Carolina Vikings	Raleigh, NC	5	6	December
3-678	Norskevenner	Atlanta, GA	5	14	May



<https://openclipart.org/detail/300653/balloons-symbol>

## [Got a recipe you would like to share? Send it to Norskevenner!](#)

I am writing to ask some help for Norskevenner Lodge in Atlanta. We have begun a cookbook project and have been collecting Norwegian recipes from our members. When we have collected between 100 and 200 recipes, we will have the cookbook published for sale as a fundraiser. Presently, I have only been able to collect ten recipes from our membership and am looking for other sources of recipes. Would you, if you feel it appropriate, send my request for recipes to your respective lodge memberships? Anyone who donates a recipe will have (with their consent of course) their name and lodge name attributed with the recipe. Any help you can give us would be greatly appreciated.

All recipes may be emailed to Bill Browning at [rwillambrowningnorway@gmail.com](mailto:rwillambrowningnorway@gmail.com). If your members want to mail a hard copy (not required) they can mail the recipe to: Bill Browning 1175 Hembree Rd. #219 Roswell, GA 30076 Tusen Takk, Bill Browning Lodge President 2019 - 2020 Norskevenner Lodge 3-678 Roswell, GA

## [A little culture from Southern Star's January 2019 newsletter](#)

The Jomsvikings formed an order of semi-legendary Viking warriors who were renowned through their deeds on the battlefield and their bravery during the 10th and 11th centuries. The Jomsvikings were mercenaries, managing to develop a strong warrior culture during the end of [the Viking Age](#). Although they were of [Old Norse faith](#), the institutions of this order of Viking mercenaries were similar to those of the Knightly Orders of the High Middle Ages.



Many legends surround the order of the Jomsvikings, of which probably the most fantastic is the location of their stronghold seat Jomsborg, likely situated on the southern coast of the Baltic Sea. Some historians and archaeologists claim that the famed Jomsborg stronghold of the Jomsvikings was actually placed on a hill in the proximity of the present-day Polish town of Wolin.

Given the fact that details regarding their headquarters are often contradictory, the Jomsvikings have been a matter of scholar debate, with many historians and archaeologists doubting some of their deeds or even the

existence of Jomsborg.

Whatever the historical truth may be regarding the stronghold of Jomsborg (which some argue to be Jumne, Julin or Vineta, as depicted in medieval Danish and German sources), the Jomsvikings were described in the Icelandic sagas, most notably in the eponymous 'Jómsvíkingsa saga', but also in the 'King Olaf Tryggvasson's Saga' as well as in certain stories which can be read in the 'Flateyjarbók', literally translated as 'The Book of the Flat Island', an important medieval Icelandic manuscript which recounts the sagas of prominent Norse rulers.

'The saga of the Jomsvikings' recounts the fact that the order were quite selective of their members, having thus a strict code with such noteworthy criteria as physical and psychological strength, discipline, protection of other members as well as trustworthiness. In order to accede to the order, a prospective member was, according to the legend, obliged to challenge an already existent Jomsviking to a Holmgang, meaning a type of a duel practiced in the early medieval Scandinavian societies for settling disputes related to honour.

It is believed that the Jomsvikings raided England in 1009, focusing on the eastern English coastline. Four years later, namely in 1013, the Jomsvikings are thought to have campaigned in England on behalf of Danish king Sweyn Forkbeard, but quickly switched sides, partly because of using the Danegeld — the protection tax paid to [the Danish Vikings](#) by [the Anglo-Saxons](#) — for their own interests.

According to the 13th century medieval Icelandic manuscript 'Heimskringla', it was King Magnus I of Norway who decided to put an end to the semi-legendary order of Jomsvikings. In the process of strengthening his rule over Denmark, he destroyed the stronghold of Jomsborg in about 1043. Other accounts of their legend posit that their warrior culture was in fact what triggered their demise, fighting as mercenaries in far too many battles.

A golden disc bearing the name of Harald Bluetooth and Jomsvikings' stronghold seat Jomsborg appeared in Sweden in autumn 2014. The disc, also called the Curmsun Disc, is made of high gold content and has a weight of 25.23 gram.



On the obverse there is a Latin inscription and on the reverse there is a Latin cross with four dots surrounded by an octagonal ridge. The inscription reads: "+ARALD CVRMSVN+REX AD TANER+SCON+JVMN+CIV ALDIN+" and translates as

"Harald Gormsson king of Danes, Scania, Jomsborg, town Aldinburg". It is assumed that the disc was a part of a Viking hoard found in 1840 in the Polish village Wiejkowo near the town of Wolin by Heinrich Boldt, the maternal great-great-grandfather of Hollywood actors and producers Ben Affleck and Casey Affleck.

## How about a little golf??

Third District Sons of Norway Myrtle Beach Golf Tournament March 7-9<sup>th</sup> in Myrtle Beach

Hotel is the Kingston Plantation  
9800-Queensway Blvd.  
Myrtle Beach SC 29572  
[www.Kingstonplantation.com](http://www.Kingstonplantation.com)

Courses; Man O War - 9:56 am start  
Prestwick - 9:15 am start  
Myrtle Wood Palmetto- 9:54 am start

Cost for golfer \$560, non golfer \$325 in same room. All accommodations are Embassy Kings.  
It includes: Embassy Breakfast Buffet, 2 hour manager reception each evening with complimentary cocktails.  
Man O War includes 2 hot dogs or a cold sandwich, 2 domestic beers per golfer. This price includes lodging for three nights, resort fees, taxes, golf and carts. there will be a dinner on Saturday which will also be included.

Our 3D Sports Director, Paul Kornbrekke will need a \$150 deposit for EACH Person by January 25th. Checks are needed to be made out to me. Full payment to be sent to me by Feb 15th.  
If you would like to add days before or after tournament let me know. I will get you the prices. All are welcome even if you do not play golf, there are many things to do in Myrtle Beach. Plus it is a great time to meet other SON members from other lodges.

Looking forward to seeing all of you,  
Paul Kornbrekke Third District Sports Director

## Did you have a New Year's Resolution to move more?

**Did you have a New Year's Resolution to move more? Check out Betty Ann's strength training tips in the Nansen Newsletters!**

**Reason #5 (January)**-Strength training tones your gray matter. A stronger body makes for a stronger brain. Strength training can help prevent, slow, or even reverse the progress of many common mental and cognitive ailments. In nearly every study, challenging strength workouts led to more improvements in brain functioning: The tougher the lifting session the more the brain benefited. Resistance training, like aerobic training, benefits the brain by reducing chronic conditions that negatively impact the brain.

Even healthy brains get a near- instantaneous lift from hitting the weights. As always follow the advice and recommendation of your doctor before beginning any exercise routine.

**Reason #6 (February)**-Strength training can inspire you. With all the focus on the physical rewards of exercise, it's easy to overlook its inspirational power. You lift a weight you've never lifted or pull off a move you've never done, that makes some sessions personal triumphs. Daily struggles in the gym can add up to profound personal transformations. Transforming you into a stronger person-physically, mentally, and emotionally. When you try something difficult and prevail, you have a palpable experience that translates into your life. As always follow the advice and recommendation of your doctor before beginning any exercise routine.

Gled trening.

Betty Ann Pascarella





## What's LOV got to do with us?

There is a lot going on at LOV! Check out some of the fun activities and make a reservation. Make new friends, reconnect with old friends and have fun!



### January

18-20      Johannessen family reunion 25-27    Nor-bu weekend

### February

8-10      Chill & Relax weekend

17-23      Ski for light

### March

2/28 -3/3      3 d board meeting

22-24      Hudson Valley Weekend

### April

5-7      LOV's 40<sup>th</sup> Anniversary gala

12-14      Oslo Lodge Anniversary

22-28      Rosemaling and woodworking lessons & rosemaling experts

### May

3-5      John Karlsen Golf Tournament and Kentucky Derby weekend

18-19      Binghamton Hikers

24-27      Motorcycle reunion

### June

7-9      Omholt reunion

15      Zone 4 scholarship dinner 29-30  
Hudson valley hikers

### July

1-6      Fly fishing camp

7-20 3 d 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<sup>nd</sup> annual 3 d 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

461 Big Valley Road • Susquehanna PA 18847  
Telephone 570 461 3500 • E-mail [vikingland@tds.net](mailto:vikingland@tds.net)

**Subject to change without notice. Call for reservations**  
**Revision #3**



## Pictures from around The Tremendous Third!



Lodge Brooklyn's new board. Congratulations to all!



Gulf Coast Vikings participate in Harry Chapin Food Bank walk