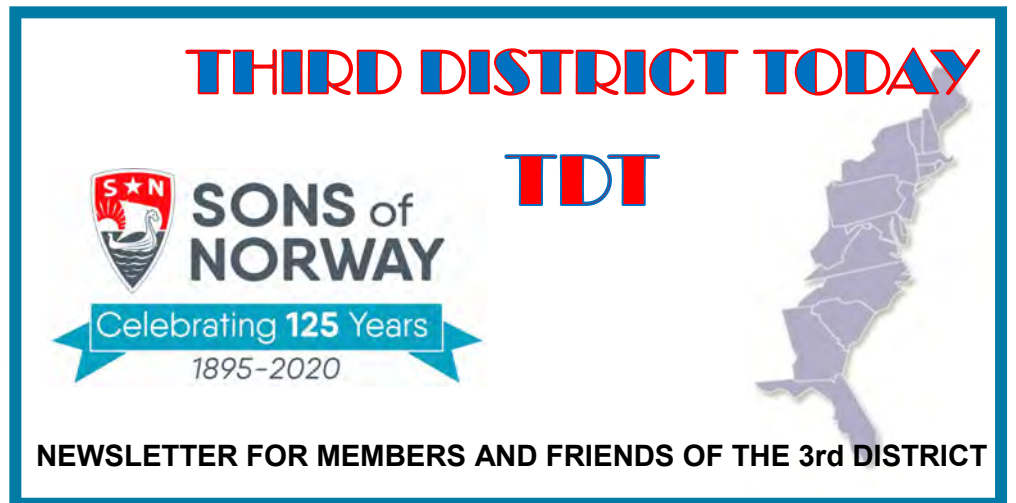


1st QUARTER 2023

IN THIS ISSUE:

- 3rd District Secretary's Letter
- 3rd District News
- Charitable Giving
- Heritage and Culture
- On the Road in the 3rd District
- Viking History
- Scandinavian American Spotlight



May 2023 Third District Presidents Message

At our spring Third District Board meeting, the board saw a PowerPoint on Governance from Kevin Cassidy in his role as counsel to the International Board. It explained the various duties and fiduciary responsibilities that each Board member has once installed on an International, District, or Local Lodge Board. Each Third District Board member got a printed copy of the PowerPoint to refer to when needed in the future.

Tom Bakos the 3rd District Camp Director came and talked about Youth Camp for this summer. The Board has decided to extend the age for campers up to 17 years old as there was no camp for the last 3 years due to Covid and the children missed out on camp when they were younger and still eligible to attend camp. So, if your child or Grandchild is 17 years old and would like to go to camp it is still possible for them to attend and Tom is still taking all applications for all children from 8 to 17 years old.

The Family Cultural Weekend has been postponed until next year, a date will be announced by the end of this year.

The first of the Local Lodge Leadership Training sessions will be held in Zone 1 on May 6th, the other Zones will follow after that. I will be working with your Zone Director to set-up Local Lodge Leadership Training Sessions in your Zone. The Leadership Training sessions are very important for all members to know what the roles, duties and responsibilities Local Lodge Officers have in Sons of Norway.

The Lodge Revitalization Committee has worked on programs to enhance lodges. The Zone Directors will be visiting lodges to help them in these endeavors as part of their duties along with helping with the Leadership Training in their zones. If you have any questions, please do not hesitate to contact your Zone Director or any District Officer.

At this time Karen and I would like to wish you all a very Happy 17th of May.

Fraternally,

Stephen Helmold

District Three Secretary's Letter March- April 2023

Dear Lodge Secretaries,

Below is information for your Spring 2023 work as secretaries. You and all the leaders in your lodge should have received an e-mail from the Home Office containing a tremendous amount of leadership information. If you did not receive it, please contact Connie O'Brien at cobrien@sofn.com to make sure you get the next one.

Tusen takk for all that you do for Sons of Norway.

Fraternally,

Karen Olsen-Helmold, District Three Secretary

kolsen2@verizon.net 183 Evergreen Ave., Bethpage, NY 11714

Third District Youth Camp is Back

Third District Youth Camp will be held July 16-July 22 at Camp Koinonia in Highland Lake, New York. Tom Bakos is our new Camp Director. Attached is a flyer, camp application, and Draxten Scholarship Application. If we do not have enough interest by April, we will have to cancel so if you are thinking about sending a child to camp, please contact Tom Bakos 8 Bingham Drive Marlboro, NJ 07746 tcbaconbits@optonline.net

Location of Forms and Deadlines

PLEASE NOTE THAT THE HOME OFFICE IS NO LONGER ACCEPTING HARD COPIES. ALL FORMS MUST BE COMPLETED ON LINE.

Sons of Norway website www.sofn.com

Log In/ Member Resources/ Lodge Leadership Resources/ Administrative Resources/ Lodge Forms or Governance

Third District website www.3dsofn.org

Go to "Download important documents and forms"

Both websites have plenty of other great information, such as the Third District's TDT (Third District Today). Please acquaint yourself with them. You can find a good list of yearly important deadlines for Lodge business on the Sons of Norway website www.sofn.com at Log In/Member Resources/ Lodge Leadership Resources/ Administrative Resources/ Important Deadlines.

IMPORTANT 2023 DEADLINES:

March 15, 2023

- The D17 financial form is due from the lodges and districts to Sons of Norway Headquarters on March 15.

Property Officer forms are due to Sons of Norway Headquarters by March 15th. I have attached a copy to this e-mail. This form must be completed by e-mailing a copy.

May 15, 2023

- D18 Building Association Financial Statement is the year-end financial report for the Lodge Property Association. It can be accessed from the Lodge Treasurer's profile page.
- 990 Form on the IRS website – Most lodges can complete the 990-N postcard online on the IRS website. Lodges with an average income of over \$50,000 will need to complete a 990-E or 990 form. Please email us a screenshot of the completion page or simply send an email indicating your lodge # and that the requirement is complete.

Form 990 requirement

The IRS Form 990 (this includes the 990, the 990EZ and the 990N): must be filed by May 15.

The IRS requires all Sons of Norway lodges to file a 990 form:

For lodges with less than \$50,000 in gross receipts, a 990-N (e-Postcard) must be filed electronically via the IRS.gov website. More information and the link to the Form 990-N Electronic Filing System (e-Postcard) can be found here: <https://www.irs.gov/charities-non-profits/annual-electronic-filing-requirement-for-small-exempt-organizations-form-990-n-e-postcard>

- For lodges with gross receipts in excess of \$50,000 a form 990-EZ or form 990 must be filed.

Directions for filing the 990s can be accessed on the IRS website, or the lodge may choose to utilize the services of a tax preparer to complete and file the forms.

Once your 990 filing is complete (either the 990 form itself or an extension), please notify Sons of Norway headquarters by sending an email to taxinfo@sofn.com. It is imperative that you file this important tax form by May 15. Failure to file could result in an automatic loss of tax-exempt status for your lodge.

Sons of Norway takes this compliance very seriously. We have learned that it can be a very costly and time-consuming experience for a lodge to lose its tax-exempt status, and non-compliance of these reports could jeopardize the tax-exempt status of the organization.

Membership renewal

Leaders, please remind members the easiest ways to renew their membership. First, please know **you cannot renew over the phone**. The easiest renewal option is to renew online at [Join or Renew | Sons of Norway](#). There you can elect to pay monthly (with an automatic withdrawal from your checking account) or you can pay annually using your credit card. Note: no login required to renew membership! You can also mail a check to Headquarters at Sons of Norway, PO Box 856812, Minneapolis, MN 55485-6812.

LODGE ANNIVERSARIES - Coming in 2023

Nansen	Jan. 12	85th	
Washington	Jan.16	80th	to be celebrated in September
Norskevenner	Mar. 1	15th	
Norsemen	June 3	45th	
Maine Nordmenn	June 12	20th	
Fredheim	Nov.3	100th	
Lodge Brooklyn	Nov.22	100th	to be celebrated on Nov. 18, 2023 Theme the roaring 20's
Norrøna	Dec.18	65th	to be celebrated on May 20,2023

If your lodge has planned a celebration, please send me the date and any other information that you would like to share with other lodges.

2023 Third District Directories

District Directories will be handed out at the next Board meeting or mailed to you shortly after that Board meeting. I want to thank all of you who submitted your D-63 Change of Officer reports and also proof-read what I had for your lodge's page in the Directory. There are a few additional copies if you would like to purchase more. The cost is \$8.00 each Download and complete the Third District Directory Order Form on www.3dsofn.org under Forms and Documents. Mail a check (payable to "Sons of Norway District Three" and with "Directory" in the memo box) and send the completed form to Karen Olsen-Helmold 183 Evergreen Ave., Bethpage, NY 11714

Fraternal Funds

Also, think about whether your Lodge would like to apply for **Fraternal Funds**. These funds are given for lodge cultural activities **that have already occurred** and are voted upon at the Fall and Spring Third District Board Meetings. The next time the Board will vote on requests is March 24, 2023. The Fraternal Funds form is located on www.3dsofn.org under Documents and Forms . **Receipts must accompany the form.** Any lodge cultural expense, **even the cost of a Zoom contract**, can be reimbursed partially or fully by Fraternal Funds. Please have the application and receipts sent to the District Secretary by **March 10, 2023.**

Paper Lodge Membership Applications Need Correction

On printed, paper lodge membership applications, there is a section requesting a credit card number. Cross that section out on your forms if your lodge still has some paper applications. It is no longer to be used. The only way that new members can pay their membership dues by credit card is by going to the Sons of Norway website and registering online. This change is being done for credit card security reasons. If a new member or renewing member wants to use a paper application, they must write a check payable to "Sons of Norway" and cannot pay by credit card.

More on new membership forms

Please remind members to provide their member number to those they invite to join, so that Sons of Norway can recognize this accomplishment with a certificate. Enrollment forms are available from Sons of Norway headquarters and online. For online form access, first login at sofn.com, then go to **Lodge Leadership Resources** and continue to **Membership Forms**. New members of nonvoting lodges may also sign up directly at sofn.com.

Tubfrim

The program continues, but there will be no prize travel vouchers as in the past. The Third District's Tubfrim Chairperson is Kjell Kittilsen. You can reach him by mail at 871 70th Street, Brooklyn, NY 11228 or by phone at 718-680-4684. The Sons of Norway website, www.sofn.com, has information about Tubfrim.

April is Charitable Trust Month

The Third District has a Charitable Trust. It provides monetary help to those Sons of Norway members in need. There is an application that must be completed in order to be considered for financial help. Plenty of good information about the history of the Trust, how individuals and lodges can donate, and more can be found at the Third District 's website www.sofn.org under Charitable Giving. Lloyd Ritter of Washington Lodge is the Charitable Trust Director.

Sons of Norway Foundation

Emily Stark is the new staff member at Sons of Norway in Minneapolis working on the Foundation. Dirk Hansen of Southern Star Lodge in Myrtle Beach is the Foundation Director for the Third District. He can be reached at hansenoaks@lowcountry.com. This past year was a very good year for fundraising by the Foundation. A few academic scholarship deadlines have been extended, so please go to the Sons of Norway website, www.sofn.com, for further details.

Death Notices and District and Zone Memorial Services

If one of your lodge members passes away, please send or have one of your officers send an official death notice to the Sons of Norway headquarters. You will need to go to the website www.sofn.com to obtain the necessary form. Then Log In/ Member Resources box/ Lodge Leadership Resources/ Administrative Resources/ Lodge Forms/ Notice of Death – Form 10A.

It is wise to print the 4 notices that are shown on one page, because you can use all of them. Send the copies to the following:

Sons of Norway Headquarters, 1455 West Lake Street, Minneapolis, MN 55408. In Loving Memory has shifted to an online location at com/inlovingmemory/

- Your lodge membership records.
- Your lodge's list of deceased members' names and information for your next Zone Memorial Service. This list will be given to the Zone Director or Zone Secretary prior to the Memorial Service.

You can obtain the member # and address of the deceased on your Membership lists (after logging in, see your profile on the Sons of Norway website). It is very important that you also take note of the birth date AND "Member Effective Since" date. Keep these dates for the Zone Memorial Service and Convention Memorial Service.

Member support including updates with membership and/or insurance such as new address or adding/ deleting members

Email: cbs@sofn.com (preferred)

Call: 800-945-8851, and select #1

Submitting death of a member

Remember, In Loving Memory has shifted to an online location at sofn.com/inlovingmemory/ Please submit member's info (name, city and state) to the lodge's membership or financial secretary.

OR

Email: cbs@sofn.com

Please include full name, date of death, city and lodge number if possible

Topics having to do with insurance sales

Email: sales@sofn.com

Other Fraternal topics such as:

D17/D18

Lodge Achievement

Contact:

Connie O'Brien, Director of Fraternal & Foundation Development at cobrien@sofn.com

Or

Amy Tuchenhagen, Manager of Member Engagement, at atuchenhagen@sofn.com

Viking magazine
Jana Velo
Editor, Cultural Communications jvelo@sofn.com

Options for our Customer Service line:
Call 800-945-8851

Press:

- 1 for Customer Service for Membership and Insurance
- 2 for Insurance Sales
- 3 for New Business support
- 4 for Insurance licensing
- 5 for Commissions
- 6 for Lodge officer support

A “Boardseye” View – by *Mary Andersen, International Board member*

My mother had an expression – “let’s face facts”, which when you heard it, you knew it meant - this is the way it is and you have to face the facts of the situation.

I went to my first International Board meeting this past November. It was a weeklong meeting with at least 3 ½ days of what I will call “classroom” presentations. It was a great meeting. If you are getting tired of hearing that we are an insurance company, well, we heard it over and over and over again. But’s let’s think about it by going back to basics.

The messaging around SofN has consistently been Financial, Fraternal and Foundation. The Foundation is an IRC 501(c)(3) organization and basically operates independently with its own Board of Directors and budget. The Financial and Fraternal part of SofN is organized under IRC 501(c)(8) – Fraternal Beneficiary Societies. Generally, to qualify as an IRC 501(c)(8) organization, we must operate under the lodge system for the exclusive benefit of members and provide for payment of certain insurance benefits to the members or dependents.

Insurance companies are regulated by the State in which they are domiciled. The insurance company portion of SofN is located in Minnesota and as a result, Minnesota rules govern our insurance business.

As an IRC 501(c)(8) organization, SofN has two masters – the IRS and the State insurance laws and regulations. The Districts represent the Fraternal side and the International Board represents the Financial side. As such, the International Board must focus primarily on the insurance side of the organization.

Now, we get to “let’s face facts”. The insurance part of the business is like any other business. Businesses must run at a profit to be successful. Businesses face ever increasing pressures to ensure that customers/members personal data is secure. Decisions must be made to ensure that the business runs at a profit. Those decisions can be painful. We read about layoffs, bankruptcies etc. on a daily basis as well as we endure price increases in our everyday lives.

SofN does not escape the pressures that other businesses face and we have the regulators watching over our every move. Our SofN leadership team is approaching and running SofN like a business with a focus on our mission. Change is inevitable, just think about the days we would go to a gas station, have the attendant pump the gas, clean the windows and check the oil. To remain competitive, gas stations had to adapt to an ever changing regulatory (leaded vs unleaded) and consumer reality in order to survive.

We wouldn’t have survived for over 125 years if we didn’t adapt and change. Through fiscal discipline and the decisions made by SofN senior staff and the SofN Board, we had a good 2022. But like losing weight after dieting, you can’t start eating the way you did before the weight loss. Fiscal discipline and regulatory compliance is an on-going effort. We must continue to change, adapt and evolve. It will take all of us working together, Districts, the International Board and the home office staff to keep moving forward. We may have some rough spots but we have to work together and support each other, focusing on what we share together. Enig og tro til Dovre faller.

From Falmouth to Lauderdale - District 3 Happenings

Norge Norsemen/ 3-522 Hampton Roads

Forwarded message -----

From: **Kaare and Melody**

Loftheim <kmloftimey2@gmail.com>

Date: Sun, Apr 23, 2023, 12:14 PM

Subject: Ancient to Modern Day Cooperage!

To: Kathy Dollymore <kdollymore@aol.com>

Cc: Mike Solhaug <solhaumj@evms.edu>

Kathy,

As our little satellite group, Norge Norsemen, continues to grow we are excited to have participation from our younger members! Seen in the photo during our March 27th meeting, is Master Cooper, Marshall Scheetz, instructing young Garrett Eit-treim, on positioning of the draw knife for shaving a barrel stave.

Marshall benefited last Fall through a Heritage grant from Sons Of Norway to study cooper- age! That investment in him by Sons, is being re- turned!



Med vennlig hilsen,
Melody Loftheim, VP Norge Norsemen

Noreg Lodge 3-466

Noreg Lodge March Community Project, (Dirks Dis- trict Project!!!!!!) was to fill the basket with food at todays Meeting. Rather successful I might add when you consider the number of people at todays meeting, about 11!. Members were generous.

The basket was full of assorted items that will be given to The Lutheran Church of the Reformation's Food Pantry. This Food Pantry started with about a dozen families and last month they served 500 families. Staggering numbers.

I have a Noreg Lodge April Community Project. Just have to figure out how to get bodies into this photo. **Today**, we voted to purchase 30 lilies (\$420) to put on the Altar and around the Church for Easter **Sunday** at Belford United Methodist Church. I'll have to get a photo of the Church Sec- retary with flowers. Members can take a plant home after service, bring the plant to a shut in, a nursing home, etc.. Noreg members liked this pro- ject.

I have another Noreg Lodge Community Project voted on **today**. That is to give \$200 to a family who lost their house and contents to a massive fire. In the process, the husband lost his wife and a child in this fire. Horrible! Horrible! This project will be for May or for June. Don't know yet. Have to finish getting more information on the donation process. Will try to figure out how to get people in a photo for this one.

Members seemed pleased we are participating in something and are willing to support the projects by voting for them. Won't have these things monthly but Noreg will manage to accomplish a



From Falmouth to Lauderdale - District 3 Happenings

few of them this year. As you well know, most of our members are up in years, using walkers, having health issues, can't do gardening projects, etc.. So in my opinion, this is a good approach.

Picture shows APRIL Community Project. Barbara Bensen and Diana Syvertsen admiring display of the lilies donated to the Belford United Methodist Church for Palm/Easter Sunday. After Service, plants given to members and to individuals in nursing homes.

Færder 3-109

Our February meeting was well attended, with members of Lodge Brooklyn, Nansen Lodge,

Bob McKeever, our Financial Consultant, and his wife Ethel, were in attendance. Not since our Christmas celebration were we together, and everyone was happy to gather again.

The meeting began with the Annual Faerder Business Association General Meeting. We conduct the FBA meeting to inform membership of our annual expenses for the previous fiscal year and report on board member changes. Carol Silva and John Petersen have agreed to another three-year term as a board member and all members in attendance voted on their approval.



Red was the dominant color as our theme was Valentine's Day. Pretty decorations, delicious food, and an assortment of desserts.

Norwegian eyes were smiling at the March meeting when we celebrated St. Patrick's Day. After a productive meeting, we enjoyed a delicious corned beef and cabbage dinner with all the fixings. Ellen

Lindstrom played a few Irish tunes as well as the old familiar Norwegian ones and led us in two games. At the end of the meeting, we formed a circle and sang *Hils til demme der hjemme* and *God Bless America*.



Norumbega 3-506

Norumbega's March 5th meeting. The program was about Norwegian bunads, presented by Elsa Comiskey. Pictured, left to right are: Turid Larson, Steve Oyangen, Luana Marie Jøsvold, Elsa Comiskey, Karen Hanson, Karen Lein, and Vera Ryen Gregg wearing or holding bunads from different fylker in Norway.



From Falmouth to Lauderdale - District 3 Happenings

Loyal lodge 3-252

Marching in St Pats parade on a windy day.



Bondelandet 3-612

During times of the COVID lockdown/lockin/mask up, lodge member Arne Solbak made rugs. This is one of his many beautiful rugs



Gulfstream 3-514

Gulfstream Leprechauns



Norsk Carolina 3-679

For our March 18 meeting, Dr. Roger Solberg, Professor Emeritus of English, Pennsylvania Western University, will be presenting to us via Zoom. The topic will be **Three Days in a Danish Iron Age Village**. We are



very fortunate to get him on our schedule! This will be a meeting where you can tune in from your home or join us at the church. We will start promptly at 4:15 pm! Remember to bring your clean plastic bags and wraps to any of our meetings. We are partnering with the Lions Club in Mint Hill to gather 500 lbs of plastic as a community service project. If they can get 500 lbs of plastic, NexTrex will donate a bench to them to place in a public area. We are very pleased to be able to partner with them to achieve this goal. They are accepting plastic that is harder to recycle so we can also help keep these out of the landfill! Please see last month's newsletter for a listing of the types of plastic you can collect and other drop-off locations. If you are reading this from outside of Charlotte and would like to participate, let us know!

Restauration 3-555

After a successful and fun Juletreffest, Restauration Lodge has continued with interactive programs,



From Falmouth to Lauderdale - District 3 Happenings

hands on events and displays. We continue to mentor our co-chairs and other members to encourage leadership. We continue to learn about Norwegian culture, encouraging more Sports medal activities and finding our Genealogy Interest Group with over 10 years of participation.

In May Restauration Lodge will host as many of Zone 6 Lodge members that will attend for a Kubb Tournament, Program by Author Jorgen Flood on Norwegian Royalty and a luncheon. A small lodge but mighty lodge is Restauration Lodge.

Nansen 3-410

Celebration on Staten Island! Pictures from our January, 85th Anniversary. The ladies by the cake are Astrid Petersen, Social Director and Lillian Kuell, President.



The one with the Troll are Harry and Lillian Kuell.



Washington Lodge 3-428



Carolyn Smith Cultural Skills Pins – from Carolyn - I have literature and hardanger levels 1, 2 and 3. Just finished cooking levels 1, 2 and 3. So Katja just informed me that I'll be getting a bronze Master pin.

In addition, I have genealogy level 1, relief carving level 1 and knitting level 1.

Not all the bars show on my pin yet since I just finished them.

Svein Ulvedal and Owen Christiansen (father Christmas) – at the Lodge's 2022 Jultrefest. Owen is the former D5 President who now lives on the East Coast and is a member of Washington Lodge.



Please send me any information and pictures about your lodge's goings on. No need to wait until I request them. Even articles of general interest. I have one already pending for next issue from Audun. hansenoaks@lowcountry.com

**ALZHEIMERS
DEMENTIA
AWARENESS**

**CT CHARITABLE
TRUST**
The 3rd District
Taking Care of Our Own



APRIL IS CHARITABLE TRUST MONTH! Pete Hanson writes:



The Charitable Trust is unique in Sons of Norway to our District 3. Responding to a fraternal and financial need in 1971 and for more than 50 years since, the Charitable Trust has provided modest support to District 3 members with subsistence critical to their physical, social and psychological wellbeing. The need could be as simple as helping with the very high cost of prescription drugs or it could be a little help getting back on your feet from a devastating loss. A beneficiary may only need assistance for a few months or sometimes a little longer. Our donations are used to help those less fortunate, who simply cannot afford the basic essentials of life.

It's a great cause, and I have been proud to be a part of it.

With the current state of the economy, it's become even more important to raise money to keep the good work of the C.T. going. Will you please consider a monetary donation to the Charitable Trust? Individual and lodge donations, estate planning, and fund raisers, in honor of a birthday or other celebration or event, are ways to ensure the Charitable Trust keeps doing the good work it does.

All funds have been and will continue to be invested appropriately to ensure protection and longevity.

To learn more about the Charitable Trust please do not hesitate to reach out with any questions you may have now or in the future at counselor@3dsofn.org.

There is also more information on our website at 3Dsofn.org/Charitable_giving

Beneficiary Ms. S wrote "I am writing this note to thank you for your financial assistance. Without that monthly check I would have to move away from my grandchildren as well as my life-long home".

Beneficiary Mr. B (Paraphrased). "Thank you for the monthly gift from the Charitable Trust. The extra income has helped me with the purchase of a wheelchair ramp at my house,"

Beneficiary Ms. K. "Just a note to say thank you for the help I am getting from the

Charitable Trust. I am not working anymore due to too much trouble with the old bones. I also had major surgery due to radiation 20 years ago.”

Beneficiary Ms. B. “I want to thank you and the Trust Board very much for sending my check every month. It helps me make it through the month for food. I am very grateful for the Sons of Norway.”

Audun Gythfeldt recalls:

Here is an example of awards by the Charitable Trust that has always stuck by me as an example of the value of catering t the Trust Fund:

When I was Counselor in the late nineties, the Fund awarded a member funds to purchase a new hearing aid. I received a beautiful thank you letter from the recipient who thanked us profusely, and said that it was wonderful to once again hear the birds sing in the morning.

It is a heartwarming story and shows the value of having the Trust Fund.

3D Charitable Trust Donation Form

Thank you for your donation and support. I invite you to fill in the form below and mail with your check to continue the good work we do for our Brothers and Sisters of the Third District. You can either print or download this form in order to fill it out.

Donations: Lodge # _____ Individual Donation _____ Amount _____

Name _____

Address _____

CIRCLE ONE: Lodge Gift -- Memorial Gift -- Dedicated to -- In Honor of –

Name: _____

Acknowledgement to be sent to - **Name** _____ **Ad-**
dress _____

Checks: Payable to -- District Lodge No. 3 Charitable Trust.

Mail to --- Lloyd Ritter – 31 E. Lake Dr. – Annapolis, MD 21403

Charitable trust is a 501(c)(3) Non-Profit – To the extent of the law, donations are tax deductible on federal & state returns.

Thank you for your generous support. For questions contact counselor@sofn3d.org

Fraternally,

Lloyd

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

In partnership with Nor-Bu Lodge No. 3-427



Saturday, April 15
6:30 - 8 p.m.

Sons of Norway - Nor-Bu Lodge
21 Oslo Drive
Lake Telemark, NJ 07866

Registration is required at 800.272.3900
or <https://action.alz.org/mtg/541471805>.

Light refreshments will be served.

Visit alz.org/CRF to explore additional education programs online and in your area.



Nor-Bu lodge holds Alzheimer's/ Dementia Education Event

In April, following our business meeting which has been moved up to 5 pm., the Alzheimer's Association will present an education program about Alzheimer's. The meeting is open to the public, but I hope we will have a good number of Nor-Bu members in attendance also. I know that many of you like me, have been impacted by family or friends having, or having had this dreadful disease. So please come on out and take part in what I hope will be a first step in the fight against Alzheimer's. As a next step we are hoping to arrange for regular, maybe monthly, "Memory Cafes" at the BUL Cabin, and once again we are talking about meetings open to the public. We are ideally suited for this kind of event having the BUL Cabin, and with

a membership that has shown a great interest in the Alzheimer's cause.

It has been an exciting year in the field of Alzheimer's and dementia research. As 2022 comes to a close, we look back at progress made, including discoveries into the causes, risk factors and treatment of Alzheimer's disease and other dementia. Here are five important takeaways:

1

It's true: Alzheimer's treatments are getting better. In November 2022 came [the announcement](#) of positive results from the global Phase 3 clinical trial of an Alzheimer's drug called lecanemab, slowing the rate of cognitive decline in study participants by 27% over 18 months. These are the most encouraging results we have seen for an Alzheimer's treatment to date. A Food and Drug Administration (FDA) decision on accelerated approval is expected soon, potentially making lecanemab the second FDA-approved drug in 18 months.

2

Your daily multivitamin may slow brain aging. Research [published](#) in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* found that taking a multivitamin-mineral supplement every day for three (3) years resulted in a statistically significant cog-

nitive benefit. This is the first positive, large-scale, long-term study to show that multivitamin-mineral supplementation for older adults may slow cognitive aging. These findings have the potential to significantly impact public health — lowering health care costs, reducing caregiver burden — especially among older adults.

3

Sweet tooth? Ice cream, candy and soda may raise the risk of cognitive decline. At the Alzheimer's Association International Conference (AAIC) last summer, new research found that eating a large amount of ultra-processed food can significantly accelerate cognitive decline. The research was [published](#) in *JAMA Neurology* this December. Although ultra-processed foods (including pizza and hot dogs) make up more than half of American diets, steps can be taken to reduce risk. These include [eating a balanced diet](#), [exercising regularly](#), getting good sleep, staying cognitively engaged, protecting from head injury, not smoking and managing heart health.

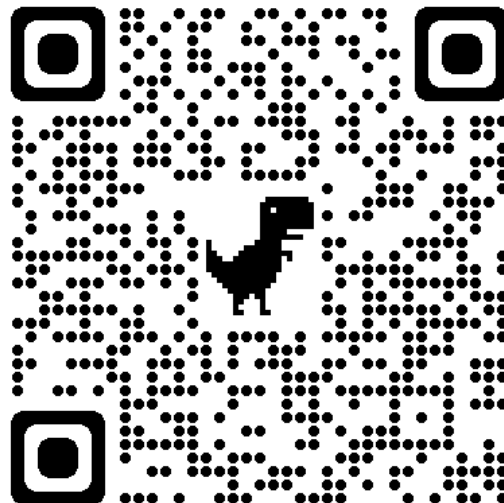
4

Experiencing racism is linked to poor memory. Also at AAIC 2022, [researchers reported](#) that experiences of structural, interpersonal and institutional racism are associated with lower memory scores and worse cognition in midlife and old age, especially among Black individuals. This is especially important, given that the [2022 Alzheimer's Disease Facts and Figures](#) reports that Black Americans are about twice as likely, and Hispanic Americans are about one and one-half times as likely, to have Alzheimer's or other dementias.

5

Wearing hearing aids may reduce risk of dementia. Individuals with hearing loss who used hearing restorative devices had a 19% decrease in risk of long-term cognitive decline, according to research [published](#) in *JAMA Neurology* this December. This data appeared five months after the FDA announced it will allow hearing aids to be sold over the counter, greatly expanding access to 30 million Americans living with hearing loss.

In 2022, Alzheimer's and other dementias will cost the nation \$321 billion. Thanks to increased research funding from the federal government and nonprofit organizations like the Alzheimer's Association, the new year is sure to bring more advances and discoveries for people living with, and at risk for, Alzheimer's disease and all other dementia.



Our Heritage and Culture – Russefeiring



The **russefeiring** (English: "russ celebration") is a traditional celebration for Norwegian high school pupils in their final spring semester. Pupils that take part in the celebrations are known as **russ**. Students in high school normally prepare for this celebration from the start of the year. Russ celebrations normally happen before the final term exam for the high school students before they are off to university or college.



Russ have different ways of celebrating this very day, some people purchase big buses with more than 20 people partying all night and some other people go for the more cheaper or more idle version like buying a van or a car. The russefeiring traditionally starts around 20 April (with some starting earlier/later depending on the regional county) and ends on 17 May, the Norwegian Constitution day. Participants wear coloured overalls (Usually red, blue, green, white, or black). Some form groups that name a bus, car or van (often making a name or logo). Some celebrate almost continually during this period. Drunkenness and public disturbances are regularly linked to the celebration.

The modern Norwegian *russefeiring* dates back to 1905, when the red russ caps (*russelue*) were

introduced to graduation celebrations as a sign of the imminent acceptance into the system of higher education. The caps were initially only used by boys, and were inspired by German students, who in 1904 wore red caps when they visited Norway. In 1916, blue caps were introduced at the Oslo Commerce School, a prestigious high school specializing in economics, in order to separate them from the common graduates. Later, celebrations were gradually extended, similarly coloured overalls (*russedress*) were added, and the caps were saved for the final day of celebrations.

Bjørnstjerne Bjørnson, Nobel Prize laureate in literature, attempted to convey the spirit of the russ-celebration in the poem "Jeg velger meg April" ("I choose April"). The russ have figured in a number of poems and song lyrics, especially those from the early 20th century.

As time passed, students graduating from vocational courses were allowed to participate in the celebrations, and additional overall and cap colours were gradually introduced by some of the vocational graduates. The celebrations then became a general celebration of the end of upper secondary school (*videregående skole*).

In Norway, most pupils turn 18 just before the russefeiring. The age of 18 is both the age limit for buying alcohol and acquiring a driver's license. Therefore, the growing festivities also led to increased alcohol consumption, and in the 1970s the tradition of buying old cars, vans, buses and even lorries and painting them in the same colours as the overalls became common.

These cars would be extensively decorated, and serve as mobile homes and party venues for the russ during the russefeiring. They would be outfitted with tables, chairs, bunk beds, sound and lighting systems, and melodic horns. These vehicles were named *russebiler* (russ cars). Over the 1980s it became

fairly common to rip the cargo beds off lorries and build log cabins on the frames instead. However, due to safety issues this practice was banned during the early 1990s. Also regulations were introduced that required every russ vehicle to have a designated non-russ driver. This, together with the no-tolerance policy on alcohol consumption by drivers introduced in the late 1990s, greatly reduced the number of accidents involving russ vehicles.

Russ cars and buses would gather for impromptu partying on school grounds, parking lots, beaches and other suitable places. Sometimes up to several hundreds of cars and buses would gather in one place. Eventually, these events became organized by commercial interests, who then also took over responsibility for the security of the participants. Still russ gather their vehicles for impromptu partying, but in smaller numbers.

By the early 2000s authorities were once again worried about impact of the partying and alcohol consumption during the russefeiring. In an attempt to reduce the extent of the celebrations, some of the final exams in public schools were moved to early May. Traditionally, these had all been taking place in late May and early June. The idea was that forcing the pupils to prepare for exams instead of partying would reduce the extent of the problem. This had no noticeable effect, however, and resistance from pupils' organizations moved the exams back, with the argument that the only effect was to have pupils sacrifice grades for partying.



Russ Clothes

Russ is immediately recognizable by their red and blue russebukse, overalls. The students wear their russelue (hats) and russebukse (overalls) from end-April till 17th May. The overalls are purchased from the official website and are often personalized by russ (it's also a term for a Norwegian high school senior celebrating russ).

Russelue (the hat) has been a crucial part of the russeantrekk (the outfit of the russ) since 1905, when they were used in graduation ceremonies to represent students' acceptance into universities. More and more russ are wearing hoodies which have both their own name, and the name and logo of their group, printed on them.

The original color of the russebukse is red. It has been first used in 1905 on russelue (the red hat). The red color symbolized russ until 1916 when a new russ color saw the light of day.

The Meaning of the Colors

Red russ is what is most normal and what most russ choose to be. If you had a red color, you went to general or today's study specialization and gained general study competence. Whether it is through study specialization, media, and communication, music, dance and drama.

The first blue russ hats were used by students in 1916. The blue color was to represent the students who took the economics line in high school. Blue russ also gained general study qualifications but went on to study economics. As more schools eventually followed the trend, the different colors became a symbol of what the russ were studying.

The black russ symbolize the students who went to vocational fields of study. While green russ were students who studied agriculture and nature and who previously went under the black russ category. In

recent years, another color that was created was purple. This color should represent students who had completed the design line in high school.

Most of the month's parties take place in and around the buses, as hired drivers shuttle teens around and to various festivals. When you drive around partying inside of the bus, stopping just for some fresh air now and then, you call it 'å rulle' (rolling). The students hop on board the bus and head on to various festivals and russetreff (russ meeting places).

It is common to invite others that the students who own the bus to "rulle". Busses with only boys invite girls over and the opposite. Sometimes just other friends. Many young teenagers are longing to join such parties, and try to get themselves invited.

More and more students do not want to spend a lot of money on a bus for such a short period and decide to walk or bike instead. Many of these russ pay to join a bus a few times instead.

One of the biggest music festivals still held, is the one at the theme park Kongeparken, almost an hour drive outside the city of Stavanger on the west coast of Norway. This park is transformed into a three-day concert venue, and roughly 13,500 teens showed up at the venue each year.

Challenges and Dares



Russeknuter is something you earn by completing dares from the russknutelisten: originally introduced in the 40s, the list is different for every school. Students earn knuter through the dares are trinkets that are tied to the russelue (hat), or russeknuter (knots). Mostly meant for good fun. The dares on the list may have students wearing loaves of bread on their feet for a whole day. Or barking at people at the supermarket.

Everything finally comes to an end on May 17, Norwegian constitution day. The partying and dares can take a toll on Norwegian teens. But everything comes to an end on May 17th, a national holiday celebrating the signing of the Norwegian Constitution. Norwegians celebrate the day with the traditional children's parades. Teens who are russ have parades of their own. Or they are a part of the general parade, where they show their vehicles and themselves to everyone watching.

This celebration ends a couple of days before the final exams for the seniors. Because of that, some high schools in Norway don't allow for any russfeiring to take place during school hours. While a handful of high schools allow russfeiring with some restrictions.

"ON THE ROAD" In The 3rd District

Rochester, NY. Home to The Scandinavian Heritage Society.

The Strong Museum of Play

Born in Rochester, New York, on March 20, 1897, Margaret Woodbury Strong grew up an only child in a wealthy family of collectors. Her father, John Charles Woodbury (1859–1937), collected coins and recorded life events in scrapbooks. Her mother, Alice Motley Woodbury (1859–1933), collected 19th-century Japanese objects d'art. And an admired aunt collected bookplates.



The Woodburys provided Margaret with every advantage that money and social privilege enable. Her maternal grandfather, George Motley IV, owned a prosperous flour-milling business. Her paternal grandfather, Edmund Frost Woodbury, made a fortune in the buggy-whip industry. As early investors in the Eastman Kodak Company, the Woodburys' fortunes grew alongside those of George Eastman, and their community status afforded Margaret many unique opportunities.



Thanks to her parents' passion for traveling, Margaret saw more of the world by age 11 than most people do in a lifetime. On one six-month trip, she visited the beaches of Hawaii, played with dolls in a Japanese teahouse, rode an elephant in Ceylon, and toured the waterfronts of Shanghai, Hong Kong, and Canton. As an adult reflecting on her travels, she noted, "I was allowed to carry a small bag to put my dolls and toys in, and to add anything I acquired on the trips. Consequently, my fondness for small objects grew." The Woodburys also spent considerable time visiting museums and attending the theater. In short, they made Margaret's world into both a classroom and a playground.

In her will, Margaret left her collections and most of her financial resources for a museum, and 13 years later, in 1982, the Margaret Woodbury Strong Museum opened to the public at One Manhattan Square in downtown Rochester. Over the following two decades, the museum grew dramatically, expanding its collections, facilities, and resources. Now known simply as The Strong, it spans more than 285,000 square feet and serves global audiences on-site at the museum, online, and through the work of its International Center for the History of Electronic Games, the National Toy Hall of Fame, the World Video Game Hall of Fame, the Brian Sutton-Smith Library and Archives of Play, the Woodbury School, and the *American Journal of Play*.

Ask a Local how to get into the Subway.

The Erie Canal, responsible for much of upstate New York's economic growth, was considered an obsolete eyesore by the turn of the century. The state legislature allocated money for relocation of the canal, and the last boat traveled through the city locks in 1919. After much debate about what to do with the abandoned canal bed, the city of Rochester then purchased the land for construction of a trolley subway that would greatly reduce the amount of surface traffic in the populous city. Eight years after the last canal boat was piloted through the city, the Rochester Industrial & Rapid Transit Railway was opened to the public in December 1927. Known to most simply as the "Subway," it was built to serve as a freight interchange for the five railroads that served the city. Running from the General Motors Rochester Products plant southeasterly through Rochester, and southeast to Rowlands, the Subway was not more than ten miles long.

From its opening date, the Subway was never utilized to its full potential. The exception was the World War II era when the Subway ran four-car trains at the height of rush hour. Public outcry for Subway service improvements and extensions fell on deaf ears. Eventually, against public statements to the contra-

ry, the city council voted in secret to discontinue subway passenger service after 1955, and construct the Eastern Expressway (I-490) in its place. The last passenger run on the Subway was Saturday, June 30, 1956.



Today, few traces of the subway survive. The western section that was filled in remained undeveloped, and can be traced nearly uninterrupted all the way out to the former General Motors plant. The only remaining Subway car (Car 60) is in the custody of the Rochester Chapter NRHS, at the Rochester & Genesee Valley Railroad Museum. The subway car is in the middle of a multi-year fundraising and restoration effort. Ruins of the Subway exist downtown, partially obscured by the I-490 that succeeded it. The two-mile tunnel under Broad Street is in need of serious repairs, and there has been heated debate over the idea of filling the man-made cavern under the city. The two stations that were in the tunnel, West Main Street and City Hall, have remained hidden from the public for over forty years, with little remaining to indicate they were ever there.

icate they were ever there.

The Subway was never really meant to die. There were several proposals in the final years that would have significantly expanded the routing of the line along existing railroad rights of way. In January 1954, an ambitious proposal was published explaining an expansion to points outside the city.

Susan B. Anthony House,



in Rochester, New York, was the home of Susan B. Anthony for forty years, while she was a national figure in the women's rights movement.

She was arrested in the front parlor after voting in the 1872 Presidential Election. She resided here until her death.

The house was purchased for use as a memorial in 1945, and declared a National Historic Landmark in 1965. It has been documented in the Historic American Buildings Survey.

The Susan B. Anthony House is located at 17 Madison Street in Rochester. Access to the house is through the Susan B. Anthony Museum entrance at 19 Madison Street.

Today the Susan B. Anthony House is a learning center and museum open to the public for tours and programs from 11-5 Tuesday through Sunday, except major holidays. Its full name is the National Susan B. Anthony Museum & House. The Visitor Center and Museum Shop are located in the historic house next door, 19 Madison Street, which was owned by Hannah Anthony Mosher, sister of Susan and Mary Anthony. The mission of the Susan B. Anthony House is to keep Susan B. Anthony's vision alive and relevant.

The house hosts an annual celebration of Nineteenth Amendment to the United States Constitution, which gave women the right to vote. In 2011, the New York Times reported that the museum at the house had sold a large quantity of "a \$250 handbag made of fake alligator that was inspired by one of Anthony's own club bags, similar to a doctor's bag," noting that for Anthony, "a bag was not a fashion statement but a symbol of independence at a time when women were not allowed to enter into a contract or even open a bank account."

Papers and memorabilia about the suffrage movement were donated to the house at the request of Carrie Chapman Catt, Susan B. Anthony's successor as President of the National American Woman Suffrage Association. They are held by the River Campus Libraries of the University of Rochester.

Name the iconic symbol of the Women's Suffrage Movement that today is in every day use but fairly uncommon at the time. Hint: if you have visited St. Augustine, Florida, you might know the answer. Submit your responses to hansenoaks@lowcountry.com and the first correct answer will have a \$50.00 donation made in their name to the Charitable Trust.

The House of Guitars® Inc. is located in Rochester, New York and known as the "Largest Guitar Store in the World." The store was started in 1964 by Bruce and Armand Schaubroeck out of the basement of their mother's home and quickly became famous for being the intersection of music, art and culture.



In 1964 when the Beatles came to America, brothers Armand & Bruce opened their first store in their mother's basement. Working other jobs, the Schaubroeck brothers ran paper routes and worked at local meat markets by day and sold guitars by night. Catering more to the young than other music retailers at the time by selling more affordable guitars & allowing customers to get hands on with the instruments, business began to explode. "Mom would come home from work, totally exhausted both mentally and physically and she'd see teenage kids all over her house and salesman in three piece suits with suitcases out; these sharks taking money from her babies," says Bruce. "She hit a breaking point and threw everybody out."

In the early 70's, owners Armand & Bruce purchased a historical building in Irondequoit that was formerly known as the Grange Hall. Built in the early 1900's, farmers of Irondequoit had created a lucrative "market gardening" community & needed a place to gather. The Grange Hall provided social activities for the farming community such as amateur theatrical performances, dances, meetings & more. This historical building would prove to be a great move for the Schaubroeck brothers and remain their current store location to this day.

The House of Guitars established some of it's credibility by stocking the exact instruments played by the Beatles before anyone else.

"When the Beatles came to America, we knew what they were playing," Armand Schaubroeck said "We knew that George Harrison played a Gretsch Country Gentleman and Vox Amps that weren't in the United States yet. I made an order to Vox in England, and they shipped them to us. So, we had the first Vox amps that came into the United States."



Today the House of Guitars has a prodigious collection of new, used and vintage guitars housed in cases displayed throughout multiple levels. The upstairs sells drums and keyboards and is also the home of the in-house repair shop, Robinson Kustom Repair. There are a number of back rooms that serve as retail space for percussion, amplification, PA equipment & accessories, with a large warehouse in the back selling CD's, vinyl, DVD's, t-shirts & more. The walls of the store display thousands of old pictures & autographs acquired from over 50 years of business in the music scene, making it akin to a museum instead of just your normal retail shop. The store also has their own music school with daily music lessons on all different types of musical instruments. A stage

located in the center of the guitar department hosts live, free shows almost every weekend supporting both national touring acts and local bands alike.

The House of Guitars has become known as a place for professional touring musicians to stop by. Aerosmith, Ozzie Osborne, Cheap Trick, Metallica, Geddy Lee, Pantera, Motley Crue and Matthew Sweet are only a portion of the major acts that shopped and/or still shop at the House of Guitars.



VIKING HISTORY-

ITS SPRING SO LETS TALK ABOUT FREYA



James Doyle Penrose (1862
-1932)

In Norse paganism, **Freyja** (Old Norse "(the) Lady") is a goddess associated with love, beauty, fertility, sex, war, gold, and seiðr (magic for seeing and influencing the future). Freyja is the owner of the necklace Brísingamen, rides a chariot pulled by two cats, is accompanied by the boar Hildisvíni, and possesses a cloak of falcon feathers. By her husband Óðr, she is the mother of two daughters, Hnoss and Gersemi. Along with her twin brother Freyr, her father Njörðr, and her mother (Njörðr's sister, unnamed in sources), she is a member of the Vanir.

Folkvang (Old Norse *Fólkvangr*, "Field of the People" or "Field of Armies") is the abode of the goddess Freya.

Folkvang is mentioned only twice in all of Old Norse literature: once in the poem *Grímnismál* ("The Song of the Hooded One"), and once in the *Prose Edda*. The relevant passage in the *Prose Edda* quotes the relevant stanza from *Grímnismál*, so we can assume that the *Prose Edda* used *Grímnismál* as its source.

According to *Grímnismál*, Freya takes half of the "weapon-dead" into Folkvang after they die. The other half are said to go to Valhalla, the more famous hall of the god Odin. The poem says nothing about what criteria are used to determine who goes to Folkvang and who goes to Valhalla. In any case, there are a number of other pieces of Old Norse literature that have contradictory things to say about who gets into Valhalla and on what basis. It seems likely that this stanza in *Grímnismál* is the work of a late effort at systematization rather than something the Vikings themselves would have necessarily believed.

The Old Norse sources say nothing about what Folkvang was like, or what the dead did while they were there. The *Prose Edda* mentions that Freya's hall within Folkvang was called Sessrumnir (Old Norse *Sessrúmnir*, "Hall with Roomy Seats" or "Hall with Many Seats"). That's a rather generic name for a hall, and the passage in question says nothing about it except that it's "great and fair" – also a pretty generic description for a hall.

However, the idea that some of the dead go to Freya seems to have been reasonably well-established, although different sources indicate different conceptions of who went there up-

on death, and under what circumstances this occurred. *Egil's Saga*, for example, has a world-weary female character declare that she'll never taste food again until she dines with Freya. Suicide by starvation is obviously a very different kind of death than one that occurs in battle, so it's impossible, at face value, to square this passage with what *Grímnismál* reports. All we can say with confidence is that Freya was indeed thought to sometimes take in some of the dead.

Freya is famous for her fondness of love, fertility, beauty, and fine material possessions – and, because of these predilections, she's considered to be something of the “party girl” of the Aesir (Freya became an honorary member of the Aesir after the war between the Aesir and the Vanir). In one of the Eddic poems, for example, Loki accuses Freya (probably accurately) of having slept with all of the gods and elves, including her brother. She's certainly a passionate seeker after pleasures and thrills, but she's a lot more than *only* that. Freya is the archetype of the *völva*, a professional or semiprofessional practitioner of seidr, the most organized form of Norse magic. It was she who first brought this art to the gods, and, by extension, to humans as well. Given her expertise in controlling and manipulating the desires, health, and prosperity of others, she's a being whose knowledge and power are almost without equal.



Max Bruckner (1836-1918), The
Walhalla



If You Had a Choice;
Valhalla or Folkvang?

Scandinavian American Spotlight– Mildred Didrikson Zaharias



Babe Didrikson was the child of Norwegian immigrants. Reared in poverty in South Texas, she began her extraordinarily versatile athletic career in high school basketball. She soon found that few sports opportunities were open to women. In fact, in the 1920s the trend was toward the elimination of interscholastic competition for girls, because of its “undue stress” and “morbid social influences.” In many high schools all but intramural sports disappeared, and not until the 1970s would girls’ high school competition be restored.

Mildred Ella Didrikson was born on June 26, 1911, the sixth of seven children, in the coastal city of Port Arthur, Texas (also the home of Janis Joplin). Her mother, Hannah, and her father, Ole Didriksen, were immigrants from Norway. Although her three eldest siblings were born in Norway, Babe and her three other siblings were born in Port Arthur. She later changed the spelling of her surname from Didriksen to Didrikson. She moved with her family to 850 Doucette in Beaumont, Texas, at age 4. She claimed to have acquired the nickname

“Babe” (after Babe Ruth) upon hitting five home runs in a childhood baseball game, but her Norwegian mother had called her “Bebe” from the time she was a toddler.

Though best known for her athletic gifts, Didrikson had many talents. She also competed in sewing. An excellent seamstress, she made many of her clothes, including her golfing outfits. She claimed to have won the sewing championship at the 1931 State Fair of Texas in Dallas; she did win the South Texas State Fair in Beaumont, embellishing the story many years later in 1953. She attended Beaumont High School. Never a strong student, she was forced to repeat the eighth grade and was a year older than her classmates. She eventually dropped out without graduating after she moved to Dallas to play basketball. She was a singer and a harmonica player and recorded several songs on the Mercury Records label. Her biggest seller was “I Felt a Little Teardrop” with “Detour” on the flip side.

At the 1932 Olympic Games in Los Angeles Didrikson won the 80-metre hurdles and the javelin throw but was deprived of a third gold medal in the high jump because she had used the unorthodox Western roll to achieve the highest jump; she was awarded the silver medal instead. Her Olympic success brought her national attention, not all of which was complimentary. At the time, women were not encouraged to compete in sports, and Didrikson faced much sexism as well as claims that she might actually be a man. One sportswriter noted, “It would be much better if she and her ilk stayed at home, got themselves prettied up and waited for the phone to ring.” Such comments failed to deter Didrikson, as she also excelled in softball, swimming, figure skating, billiards, and even football.

In March 1934, Didrikson pitched a total of four innings in three Major League spring training exhibition games: On March 20 she gave up one walk and no hits in one inning for the Philadelphia Athletics against the Brooklyn Dodgers. On March 22 she pitched the first inning for the St. Louis Cardinals against the Boston Red Sox. It was reported that “Under tutelage of Burleigh Grimes, Dizzy Dean, and others she has learned to stand on the rubber, wind up like a big leaguer and throw a rather fair curve.” The Red Sox scored three runs against Didrikson in the inning before she got Boston third baseman Bucky Walters to fly out to future Hall of Famer Joe Medwick in left field to end the inning. She was relieved at the start of the second inning by Cardinal pitcher Bill Hallahan. 400 fans were in attendance.



On March 25 she played for the New Orleans Pelicans against the Cleveland Indians, pitching two scoreless innings and lining out in her only plate appearance. Didrikson

also spent time with the House of David barnstorming team and is still recognized as the world record holder for the farthest baseball throw by a woman.

Didrikson began playing golf casually in 1932, but from 1934 she played that game exclusively. In 1938 she became the first woman to compete in a men's golf event, though she did not make the cut. Also that year she married George Zaharias, a professional wrestler. Restored to amateur status after some years as a professional, she won the U.S. Women's Amateur tournament in 1946. The next year she won 17 straight golf championships, including the British Ladies Amateur, of which she was the first American holder. Didrikson Zaharias subsequently became a professional again, and in 1948 she won the U.S. Women's Open, a feat she repeated two years later.

Already famous as Babe Didrikson, she married George Zaharias (1908–1984), a professional wrestler, in St. Louis, Missouri, on December 23, 1938. Thereafter, she was largely known as Babe Didrikson Zaharias or Babe Zaharias. The two met while playing golf. George Zaharias, a Greek American, was a native of Pueblo, Colorado. Called the "Crying Greek from Cripple Creek", Zaharias also did some part-time acting, appearing in the 1952 movie *Pat and Mike*. The Zahariases had no children. They were rebuffed by authorities when they sought to adopt.

Zaharias had her greatest year in 1950 when she completed the Grand Slam of the three women's majors of the day: the U.S. Open, the Titleholders Championship, and the Women's Western Open, a feat that made her the leader on the money list that year. Also that year, she reached 10 wins faster than any other LPGA golfer, doing so in one year and 20 days, a record that still stands. She was the leading money-winner again in 1951, and in 1952 took another major with a Titleholders victory, but illness prevented her from playing a full schedule in 1952–53. This did not stop her from becoming the fastest player to reach 20 wins (two years and four months).

In 1953 Zaharias was diagnosed with colon cancer. After undergoing surgery, she made a comeback in 1954. She took the Vare Trophy for lowest scoring average, her only win of that trophy, and her 10th and final major with a U.S. Women's Open championship, one month after the surgery and while wearing a colostomy bag. With this win, she became the second-oldest woman to win a major LPGA championship tournament (behind Fay Crocker). Babe Zaharias now stands third to Crocker and Sherri Steinhauer. These wins made her the fastest player to reach 30 wins (five years and 22 days). In addition to continuing tournament play, Zaharias also served as the president of the LPGA from August 1952 to July 1955.



Her colon cancer recurred in 1955. Despite her limited schedule of eight golfing events that season, Zaharias won her last two tournaments in competitive golf. On September 27, 1956, Zaharias died of her illness at the age of forty-five at the John Sealy Hospital in Galveston, Texas. At the time of her death, she was still a top-ranked female golfer. She and her husband had earlier established the Babe Zaharias Fund to support cancer clinics. She is buried at Forest Lawn Cemetery in her hometown of Beaumont, Texas.

During her final years, Didrikson became known not only for her athletic abilities but as a public advocate for cancer awareness, at a time when many Americans refused to seek diagnosis or treatment for suspected cancer. She used her fame to solicit donations for her cancer fund but also as a spokesperson for the American Cancer Society. Her work in this area was honored by US President Dwight Eisenhower on a visit to the White House.

Didrikson Zaharias's autobiography, *This Life I've Led*, appeared in 1955. She was posthumously awarded the Presidential Medal of Freedom in 2021.