

3RD QUARTER 2022

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THIRD DISTRICT TODAY



TDT



NEWSLETTER FOR MEMBERS AND FRIENDS OF THE 3rd DISTRICT

September Message from 3rd District President—Steve Helmold

I am honored to be entrusted with the job of Third District President. My goals for the next two years are to increase transparency, communication, and engagement from the members of the district. As many of you know, this past year has been a tough one for me with 6 hospital visits including 4 surgeries, the latest just this August. I would like to thank all the lodges and members who sent cards and e-mails with their prayers and good wishes. It meant a great deal to me. I seem to finally be on the road to recovery.

I really hated not being able to attend the District Convention in Jacksonville in person, but as it turned out, it was better that I was close to home during that time. I would like to thank the members of Gateway to Florida Lodge for all their hard work in conducting, from what I could see and from what I have heard, a wonderful convention.

Covid has taken its toll on many of our lodges and as we get back to a new normal, living with covid, I hope all the lodges can get back to where they were or even better than they were before the pandemic hit us. You can rest assured that the members of the 2022-2024 Third District Board are ready, willing and able to get our District to come back even stronger than it was before.

To that end the following committees have been formed, approved by the Board, and have begun to work hard to make the district as great as it can be:

Committee to Review the Minutes of the 2022 Convention

According to Article III Section 9 in our Bylaws: The District Board shall appoint a committee to review the District Lodge Meeting (Convention) minutes before the Secretary sends a copy to the Sons of Norway Headquarters. The minutes will be reviewed and approved by the District Board at the fall board meeting.

By-laws and Policy Review Committee

The purpose of this committee is to review our bylaws and policy manual to make sure we are in compliance with the new international rules and to suggest any updates that are needed.

LOV Money Committee

The purpose of this committee is to suggest to the board the best possible use of the money from the sale of LOV.

Rezoning Committee

The purpose of this committee is to recommend changes to the zoning lines if any are needed.

Convention Policy Committee

The purpose of this committee is to review the policy manual for host lodges that are considering hosting a Third District Convention. Topics to be considered are virtual meetings, hybrid meetings, financial assistance to host lodges and any other concerns the committee seems fit to address.

Finance Committee

The purpose of this committee is to assist the treasurer and to present a budget each October for the following year as well as a 2-year budget prior to each District Lodge meeting (Convention).

Scholarship Committee

The purpose of this committee is to explore the possibility of having a Third District Scholarship fund. The committee will need to find the initial funds as well as propose fundraising ideas to keep the fund going.

Local Lodge Support Committee

The purpose of this committee is to identify and assist lodges that are struggling, to reach out to the officers of these lodges and suggest ideas to help them get back on track perhaps by getting more members, suggesting programs to retain and engage members and addressing other problems that these lodges are having. Also, this committee will be making suggestions to all lodges to enhance the programs that they are presently running.

Website Committee/Publicity

The purpose of this committee is to examine our website and make any necessary changes to make it more informative to our members.

Giving's Committee

The purpose of this committee is to continue their work to educate membership and increase involvement in the Sons of Norway Foundation, the Third District Charitable Trust, Alzheimer's and other worthwhile charities.

This is only the beginning. As the need arises, I will be forming other committees. I hope if I reach out to you to serve on a committee, you will be willing to step up to the plate.

There is a need for Leadership training. This will first be addressed at the October Board meeting and then will become available to zones and lodges. Hopefully this will result in more members becoming engaged in the work of Sons of Norway so that we will not continue to be the best kept secret.

I look forward to meeting as many of you as I can in the next two years.

Fraternally,
Stephen Helmold
Third District President

District Three Secretary's Letter September-October 2022

Dear Lodge Secretaries,

Here's a Fall update for you. Thank you for the energy and time you give to your lodge and to Sons of Norway.

President's Corner:

I would like to take this opportunity to introduce the 2022-2024 Third District Board.

President - Stephen Helmold
Vice President - Diana Syvertsen
Secretary - Karen Olsen-Helmold
Treasurer - Elaine Breiland
Charitable Trust Director - Lloyd Ritter
Cultural Director - Andy Mathisen
Youth Director - Susan Olson
Sports Director - Paul Kornbrekke
Foundation Director - Dirk Hansen
Publicity Director - Asbjorn Lageraaen
Zone 1 Director - Michael Pedersen
Assistant Zone 1 Director - Melissa Pedersen
Zone 2 Director - Peter Hanson
Assistant Zone 2 Director - John Foss
Zone 3 Director - Audun Gythfeldt
Assistant Zone 3 Director - Barbara Bensen
Zone 4 Director - Kaare Hansen
Assistant Zone 4 Director - Julia Nilsen
Zone 5 Director - Christine Taylor
Assistant Zone 5 Director - Harriet McHenry
Zone 6 Director - Jeanne Addison
Assistant Zone 6 Director - Marie Hansen
Zone 7 Director - Bill Browning
Assistant Zone 7 Director - Dirk Hansen

Pictures for the Viking Magazine should be sent to Mary Andersen at andersen.maryb@gmail.com

I am looking forward to the next two years working with this dedicated group of members. I am sure I will have lots more news to share after our October Board meeting.

Fraternally,
Stephen Helmold

Location of Forms

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.

Lodge Anniversaries

Nor-Bu - Sept. 19,

Bernt Balchen - Sept. 22, 45th

Norge - Oct. 20, 95th

Fraternal Funds – Lodge ZOOM contracts qualify, too- NEW DEADLINE DATE

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 each time the Executive Committee meets which is at least at the Fall and Spring Third District Board Meetings. The Fraternal Funds form is located on www.3dsofn.org under Documents and Forms. I have also attached an updated copy to this issue of the Third District's Secretary's letter. Receipts must accompany the form.

Please note these funds are meant to offset losses. If the event has for which you are requesting funds had a profit you are not eligible for reimbursement.

Items for which Lodges and Zones can request fraternal funds:

- Bus trips to cultural events such as the 17th of Mai parade or Scanfest

- Zoom contracts

- Memorial services

- Storage of Viking Ships

- Membership drives

- Christmas parties

- Music or cultural activities at Lodge meetings

This list is given as an example and is not necessarily complete. There limits to the amounts given for various categories. If you are unsure if an event qualifies, send me an e-mail and I will be happy to advise you. Please note these funds are meant to offset losses. If the event has for which you are requesting funds had a profit you are not eligible for reimbursement.

Nominations and Fall Elections

Two years ago, Sons of Norway Headquarters requested that ALL lodges have their biennial elections in November (prior to December 1), so that Lodge Secretaries can complete the D-63 Officer Update Forms with the correct names and contact information of the new officers who begin their term in January.

If this is the election year for your lodge, make sure that your lodge is organizing nominations in September and October. Some lodges have adopted "C0-positions" or committees if it is difficult to fill positions.

Annual D-63 Forms

Sons of Norway requires every lodge secretary to annually complete the D-63 form on www.sofn.com in order to report any change in officer positions or no change. The absolute last day for it is **December 31, 2022, but it would greatly help me and Sherry Gorse at headquarters if you can send the names in earlier.** It is always wise to double-check the exact spelling and numbers in lodge members' addresses, emails, and phone numbers prior to completing the form. After you have submitted your form, I will receive a copy from Sons of Norway and that is what I will use to make the annual Third District Directory in January 2023. More information on the directory orders will be coming in the future.

Lodge Officers Must Be in Good Standing

According to Sons of Norway, all lodge officers must pay their current membership dues in order to continue being officers. Check your membership list found on your profile page at the Sons of Norway website.

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".

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 and limited-edition 2021 Recruiter Pin. 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.

I wish you the best as your Lodges return from the summer break and as we learn to live with Covid.

Fraternally,

Karen Olsen-Helmold

District 3 Secretary.

kolsen2@verizon.net 183 Evergreen Avenue, Bethpage, New York 11714

District No. 3 Fraternal Funds Program

*Funds are received from the International Lodge Fraternal Program each year and are intended to be used to support cultural, youth, sports programs and Leadership seminars. **TO REQUEST THESE FUNDS, PLEASE COMPLETE THIS APPLICATION.***

DATE SUBMITTED: _____ EVENT DATE: ____

NAME _____ LODGE OR ZONE AFFILIATE _____ TELEPHONE/E-MAIL _____

PURPOSE OF REQUEST _____

BRIEFLY DESCRIBE EVENT:

EVENT INCOME (sources, if applicable) _____ \$ _____
_____ \$ _____
_____ \$ _____
TOTAL INCOME \$ _____

EVENT EXPENSES (i.e.: hall rental, postage, photocopying, etc. **Please provide receipts.**)

_____ \$ _____
_____ \$ _____
_____ \$ _____
_____ \$ _____
TOTAL EXPENSES \$ _____

CONTACT PERSON _____ **Telephone:** _____

E-MAIL: _____

If approved: Check payable to: _____ Address: _____

Mail completed form to:

Karen Olsen-Helmold

183 Evergreen Ave

Bethpage, NY 11714

DATE REC'D FORM _____ FF# _____

Revised 8/22

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do." Helen Keller.

Announcing the First Annual "New World Service Day"

During the recent District 3 meeting in Jacksonville, Resolution #2 essentially mandated the creation of a district wide day of Service.

In conjunction with celebrating our heritage and culture on October 9th by honoring the achievements of Leif Erikson, we will now expand upon our lodge's ever present commitment to our communities and those less fortunate by not only displaying the usual monetary generosity but we are known for but also focusing a district wide spirit of volunteerism toward making a "New World" or a better and different world. This was the aim for all of our Viking ancestors when they looked to the West.

A quick internet search will lead you to a multitude of ideas, tried and true, that can serve to get the wheels turning for your lodge's participation in the District 3 effort. Here is just a small sample to get started with.



1. Host a Teddy Bear and Friends Drive

Collect stuffed animals then donate to a homeless shelter for new arrivals. Your local police or fire station might accept this type of donation as well. A teddy bear can bring comfort to children in times of distress.

2. Make Hygiene Kits for the Homeless

Homeless people struggle to obtain basic necessities to wash their hands and brush their teeth. Organize your group to collect hotel samples or purchase travel-sized items from a dollar store to complete the kits.

3. Safe Passage to School

School crossing guards are not always available at all schools. Work with community and school leaders to increase safe routes for kids to walk or ride bikes to school.

4. Green Thumbs Unite

Work with community leaders to adopt a monument. Plant a community garden around it and monitor your plants throughout the year.

5. Remember Service Men & Women

Send care packages to deployed troops, veterans, and wounded soldiers. Write a letter of gratitude for their service, and include snack and personal care items. Check out Operation Gratitude and Give 2 The Troops organizations to learn where to send your care packages.

6. Best Face Forward

Collect unused make-up, perfume, and other cosmetics for a center for abused women.

7. Fight Childhood Diseases

Work together with your local health department to set up an immunization day or clinic to immunize children against childhood diseases. Help promote the event, pitch in to set up and assist with administrative work.

8. Bring A Smile to the Homeless

Fill a pair of new socks with granola bars and bottles of water to give to homeless men and women you pass on the street.

9. Pitch In For the Elderly

Organize your group to rake leaves, shovel snow, or do housework for elderly neighbors. If you don't have an elderly neighbor, consider a senior citizens neighborhood community.

10. Adopt A Park

Decide on a park to adopt. Grab some trash bags and pick up trash to beautify the park. Getting outside to

care for the environment is a great way spend a few hours.

11. Care for Furry Ones

Volunteer at an animal shelter to help clean up, play with the animals, groom animals, and walk the dogs. Your time spent here will make the shelter a nicer environment for the furry residents.

12. Donate Old Linens to an Animal Shelter

Linen closets are often overloaded with too many worn out items. Donate old bath towels, blankets, and sheets to your local animal shelter. These household items are used for bedding, clean up and keeping the animals warm.

13. Read to Senior Citizens

Aging eyes can make it difficult to read fine print. Volunteer to read letters, newspapers or magazines to residents in a local nursing home.

14. Book Collection

Collect used magazines, paperbacks, and novels to donate to prisons, jails and shelters. These places are often overlooked when a group is hosting a book drive, but books are so needed at these community places.

15. Recycle Old Athletic Shoes

Sneakers can be transformed into sports surfaces like running tracks, baseball fields and basketball courts. Nike's Reuse-a-Shoe program has ground down more than 28 millions pairs of shoes turning them into more than 450,000 sports surfaces around the world. Donate collected sneakers at a Nike Store near you.

16. Collect Eyeglasses

Many nonprofit organizations collect old glasses and repurpose them by sending them to people in need. OneSight and Lions Clubs International are two organizations helping in this worthy cause. Research online which group has a location closer to you.

17. Stand Up Against Hunger

People struggle with hunger every day. Collect non-perishable food items from neighbors, family and friends and donate to your local food bank. Before collecting items, check out your local food bank's website to see what items are accepted.

18. Toy Drive

Gather used baby and toddler toys from friends, family and neighbors. Donate these items to a nearby church, synagogue, mosque, or temple for their youngest members.

19. Help A Child To Read

Become a literacy volunteer to tutor children at your local library or at an afterschool program. It's worthy of your time to help a child learn one of the most essential life skills.

20. Host A Bake-Off

Hit the kitchen and bake up a pile of goodies. Deliver to local police and fire stations as a way of thanking them for their community service.

Our "New World Service Day" will officially take place on Oct 7th, a Friday when business as usual is taking place but as long as your lodge participates on or around Leif Erikson Day, our goals will have been accomplished. Also, please note that our lodge members do not even need to be all together in one place. Voluntary service can take place independently with the lodge orchestrating a coordinated effort.

In the coming weeks I will be reaching out again to all of you to see how your planning is going and to offer encouragement and help in any way I can. I look forward to hearing from as many of you as possible about what your lodges have planned for Leif's "New World" 2022

"We make a living by what we get, but we make a life by what we give." Winston Churchill

Dirk Hansen

D3 Fraternal/Foundation Director

District 3 Is Proud to Recognize BARBARA BERNTSEN For Receiving the 2020 Lifetime Achievement Award.



There are people who stand out as strong, efficient and dedicated leaders. Barbara Berntsen is such a person.

Barbara became a member of Sons of Norway in 1972, and got involved in the activities of Garborg Lodge, and held various offices, including those of Secretary, and President, the latter from 1996 to 1999. Other notable lodge offices she held were Foundation Director and Cultural Director. As Cultural Director she has produced articles in the lodge newsletter covering the rich Norwegian cultural history, something she is still doing in her lodge newsletter as the assistant editor. It is worth mentioning also that Barbara was the chair of the Bazaar Committee for 10 years, proving her talents as an organizer, as well as her dedication to the lodge.

Barbara emerged at the District level when she served as the Secretary of the Convention Committee for the 1996 District Convention hosted by the District in the Catskills. Two years later she was elected District Secretary, a post she held for 6 years. Having been involved at this level in the District, we know that the Secretary's job is demanding and time consuming, but Barbara tackled the job confidently and efficiently, with an amazing ability to get things done in time. During the last two years of her time as District Secretary she also served as Secretary for the 2004 International Convention Committee for the convention hosted by the Third District in Washington D.C.

Barbara was also a Leadership Workshop facilitator for the District and has served on several convention committees during and after her time as District President. During her time as District President she served as Secretary on what is now referred to as the District Presidents Advisory Committee. At some point during her presidency, companies were getting into extraction of shale gas in Pennsylvania, and leased excavation rights from property owners. Barbara became aware that this was happening in the LOV area and took action that eventually lead to signing the deal that paid 3D Limited almost \$ 230,000. This alone should make her worthy of a prize.

Following her four years as District President, Barbara was elected International Director for the years 2008-2012. During the last two years of her term as International Director she was elected International Youth Director by the International Board. On the International Board she served on several committees. She chaired the Benefits Committee, and she was on the Lund Family Fund Committee, raising funds to establish the Lund Family Fund for the Sons of Norway Foundation. To crown her many efforts and achievements at the international Board level, Barbara was the secretary of the Charter, Constitutions and Procedures Committee, which made its recommendations to the International Lodge Meeting in 2012.

Land of the Vikings has been near and dear to Barbara's heart, and she and husband Roy has spent endless hours working at the facility. There are some of us remembering Barbara crawling under the floor of the main building tracing electrical wires, or clearing snow off the roof. And for the last several years she has served on the LOV Board as Secretary.

It will come as no surprise that Sons of Norway is not the only organization Barbara has been interested in and helped. She has been involved with the 17th of May Committee for the Greater New York, and for many years has been Secretary and Greater Chair of the organization. She has been working with the Norwegian Immigration Association, and was their Membership Secretary for many years, and she lent

her organizational talent to the Nassau County, NY, District PTA, where she was Vice President from 1994 to 1998.

There is no doubt that Barbara Berntsen is deserving of the Lifetime Achievement Award and I am proud and honored to submit her name as a candidate.

Audun Gythfeldt

Zone 3 Director and past District President

District 3 Is Proud to Recognize JØRGEN FIDJE For Receiving the 2022 Lifetime Achievement Award.

As an immigrant from Mandal, Norway, Jørgen joined Sons of Norway in 1956 and quickly proved his value as a dedicated, strong and efficient leader who became a trusted front-runner at the lodge as well as the district and international levels of the organization.

Jørgen was Vice President, then President of Loyal Lodge. He then became Zone Chairman for what was then Zone 2, now Zone 1, and immediately after that became a member of the District Board as Zone Director. Jørgen was District Counselor for 4 years, District Vice President 2 years, and District President also for 2 years, which was the norm in those days. As District President he was strongly involved in organizing the celebration of the District's 75th anniversary in 1987, something that happened at the time when District membership was at an all-time high. During this time he participated in and installed the officers of numerous lodges. I fondly remember Jørgen installing my lodge, having problems pronouncing my name. Following his 2 years as District President, he was elected International Director, and served on the International Board from 1988 to 1992.

Jørgen demonstrated dedication and leadership skills by serving in the positions listed above, but not only did he have leadership skills and organizational talent, he also had the foresight to realize the advantage of getting young people involved, and he was instrumental in forming Loyal Junior Lodge where all his children served as President as well as other positions. And to top it off, he also served on the Loyal Lodge Corporation Committee.

Jørgen was chairman of the host committee for a very successful Third District Convention in Hapauge in 1994, during which Loyal Lodge celebrated its 70th anniversary with a dinner cruise on Long Island Sound. He also served as co-chairperson for 4 other conventions, one of which was the stand-out International Convention in Washington D.C. in 2004.

Spearheaded by Bjarne Eikevik, former District and International President, Ski for Light was organized in this country, and Jørgen got into the act by participating in Ski for Light at Land of the Vikings. He was Sons of Norway through and through, but was able and willing to also offer his support for other valuable purposes.

The picture of Jørgen would not be complete without including what he has meant for Land of the Vikings. From day one he was strongly involved in converting and improving LOV from what it was when the District took ownership in 1978 to what it has become today. There were continuous needs, and Jørgen was there, work weekend after work weekend. And then came the expansion of the kitchen and the new meeting room upstairs, a job he had a major hand in. After that followed several years with more work weekends. But he wasn't done. Not long ago he and his son fixed the broken front steps. And he wasn't finished yet. When there was a need for a fund raiser for LOV, Jørgen made a gorgeous vikingship that was filled with booze and raffled off at the 2018 Convention. And if that wasn't enough, he has made another one, and a beautiful stabbur, to be raffled off at the 2020 Convention in Jacksonville.

Jørgen Fidje, a man of many talents and dedication to the Third District and Sons of Norway is richly deserving of the Lifetime Achievement Award, and it is my great pleasure and honor to submit his name as a candidate.

Audun Gythfeldt

Zone 3 Director and past District President

From Falmouth to Lauderdale - District 3 Happenings

“NEW WORLD SERVICE DAY” DISTRICT 3 EVENTS

Bondelandet 3-612 will be doing a coat, hat, scarf, and glove collection for Coats of Friendship, York, PA which benefits those in need.

Restauration Lodge 3-555 has the honor to Stand Up To Hunger.

People struggle with hunger every day. Now more than ever. We will collect non-perishable food items to donate. We'll bring items to the October Lodge meeting and we will get the items to the food bank. We're also collecting checks for those members not able to attend the meetings or feel like writing a check along with bringing an item. The checks will go to “**Kids Against Hunger**”, **a non-profit humanitarian organization**.

Standing up to hunger will be our *Restauration Lodge* part to support our neighbors in need. A donation is a contribution to the positive impact we make through community. With every contribution, there is an impact. Please make your checks out to RESTAURATION LODGE and send to Jorgen (Treasurer Jorgen Flood, P.O. Box 3168, West Chester, Pa 19381-3166) who will make one check out to the food bank.

At our September meeting there was excitement about what we will be doing on "New World Service Day" to honor Leif Erickson day. Because of the need in our area for food banks this was decided on as our participation. We will be participating each month going forward. It was a lightbulb going on that made us think of what we can do for our community.

Southern Star 3-630 will be partnering with the City of Myrtle Beach and planting a tree in Market Commons Lake Park. A plaque commemorating Leif Erikson along with the lodge name and number as well as the Sons of Norway website info will be part of the planting.

“Service to others is the rent you pay for your room here on earth.” – Muhammad Ali

I hope to have a long list of details of how all of our District 3 Lodges participated this year for “New World Service Day” in the 4th quarter issue of TDT. Please email me hansenoaks@lowcountry.com any time!



Nansen 3-410, Nor-Bu 3-427, Henrik Ibsen 3-393 and Norden 3-407 where well represented at the 2022 District Convention



Bondelandet Lodge 3-612 enjoying 1st mini-golf outing in Lancaster, PA- July 2022



Norsk Carolina 3-679
celebrated Syttende
Mai at Frank Liske Park
in Charlotte, NC



Scenes from **Hampton Roads 3-522** delega-
tion to the 2022 International Convention.



A great time was had by all (including myself) at the 50th Anniversary celebration of
Hampton Roads 3-522



Zone 6 was well represented for Lodge of the Year awards. Jeannie Addison, **Bonde-landet 3-612** and Dave Brown, **Washington 3-428**





**Thank You Gateway to Florida 3-541
And
All of Zone 5 for a Great Convention!**

ALZHEIMERS DEMENTIA AWARENESS

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



New Newsletter Contest update!

Beginning now there will be a newsletter contest and all lodges will be eligible to win!

Simply, insert the exact statement; "Lodge name– Supports a Dementia Friendly Society" as a permanent part of your lodge newsletter's masthead.

Submit your newsletters to me, Dirk Hansen hansenoaks@lowcountry.com Submissions will be judged on prominence and overall appearance. A \$100 donation will be made to the 3rd District Charitable Trust in the winning Lodge Editors name. Sorry, Southern Star is not eligible even though they have already begun to do this.

I am happy to report that this has really caught on. So much so that it will be extremely difficult to choose a winner. Helpful Hint: To win it will take more than just displaying the declaration-it needs to really "pop". Be sure to email me your entries. Yes I do read them. ED

On Sunday, October 16, 2022 Norrona Lodge 3-467



will be participating in its 3rd annual Walk to End Alzheimer's at Clover Stadium (home of the NY Boulders) 1 Palisades Credit Union Park Drive, Pomona, NY 10970.

This beautiful minor league baseball stadium is located in Rockland County. Norrona Lodge would like to encourage neighboring lodges and all members and friends of Sons of Norway to join us. Wear something Norwegian or bring your Norwegian flags so we can stand out as a group. All funds raised will further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization and donations are tax-deductible as allowed by law. Please use the attached donation form or contact Kaare Hansen for more information at 914-424-5831

In November, Norskevenner Lodge 3-678

will be walking in the Walk to End Alzheimer's which will take place in the Atlanta metro area on Saturday, November 5, 2022. The location is: The Battery at Truist Park 800 Battery Avenue SE Atlanta, GA 30339 Bill Browning, Zone 7 Director, created a walk team for Norskevenner Lodge (see the attached link below). With this link, potential walkers/donors can either join the team and walk with Norskevenner lodge or can donate to the Alzheimer's Association in Norskevenner lodge's name - Sons of Norway Norskevenner Lodge (as it appears on the Alzheimer's Association website)

https://act.alz.org/site/TR/Walk2022/GA-Georgia?team_id=751568&pg=team&fr_id=15491

For older adults at risk of dementia, regular exercise from light stretching to rigorous aerobics can help slow memory and thinking decline, a new study shows.

Alzheimer's researchers said the findings are from a late-stage trial measuring exercise as a potential remedy for people with mild cognitive decline. And they described it as a new avenue to attack a

neurodegenerative disease that for decades has stymied researchers and pharmaceutical companies.

Drug companies have focused on a theory that Alzheimer's is triggered by amyloid beta plaques in patients' brains, but drugs targeting amyloid have failed to slow the mind-robbing disease that afflicts 5.8 million Americans.

Maria Carrillo, chief science officer of the Alzheimer's Association, said the exercise study fits a broader, multifaceted strategy to attack the disease with both drugs and behavioral changes.

"There's just more understanding of the underlying biology and what potential treatments can impact the disease, which actually includes exercise," said Carrillo.

A research team from Wake Forest School of Medicine recruited people who lived sedentary lifestyles and assigned them to two groups. One group regularly engaged in moderate to high-intensity aerobic exercise while a second group did less rigorous exercises.

Laura Baker, a Wake Forest University School of Medicine professor of gerontology and geriatric medicine, said she's encouraged by her study's findings that exercise benefitted both groups – older adults who did more rigorous aerobics and those who did less strenuous exercise. The study's results were presented earlier this month at the Alzheimer's Association International Conference.

"The results are exciting to me," Baker said. "If it was only the high-intensity exercise that was protective it would be very difficult to roll out and make it sustainable. It's just too hard."

The Wake Forest team recruited 296 people with memory problems who lived sedentary lifestyles and randomly assigned them to two groups. One group regularly exercised with moderate to high-intensity aerobics. A second group completed less rigorous stretching, balance and range-of-motion exercises. Study participants were paired with YMCA trainers.

All participants had mild cognitive impairment, which is when memory and thinking worsen beyond normal aging but not enough to be diagnosed with dementia.

Participants exercised four days each week for 30 minutes or more. They were evaluated using a cognitive test score at the beginning of the study, at six months and at 12 months.

Participants' memory and thinking scores, as measured by a cognitive test, did not slip over the 12 months. Baker expected the more rigorous aerobic group would perform better, but the test scores showed both groups maintained similar levels over the year.

"We really did expect the high-intensity group to have more protection," she said.

The study did not include a placebo group because researchers thought it would be unethical to withhold something potentially beneficial, Baker said. Instead, researchers found a comparable group from another study called the Alzheimer's Disease Neuroimaging Initiative. The comparison group, which included people of similar age, education and genetic risk, showed a significant cognitive decline over 12 months, Baker said.

Baker's conclusion: Sedentary adults at risk of dementia can prevent or slow cognitive decline if they exercise regularly with supervised support. Having someone to help older adults exercise – or just providing social interaction – is critically important, Baker said.

"If that exercise does not include regular support, I have no confidence that they're going to see (cognitive) protection," Baker said.

She said there are caveats to the study. It did not answer whether regular exercise helps all older adults prevent or delay cognitive decline expected with normal aging. Nor did it evaluate whether regular movement can help those diagnosed with dementia.

Other potential targets focus on inflammation, vascular and microglia, immune cells of the central nervous system that might perform a protective role.

Dr. John Hardy, a London geneticist who first described the amyloid cascade hypothesis three decades ago, said he still believes an amyloid-targeting drug will show a clear clinical benefit. But he's also interested in the role of microglia, which may play a role in clearing amyloid.

"I'm optimistic an amyloid drug will be the first out of the box," Hardy said. "And then we'll be looking at other types of drugs, which, for example, go for tau or go for the microglia and inflammation. We're going to be adding those to the cocktail."

Federal agencies and pharmaceutical companies have invested hundreds of millions in amyloid drugs. Only one amyloid-targeting drug, Biogen's Aduhelm, has gained Food and Drug Administration approval for people with mild forms of the disease.

Sons of Norway Foundation News release from Jon Tehven

I bring you greetings from the Sons of Norway Foundation Board of Governors. With this greeting comes a huge 'thank you' for making our 'Together We Are The Future' so successful in 2020 and in 2021. But, before we get to the recap of past years, let's look at 2022.

We begin our 2022 'Together We Are The Future' campaign in October - Foundation Month - and it will continue through January 15, 2023. Why into 2023? To allow for IRA contributions.

Here are our goals:

Lodges and members will donate \$175,000.

This represents an increase of 10% in the number of lodges and members donating.

What can you do?

Dedicate October as 'Foundation Month' and share the success of our Foundation.

Celebrate any grants and scholarships your lodge has received in the past . . . or present.

Encourage your lodge and members to join all the SON members by making a donation, thus ensuring the future of our Foundation.

What will the Foundation do?

Have a Foundation article in the October *Viking Magazine* about the 'Together . . . ' campaign, and

Include an envelope for you to make your donation.

Send periodic reports on our success to our lodges.

So, how has our District benefited from the Foundation?

District 3 Lodge grants in 2020 were \$2,900 and scholarships were \$5,400.

District 3 Lodge grants in 2021 were \$2,000 and scholarships were \$10,800.

District 3 Lodge grants in 2022 were \$6,030 and scholarships were \$18,500.

In 2021, 137 SON lodges donated \$68,657. In District 3, 22 lodges donated \$4,000.

Here is a brief 'Together We Are The Future' recap:

In 2020 our goal was \$100,000. Our lodges and members donated \$137,000.

In 2021 our goal was \$150,000. Our lodges and members donated \$164,607.

And how have our lodges and members benefited:

Lodge grants in 2020 were \$27,330 and scholarships were \$119,012.

Lodge grants in 2021 were \$30,990 and scholarships were \$119,767.

Lodge grants in 2022 are \$33,329 and scholarships are \$140,000.

Remember . . . the Foundation is here for you . . . and it is here for good!

Our Heritage and Culture – Long before Starbucks



How did a small country with no real mercantile or colonial power manage to become one of the most avid consumers of coffee back when it was a hard-to-get luxury?

Between 1780 and 1795 in Norway, an average of 200-350 grams of green, unroasted coffee per person was imported every year (population at the time: around 750,000).

Today, this is equivalent to the weekly consumption of the average Norwegian, but keep in mind this was still considered somewhat of a luxury. England, at the time a colonial superpower, averaged around 30 grams per person—less than three cups of coffee a year!

At this point, you might be wondering how Norway, quite poor, two hundred years away from striking oil, subsisting primarily on fishing and farming—with a whopping 3.3% arable land—could afford all this exotic luxury?

Quite simply because Norwegians could get coffee at a discount, in a way that still has relevance: through duty free shopping!

As Norway was ruled by Denmark at the time, it benefitted from Denmark's control over a so-called [free port](#) located in St. Thomas, in what is now the Virgin Islands: goods imported through this free port to Denmark or Norway was considered domestic trade, and was therefore exempt from duties and taxes. At the time, 90% of the coffee making it into Norway came through Copenhagen, at a price well below the European average.

Entrepreneurial types even took it upon themselves to smuggle coffee into Sweden by way of boat, an amusing reversal of the modern Swedish-Norwegian border trade.

At the end of the 18th century, coffee had still not established a foothold in the districts, but in larger port cities like Christiania and Bergen its availability was such that the everyman could afford it. For instance, coffee had become quite popular with seasonal workers, who splurged in order to impress women.



Katrin asks if she is old enough to be allowed to drink coffee - *"Comes the day you're grown up, Pop and I will know"*, Ma-ma replied.



Our Heritage and Culture– It's About Time – Norway to Newcastle



A startup Norwegian company has announced plans to launch a regular car, passenger and cargo ferry link between the U.K. and the west coast of Norway.

The news is sure to be received with joy by the thousands of campaigners who have kept up calls for a direct ferry service to be reinstated across the North Sea since the last one closed in 2008.

Tentatively set to launch in 2026, the route will run between both Bergen and Stavanger on the west coast of Norway and Newcastle on England's northeast coast. The company plans three weekly departures in high season and two weekly departures during the rest of the year.

If it launches to schedule, the ferry will be the first direct non-cargo sea transport between the two countries in 18 years.

In the late 1800s services operated between Manchester, Liverpool and Copenhagen. In 1890 Bergen Line opened a new connection between the UK and Norway.



Harwich & Dovercourt, CC BY-SA 2.0 <<https://creativecommons.org/licenses/by-sa/2.0/>>, via Wikimedia Commons

In 1978 MS Winston Churchill started operating a twice-weekly sailing from Newcastle to Gothenburg. In 1981 a route from Newcastle to Oslo began, as operated by MS England. By 1994, MS King of Scandinavia was purchased by the company Color Line, renamed MS Color Viking, and entered service between Newcastle, Stavanger, Bergen and Haugesund. After several years the company sold the Norway-to-UK route along with the vessel to Norwegian ferry operator Fjord Line.

In 1998 Fjord Line renamed the vessel to MS Jupiter. Elsewhere on the North Sea network, two existing DFDS services were merged, the route between Harwich and Gothenburg, Sweden, with that of Newcastle to Gothenburg. The combined new route formed a singular passage travelling directly from Gothenburg to Newcastle via Kristiansand, Norway.

For a number of years Fjord Line continued to successfully operate the Newcastle to Norway ferry route.



DFDS house flag

In September 2006 DFDS purchased MS Fjord Norway from Fjord Line. This move allowed the company to own two sister ships, MS Fjord Norway and MS King of Scandinavia. The addition to the fleet underwent a refurbishment and name change before being re-deployed between Stavanger, Haugesund, Bergen and Newcastle. Meanwhile, the company announced the closure of their Gothenburg to Kristiansand and Newcastle route on 1 November 2006; this allowed their existing asset MS Princess of Scandinavia to be sold off and pushed the market toward their new operating route.

In May 2007 MS Princess of Norway was relieved of the Newcastle, Stavanger, Haugesund and Bergen service, to be taken over by MS Queen of Scandinavia. This allowed DFDS to operate their vessel MS Princess of Norway with her sister ship MS King of Scandinavia on the Amsterdam to Newcastle service.

The service was operated by one passenger cruise ferry which offered overnight cabin accommodations, as well as automobile and freight transport. The ferry operated year-round across the North Sea and was usually an overnight sailing. In the summer the service was mostly tailored to the tourist market, and the timetable altered to reflect extra sailings where possible.

However, on 1 September 2008 DFDS shut down their United Kingdom to Norway service, citing the route as a loss with no ambition for a route relaunch in the future. MS Queen of Scandinavia made her final sailing on 18 September 2008.

The loss of service cost 350 persons their jobs, including 270 jobs on MS Queen of Scandinavia and a further 70 employees in both the UK, Denmark and Norway, dealing a blow to both economies on both sides of the North Sea and leading to an annual £10 million hit to the North East economy.

Prior to the route's closure, the director of tourism for Bergen, Norway stated "The British market has been the biggest for us for the last five or six years, with about 200,000 visitors every summer."

"ON THE ROAD" In The 3rd District

Almost 300 years ago, many of our District 3 Zone Directors would have used the oldest road in America to visit their lodges.



in



Not many people realize the oldest road in America was created to connect Charleston and Boston by way of a 1,300-mile simple roadway closely following the coast the American colonies. It was laid out and constructed between 1650 and 1735 and parts of it still exist today, at least in South Carolina. Other sections, particularly on the more northern end, have been incorporated into major highways.

The King's Highway was a roughly 1,300-mile (2,100 km) road laid out from 1650 to 1735 in the American colonies. It was built on the order of Charles II of England, who directed his colonial governors to link Charleston, South Carolina, and Boston, Massachusetts.

In time of war it was used to move militia, supplies, and British soldiers from one colony to another. The intercolonial road originated as a series of Native American trails, which were joined together and gradually enlarged to support animal, wagon, and stagecoach traffic. The segments were built at different times by the individual colonies during the seventeenth and eighteenth centuries. Even at its best, the condition of the route was seldom good. Narrow roads, ruts, mud, obstructions, and poorly maintained bridges and ferries were just a few of the inconveniences to be expected. The section between Wilmington and Charleston was judged by some travelers to be "the most tedious and disagreeable of any on the Continent."

The entire length of The King's Highway did not become a continuous wagon road until about 1735. Incorporating the Boston Post Road (opened in 1673), the route traveled over 1,300 miles, from Boston, Massachusetts to Charles Town, South Carolina. Along the route, there are numerous communities today with a King Street, King's Road, or King Avenue, all remaining from the days when it was called the King's Highway.

Boston to New York: The King's Highway followed the same route as the Boston Post Road, or today's Interstate 95.

New York to Philadelphia: The route crossed the Hudson River by ferry from Manhattan Island to Newark, New Jersey, from there much the same as the present-day New Jersey Turnpike to Trenton. It ferried the Delaware River at that point and followed what is now Interstate 95 into Philadelphia.

Philadelphia to Alexandria: this portion of the King's Highway was also called the Great Coastal Road, and followed the same path that US Highway 40 takes today.

Alexandria to Norfolk: This portion of the King's Highway was often called the Potomac Trail. It followed the same route as US Highway 1 from Alexandria to Fredricksburg, then VA Highway 2 through Bowling Green, then southeast on VA Highway 721. The old route crossed the Mattaponi River into King William County, then the Pamunkey River into New Kent County, then on to Williamsburg, Yorktown, and Hampton, where a ferry crossing landed at Norfolk, Virginia. Although an important route during the American Revolutionary War, the use of the road lessened significantly after the capital of Virginia was moved from Williamsburg to Richmond in 1779.

Norfolk to Charleston. Leaving Norfolk, a traveler on the King's Highway began a difficult trek through and around the lowland swamps of the tidewater areas of Virginia and the Carolinas. Many fords were necessary on this route, which followed present-day US Highway 58 from Norfolk to Suffolk, Virginia; then into North Carolina via what is now NC Highway 32; skirting west to avoid the Dismal Swamp and then south to Edenton, North Carolina.

From the Quaker communities around Edenton, the old highway followed what is now US Highway 17 to New Bern, North Carolina, an important seaport and the early colonial capital of North Carolina. From New Bern, the highway bypassed White Oak and Angola Swamps in a fairly direct line to Wilmington, North Carolina at the Cape Fear River. As US Highway 17 does today, the old road continued on to Georgetown, and finally to Charles Town, the colonial capital of South Carolina, and the southern terminus of the King's Highway.

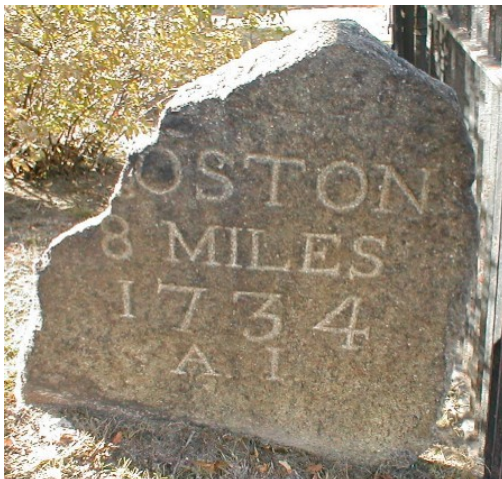


Kings Highway in Myrtle Beach. Southern Star Lodge meets at St Philip Church on this road.

The South Carolina section of the King's Highway, built between 1739 and 1750, crossed the North Carolina line just above Little River on its way to Georgetown. It then skirted the Santee delta before passing through Jervetown (McClellanville) to reach Charleston. The route to Savannah likewise followed the higher ground away from the coast in order to avoid the Edisto, Combahee, and Broad River basins and did not pass an important settlement until it stopped at Purrysburg on the Savannah River. While individuals could travel on foot or by horse, wagon, or carriage, the easiest and most economical mode was by post stagecoach. The driver was responsible for repairs and for fresh horses, accommodations, and food, usually to be found at inns every seven to ten miles along the way. In the twentieth century much of this

road became utilized as U.S. Highway 17.

Later, the road would be extended North to Maine.



In 1761, then-Postmaster General Benjamin Franklin ordered milestones placed along the 1673-established route from Boston to Saco, Maine, initially, then all the way to Machias, as a northern extension of King's Highway.

As part of his duties, Franklin conducted inspections of the roads that were used for delivering mail. One method of charging for mail service was by mileage, so Franklin invented an odometer to measure mileage more accurately. The King's Highway, as a result, morphed into the Post Road in this part of the colonies.



viking history

Vikings in the “New World” - The Next Generation

SNORRI THORFINNSSON , was the first European child born on the North American continent, son of Thorfinnar *karlsefni* Thordarson and his wife, Gudridr, daughter of Thorbjörn.

There is speculation about the birth date of Snorri Thorfinnsson. Birth years such as 1005, 1009, and 1012 have been postulated, but all sources agree that he was born between 1004 and 1013. According to the Vinland sagas, when Snorri was 3 years old, his family left Vinland because of hostilities with indigenous peoples (called *Skrælingar* by the settlers). The family returned to the Glaumbær farm in Seyluhreppur.

Snorri Thorfinnsson had two children; a daughter named Hallfrid, and a son named Thorgeir. Hallfrid was the mother of Thorlak Runolfsson, bishop of Skálholt in the south of Iceland. One of the descendants of Snorri's brother Thorbjorn, Bjorn Gilsson, was also a bishop of Hólar. Thorgeir was the father of Yngvild who was the mother of Brand Sæmundarsson, bishop of Hólar. The sculptor Bertel Thorvaldsen claimed descent from Snorri Thorfinnsson in the 19th century.

The *Saga of Eric the Red* , supplemented by the *Saga of the Greenlanders* , is the main source of the few facts known about Snorri. His father, Thorfinnr, went from Iceland to Greenland. There he became interested in the new lands in North America to which the sons of EIRIKR Thorvaldsson (Eric the Red) – LEIFR *heppni* Eiriksson, Thorvaldr, and Thorsteinn – had made expeditions in the years following AD 1000. He determined to lead a colonizing expedition thither and set sail with 60 men and 5 women (*Saga of the Greenlanders*), accompanied by two other ships, some time during the years 1003–10 (*Saga of Eric the Red*). Where he established his colony is not known. Newfoundland, Nova Scotia, and Massachusetts are among the many regions that have been suggested, although the likeliest spot is probably the vicinity of Cape Cod. The colony lasted for three years, and during the summers exploratory voyages were undertaken both north and south. Many scholars believe that the explorers sailed a considerable distance up the St. Lawrence River, and, according to the *Saga of Eric the Red* , even reached the “land of the Unipeds” of which CARTIER was to be told centuries later. The peace of the colony, however, was disturbed by troubles with the aborigines of the region, although there is no agreement among historians on whether these were First Nations or Inuit. Bloody fighting broke out. Whether because of this or for some other reason, the settlement was abandoned after three years and the settlers returned to Greenland. During their stay in America, however, a son was born to Thorfinnr and Gudridr and given the name of Snorri. He was taken to Iceland by his parents two years after the colony came to an end. There he lived out his life, but the date of his death is unknown. However, it is known that a “great and goodly lineage” sprang from him, including several of the early bishops of Iceland.



Statue of Guðríður Þorbjarnardóttir and her son Snorri Þorfinnsson located in Glaumbær, Iceland. Photographed August 1997 by Kathryn Buchanan.

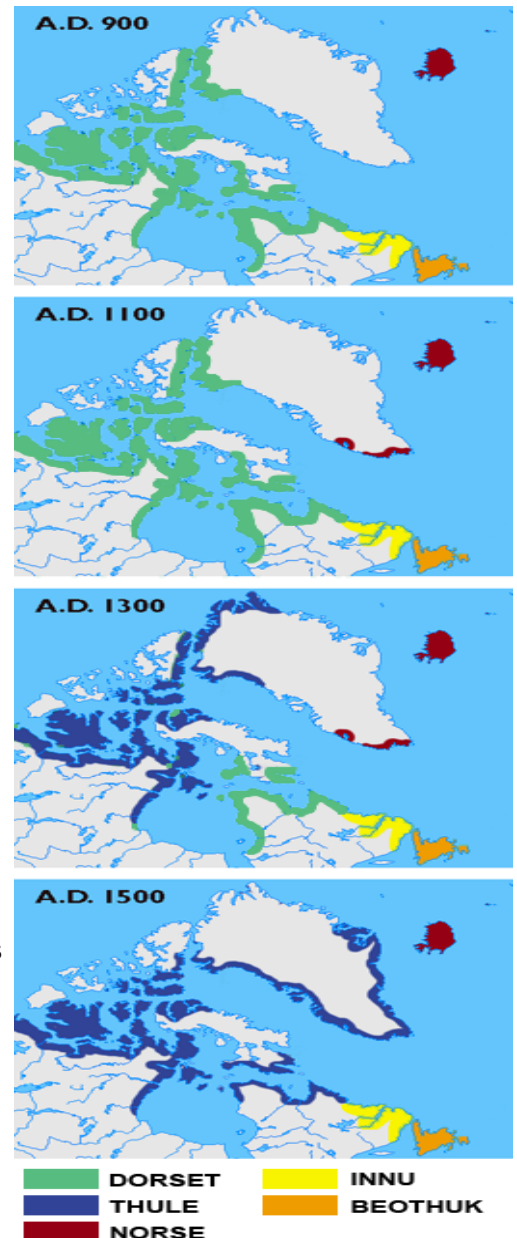
Public Domain

In the 13th century texts Snorri Thorfinnsson and Snorri Thorrgrímsson are considered the two main figures responsible for the early Christianisation of Iceland. Consequently, they were portrayed by various writers of the 13th and 14th century as "Christian chieftain models".^[3] According to *Grœnlendinga saga*, Snorri had built the first church of Glaumbaer, which would later increase Christian influence in the area. His descendants became the first Bishops of Iceland, and published the first Christian Code of Iceland.^[11]

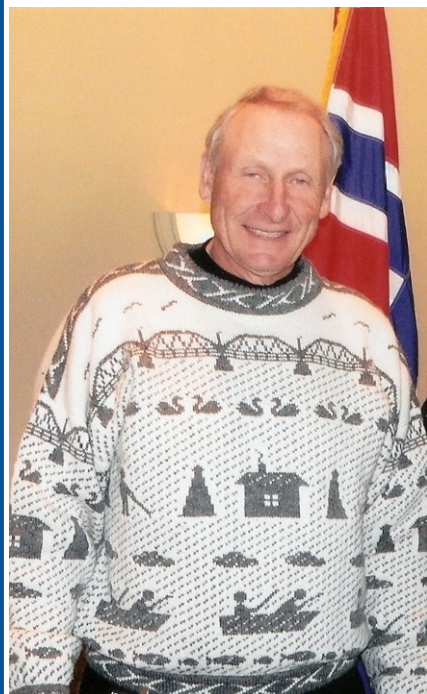
Skrælingar -The word is most likely related to the Old Norse word *skrá*, meaning "dried skin", in reference to the animal pelts worn by the Inuit. William Thalbitzer (1932: 14) speculated that *skræling* might have been derived from the Old Norse verb *skrækja*, meaning "bawl, shout, or yell". In modern Icelandic, *skrælingi* means "barbarian", whereas the Danish descendant, *skrælling*, means "weakling".

The term is thought to have first been used by Ari Thorgilsson in his work *Íslendingabók*, also called *The Book of the Icelanders*, written well after the period in which Norse explorers made their first contacts with indigenous Americans. By the time these sources were recorded, *skræling* was the common term Norse Greenlanders used for the Thule people, the ancestors to the modern Inuit. The Thule first arrived in Greenland from the North American mainland in the 13th century and were thereafter in contact with the Greenlanders. The *Greenlanders' Saga* and the *Saga of Erik the Red*, which were written in the 13th century, use this same term for the people of the area known as Vinland whom the Norse met in the early 11th century. The word subsequently became well known, and has been used in the English language since the 18th century.

"Kalaallit", the name of the largest ethnic group of Greenlandic Inuit, is likely derived from *skræling*. In 1750, Paul Egede mentions that the Inuit used "Inuit" among themselves, but used Kalaallit when speaking to non-Inuit, stating that this was the term used by Norse settlers.



Scandinavian American Spotlight– Jan Stenerud Hall of Famer



Public Domain

Jan Stenerud born November 26, 1942 is a Norwegian-American former football placekicker who played in the National Football League (NFL) and American Football League (AFL) for 19 seasons, primarily with Kansas City Chiefs. The first Norwegian NFL player, he began his career in the AFL after being selected by the Chiefs during the 1966 draft and joined the NFL following the AFL–NFL merger. Along with his 13 seasons in Kansas City, Stenerud was a member of the Green Bay Packers for four seasons and the Minnesota Vikings for two seasons until retiring in 1985.

Born in Fetsund, in the county of Akershus, Norway to parents Johan Stenerud, and Klara (Kjustad) Stenerud, Stenerud came to the United States as a college student, on a ski jumping scholarship to Montana State University in Bozeman. In the fall of 1964, Stenerud was training for the upcoming ski season by running the stadium steps of Gatten Field, the football venue through 1971. That day, he was cooling down from a workout by

kicking a football with injured halfback Dale Jackson. Stenerud had played soccer as a youth in Norway, and his right leg's prowess was observed by basketball head coach Roger Craft, while he walked to the nearby Fieldhouse. Craft notified football head coach Jim Sweeney of the Norwegian ski jumper's kicking abilities, and Sweeney offered him a tryout, which was successful. Though ineligible for football competition that season, Sweeney encouraged Stenerud to suit up with the team for the final home game of 1964, to help him better understand the unfamiliar American game.

Following the ski season, Stenerud joined the football team for spring drills in 1965 and as a junior that fall he kicked a 59-yard field goal, then a college football record, in a 24–7 home win over rival Montana. In 2013, Stenerud recalled that he had a significant tail-wind aiding him on that kick in Bozeman; the ensuing kick-off went over the end-zone bleachers at Gatten Field, whose elevation exceeded 4,900 feet (1,495 m) above sea level. He was named an All-American by *The Sporting News* as a senior in 1966, and was also an All-American in ski jumping and a three-time Big Sky champion.

The 6-2, 187-pound Stenerud excelled for 19 seasons and 263 games in pro football. He never missed a game because of injury or illness. He kicked for the Chiefs for 13 years (1967-1979) until his release in the summer of 1980. Three months later, he signed a free agent contract with the Green Bay Packers, with whom he stayed with for four seasons. In 1984, the Packers traded Stenerud to the Minnesota Vikings for a seventh-round draft choice. He retired after the 1985 season.

Stenerud was a six-time all-star (four NFL Pro Bowls and two AFL All-Star games) during his career, as well as a four-time first-team All-Pro in the NFL and a two-time first-team All-AFL. The season prior to the AFL–NFL merger, he also helped the Chiefs win their first Super Bowl title in Super Bowl IV. **He was inducted to the Pro Football Hall of Fame in 1991 as the first exclusive placekicker to receive the honor.**

Stenerud is the first “pure” placekicker to enter the Hall. His list of outstanding achievements is long. With 1,699 points, he ranked behind only the fabled George Blanda in all-time scoring at the time of his retirement.

His 373 career field goals and seven seasons of scoring 100 or more points were also NFL records. He kicked 17 field goals over 50 yards, and his personal best was a 55-yarder against Denver in 1970.

In the Chiefs' upset victory over the Minnesota Vikings in Super Bowl IV, Stenerud's three field goals, including a then-Super Bowl record 48-yarder, accounted for the first nine points. A six-time all-league selection, Stenerud played in two AFL All-Star Games and in four AFC-NFC Pro Bowls. He was named the Outstanding Offensive Player in the 1972 Pro Bowl.

Excerpted from Wikipedia and the Pro Football Hall of Fame website.

Next issue of the TDT will feature another “Hall of Famer” of Norwegian ancestry!