



S M Å S N A K K
S O N S O F N O R W A Y
JACKSONVILLE, FLORIDA

Volume 42 Issue 6 June, July, August 2017



12TH ANNUAL NEW MEMBER BRUNCH AND WELCOME CEREMONY

SATURDAY, JUNE 10 FROM 10:00 a.m.-NOON
lørdag, juni ti fra ti - klokken tolv



Back by popular demand and one of the most enduring lodge events: the annual new member brunch and welcome ceremony set Saturday, June 10 from 10 a.m. to noon, Fellowship Hall, Shepherd of the Woods.

We all know that keeping a thriving and active membership sustains both our lodge and Sons of Norway. As members we are always pleased to say, "Thanks, we are glad you joined." So plan to attend this festive Saturday morning brunch when we roll out the red carpet to celebrate and welcome our new members who have joined SON or have transferred their membership to our lodge since July 1, 2016.

The price is right: complimentary, but bring bucks for the raffle.

Breakfast will include assorted egg

bakes, Danish pastries and muffins, fruit, yogurt, juices, hot and robust coffee, fellowship and camaraderie.

Please R.S.V.P. to Kent Larson at email: kmlmal@bellsouth.net or phone 260-4064 by Friday noon, June 9.

Shepherd of the Woods Lutheran Church, 7860 Southside Boulevard, is located on the parallel service road between JT Butler and Old Baymeadows Road. For entry use the service road off Baymeadows on Southside Boulevard or by the Skinner Parkway traffic light. A large white cross is near the driveway. Park and enter behind the building.

Marci Larson
Assistant Social Director





PRESIDENT'S MESSAGE
BESKJED FRA PRESIDENTEN



GREETINGS FELLOW MEMBERS
AND FRIENDS:

We had a fun night at our May 12th Lodge meeting celebrating the 17th of May. We had a carnival party hosted by Charlotte, David and Katrina Fluker and Anna Rita Perkins.

There were games to play and good food to eat. Thank you for all the hard work, fun games and good food. We had pork roast, mashed potatoes, red cabbage and Pastor Ida Iverson made her wonderful cauliflower casserole, too.

We had a good group at the Jumbo Shrimp baseball game on May 20th. The weather was perfect and the food and company the best. Our team won the game, too.

On Tuesday, May 30th, we had a group meeting at the Cummer Art Gallery for Tapas and Wine. We walked around the beautiful gardens and looked at the exhibits and ate a little, too. A fun evening.

On Saturday, June 17th, we will have our New Member Brunch and Welcome Ceremony from 10:00 a.m. to 12:00. We look forward to seeing all of our new members and our lodge members to welcome and meet each other. As always, we will have good food and great company.

It is time to vote for new officers for the next two years. Our nominating committee was presented and approved at our last meeting to put together a slate of officers for the years 2018 and 2019. The committee consists of the following Lodge members: Kristen Allen, Tammy Mayer, Bonnie Hardman, Marci Larson and Knute Fosaaen.

June will be our last meeting until September, but don't forget to sign up for the Alhambra on August 19th for the Saturday Matinee to see Dixie Swim Club starring Morgan Fairchild. There is more info in this Små Snakk. It will be a lot of fun.

I look forward to seeing all of you at our June Brunch.

Thank you for being a part of our Sons of Norway, Gateway to Florida Lodge.

God Bless you all!
Evelyn Hopkins, Your President

MAY LODGE MEETING RECAP

I want to thank everyone who came out to celebrate our 17th of May carnival. There were some challenging games, but everyone was able to master them. Thank you to our chefs for the evening! No body went home hungry. Then next event that the kids will enjoy coming out for is the Trick or Trunk on Oct. 29th. Our lodge will be participating so call Evelyn Hopkins to let her know you want to help.

Charlotte Fluker
Youth Director



KENT'S LIFE CHANGING JOURNEY



I wanted to share with you a medical experience that has forever changed my life. I had a double organ transplant at Mayo in Jacksonville April 23 which saved my life. I was very ill for many, many months and was not sure how it would all turn out but to date I have responded well to the new liver and kidney.

From nowhere, I began exhibiting health issues in early 2016, but the doctors were not quite sure what was happening. They think I got an auto immune deficiency caused by hepatitis A&B. For several months my gastro Doctor thought he could reverse the damage that was happening to my liver but by September my liver was completely gone and my gastro Doctor told me to get into the transplant program at Mayo Clinic which I did.

My family has a long history of health care with Mayo including me so because of a cancellation I was able to schedule the evaluation quickly. When they concluded, they told me yes, I needed a new liver, but things had to get worse before I'd be considered a viable candidate. And worse it got. Because of the stress on my kidneys by December they were gone so I started dialysis which amounted to 4 ½ hours three times a week. While dialysis was saving my life I grew to hate it because I always felt horrible for a day or two afterwards. I also accumulated excessive fluid so needed extraction twice weekly since there was no way to process it from my body. Because I also fought a low hemoglobin I received two units of blood weekly. I lost 75 pounds, had no energy or stamina,

minimal appetite and was forever cold.

I was hospitalized several times - once my sister Marci had to call 911 because of an episode. Because of the side effects of a failed liver I do not remember anything about it. I had three "false" starts with a liver replacement, but it took several months to get both a kidney and liver that had to come from the same donor. I received a call at 11 p.m. Saturday evening that organs were available that would work for me. Following a 61/2 hour surgery April 23, I was in ICU less than 24 hours and went home after six days.

I've had minor ups and downs, but have responded well to the organs and the anti-rejection meds are working well. I get tired and have to rest but my vitals are in great shape considering what I have been through.

Throughout this experience I tried to keep a positive attitude and rely on my Christian faith. I also understand the power of prayers which came from people around the world. I am so thankful to the donor and his family for giving me a second life, for my friends and ministers from church, Sons of Norway, neighbors and others who stood with me in many ways, to my sister Marci and to the Mayo Clinic and the incredible healing hands of so many doctors and marvelous staff.

Moving forward I plan to devote time to the liver and kidney foundations and to encourage individuals to be organ donors. As Pastor Iverson has told me, I am now living a new normal.

If you have questions call.

Kent M. Larson

During my illness I have received many blood transfusions.

Please donate blood and organs!

WELCOME A NEW MEMBER VELKOMMEN ET NYTT MEDLEM

We are pleased to welcome a new member to our lodge:

Brent Andersen



JUNE BIRTHDAYS
GRATULERER MED
DAGEN

- 2 Alexander Waller
- 5 Ella Fossum
- 8 Kent Larson
- 10 Martin Iverson
- 12 Odd Anders Holm
- 12 Donald Nelson
- 18 Brad Muller
- 19 Joshua Rivera
- 19 Laura Nord
- 24 Gary Bangstad
- 26 Po Chu Svendsen
- 26 Mary Kay Hill
- 26 Sean Rivera
- 29 Jay Vogeley



JULY BIRTHDAYS
GRATULERER MED
DAGEN

- 3 Jordan Williams
- 10 David Fluker
- 12 Carly Ann Rivera
- 13 Kylie Sage
- 13 Margaret Winslow
- 29 Sharon White
- 31 Sam Genet



AUGUST BIRTHDAYS
GRATULERER MED
DAGEN

- 5 Jack Wilson
- 6 Eric Nord
- 7 Beverly Teigland
- 8 Clinton Sage
- 11 Mora Berry
- 12 Roger Winslow
- 17 Roald Selfors
- 18 Siena Selfors
- 24 Erling Larson
- 29 Christopher Griffiths
- 30 Donald Pederson
- 31 Hanne Funk



JUMBO SHRIMP BASEBALL GAME

Ohhhhh, I think I ate too many hot dogs! This could be heard by some of the 29 Sons of Norway members and friends who attended the Saturday, May 20 Jumbo Shrimp baseball game.

I think everyone ate all they wanted to eat. The evening started with hot weather but it soon became nice with a cool breeze out of the east.

We must have brought some good luck to the Jumbo Shrimp because they beat the Mississippi Braves with a walk-off run in the bottom of the ninth inning.

That's right, for those of you who left the game early, all the excitement was in the ninth inning. The Braves tied the game 3-all in the top of the ninth inning. Then the Jumbo Shrimp were down to the last strike in the bottom of the ninth and we thought it was going into extra innings. But as I mentioned, John Norwood homered to give the Jumbo Shrimp a 4-3 victory.

Everyone enjoyed the game and the Jumbo Shrimp won!

Eugene Yerkes
Sports Director



**CUMMER MUSEUM OF ART & GARDENS
TAPAS TUESDAY**



We had free admission to the Cummer Museum and ate tapas from the Cummer Cafe May 30. Live music was played while we dined. A tour of the art exhibits and shopping in the gift store followed dinner. Left to right: Gail Yerkes, Karen Madrigal, Pete & Evelyn Hopkins, Kent & Marci Larson, Franklin Morrison, Tammy Mayer, Laura & Clint Sage.

Photo by Eugene Yerkes

**Lodge Calendar
(Subject to Change)**

Mon., August 28	Newsletter Deadline for September
Sat. June 10	New Member Brunch & Welcome Ceremony from 10 a.m.-12:00 noon
Sat. June 17	Walk @ Riverside Arts Market Riverwalk
Tues. June 20	Board Meeting @ 7:15 p.m.
July & August	NO MEETINGS
Tues. Sept 5	Board Meeting @ 7:15 p.m.
Fri. Sept 8	Lodge Meeting & Dinner
Sat. Sept 16	Walk @ Timucuan @ Ft. Caroline
Tues. Oct 10	Board Meeting @ 7:15 p.m.
Fri. Oct 13	Lodge Meeting & Dinner
Sat. Oct 28	Trick 'n Trunk at Lakeshore
Sat. Nov. 4	Walk in Hanna Park
Tues. Nov 14	Board Meeting @ 7:15 p.m.
Fri. Nov 17	Lodge Meeting & Dinner
Sun. Dec 3/10	Scandinavian JuleFest

JUNE, JULY, AUGUST HOLIDAYS IN NORWAY

June 4	Whit Sunday	N a t i o n a l holiday, Flag day	
June 5	Whit Monday	National holiday	
June 7	Dissolution of union with Sweden (1905)	Flag day	
June 21	June Solstice	Season	
June 23	Midsummer Eve	Observance	
June 24	St. John's day	Observance	
July 4	Queen Sonja's day	Flag day	
July 20	Crown Prince Haakon's day	Flag day	
July 29	St. Olaf's day	Flag day	
Aug 19	Crown Princess Mette Marit's day	Flag day	

**JUNE, JULY AUGUST HOLIDAYS
IN AMERICA**

June 14	Flag Day
June 18	Father's Day
June 21	First Day of Summer
July 4	Independence Day

MAY LODGE MEETING

Lodge members had lots of fun playing games like catch the lutefisk, Viking boat race, troll golf, troll catch, Viking ring toss, snowball toss to Olaf, frisbee bowling, and more.



Photos by Gail Yerkes

**RESERVE YOUR SPACE FOR THE ALHAMBRA DINNER THEATER
SATURDAY MATINEE, AUGUST 19**



The Gateway to Florida Lodge has reserved 30 seats at the Alhambra Dinner Theater for the Saturday matinee, Aug. 19. The address is 12000 Beach Blvd. Doors open at 10:50 a.m. and meals served from 11:00 a.m.-12:50 p.m. Curtain up at 1:15 p.m. The production and the menu selection are described below. Price is \$55, but deadline to register is July 20. Please complete the reservation form below and mail your \$55 check made payable to Gateway to Florida Lodge to Kent M. Larson.

STARRING MORGAN FAIRCHILD*

Follow five southern women whose friendships began years ago on the college swim team. One week of each year, the ladies gather free of husbands, children, and jobs to recharge their friendship. We join the friends on



those getaways and span 33 years as they catch up, laugh and meddle in each other's lives. Enjoy the story of these five unforgettable women – a hilarious and touching comedy about enduring friendships.

First Course, Choice of One

Tomato Basil Bisque or
Country Ham Salad or spring mix, tomato, baguette, balsamic dressing *GF*

Second Course, Choice of One

1. Baked Cornmeal-dusted Flounder, lemon butter, cauliflower rice, tomato, caper relish
2. Food Network Award-Winning Canned Ham: panko crusted ham with mustard, fingerling potatoes, mushrooms, sautéed Swiss chard, light mustard crème
3. Smoked Beef Brisket, baked cheese grits, braised kale *GF*
4. Black Bean and Cheese Enchiladas, cool ranch sauce

Third Course, Choice of One

To Be Determined

**RESERVATION FORM FOR ALHAMBRA DINNER THEATER
SATURDAY MATINEE, AUGUST 19**

NAMES _____

TELEPHONE NUMBER _____

AMOUNT ENCLOSED \$ _____ (\$55 per person for lunch and show)

Detach this form, complete and return with a check made payable to Sons of Norway.
Mail to Kent Larson, 4013 Moresburg Court East, Jacksonville, FL, 32257.

IT'S GROWING SEASON!



This time of year, the gardens and crops are growing. They need to be watered, fertilized, weeded and harvested. Plants need protection from forces of nature, hail, pests and wind to name a few.

Money is the same in some regards. It needs to be placed somewhere for growth, a safe location or a risky place can make a difference in its overall performance. It may need to be moved to gain safety or better growth. Properly placed no fees or charges would be paid to someone maximizing the overall growth.

Does this sound like the financial garden you may be looking for? A bountiful harvest could be yours.

Call your Sons of Norway Financial Benefits Counselor and see how your money can grow.

Ann Krause, FIC, LUTCF
Financial Benefits Counselor
Sons of Norway
701-720-2755
Email: boat@srt.com



**GOD FERIE!
Have a nice
vacation!**

You can view the complete 3rd District Newsletters on the internet at: <http://www.3dsofn.org/>



SUNSHINE NEWS

Cheryl Drabek, Cultural Director and Sunshine Committee, has mailed June birthday cards to members wishing them a happy birthday.

To report sunshine news please contact Cheryl Drabek at ceejay611@yahoo.com, 904-860-3174 or Anna-Rita Perkins at annarita@bellsouth.net, 904-396-7692.

Pictured with Kent Larson is his Mayo transplant surgeon (liver/kidney), Dr. Kristopher Croome. Dr. Croome was trained at Mayo Rochester before coming here. He is Canadian and both his parents are Doctors.

When I met Dr. Croome many months ago I had hoped he could do my surgery. It is done on a rotating basis as there are 8 transplant surgeons. When I discussed my Norwegian heritage, Dr Croome responded that he and his wife had visited Norway. We bonded and he is now my Norwegian brother. When he came into my room the day of surgery, my prayer had been answered. He said he would like to do the surgery and I was so honored.

He is a terrific surgeon and I felt safe with him! He is not just my surgeon, but also a great friend. After 7 hours, I was on the road to recovery. Pictured with us is the model kidney/liver pillows all my doctors have signed.



SMÅ SNAKK BOOSTER CLUB MEMBERS**2016-2017 S.O.N. GATEWAY TO FLORIDA LODGE OFFICERS**

President	Evelyn Hopkins
Vice Presidents	Marty and Ida Iverson
Counselor	Kent Larson
Secretary	Chelsea Knudson
Assistant Secretary	Kristen Allen
Membership Secretary	Bonnie Hardman
Treasurer	Franklin Morrison III
Social Director	Larry Nelson
Asst. Social Directors	Laurette Sage, Knute Fosaaen Jr.
Cultural Director	Cheryl Drabek
Assistant Cultural Directors	Ann Crisp & Sharon White
Sports Director	Eugene Yerkes
Asst. Sports Directors	Eric Nord & Rich Brew
Youth Directors	Charlotte Fluker
Adopt A School	Charlotte Fluker
Trustee 1	David Fluker
Trustee 2	Pete Hopkins
Trustee 3	Stewart Svendsen
Communication Director	Marci Larson
Foundation Coordinator	Marty Iverson
Marshall 1	Stewart Svendsen
Marshall 2	Michael Mele
Marshall 3	Martin Rasmussen
Greeters	Judy Silvey & Johanna Miller
Newsletter Editor	Gail Yerkes
Historian	Sharon White
Sunshine	Cheryl Drabek & Anna-Rita Perkins
Tufbfrim	Launi Evenson
Insurance Representative	Ann Krause
Librarian	Carol Scott
Volunteer Coordinator	Ruth Morrison

Your donation is a voluntary act. The Små Snakk booster fee is \$20. This donation helps pay for publication and distribution of the Små Snakk newsletter. Make your check payable to Sons of Norway and mail to Gail Yerkes, Editor. Tusen takk for your support.

BOOSTER NAME	DATE EXPIRES	
Adolph & Jane Baste *	June	2017
Pete & Launi Evenson	May	2018
Bonnie Hardman	May	2018
Roy Hauge *	June	2017
Marty & Ida Iverson	October	2018
Carol Mele	July	2018
Carol Scott	April	2018
Po Chu Svendsen	April	2018
Jay Vogeley	May	2018

Tammy Mayer found this article on the [Jacksonville.Com](http://www.jacksonville.com) website that features Viking boat Helga in the Jacksonville Boat Light Parade. The article is: 26 Things to See in Jacksonville - Check out #19!

<http://fw.to/8oXqK7c>

26 things every Jacksonville resident should do at least once.

SPOTLIGHT ON VESTERÅLEN

Vesterålen, nicknamed the “Green Alps,” is known for its soft, lush landscape and its prime location for viewing Norway’s stunning Northern Lights. The archipelago comprises six municipalities over four large islands and is located just north and east of Lofoten.

Located on the edge of the continental shelf and given its proximity on the Gulf Stream path, Vesterålen is an excellent site for whale watching. In fact, the Whale Center in Andenes offers guaranteed whale-watching safaris. Other activities for travelers include hiking, kayaking, fishing and lighthouse experiences.

Want to learn more about this northern destination? Check out www.visitvesteralen.com.



GATEWAY TO FLORIDA LODGE HONORS:

District 3 Lodge of the Year 2003, 2007, 2009, 2010, Large Lodge of the Year 2014. Membership Lodge of the Year 2007-2008, Founders Award for Membership Achievement 2007, 2008-09, 2010-11. President's Gold Merit Award for Fraternal Excellence 2007, 2008-09, 2010-11, President's Special Recognition Gold 2010 and 2011; World of Nations First Place/Best Country 2006, Grand Overall Winner Jacksonville Boat Light Parade 2008, First Place Palm Valley Boat Light Parade 2008, 2010, Organized Club Winner Jacksonville Light Parade 2009, 2010, First Place Whitey's Fish Camp Boat Light Parade 2010, Grand Prize Best Overall St Augustine Holiday Regatta of Lights 2009. Winner of Fall Blitz Recruitment Contest in Large Lodge Category 2009. Third District Golden Newsletter Award for Medium Size Lodge Division in 2009. Newsletter Honorable Mention 2011. Certificate of Recognition Newsletter Contest Third Place Category A 2014, First Place Category A Newsletter Contest 2016. Gold Merit Award 2014.

Lodge Website: sonjax.com. Third District Website: 3DSofN.org.

Sons of Norway Headquarters Website: sofn.com

Twitter: [@SonsofNorwayJax](https://twitter.com/SonsofNorwayJax) Google+: plus.google.com/+SonJax Facebook: facebook.com/groups/196188778036




District 3

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The mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.