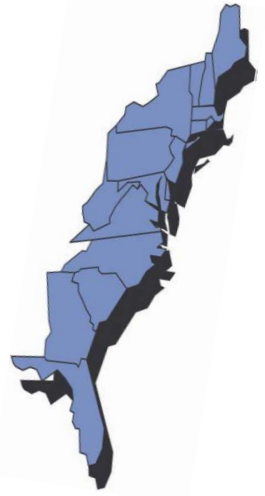


3D



SONS OF NORWAY

Shared values. A simple promise.



3D SofN Facebook Page

<https://www.facebook.com/TheThirdDistrictoftheSonsOfNorway>

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



Fra Presidenten, Mary B. Andersen, November 2016

Advice from a tree- Remember your roots (www.YourTrueNature.com)

As you know from my October letter, I was recently in Maine. I stopped into a store and bought a mug. I need another mug like a hole in the head (no comments please) but the saying caught my eye - Advice from a Tree – remember your roots. As you may recall from previous

letters ([January 2013 Vice-President letter](#)), I like trees. The saying on the back of the mug (reproduced below) is an excerpt from a larger poem that I found on the internet (<http://spiritoftrees.org/poetry/advice-from-a-tree>).

I thought that the saying fits Sons of Norway perfectly! Why did we join Sons of Norway? Many reasons I am sure but connecting with our roots was probably a key motivator.



How do we strengthen and deepen our roots? How do we extend the love and care of our roots beyond the shadow ring of a tree? We can “water” the roots by communicating. It is something we can never do enough – whether it be family, neighborhoods, work, friendships and within our beloved Sons of Norway. Many of our lodges have great newsletters with fabulous events. Do you post them on the 3D calendar? Do you tweet them on

the 3D twitter page? Do you post them on the 3D facebook page? Do you advertise in the local free newspaper? Those lodges that communicate are reaping the rewards of their communication efforts in increased membership. Keep in mind that communication is an ongoing process. It used to be that you needed “three touches” to get people to remember you, then it increased to “seven touches”; now I think it is seven touches within 12 or 18 months. The key is repetition and a communication plan. Do you have one?

If you develop a communication plan and are able to implement it consistently your view should be one of a roomful of members!

From the back of the mug
Stand tall and proud
Sink your roots into the earth
Be content with your natural beauty
Go out on a limb
Drink plenty of water

All the best,

Mary

Thank you to all our Veterans!



Happy Thanksgiving!



Vice President Kathy Dollymore

Don't forget to reMEMBER

It's true of newer and more longstanding members alike: Sons of Norway Lodges often lose members who don't feel engaged in lodge activities and just drift away. Is this happening in your lodge? Make an effort to find out why and to re-engage them.

- Review the lodge membership list to identify members who have become inactive.
- Assign club members to contact "missing" members.
- Contact members by phone or with a personal visit to tell them what's happening and invite to the next event.
- Conduct a fun meeting to celebrate the lodge's members and accomplishments

The reason why retention is important becomes clear when you consider the analogy of water being poured into a leaky bucket. There is no point in recruiting members until you know why members leave and put resources behind any obvious ways of encouraging vulnerable members to stay.

There will always be 'natural' reasons why members leave, with people moving away or people passing away being two obvious examples.

But are there other reasons why you are losing members that you could retain?

Conducting member exit research will start to tell you why.

Gail Martinsen, Cultural Director



Hermóör(Hermod)

Hermóör is war spirit in Old Norse. One of the lesser known Norse Gods is Hermod (Hermóör). His name translates approximately to warrior or “fury of war”. Hermod is found in Snorri Sturulson’s Prose Edda book “Gylfaginning”. Hermod is one of Odin and Frigg’s sons and Baldr’s brother. When Baldr was killed the Gods were all in shock and grief! Frigg asked Æsir who would ride to the death

goddess, Hel and plead with her to return Baldr to the living. Hermod agreed to do it and rode Odin’s horse, Sleignir to the underworld. He rode through deep and dark valleys for 9 nights to the Gjöll Bridge. He found the bridge covered in gold and guarded by the maiden Móöguör. She told Hermod that Baldr had already crossed the bridge and he should ride down and north. Hermod dismounted Sleignir when he reached Hel’s gate, he tightened Sleignir’s girth and then remounted. He encouraged Sleignir to leap over the gate. Soon they arrived at Hel’s hall. He found Baldr seated in an honorable seat! Hermod begged Hel to free Baldr, he told her how everyone among the Æsir were crying for the loss of Baldr. Hel said Baldr would be released if everyone and everything wept for him. Baldr gave the ring burned on him on his pyre to Hermod to bring back to Odin. Among other gifts Hermod brought back was a linen robe for Frigg from Nanna and a finger ring for Fulla. Hermod delivered the gifts and message. Hermod risked his life to try to bring Baldr back home to no avail. But, his heroic attempt did make him landlord of Vallahalla! He will be your host in Vallahalla when you die bravely in battle. Hermod carries a magical staff called Gambantein.



Poetic Edda:

The favour of the Highfather
To his followers gold
To Hermóör he gave
And to Sigmund he gave

we seek to find
he gladly gives;
helm and mail-coat,
a sword as a gift.



Have a very Happy Thanksgiving!!

Gail

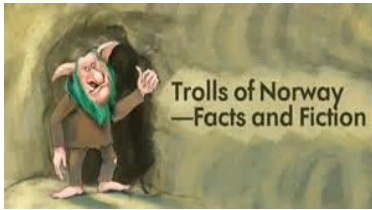
“Son and Shadow” by Åke Edwardson



Detective Erik Winter is the youngest chief inspector in all of Sweden. He dresses in the sharpest suits, loves jazz, is a gourmet chef and is expecting his first baby with his pregnant girlfriend! In this story a couple welcomes a stranger into their Gothenburg flat for drinks and music. It will be their last guest in their flat! Their newspaper boy notices their papers are piled up at the front door after a week and there is loud death metal music playing inside! It seems a strange music choice especially at 5 AM! He becomes afraid and calls the police. Chief Inspector Erik Winter and his team find a grotesque stage setting of the couple’s bodies inside the flat. Erik checks classified ads in men’s magazines searching for the “guest” leading him to the gothic cult world. This is a riddle of nightmares, good versus evil, (sun & shadow). The location of the murder is very close to his home and it makes his girlfriend extremely nervous! Every shadow in the hall and every silent phone call is very SCARY! His investigation shows a link between the murders and his police department, no one can be trusted! The killer strikes again and Erik races to protect his family and the city from this evil.

Did you know?

Norwegian Trolls — only have 8 fingers & 8 toes?



that they can have up to 9 heads?
that they have tails?
that they, when they feel like it, carry their heads under their arms
that they live in the dark, &, like the one above is turned into stone if caught by the sun



Norwegian Chicken Meatballs Recipe (found on the internet)

Ingredients

1 Lb. ground chicken
4 1/2 tsps. cornstarch
1 large egg
2 1/4 cups chicken broth
1/4 tsp. salt



1/2 teaspoon grated lemon peel
About 2 Tbsp. chopped fresh dill or 1 1/2 tsps. dried dill weed
1/4 Lb. gjetost cheese, cut into 1/4 " diced pieces
4 to 6 cups hot cooked egg noodles or rice

Preparation

1. With a fork, stir chicken to mix well with 1 1/2 tsps. cornstarch, egg, 1/4 cup broth, salt, grated lemon peel, and 1 Tbsp. fresh dill (or 1 tsp. dried).
2. Bring 2 cups broth to simmering in a 10- to 12" frying pan. As broth heats, drop level Tbsp. portions of chicken into the liquid, keeping pieces slightly apart. Cover and simmer until meat is white in center (cut to test), 3 to 4 minutes.
3. With a slotted spoon, transfer chicken to a bowl. Mix remaining 1 Tbsp. cornstarch with 2 Tbsps. water until smooth, and whisk into broth. Turn heat to high, add cheese, and whisk until it melts.
4. Return chicken to sauce, mix gently, and heat for about 1 minute. Pour over noodles in a bowl and sprinkle with remaining dill.

Krydret Eplepudding (Spiced Apple Pudding)

From "The Complete Scandinavian Cookbook" by Alice B. Johnson



2 cups coarse stale bread crumbs	3/4 cup raisins	1/4 tsp. cloves
1 cup milk	3/4 cup chopped citron	1/4 tsp. nutmeg
1 1/2 cups chopped apple	1/4 cup sifted flour	1/4 tsp. cinnamon
1/2 cup sugar	2 Tbsp. brandy or fruit juice	3 eggs, slightly beaten
	1/4 tsp. mace	

Mix crumbs with milk & cook over moderate heat until milk is absorbed. Add remaining ingredients in order given, mixing well. Pour into a heavy buttered baking dish & bake in a moderate oven (375) about 45 minutes. Serve with Hard Sauce: Cream 1/2 cup butter & add 1 1/2 cups confectioners' sugar & 2 tsp. vanilla.

6 or more servings.

Black Woodpecker



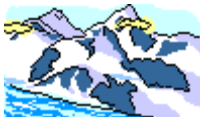
The black woodpecker is a large woodpecker living in mature forests across northern Europe except the Arctic areas in Northern Scandinavia. They measure 18 to 22 inches long with a wing span from 22 to 33 inches. Their weight averages 8.8 to 14.1 ounces with a really long bill of 2 to 2.6 inches. Among all the species of woodpeckers, the black woodpecker is the second largest and the only one in Norway. The “crow” sized woodpecker has an entirely black plumage except for a red crown. The males’ entire crown is red, but, the females are red only on the top of their hindcrown. The juveniles are colored the same, but, not as glossy. The woodpecker has piercing yellow eyes and very manic high pitched calls. Their calls have made them villains of the fairy tales in the area. These birds have 2 different calls, one has a short single high pitched note that is a loud whistling kree-kree-kree made twice in a row. The second one they make in flight and it’s a screechy shrill sound. The black woodpecker doesn’t have a dipping bounding flight like other woodpeckers. They fly slow with unsteady wing beats with their head raised. You find the woodpeckers in the mountainous forests in elevations of 330 to

7,870 feet! These birds require mature trees and many stands of dead trees to have a viable breeding population. Their main predator is the pine marten which eats their eggs, chicks and brooding females, then they’ll take over the woodpecker’s nest hole. Some owls, goshawks and buzzards, also, can be found preying on the black woodpeckers. The woodpecker feeds by hammering on dead trees with its bill to dig out carpenter ants and wood boring grubs. They have a very strong neck to allow it to hack away at the tree bark endlessly. Due to their strength and large size they can go deeply into the tree. The black

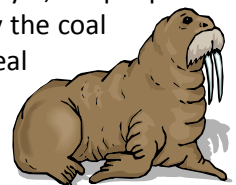
woodpecker has short stumpy legs, large, sharp claws and very stiff tail feathers. The woodpecker usually will pick a diseased tree rather than a healthy one. Once they make a hole they chip down through the trunk to create a nesting chamber. Their work provides homes for many other birds and mammals. It not only provides homes for other species, but, also, controls populations of wood-boring insects which helps protect the trees. When the nest is prepared the females lays 2 to 8 eggs (the average is 4 to 6). The mates take turns incubating the eggs and share duties of feeding and brooding the chicks once they’ve hatched. After 18 to 35 days the chicks are ready to leave

the nest, staying with the parents.

Svalbard



Included in Norway is Svalbard, the arctic islands between 74 & 81 degrees N lat. These islands equal 1/5th of continental Norway. Spitsbergen is the largest of these islands. Spitsbergen's known for its absolutely beautiful views of wild peaks and glaciers. Svalbard has approximately 3,000 people living in both Norwegian and Russian mining communities. During the winter there are approximately 1,000 people still living there. About 400,000 tons of coal are mined every year by the coal mining company in Longyearby. Polar bears, polar foxes, assorted seal species and walrus can be found on these arctic islands. Polar bears and walrus are protected on these islands.



H. David Dahlquist

5/25/1918 – 1/02/2005



H. David Dahlquist was born on May 25th 1918 in Minneapolis, Minnesota. He was of Swedish and Norwegian descent (75% Swede & 25% Norwegian). David's mother began each day when he was young asking him and his brother, Mark what they would do to make the world better. David graduated from the University of Minnesota



with a chemical engineering degree. His career began as a metallurgical engineer in Duluth, Minnesota for United States Steele. During WWII he

served as a radar technician in the United States Navy. After the war H. David came home to Minnesota to follow his dream of having his own business. With all of \$500.00 and a lot of optimism he and his wife, Dorothy (100% Danish descent) bought a small aluminum company and started Nordicware. In 1950, 2 ladies from a Zionist group Hadassah asked him to design a pan to make the European pastry kugelhophf. So, he designed the bundt pan (he added the t so he could patent it)! For the next 16 years hardly any bundt pans were sold and they considered discontinuing it. Bundt cakes were found in several cookbooks, but, they weren't very popular. In 1966, Mrs. Ella Helfrich from Houston, Texas entered the Annual Pillsbury Bake-Off and came in 2nd with a chocolate-nut bundt cake. Over 200,000 letters came in asking for the recipe and where to purchase a bundt cake pan! He had to put the factory into 24 hours of production, producing 30,000 pans a day! After 4 years he licensed the bundt name to Pillsbury and they created a readymade cake mix for the bundt cakes. Several of the original bundt pans can be found in collections in the Smithsonian today. Back then, the Pillsbury cake mix and the bundt pan sold together for **\$1.98!!!** Later David helped to develop thermoset plastics, they are used in microwave cooking. Nordicware is based in St. Louis, Minnesota. So far, as of today over 60 million bundt pans have been sold throughout North America by Nordicware. David, Dorothy and Mark shunned all offers to sell Nordicware or to move their labor force overseas! Their daughter, Linda says "the family atmosphere still thrives inside Nordicware – where fairness, integrity, open communication and respect for others is practiced every day." Nordicware has made the world a better place. David was inducted into the Entrepreneur's Hall of Fame in Boston in 1987. He passed away from heart failure at 86 on January 5th, 2005. He is survived by his wife, Dorothy, his son, David, 3 daughters, Corrine Lynch, Linda Jeffery and Susan Brust and 12 grandchildren.



State of LOV – Roy Berntsen - LOV Chair

Hi everyone, a few things happened since I last wrote. Rick Budrick, Buildings and Grounds Committee Chair, has been working continually since the LOV Board was approved. He has been working around the main lodge repairing all that needed to get done.

Rick and I spent a weekend rewiring the water pump from the manager's house to our main lodge. It was something on our wish list to get done and we were able to get this done early in September. We ran the wire underground, so not to have any other overhead wiring, and this did not cost anything for LOV or 3D Ltd. We had all the wiring and equipment in the barn already from years back. It is great to fix something and not have a charge attached.

The following weekend was work weekend. We did not have as many people as Rick hoped, but everyone did an exceptional job. We did get all of the jobs done that was on our list except one, and that one was not a safety issue or a wish list issue, just some additional electrical work we have been thinking about for the past months. Hopefully Rick and I can get that done in the spring.

I personally thank everyone who joined us for the weekend. Ben & Deb Vennesland Deb Martin & Hank, Jorgen, Gordon & Ester Fidge, Joan Chlesen, Roy Berntsen Jr., David Budrick, Rick Budrick and myself. Everyone came up ready to work and work they did.



Jorgen & Gordon ← rebuilt the back ramp from the handicapped room. That was a safety issue as those slats were rotting.

Joan ← assisted Jorgen and Gordon on the back ramp and cleaned the storage area in the barn for Sports for Health plus behind the barn to clear out some space.

Ben & Deb → trimmed all the bushes around the creamery. They repaired the cement work on the foundation on the bottom of the white house and the cement work on the foundation of the smaller smoker house (which is in the back of the barn). One of the bigger jobs was replacing the siding on the barn. The silos are in pretty bad shape, so we are watching them carefully.



Deb M. and Hank cut down all the brush and bushes around the white



house and propane tank and the creamery building. She even was stung by a bee and kept working.

David ← power washed the fire escapes and he and Hank ← began the painting.

Roy Jr. → shored up the fencing around the septic area. This was ready to fall down and was a concern that no one should go in that area. He repaired the tile shingles on the side of the ski house. Removed the door on the creamery and repaired the white fence around the back field.



Rick & I ← power washed almost everything: from the main lodge building and each roof, the outer buildings: the first floor of the main lodge, creamery, manager's house, white house, and the propane tank. They all look clean and brand new. We repaired some plumbing in the ski house.

This month is hunting month. First are the weeks for Pennsylvania and then the weeks for New York. As you read this we had many hunters stay for

extended days. They really like coming back to our lodge and love the food. There are a lot of extra potatoes and buns made as these hunters come back cold and hungry. But I will say these hunters are also friends of LOV. They are willing to help out whenever we need it as they have done in the past.

The next weekends on our calendar are:

Dec. 10 – Basket Social

New Years – Dec. 30 – Jan. 1, 2017

2017 =

January 20 – 22 = Les Johansessen.
 January 27 - 29 = Nor-Bu Lodge
 February 17 - 19 = Hudson Valley Ldg.
 February 19 - 26 = Ski for Light week
 March 3 – 5 = Third District and LOV Board Meetings
 March 10 – 12 = Kings Birthday
 May 5 – 7 = LOV Golf Tournament
 June 9 – 11 = Omholt Family
 June 22nd = Miller Wedding

July 2 – 5 = Trout Camp
 July 9 – 22 = District Youth Camp
 July 23 – 30 = Sports for Health week
 August 8- 11 = Car show weekend
 August 10th = the Car Show Event
 September 22 – 24 = Octoberfest
 October 12- 15 = Fredriksten Lodge
 October 27 – 29 = Third District and LOV Board Meetings

The LOV Board wishes everyone a happy and healthy Christmas. Barbara and I will be in LOV for New Year’s Eve. Come and join us in celebrating the New Year of 2017 at LOV. It is a lot of fun and you do not have to drive home after the celebration. We can wish each other a Happy New Year there.



Rick just sent me these pictures on November 20th. Well we can see that snow has arrived in LOV. We are really happy for our ski weekends coming up and the snow-mobile season.

Come and visit with us. I know you will not be disappointed.



Remember we must “use it or lose it.”

Don't lose out and sign up for your weekend now. For reservations call: Ph. 570 461-3500 Please leave a message with your telephone number and follow up with an Email vikingland@tds.net if you do not receive a call back. You must leave a message!!!



Land of Vikings (LOV) is now on Facebook. [facebook 3D SofN Facebook Page](https://www.facebook.com/TheThirdDistrictoftheSonsofNorway)

<https://www.facebook.com/TheThirdDistrictoftheSonsofNorway>

NEPA Regional Sports for Health week at LOV

Submitted by Ken Mullen, Bondelandet lodge and guide coordinator for the Regional SFL program, and also Vice Chairman of the Regional SFL/SFH board.

The NEPA Regional Sports for Health week was held from July 30 through August 7, 2016. Sports for Health is the summer equivalent of Ski for Light, where visually impaired individuals are paired with a sighted guide for summertime activities. Since LOV has reopened, we went back "home" for this year's event. There were about 40 guides and visually impaired individuals participating. We had several "day guides" from the Binghamton area join us throughout the week to help with the various activities. There were the usual daytime activities; canoeing, kayaking, hiking, tandem biking, and the popular marksmanship competition. This is always a heated competition between the guides and visually impaired participants, with the participants usually scoring higher than the guides. This year we had one visually impaired individual score a perfect 30 points.

One of the participants, 95 year old Charlie "Energizer bunny" Wirth wore out several pilots on the tandem bikes by accumulating over 100 miles during the week. He also did this several years ago, at a young age of 93. Charlie is also a participant in our regional Ski for Light program, and several other Ski for Light programs throughout the country and Canada. The picture shows Charlie and Joan Chelsen from Nansen Lodge on the bike.

We also managed to get several teams for an outdoor shuffleboard tournament. Sighted individuals or visually impaired with some vision, are made to wear blindfolds or blackout goggles so they are on par with the blind participants.

Early Friday morning was our Fun Run Rally. Teams choose an activity (Hike, bike, etc,) and estimate the time it will take them to complete the event. The team that gets closest to their estimated time gets bragging rights until next year, and a certificate. Usually there are several teams that get within one minute of their estimated time. It has been as close as 3 seconds.

Evening activities included games of Scrabble, a gift exchange game, an evening of dancing with Dave Budrick as the DJ, socializing, and a No Talent Talent Show on our last evening. Everyone had a good time and we are looking forward to our next get together.

Upcoming events

November 10-13, 2016 - This is an informal weekend get together. There are no planned activities. Usually there are hikes during the day and socializing in the evening. Anyone interested in attending should contact Bev Budrick directly at 570-461-3500 to make their reservation. A \$40 per room deposit is required. **Editor's Note: 3D Sports Director Andy Mathisen attended this event and will provide a report in the December TDT.**

February 19-26, 2017 - This is the NEPA Regional Ski for Light program. We will be going back to LOV for this event. Activities include cross-country skiing, snowshoeing, sledding, etc. if we have snow. Otherwise we will be hiking the trails, so THINK SNOW! If interested, guides should contact Ken Mullen at nepasfl@aol.com with questions and to get their name on the guide list. Visually impaired individuals should contact Ed Kenlon at ed@kenlon.com with their questions and to put their name on the participant list. Invitations for this event will probably go out the beginning of January 2017.

Would you like to support our organization? Do you shop at Amazon? Then consider using AmazonSmile when ordering. Amazon will donate a percentage of your purchase price to NEPA Regional SFL/SFH. There is no cost to you to use this service. Here is the link: <http://smile.amazon.com/ch/52-2271531>.

Photos from the Third District

SPORTS FOR HEALTH:

The picture of Joan and Charlie was taken by Ed Kenlon of Fredricksburg, VA. If you could give him credit somehow for the photo. The others were taken by myself. (Ken Mullen) Thanks.



This photo taken Joan and Charlie on the bike taken by taken by Ed Kenlon of Fredricksburg, VA;
other pictures taken by Ken Mullen

The Baltimore Running Festival takes place in October every year. It has a large number of charity groups in the events.

Nordkap 3-215 has volunteered to give out water at water stop #1 (mile 2) since 2004.

There are five distances/events to choose from about 26,000 runners, bikers, people walking and wheelchairs racers.



We met Gail when Kay & I were delegates to the 3rd District convention in Hartford, CT, as was Gail Stenberg (Hampton Roads Lodge). Also met Anita Hill & George soon afterwards. Anita was a big part of our basketball click since she was always the designated driver to out of state games & Final Four championships.

We did a lot of car travel over the years, not just basketball games but to S/N anniversary celebrations, International conventions, etc. Last month, we were in Norfolk for a reunion with surviving members of our ODU women's basketball click.

We're big fans of Elena Delle Donne and had our picture taken wearing her Olympic shirts:

