



SONS OF NORWAY

FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅFJELL LODGE 3-646 **September 2016**

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Blåfjell's website: sonsofnorwayblafjell.org
Facebook group: <http://www.facebook.com/SonsOfNorwayBlafjell>

Mission Statement:

The mission of the Sons of Norway is to preserve and cherish a lasting appreciation of the heritage and culture of Norway and the other Nordic countries.

Regularly scheduled meetings:

Fourth Saturday of each month, 1:00 PM,
College Lutheran Church, 210 South College Avenue, Salem
(Except for special events)

NEXT MEETING:

September 24, 1-3pm

Location: College Lutheran Church

Special Speaker: Joni Leetun

Program: Nordic Auction/sell baked goods.

Chairpersons: Cheri Johnson and Joann Barfield

BLÅFJELL PRESIDENT'S MESSAGE:

Greetings to all. I'm sure we are much busier now that summer breaks are over. It will be good to see you.

Some highlights for Blåfjell Lodge are below.

September 24, 1-3pm

--The Blåfjell Board officers will meet from 11:30-12:30 to get caught up on business.

--**Special Speaker:** Joni Leetun. Joni is a George Mason graduate who just returned from Norway where she traced her roots. She will tell us about her journey and wear the bunad she made. She met her cousins for the first time and took many pictures.

-- **Nordic Auction/Yard Sale/Bake Goods:** This is one of annual fund raisers, and it's a lot of fun. Invite your friends. See Cheri Johnson's message for more details.

October 22, 2-4:30 pm:

-- **Blåfjell 20th Anniversary celebration at The Glebe to honor all Blåfjell Presidents.**

The Invitations were mailed September 2nd. RSVP to Kathy Clark by October 1st - (Phone 977-2349).

Our anniversary planning team has been very hard at work for three months. There will be more details in the October newsletter.

--We will announce the candidates to be voted on in November for the term 2017 thru 2018.

Fraternally yours, Sharon Rohrback





VICE-PRESIDENT/MEMBERSHIP CHAIRMAN'S MESSAGE:

WELCOME, FALL! With the lazy, hazy days of summer coming to a close, let us embark upon the new season with VIGOR AND VITALITY!

The Sons of Norway August Recruitment and Retention Newsletter offers some help to those of us who may be reluctant to approach prospective members; they suggest an "Elevator Speech" .. short and sweet ..

"We'll call it an elevator speech because you should be able to share all your information in about the same amount of time as an average elevator ride. Here are few steps to a good elevator speech:"

1. **Develop a hook.** This could be a question or some other way to catch the intended audience's attention. ("I see by your nametag you have a Scandinavian name" .. "I see you have a Norwegian flag on your car")
2. **Introduce yourself and your lodge.** This doesn't need to be a long introduction, just your name, Sons of Norway, and Blåfjell Lodge.
3. **Explain what makes you unique.** "we celebrate the heritage and culture of all five of the Nordic countries" .. mention programs that may be of interest ..
4. **End with an ask.** In this case, it would be an invitation to an upcoming lodge program or event. Try and avoid calling it a meeting – some people tend to shy away from meetings because they fear immediate commitment.

An additional "boost" to our mission appeared in a recent edition of the **Norwegian-American Weekly**:

What is Cultural Heritage?

UNESCO speaks of "Cultural Heritage" in the following way:

Cultural heritage does not end at monuments and collections of objects. It also includes **traditions or living expressions inherited from our ancestors and passed on to our descendants**, such as **oral traditions**, performing arts, **social practices, rituals, festive events**, knowledge and practices concerning nature and the universe or the **knowledge and skills to produce traditional crafts**. (the bolded items are mine)

Invite someone to come and share the fun with us .. and celebrate our heritage! .. at our upcoming September Event!

Submitted by Joann Barfield, Blåfjell Lodge Vice President/Membership Chairman

NORDIC AUCTION YARD SALE BAKE SALE Sept. 24, 2016 1 - 3 pm

Nordic Auction: Please bring items to the Nordic Auction from any of the 5 Scandinavian countries to be auctioned through a silent 15 minute auction. These items may be new or used. Past items have been art work, recipe books, collectible plates and figurines, jewelry, dishes, clothes, sweaters, and handiwork.

Yard Sale: If you have items that might sell in a yard sale, then bring them. Try to price them at \$.50, \$1, \$2, and \$3we want these items to be very reasonable for people to buy. Items may include: books, toys, dolls, linens, dishes, jewelry, clothes, mittens, gloves, yard equipment, floral, DVD's, kitchen, sweaters, shoes, pillows.....



Bake Sale: Please bring a baked item for the sale: coffee cakes, breads, pies, cookies, bakery.....Label the item with a name and a price of \$2.00, \$3.00, or \$4.00.

We have a business meeting this day, and a special speaker. Joni Leetun is a George Mason graduate who just returned from Norway where she traced her roots. She will tell us about her journey and wear the bunad she made. She met her cousins for the first time and took many pictures.

This important meeting is a pure profit day to raise money for our treasury. We hope that each of you will join us, bring \$20.00 to spend on wonderful items, and enjoy a lovely Norwegian lady who at 22 years old is proud of her heritage!!!!

Submitted by Cheri Johnson , Blåfjell Lodge Cultural Director



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MINUTES OF AUGUST MEETING: No meeting was held in August

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MEMBER NEWS:

Gratuleer Med Dagen

September birthdays:

Larry Norman 9/12

Wally Hanson 9/18

Lars Hagen 9/24

Congratulations and Best Wishes to longtime (19 years) member Dorrey Grina on her 96th birthday on the 1st of September! Dorrey sends her greetings to her Blåfjell friends; she thoroughly enjoys our monthly newsletters and says we are doing great things! (How about a road trip to Charlottesville to visit her?)

Prayer Requests:

Pray for the continue healing of Betty Lindsoe who is recovery from pneumonia.

Pray for Mike Beck's wife who has had three surgeries over the past 15 months and her condition keeps getting worse. She has a pending surgery but the date is unknown. They are waiting on a doctor to fly up from San Antonio to perform another operation. For the most part she is bedridden and Mike is able to work of the house to care for her.

Pray for Jon Hogden who in Hospital with little chance of any improvement. Update on Jon Hogden, who says "Prayers are appreciated" and sends his best wishes to Blåfjell Lodge, especially to our Founder, Wally Post, along with his "main admiration ... to all newer members. Jon's medical status is somewhat cloudy; he may get to a rehab of some sort, but has "no complaints. Jon states, "My head is still working, and I have the most fantastic good family."

Continue to pray for Anne Hoose and her many health issues while at the same time, she tries to balance being the primary care giver for her brother whose health continues to deteriorate.

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Language Lessons 7: Let's Go Shopping (Part 1)

Phrase	Pronunciation	English
La oss gå å handle	lah ohss goh oh hahn-dleh	Let's go shopping
på bakeriet	poh bah-keh-ree-eh	at the bakery
Jeg skal ha et brød.	jai skahl hah eht bruh	I would like a loaf of bread.
Hvor mye koster det?	hvohr mee-eh kohs-tehr deh	How much is it?
Pattern and Expressions	Pronunciation	English
Jeg skal ha _____.	jai skahl hah	I would like _____.
fire boller	fee-reh bohl-lehr	four sweet buns
i fiskeforretningen	eeh fees-keh-fohr-reht-neeng-ehn	in the fish store
blåskjell	bloh shehll	mussels
krabbe	krah-beh	crab fish
laks	lahks	salmon
lutefisk	looh-teh-fiskh	lutefisk
torsk	tohrshk	cod
i fruktforretningen	eeh frewkt-fohr-reht-neeng-ehn	in the fruit store
bananer	bah-nah-nehr	bananas
en grapefrukt	ehn graip-fruhkt	a grapefruit
appelsiner	ah-pehl-see-nehr	oranges
epler	ehp-lehr	apples

Excerpts from Sons of Norway member Kari Diesen-Dahl Norwegian lessons.

Discover the Hidden Roots of the Runes

A long time ago, runes were used by the Shamans of Scandinavia and the word “rune” at its origin made reference to mystery. Runes were used as protective symbols and were carved in wood, bone, or stone.

The Runes Revealed to Odin

The appearance of the runes goes back to the times of Odin, the god of magic and wisdom. Odin was a man always in search of absolute knowledge, but such knowledge cannot be attained by the simplistic human means provided by the senses. It was because of this fact that Odin had to renounce an eye in order to be able to drink from the spring of wisdom.



He then reversed the human methods of knowledge by mortally hurting himself with a spear and hanging down from a tree in a cold region for two days and two nights. The 18 magical runes were revealed to him when death was drawing near. The images of these runes were spread across the land by the god who had conquered death and their number increased to 24.

The Connection Between Wood and the Runes

The Futhark alphabet was derived from the runes, but the runes themselves kept their magical properties. They were used to contact the dead, for protection, or for flight. Runes were also used for divination and as a means of contacting other plains of existence. Runes can be drawn on wood (especially oak wood, beech wood, or pine wood), bone, shells, paper, or stone (especially quartz). By manually drawing or carving the runes, a stronger connection is created than using runes made by others.

The Runic Alphabet.

Generally, the most common material for making runes is wood. This is due to the importance of this element for Norse mythology. Two examples can be given to explain: First of all, the universe is structured in the form of a tree. This is the sacred tree Yggdrasil, the one that sustains the various worlds that hang from its branches. There are nine worlds in the Norse perspective: Muspellheim (the land of fire), Asgard (the heaven of the gods), Ljosalfheim (the land of the spirits of the light), Vanaheim (the land of the spirits of water), Midgard (the land of the humans), Jotunheim (the land of the giants), Svartalfheim (the land of the spirits of the night and the first underground land), Hellheim (the land of the dead) and Nifelheim (the land of ice, cold and fog, a sort of exterior inferior world).



BOOK CORNER:

The Last Viking: The Life of Roald Amundsen by Stephen R. Bown

The Last Viking unravels the life of the man who stands head and shoulders above all those who raced to map the last corners of the world. In 1900, the four great geographical mysteries—the Northwest Passage, the Northeast Passage, the South Pole, and the North Pole—remained blank spots on the globe. Within twenty years Roald Amundsen would claim all four prizes. Renowned for his determination and technical skills, both feared and beloved by his men, Amundsen is a legend of the heroic age of exploration, which shortly thereafter would be tamed by technology, commerce, and publicity. Fêted in his lifetime as an international celebrity, pursued by women and creditors, he died in the Arctic on a rescue mission for an inept rival explorer.

Stephen R. Bown has unearthed archival material to give Amundsen's life the grim immediacy of Apsley Cherry-Garrard's *The Worst Journey in the World*, the exciting detail of *The Endurance*, and the suspense of a Jon Krakauer tale. *The Last Viking* is both a thrilling literary biography and a cracking good story.

VIKINGS (TV SERIES)

Vikings is an Irish-Canadian historical drama television series written and created by Michael Hirst for the television channel History. Filmed in Ireland, it premiered on March 3, 2013 in Canada and the United States.

Vikings is inspired by the sagas of Viking Ragnar Lothbrok, one of the best-known legendary Norse heroes and notorious as the scourge of England and France. The show portrays Ragnar as a farmer who rises to fame by successful raids into England, and eventually becomes a Scandinavian king, with the support of his family and fellow warriors: his brother Rollo, his son Björn Ironside, and his wives—the shield maiden Lagertha and the princess Aslaug.



Premise

The series is inspired by the tales of the raiding, trading, and exploring Norsemen of early medieval Scandinavia. It follows the exploits of the legendary Viking chieftain Ragnar Lothbrok and his crew and family, as notably laid down in the 13th century sagas *Ragnars saga Loðbrókar* and *Ragnarssona þáttr*, as well as in Saxo Grammaticus's 12th century work *Gesta Danorum*. Norse legendary sagas were partially fictional tales based in Norse oral tradition, written down about 200 to 400 years after the events they describe. Further inspiration is taken from historical sources of the period, such as records

of the Viking raid on Lindisfarne depicted in the second episode, or Ahmad ibn Fadlan's 10th-century account of the Volga Vikings. The series is set at the beginning of the Viking Age, marked by the Lindisfarne raid in 793.

Historical accuracy

Some critics have pointed out historical inaccuracies in the series' depiction of Viking society. Lars Walker, in the magazine *The American Spectator*, criticized its portrayal of Viking Age government (in the person of Earl Haraldson) as autocratic rather than essentially democratic. Joel Robert Thompson criticized the show's depiction of the Norse peoples' supposed ignorance of the existence of Britain and Ireland, and the use of the death penalty instead of outlawry (*skoggangr*) as a punishment for heinous crimes.



Monty Dobson, a historian at Central Michigan University, criticized the show's depictions of Viking Age clothing, but went on to state that fictional shows like *Vikings* could still be a useful teaching tool. The Norwegian newspaper *Aftenposten* reported that the series incorrectly depicted the temple at Uppsala as a stave church in the mountains, whereas the historical temple was situated on flat land and stave churches were a hallmark of later Christian architecture in Scandinavia. On the other hand, the temple as depicted in the show does have similarities with the reconstructions of the Uppåkra hof. The show also portrays a crucifixion of a prominent character instigated by a Christian bishop near Wessex,

apparently as a standard punishment for apostasy, an event that may or may not have a basis in historical fact, as Emperor Constantine officially outlawed crucifixion in the 4th century.



Regarding the historical accuracy of the show, showrunner Michael Hirst comments that "I especially had to take liberties with 'Vikings' because no one knows for sure what happened in the Dark Ages" and that "we want people to watch it. A historical account of the Vikings would reach hundreds, occasionally thousands, of people. Here we've got to reach millions."

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NORDIC RECIPES:

Viking Solæg (Eggs in brine)

Ingredients:

1/2 dozen large eggs, preferably pastured eggs from chickens that are allowed to forage
1 red beet, peeled and grated
1/2 cup cane sugar
1/2 cup kosher salt
1/2 cup cider vinegar
1/2 cup red wine vinegar
1 cup water
1 bay leaf
approximately 1/2 tsp. freshly ground caraway seed
freshly ground black pepper
1 lemon
salmon caviar (preserved in a jar, available from many fishmongers and IKEA)
1/2 cup of mayonnaise
about 1 cup finely shredded green cabbage, for serving



For the eggs:

Place the eggs in cold water in a pot over high heat. Bring to a boil and watch carefully. As soon as they begin to boil, pull them off the heat, cover with a lid and set a timer for 7-8 minutes depending on how hard cooked you prefer your eggs. As soon as the timer goes off plunge the eggs into ice water to stop their cooking. Peel and set aside.

In a medium pot combine the grated beet, sugar, salt, vinegars, water, bay leaf, and caraway. Bring to a boil, turn down, and allow to simmer for 15-20 minutes. Pour the brine through a strainer and cool. Pour the cooled brine over the peeled eggs and refrigerate 24 hours before eating. The eggs will keep for a month or more, but the longer they stay in the brine, the darker their color and the stronger the flavor will become.

For the mayonnaise:

Mix together the mayonnaise, about 1 tsp. black pepper depending on preference, and 2 tsps. freshly squeezed lemon juice.

To serve the eggs, cut them in half and place on a bed of shredded green cabbage. Put a teaspoon of the mayonnaise on each half and spoon about 6 or 7 salmon eggs over each.

Cinnamon Coffee Cake from Norway

Ingredients:

- 1/3 cup butter
- 3/4 cup sugar
- 2 eggs
- 1 cup flour
- 1/4 cup cornstarch
- 2 tsp. baking powder
- 1/2 tsp. baking powder
- 1/2 salt
- 1/2 tsp. ground cardamom
- 1/2 cup milk

Instructions:

- cream butter and sugar
- beat eggs
- mix all ingredients and put in a well-greased baking pan
- sprinkle topping on cake mixture
- bake 375 for 30 min.

Topping:

- 1/3 cup sugar
- 1/2 tsp. cinnamon
- 1/4 cup nuts,,optional

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director



Sons of Norway International Convention in Tacoma 2016

What a great time in Tacoma! Three lodges in the Tacoma area did a super job hosting the Sons of Norway International Convention they were: Norden in Tacoma, Hovedstad in Olympia and Vesterdalen in Auburn Washington.

I was not a delegate but a vendor and it was fun experience as the vendors they had were a very friendly group of people and had wonderful things for sale: a few rosemalers, handmade jewelry, Nordic inspired wrapping paper, beautiful bunad inspired prints etc from Nordic Folklore <http://nordicfolklore.com/> and they were also selling the gorgeous Oleana wool sweaters made in Norway. We have found out there is now a location in North Carolina that will be selling them which is one of the only places in the eastern US where they are available.

They are so expensive but a wonderful investment; the location is in Forest City, NC:

<http://www.oleana.no/StoreLocator.aspx?cc=95&lang=2>

Tacoma was a wonderful location for the convention, lots of great seafood and beautiful scenery, with the main "attraction" being Mount Rainer! We were lucky enough to be able to see it every day we were out there! One of the trips was a bus ride up to Crystal Mountain which provided a great opportunity to take very good photos of Mt. Ranier. The group out there also did a wonderful job on the President's reception which was held at Thea Foss Waterway Museum. The theme for it was the Thea Foss tug boats for which they made the wonderful table decorations with the fresh dahlias shown in the photo. Two tug boats from the Thea Foss company provided part of the entertainment of what I would call "dancing tug boats" as they turned and moved in unison in the water in such ways that was unbelievable.



Other events included a dinner cruise on the waterway, a "Tasting and turning", wine & aquavit tasting and dance exhibit at the Norden lodge built in 1922 and then the final banquet held on Saturday night.

There was a great of business that was attended to at the convention that will be covered in a future Viking magazine article and as I was not a delegate I am not able to speak on it. Many items were discussed and voted on! A notable item was that our very own Marci Larson from the Gateway to Florida lodge was voted in as International Secretary.

I will say that if you have a chance to be able to attend an International convention you should consider taking the time and spend the money to go, it was quite enjoyable and great fun to meet and talk with the Sons of Norway members from all over the US, Canada and Norway.



Submitted by Deb McConaghy of the Norsk Lodge



Fra Presidenten, Mary B. Andersen, September 2016

“it is like driving a car. You do not look in the small rear view mirror to see where you have been, instead you look through the large windshield to see where you are going”

International Vice-President Ron Stubbings used the above quote in his remarks at our 3D Convention and I love them. I will focus on those words for the next two years. Our challenge is that some things in the rear view mirror – memories of our Norwegian heritage – must not be forgotten and must be preserved but we must move forward and respond to bends and turns in the road ahead. How do we connect more people to that heritage? How do we strengthen the ties that already bind?

We will continue to focus on membership, leadership, community and communication. There are a few committees forming to address specific aspects of each of these very important issues; if you are asked to serve on a committee, I hope you will accept. Diversity of experiences and opinions generally results in a well thought out solution. Some of the committees and their tasks include:

Communication – the first item to be examined is the TDT – an enormous amount of effort goes into producing a monthly newsletter. Is it worth it? We have approximately 5500 members with approximately 3500 email addresses; so at most we can reach 60% of our membership. But the newsletter is opened by on average, 35% of the recipients or 1,220 members which represents 20% of our membership!!! Is a monthly newsletter worth the time & effort that goes into producing it, if at most only 20% of our members open it???? is a quarterly newsletter a better alternative? Join the conversation – Deb McConaghy of Norsk Carolina is heading this committee. There are many other aspects of communication and more committees will be forming.

Membership – our Vice-President Kathy Dollymore is in the process of forming three committees each of which will concentrate on a specific aspect of retaining and attracting new members.

Leadership – I will be working with many members throughout the District to develop leadership tools. I am thinking of videos, train the trainer sessions and more. If you are interested in helping with developing leadership curriculum let me know!

There are other committees actively at work and you will hear more about them over the next few months.

Your Board can not do it alone!

I am pleased to announce that Jim Dunagan, Oslo Lodge has been appointed as Publicity Director! We will be issuing a special Convention issue (both 3D and International) in the next few weeks.

The 3D Board appointed the LOV Board as follows:

- Chair – Roy Berntsen
- Vice Chair – Billy Karpack
- Treasurer – Helen Timoney
- Secretary – Barbara Berntsen
- Marketing Director – William Taylor

All the best, Mary

NORDIC HUMOR:



Jane and Joni Leetun, sisters who traveled to Norway this past May. They made their Osterøy bunads to wear for Syttende Mai and while visiting the land of her forefathers. Jane and Joni gave a presentation of their trip at the home of Cheri Johnson. Come meet Joni at our September Lodge meeting!!



From Sharon Rohrback's friend, and Blåfjell friend, Ruth Rossin. (underscores added by Sharon).

An interesting way to look at GOD

When GOD solves our problems, we have faith in HIS abilities.

When GOD doesn't solve our problems HE has faith in our abilities.

God's accuracy may be observed in the hatching of eggs

- those of the canary in 14 days;
 - those of the barnyard hen in 21 days;
 - eggs of ducks and geese in 28 days;
 - those of the mallard in 35 days;
 - The eggs of the parrot and the ostrich hatch in 42 days.
- (Notice, they are all divisible by seven, the number of days in a week!)

God's wisdom is seen in the making of an elephant. . . .

- The four legs of this great beast all bend forward in the same direction.
 - No other quadruped is so made.
 - God planned that this animal would have a huge body too large to live on two legs.
- For this reason He gave it four fulcrums so that it can rise from the ground easily.
The horse rises from the ground on its two front legs first.
A cow rises from the ground with its two hind legs first.

How wise the Lord is in all His works of creation!

- Each watermelon has an even number of stripes on the rind.
- Each orange has an even number of segments.
- Each ear of corn has an even number of rows.
- Each stalk of wheat has an even number of grains.
- Every bunch of bananas has on its lowest row an even number of bananas, and each row decreases by one, so that one row has an even number and the next row an odd number. Amazing.
- The waves of the sea roll in on shore twenty-six to the minute in all kinds of weather.
- All grains are found in even numbers on the stalks.

God has caused the flowers to blossom at certain specified times during the day. Linnaeus, the great botanist, once said that if he had a conservatory containing the right kind of soil, moisture and temperature, he could tell the time of day or night by the flowers that were open and those that were closed.

The lives of each of us may be ordered by the Lord in a beautiful way for His glory, if we will only entrust Him with our life. If we try to regulate our own life, it will only be a mess and a failure.

Only God, who made our brain and heart, can successfully guide them to a profitable end.

I pray God blesses you in ways you never even dreamed.

When you carry "the Bible", Satan has a headache; when you open it, he collapses; when he sees you reading it, he loses his strength, and when you stand on the Word of God, Satan can't hurt you! And did you also know...that when you are about to forward this email to others, the devil will probably try to discourage you, but do it anyway.

Life without God is like an unsharpened pencil - it has no point.

PRAISE GOD ALWAYS... AMEN AND AMEN

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Michael Beck (SON Zone 7 Financial Benefits Counselor for Hampton Roads and Blåfjell lodges.)

This is his new address is:

Michael Beck, LLC
4445 Corporation Lane, Ste 181
Virginia Beach, VA., 23462.

Michael Beck, MPA, LUTCF
[757-716-8830](tel:757-716-8830)
www.vavalueins.com

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News from Marlin Thompson:



**MARK YOUR CALENDARS FOR
UPCOMING MEETINGS AND EVENTS**

- September 24, 1-3pm** **SON Meeting**
Location: College Lutheran Church
Special Speaker: Joni Leetun
Program: Nordic Auction/sell baked goods.
Chairpersons: Cheri Johnson and Joann Barfield
- October 10** **Adopt-a-School**
Presentation: Leif Erikson by Cheri Johnson
Location: Faith Christian School
- October 22, 2-4:30 pm** **Blåfjell 20th Anniversary Dinner**
Location: The Glebe, 200 The Glebe Blvd. Daleville, VA.
Program: Scandinavian music by Celie Holmes
Chairpersons: Cheri Johnson, Kathy Clark and Joann Barfield
- November 18** **Adopt-a-School**
Presentation: Viking Day
Location: Faith Christian School
- November 19, 1-3 pm** **SON Meeting**
Location: College Lutheran Church
Program: Ornament and cookie exchange & 7 Kinds of Cookies by Cheri Johnson
Chairpersons: Joann Barfield
- December 3, 1-3 pm** **Yulefest Annual Dinner and St. Lucia procession**
Location: College Lutheran Church
Chairpersons: Kathy Clark and Sharon Rohrback
- December 13** **St. Lucia Festival at St. Andrews Catholic Church**
Contact person: Joann Barfield

MARK YOUR 2016 CALENDARS NOW

THIRD DISTRICT/INTERNATIONAL NEWS:

For President's letter, see the Third District Events Calendar: www.3dsofn.org/newsletter/index.html
District 3 events: www.3dsofn.org/eventscalendar
Land of Viking (LOV) camp and conference center in Pennsylvania: www.3dsofn.org/lov or www.Landofthevikings.org
New Sons of Norway E-Post: sonsofnorway@sofn.com
Royal Norwegian Embassy in Washington: emb.washington@mfa.no
Nordic News from the Icelandic Embassy: <http://www.iceland.is/us>
NEWEST NEWS: New newspaper ... Welcome to Norway Today: www.norwaytoday.info
FULL LISTING OF EVENTS around the U.S: www.norway.org/calendar

SONS OF NORWAY MEET ON THE FOURTH SATURDAY OF EACH MONTH!

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

