

3rd QUARTER 2023

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Third District Presidents Message Sept 2023

It has been a little over a year since your Board was voted into office. One good thing that came out of the recent pandemic was the use of Zoom which has given the District Board and its committees the ability to meet much more often and accomplish much more for the benefit of the district. In addition to the tasks that are done each year such as organizing, printing and distributing the district directory and filing of the D-63 and D-17 for the district, I have been meeting with the district presidents quarterly, more if necessary and Karen has been meeting with the district secretaries every other month and Karen sends a detailed district secretary's letters to all secretaries in the district with copies to the presidents. As I reported earlier, I have also appointed members to many committees. Your board members and volunteers have put in many hours over the last 14 ½ months. **So, what has your board done for you lately?**

We have brought back Youth Camp. Youth Camp 2023 was a success at Camp Koinonia, under the direction of Camp Director Tom Bakos. We are busy planning Youth Camp 2024.

The Committee to Review the Minutes of the 2022 Convention under the leadership of Barbara Berntsen reviewed the minutes and recommended approval by the Third District Board who approved the minutes of the 2022 Convention. The committee was thanked and dismissed.

The Scholarship Committee under the leadership of Elaine Breiland met and recommended to the Board that the Third District NOT have its own scholarship fund. It was felt that having another scholarship fund in the district would compete with and hamper the zones and lodges that presently have scholarship funds. Their suggestion was approved by the board. The committee was thanked and dismissed.

The Website Committee/Publicity under the leadership of Asbjorn Lageraen met and decided that the district should consider having a new website. This sparked the need for yet another committee. I quickly formed the Website search committee.

The Website Search Committee under the leadership of Christine Taylor reached out to and received bids from 6 companies. The committee narrowed the field to three bids which they presented to the board. The board overwhelmingly choose Graphics 22 owned and operated by Lodge Brooklyn President Kimberly Breiland. Her bid was not only the most reasonable, but the support she offered far surpassed any other bid. The committee was thanked and dismissed. Once hired Kimberly, with the input from Website Committee-Publicity, set up a new and much improved website. Please take some time to check it out.

www.3dsofn.org

The Convention Policy Committee under the leadership of Karen Olsen-Helmold has completed phase one of its assignment, by developing a policy for lodges who wish to host a convention. This was presented to and approved by the board. I have recently sent a copy of this policy to all lodge presidents

and secretaries. The committee will now continue to work by outlining policies for various board members regarding their responsibilities regarding our conventions. **IF ANY LODGE OR ZONE WOULD LIKE TO HOST THE 2026 THIRD DISTRICT CONVENTION, NOW IS THE TIME TO START PLANNING BY CONTACTING EITHER KAREN OR ME SO WE CAN ASSIST YOU WITH THE LOGICS AND NUMBERS. WHILE A LOT OF WORK, HOSTING A CONVENTION IS A GREAT WAY TO MAKE MONEY FOR YOUR LODGE OR ZONE.**

LOV Money Committee under the leadership of Elaine Breiland has met and made a few suggestions at the March 2023 Board meeting. The financials along with their recommendations will be given to the district finance committee who will take the district's entire financial situation into account and will make a recommendation to the board to be voted on at our October Board meeting. In the meantime, the money from the sale of LOV has been invested in a liquid interest bearing account until the final decision regarding its allocation is approved by the Board.

The By-laws and Policy Review Committee under the leadership of Barbara Berntsen has been busy reviewing the By-laws and making suggestions for changes. They made their first report to the board in April and took comments from the members of the board. They will make another presentation to the board in October of 2023 and their final recommendations at the March 2024 Board meeting at which time the Board will vote on what to present to the delegates for approval at our 2024 Convention in June 2024.

The Rezoning Committee under the leadership of Kaare Hansen, has met and discussed basic groundwork to be done for the next meeting. They are taking many issues into consideration as they examine the need if any to re-zone.

The Finance Committee under the leadership of Elaine Breiland will be working on the suggestions from the LOV Money Committee as well as preparing the 2024 budget. They will present their work to the board for approval at the October Board meeting.

The Lodge Revitalization Committee under the leadership of Christine Taylor has been extremely busy. The Committee developed a zone director's checklist that each zone director is being asked to complete for each lodge within his or her zone once, hopefully twice a year. The information can come from lodge visits either virtual or in person or by phone calls or zoom meetings with lodge officers. The purpose of this report is to help the Local Lodge Support Committee to ascertain what if any help can be given to each lodge for them to grow and prosper. The committee has also developed a leadership training program. The purpose of this program is to help lodge officers understand not only their responsibilities, but the responsibilities of their colleagues in the lodge. The first phase concentrates on executive positions such as president vice president secretary treasurer and trustees with instruction on how to set up an account with the home office, how to update your profile and how to file required documents using the program from the home office which is the only way they will accept these documents. The program will be given via zoom in each zone. It was given in Zone One where all 6 lodges were represented, and 31 members attended. The training will be given in Zone 7 on September 30th. Committee Chair and Zone 5 Director will be presenting the training in person as she visits each lodge in Zone 5. We are now in the process of setting up times to have the program in the other 4 zones.

Another task that this committee has assumed is developing a toolkit on the district website that will have programs, lists of guest speakers and activities for lodges to use at their meeting. It is meant to make the jobs of social and cultural directors easier.

The Giving Committee under the leadership of Leif Easterson has gotten the bank accounts for the Charitable Trust changed. This takes 4 months each time we must do this with Morgan Stanley. The committee has dedicated a month to each charity that the district supports.

Third District Charitable Trust – month of April

Sons of Norway Foundation – month of October

Dementia- friendly support – can be The Alzheimer's Longest Day campaign in June or local Alzheimer's walks. More great information and links to donate can be found on www.3dsofn.org.

The Cultural Committee, a new committee under the leadership of Andy Mathisen is setting up 2 cultural weekends for everyone to enjoy; singles, couples and families; one to be held in the northern part of the district and the other in the southern part of the district. The Cultural weekend in the north is the evening of **Thursday July 18.**

2024 through Sunday morning July 21, 2024. SAVE THE DATE FOR FRATERNALISM AND FUN AT ITS BEST. More information about the cultural weekend in the southern part of the district will be available soon.

I hope everyone had an enjoyable summer and as you head back to lodge activities in September, I will be updating you monthly on the activities of your Board of Directors and opportunities for all lodges and members to join in.

Fraternally,
Stephen Helmold
District 3 President.

LEIF ERIKSON DAY TIMELINE

999-1000

Leif Sets Sail

Leif and his crew of 35 men leave Norway for the New World and touch down in North America in the year 1000.

October 9, 1825

Formal Migration

52 Norwegian Quakers land on the shores of New York in the first organized migration and Congress honors this as the date of Leif Erikson Day.

1925

American Acknowledgement

Calvin Coolidge acknowledges Erikson as the discoverer of America at the Norse-American Centennial.

1964

Leif Erikson Day Proclaimed

U.S. Congress asked the president to proclaim October 9 to be Leif Erikson day henceforth.

The voyage of Leif Erikson and his valiant crew — bold explorers from Scandinavia, believed to have been the first Europeans to reach the shores of North America — has been a source of inspiration to Nordic Americans for generations. Although they made landfall more than a millennium ago, their historic journey still embodies the spirit of exploration and the ongoing contributions of Nordic Americans to the diversity of our great Nation.

Eight centuries after Leif Erikson's expedition, on October 9, 1825, six Norwegian families arrived in New York City in search of freedom and opportunity. This first group of organized Norwegian immigrants to the United States blazed a new path that fellow Norwegians — as well as Danes, Finns, Icelanders, and Swedes — soon followed, establishing communities in the Great Lakes States, in the northern Great Plains, in enclaves among northern United States cities, and elsewhere across our country. These Northern European settlers have become part of America's rich tapestry, and through service, sacrifice, and countless contributions they have fortified America's culture, society, and economy.

Today, more than 11 million Americans proudly trace their ancestry to Nordic countries. Nordic Americans are leaders in our communities — public officials serving their constituents, law enforcement officers and service members defending our Nation, doctors and nurses, educators, artists, essential workers leading us through the pandemic, visionaries creating new businesses, and so many other important roles. Our Nation is stronger and more dynamic because of the contributions of Nordic Americans. On Leif Erikson Day, we express our appreciation for the many contributions of Nordic Americans, who have enhanced American society and strengthened our cultural diversity.

While the great era of Scandinavian immigration occurred more than a century ago, the legacy of Nordic immigrants endures, along with the values and interests we share with their original homelands — including increasing opportunity for all and recognizing the inherent dignity of every human being. We share mutual commitments to democracy, freedom, human rights, rule of law, security, and prosperity, and Nordic countries remain some of our most reliable military allies and economic partners, helping us meet the shared challenges of our time. The United States greatly values our continued friendship.

To honor Leif Erikson, son of Iceland and grandson of Norway, and to celebrate our Nordic-American heritage, the Congress, by joint resolution (Public Law 88-566) approved on September 2, 1964, has authorized the President of the United States to proclaim October 9th of each year as "Leif Erikson Day."

Excerpted from a Presidential Proclamation, OCTOBER 08, 2021.



To celebrate the Leif Erikson Day last year, the Third District inaugurated "New World Service Day". The concept was for each of our lodges, either collectively or as individual members, to focus their physical efforts and time toward contributing to making this planet of ours a better place for us all. There was no limit to the types of volunteer efforts that could take place nor a specific day that they might occur. Just like Leif Erikson's adventures over 1 thousand years ago, many of our 3D Lodges set out on a voyage of discovery that ultimately rewarded their participants with the intangibles that only volunteerism can provide. I am happy to report that New World Service Day 2022 was a resounding success and it was reported to me by word and picture that over 25% of our lodges took part in the initial effort.

For 2023, let's do even better! Volunteerism can be contagious so look out. Once you unlock this resource it might even translate into some more new and fresh lodge officer material. *"If you ever need a helping hand, it is at the end of*

your arm. As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others." —Audrey Hepburn

District Three Secretary's Letter; July—August 2023

Dear Lodge Secretaries,

Summer is here and many lodges take a break, so it is time to relax a little. It is also a great time to get caught up on work that has taken a back seat during the busy parts of the year, as well as a good time to start planning ahead. Below is information to help you to do just that.

I hope everyone has a restful and enjoyable summer.

Sincerely,

Karen Olsen-Helmold, District Three Secretary

Kolsen2@verizon.net 183 Evergreen Avenue, Bethpage, NY 11714

Location of Forms and Deadlines

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 Newsletter, the TDT (Third District Today). Please acquaint yourself with them. You can find a good list of yearly important deadlines for Lodge business on the Sons of Norway website www.sofn.com at Log In/ Member Resources/ Lodge Leadership Resources/ Administrative Resources/ Important Deadlines.

IMPORTANT 2023 DEADLINES:

PAST DUE May 15, 2023 – Deadline for Lodge Treasurers (with information from Secretaries) to submit IRS tax form 990 and to notify Sons of Norway Headquarters when the 990 has been submitted. The district has been informed that most lodges have not filed their 990 forms with the IRS. If you filed, you must notify the home office and send proof to filing to them asap.

Third District Youth Camp is Back

AGE LIMIT EXTENDED TO 17 YEAR OLDS

DEADLINE EXTENDED TO JULY 10TH WHILE ROOMS LAST!

Third District Youth Camp will be held July 16-July 22 at Camp Koinonia in Highland Lake, New York. Tom Bakos is our new Camp Director. Due to the fact that many younger members were unable to attend camp these past two years because of COVID, the Board has extended the cut off age to allow 17-year-olds to attend this year. If you are thinking about sending a child to camp, please contact Tom Bakos 8 Bingham Drive Marlboro, NJ 07746 tcbaconbits@optonline.net.

If you are interested, call Tom TODAY 732 320 5128

Nominations and Fall Elections

D-63 Lodge Officer Update Forms Due December 31, 2023

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 when it is difficult to fill positions.

2024 International Elections for Officers – MAJOR CHANGE IN PROCEDURES

In the past the officers for the International Board were voted on by the delegates to the International Convention. Starting in 2024, International Board members will be elected only by Insurance members (anyone with a Sons of Norway Product even if you are not a member of a Lodge). All insurance members who do not belong to a local lodge are now members of the Central Lodge 3-000 which gives them voting rights.

The home office is checking the laws of Minnesota to see if they are mandated to send paper ballots to all who are eligible to vote. **If this is not mandated by law, the international WILL NOT SEND PAPER BALLOTS.** Members with products will then be able to vote only **ONLINE.**

There are 2 very important steps you must take to ensure your ability to vote.

Voters can **NOT** share an email; you will only get one vote per email address if there is more than one member using that email address. Husbands, wives, and adult children with Sons of Norway products **MUST** have separate email addresses if you each wish to have a vote.

Once everyone has their own email address or if you are the only one with a product, you need to log onto the Sons of Norway website and check your profile to make sure they have your correct e-mail address.

Lodge Anniversaries in 2023:

Contact the Lodge Secretary for more information.

Nansen	Jan. 12	85th	
Washington	Jan.16	80th	to be celebrated in September 16 (see attached flyer)
Norskevenner	Mar. 1	15th	
Maine Nordmenn	June 12	20th	to be celebrated Sept. 9, 2023 (see attached flyer)
Fredheim	Nov.3	100th	to be celebrated Nov. 11, 2023
Lodge Brooklyn	Nov.22	100th	to be celebrated on Nov. 18, 2023 Theme the roaring 20's
Norrøna	Dec.18	65th	Celebrated on May 13, 2023

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, which is found on your profile page at the Sons of Norway website, to see if any of your officers are not up-to-date on their membership fee.

Fraternal Funds

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 the funds are voted upon at Board meetings throughout the year. The Fraternal Funds form is located on the District Website, www.3dsofn.org under **Documents and Forms**. Receipts must accompany the form. Any lodge cultural expense, even the cost of a Zoom contract, can be reimbursed partially or fully by Fraternal Funds. Please have the application and receipts sent to the District Secretary as soon as the event has occurred, and the paperwork is available. [If you have any questions about an event qualifying for fraternal funds, please contact me at kolsen2@verizon.net.](mailto:kolsen2@verizon.net)

Paper Lodge Membership Applications Need Correction

On printed, paper lodge membership applications, there is a section requesting a credit card number. Cross that section out on your forms if your lodge still has some paper applications. It is no longer to be used. The only way

that new members can pay their membership dues by credit card is by going to the Sons of Norway website and registering online. This change is being done for credit card security reasons. If a new member or renewing member wants to use a paper application, they must write a check payable to "Sons of Norway" and cannot pay by credit card.

More on New membership forms

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

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.

Pause on Local Lodge Bylaws Update

Sons of Norway has recently asked lodges to pause in updating Lodge Bylaws because of the changes in governance that are being worked on at Sons of Norway. Good news, you get a reprieve! If you and your lodge were diligent in the last year, updated your Bylaws, sent them to Minneapolis, and haven't heard anything, just be patient.

Death Notices and District and Zone Memorial Services

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

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

- Sons of Norway Headquarters, 1455 West Lake Street, Minneapolis, MN 55408. Include a note saying that you would like the name of the deceased member printed in the In Loving Memory section of Viking Magazine.

- Your lodge membership records.

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

- Your lodge's list of deceased members' names and information for the biennial District Lodge Meeting/ Convention where there is also a Memorial Service.

You can obtain the member # and address of the deceased on your Membership lists (after logging in, see your profile on the Sons of Norway website). It is very important that you also take note of the birth date AND "Member Effective Since" date. Continue to keep these dates and information for your Zone Memorial Service and for the 2024 Convention Memorial Service.

From Falmouth to Lauderdale - District 3 Happenings



Karen Olsen-Helmold conducts Leadership Training at Loyal Lodge **3-252**



Ronald and Joanne Granning have been members of Sons of Norway for over 67 years. They are currently enjoying their membership in **Gulfstream Lodge #3-514** in Fort Pierce, FL.

Ron says that the meetings and socials with fellow members and guests bring back many memories over the years. In 1939, his folks, Ole and Lydia Granning came to the USA from Helvika and Kristiansund, Norway. They were charter members of Midnight Sons of Norway Lodge #415 in Detroit, Michigan. He remembers that his family was very active in the lodge with much fellowship

with other Norwegian families. His sister even gave flowers to the King and Queen of Norway upon their visit to Detroit.

The first lodge meeting was above a drug store with approximately 20 members, which grew rapidly. Families were very active with potluck dinners, very regimented meetings (inner and outer guards, of course), summer picnics, card parties and always holiday celebrations with dancing, piano and accordion players. The floor could be heard by the customers downstairs during the schottische (sp?) and polkas. There was always a Christmas tree with presents for the children, from Santa Clause (Ron's dad).

Joanne and Ron stayed with the lodge until it merged with Nordcan Lodge 378, Farmington, Michigan on the West side of Detroit, which is still active today.

Washington Lodge 3-428 greeted April with a sumptuous brunch at the lodge to welcome new members. Around 50 people attended. Also in April, we hosted a lefse workshop led by Lynn Rundhaugen and Erik Larson, and managed to plug in 5 lefse griddles at the lodge without blowing a single fuse! In May we served hotdogs and popcorn at the areawide Syttende Mai picnic organized by our lodge and other local organizations. We

also were excited to be invited to help at the Norwegian Embassy's first Open House where the general public was invited. About 5,000 visitors enjoyed the Embassy's hospitality. The Genealogy Interest Group met for a presentation on Christoffer Trondssen Rustung (1500-1564), Norwegian politician and pirate. In June we held a traditional Norwegian cookie workshop at the lodge, enjoyed a picnic in the backyard, and the Reading Circle met to discuss *The Ice Swimmer*, a "Nordic Noir" by Kjell Ola Dahl.



What has **Noreg Lodge 3-466** been up to? Our beloved Solbakken was sold in December 2022. Age and the lack of people to maintain the property took its toll! Noreg Lodge (via Solbakken) gifted a *significant* sum of money to Sons of Norway Foundation to support scholarships and/or grants to further the Sons of Norway mission "to share and to preserve the Norwegian/Nordic culture". That is our Lodges' belief, that is the reason for the gift to Foundation. I can assure you, that contribution made Lodge District 3 *look good*! 3D Charitable Trust also received a significant gift.

In March 2023, we had Installation of Officers. In April, Noreg Lodge hosted the Zone 3 Spring Meeting and will host again in October. To date, the Lodge accomplished three (3) successful Community Outreach Programs: Food Drive for Reformation Lutheran Church Food Pantry; the purchase of 30 Easter Sunday Lilies for the Sanctuary of Belford United Methodist Church; a monetary gift to a family who lost everything in a devastating fire that included a wife and a daughter.

Noreg had a successful Syttende Mai program. Thirty (30) members attending the dinner and presentation of heavy water by Jeff Dirgo, Nor-Bu Lodge. On August 5th, 2023, Lisa Lorentzen, professional rosemarler with ties to Vesterheim, will be teaching a rosemaling class at our Lodge. Two scheduled Business Meetings, a walk to end Alzheimer in October, and our annual Christmas Party in December will close out a busy and successful year. We continue to hold Cultural Classes the last Sunday of the month and Noreg Lodge will have another Food Drive in the Fall.

A-la-Noreg Lodge on a silver platter!

Barbara Bensen,
President, Noreg Lodge;
Solbakken, 1st Vice-President;
Assistant Zone 3 Director.

Nor-Bu Lodge 3-427 participated in multiple events so far this year. As Cultural Director we have a few more to be scheduled before the end of the year.



On February 23, 2023 we participated in Roxbury's High School Global Multi-Cultural Expo. Norway was represented by Deb Landvik-Larsen, Chuck Weber, Jeff Dirgo, Kari Brescher and Sandy Cobb. Our presentation consisted of Rosemaling, Scandinavian Carving, Handmade Knitting, Norwegian Cookware and a Presentation of Heavy Water. At this event many Countries were represented. Each student presented a Passport that was signed & a sticker Flag was put into each students Passport.

April 18 through April 23, 2023 Nor-Bu Lodge hosted a Norwegian Sewing Class by Deborah McConaghy from South Carolina.

Class size had to be limited to make it possible for the instructor to give personal attention to each student. Deb Landvik-Larsen and

Judith Randazzo made Bunad Blouses. Ingrid Svaasand, Debbie Dirgo and Susan Sooy made Festdrakts.

May 7, 2023 Nor-Bu Lodge participated in The Pathways of History Tour, displaying Norwegian Artifacts. Deb Landvik-Larsen displayed her Rosemaling, Scandinavian Carvings by Mike Fellner and Vintage Artifacts from Norway. Kari Brescher displayed her hand knitted sweaters and Hardanger. Jeff Dirgo displayed his Gunnerside Presentation and Heavy Water Presentation, Ken Arntzen displayed his Acanthus Carvings along with carving tools and books. Chuck Weber displayed his vintage family artifacts. Debbie Dirgo helped keep things organized throughout the day. All Nor-Bu representatives dressed in their Bunads or Norwegian Sweaters.

This event is part of a tour through Morris County where people are given different locations in Morris County and what each site will demonstrate. A record of attendees is kept and it was determined that Nor-Bu Lodge received the most attendees in Morris County. All that visited the lodge were very impressed by the artifacts displayed and the information they received.

Currently we are making plans to have a Rosemaling Class, Norwegian Folk Dancing Group and a Lefse making class.

In December we will have a class on making paper "Heart Ornaments" for the Christmas Tree when Nor-Bu has their Norwegian food sale.

If anyone is interested in obtaining information for the upcoming classes, please contact Cultural Director, Deb Landvik-Larsen 201 317-3459.

Deb Landvik-Larsen

Cultural Director



Jon and Gloria Tehven with Mary Anderson at Nordic Fest



Blå Fjell Lodge participates in the annual "Local Colors" festival in Roanoke, Va. Jo-Ann Barfield in her bunad is on the left.

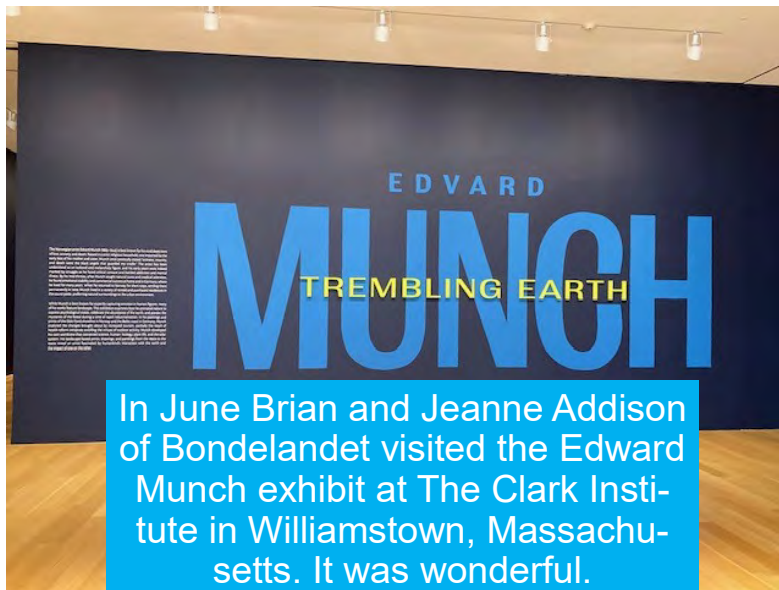


Ron Bergum gives the Kubb trophies he made to winners Rob Solem and Brian Addison at the **Bondelandet 3-612** Lodge picnic in Lancaster, PA.

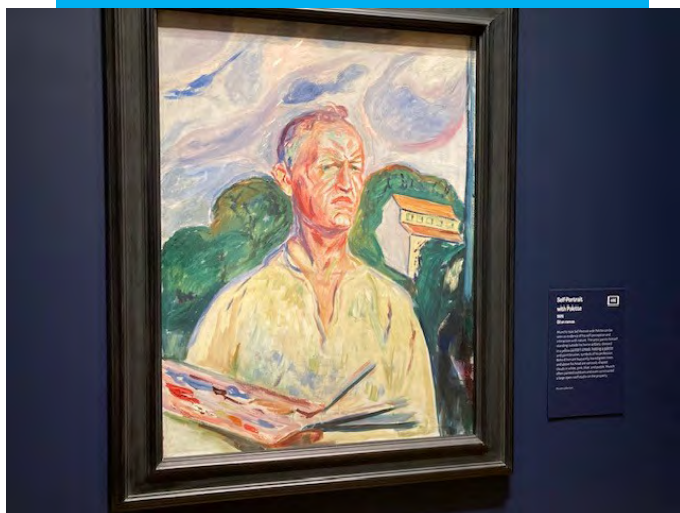
In April, **Bondelandet** had a casual potluck Easter brunch. Members wore pastel colors and brought Easter decorations from home.

In May, eight Bondelandet members traveled to Restoration Lodge in Broomall, PA for a joint lodge celebration of Syttende Mai. We enjoyed meeting Restoration members, hearing from the Norwegian Consul of Philadelphia, having a luncheon and **17th of May** cake, and hearing a presentation on Norwegian royalty by Restoration members Jorgen Flood and Rick Nelson.

In August, Bondelandet will meet for the second annual Bondelandet mini-golf and ice cream outing and later have a lodge potluck picnic and Kubb at a local park.



In June Brian and Jeanne Addison of Bondelandet visited the Edward Munch exhibit at The Clark Institute in Williamstown, Massachusetts. It was wonderful.





**Restauration Lodge participated
in Flag Raising at Philadelphia
city Hall for Syttende Mai**



Restauration Lodge Picnic



**Restauration Lodge wins "Best Artifacts
Table" at the "Scandinavian Countries Festi-
val" held at the American-Swedish Muse-
um of Philadelphia.
Lodge members share information and
stories about Norway to the attendees.**

Restauration Lodge 3-555 has been busy with virtual and in-person meetings. The lodge has been interactive with programs for members and has hosted a Zone 6 meeting for our zone lodges. It was well attended with Honorary Norwegian Consul of Pennsylvania, International officers, and Zone Director Jeanne Addison speaking to the multiple lodge members. The lodge has also gone out to other venues to promote Sons of Norway such as the raising of the Norwegian flag at Philadelphia City Hall and the American Swedish Museum of Philadelphia, winning Best Artifact Table. We will be meeting through the summer with more relaxed events, starting back in September with more formal presenters such as Vesterheim Museum.

CENNTENIAL QUILT In the centennial year of the Sons of Norway organization, it was asked of the members of each District to send to Liv Dahl, the then Cultural Director, an example of stitchery for the “Century Quilt” from their District. Many examples of different types of stitchery, such as hardangersom, embroidery and quilting, were sent into SON headquarters to be considered for the “Century Quilt”. Only a small number of the lovingly stitched items could be selected. After the 30 items were chosen the quilt was assembled and displayed at the SON headquarters. At one time it was hung behind plexiglass to keep it safe. It was an honor for those who were chosen from the countless entries to the Century Quilt. The result was a beautiful piece of history stitched by many dedicated Sons of Norway members hands. I can only speak to the pride and dedication my mother, Margaret Brinson, had in Sons of Norway. While a young girl in Norway, classes in Hardanger, knitting and emphasis on the creation of a home was the norm in the housewife ideology between the two world wars. This domestic ideology and the caring for others she brought to America as a District Nurse. As an emigrant coming to America after WW II she found a connection, as had many, with the Norwegian Seaman’s Church and Sons of Norway. As a charter member of two SON lodges, Restauration 3-555 in PA, and Southern Star 3-630 in SC, she found her calling. Teaching Hardangersom to members of the lodges, making bunads for the members, teaching Norwegian food culture, and holding classes for lodge members in the cultural arts was rewarding for both herself, the members who were lucky enough to gain from her teaching and the lodges who benefited from her handwork. The Century Quilt is a piece of Sons of Norway History that spans all Districts for all times. Each of the squares and their distinctive designs represent the heritage and the bonds between our people, our lodges.



ALZHEIMERS DEMENTIA AWARENESS



Sons of Norway Foundation News Release

Sons of Norway Foundation Mission Statement, Core Values, Tag Line

At its July 19, 2023 Foundation Board of Governors (FBG) meeting, the FBG voted to revise the Foundation mission statement from:

"The mission of the Sons of Norway Foundation is to share and preserve Nordic heritage, to positively affect our members' lives, and to make Sons of Norway communities better places to live" to

"The mission of the Sons of Norway Foundation is to celebrate our Nordic culture and heritage through scholarships and grants to our members and communities."

The rationale for this change was to more clearly communicate the purpose of the Foundation: grants and scholarships to our members and communities.

At the same meeting, the Foundation Core Values were revised from:

1. Building the heritage of the future
2. Sustaining the link to contemporary Norway
3. Committing to life-long learning and service
4. Demonstrating compassion for those in need
5. Funding innovative individuals and opportunities
6. Fostering a cohesive community of generosity

To:

1. Building our culture and heritage for the future
2. Committing to life-long learning and service
3. Demonstrating compassion for our members in need
4. Sustaining the link to contemporary Norway
5. Fostering a community of generosity

"Celebrating Nordic Legacy-Empowering Lives" Tag Line was approved by the Board on August 22.

The appropriate changes will be made on the SON Foundation website.

Together We Are the Future

The Together We Are the Future campaign will begin October 1 and run through January 15, 2024. The goal for 2023 is to add \$185,000 to the SON Foundation for scholarships and grants. The campaign will be featured in the September/October *Viking Magazine*.

ALZHEIMERS DEMENTIA AWARENESS

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



A caregiver, sometimes referred to as a caretaker, refers to anyone who provides care for another person. Millions of people living in the United States take care of a friend or family member with Alzheimer's disease or a related dementia. Sometimes caregivers live with the person or nearby, other times they live far away. For many families, caring for a person with dementia isn't just one person's job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.



Tips for Everyday Care for People With Dementia

Early on in Alzheimer's and related dementias, people experience changes in thinking, remembering, and reasoning in a way that affects daily life and activities. Eventually, people with these diseases will need more help with simple, everyday tasks. This may include bathing, grooming, and dressing. It may be upsetting to the person to need help with such personal activities. Here are a few tips to consider early on and as the disease progresses:

- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- Plan activities that the person enjoys and try to do them at the same time each day.
- Consider a system or reminders for helping those who must take medications regularly.
- When dressing or bathing, allow the person to do as much as possible.
- Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.
- Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.
- Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.

Serve meals in a consistent, familiar place and give the person enough time to eat.

Tips for Changes in Communication and Behavior for People With Dementia

Communication can be hard for people with Alzheimer's and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control in his or her life as possible.
- Respect the person's personal space.

- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"
- Encourage a two-way conversation for as long as possible.

Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.

Tips for a Healthy and Active Lifestyle for People With Dementia

Eating healthy and staying active is good for everyone and is especially important for people with Alzheimer's and related dementias. As the disease progresses, finding ways for the person to eat healthy foods and stay active may be increasingly challenging. Here are some tips that may help:

- Consider different activities the person can do to stay active, such as household chores, cooking and baking, exercise, and gardening. Match the activity to what the person can do.
- Help get an activity started or join in to make the activity more fun. People with dementia may lack interest or initiative and can have trouble starting activities. But, if others do the planning, they may join in.
- Add music to exercises or activities if it helps motivate the person. Dance to the music if possible.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Buy a variety of healthy foods, but consider food that is easy to prepare, such as premade salads and single portions.

Give the person choices about what to eat, for example, "Would you like yogurt or cottage cheese?"

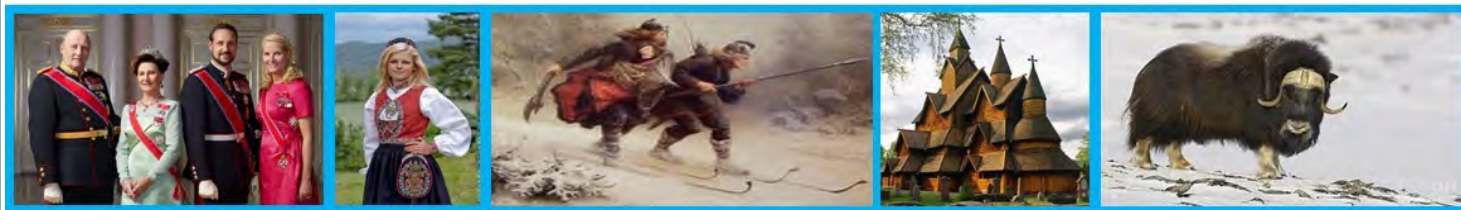
Tips for Home Safety for People With Dementia

As a caregiver or family member to a person with Alzheimer's or related dementias, you can take steps to make the home a safer place. Removing hazards and adding safety features around the home can help give the person more freedom to move around independently and safely. Try these tips:

- If you have stairs, make sure there is at least one handrail. Put carpet or safety grip strips on stairs, or mark the edges of steps with brightly colored tape so they are more visible.
- Insert safety plugs into unused electrical outlets and consider safety latches on cabinet doors.
- Clear away unused items and remove small rugs, electrical cords, and other items the person may trip over.
- Make sure all rooms and outdoor areas the person visits have good lighting.
- Remove curtains and rugs with busy patterns that may confuse the person.

Remove or lock up cleaning and household products, such as paint thinner and matches.

Our Heritage and Culture – Denmark Article #1



The Legend of Queen Dagmar (My favorite all time Monarch)

DIN SOI KINSSJÆL
DEN KOM OG HER
BLEV BRUD TOG

STEG DID HVORFRÅ
HOS OS DIN GRAV
PLEYNDRET GUDS



The beloved Queen Dagmar (softly pronounced as Dow-mer with the accent on the first syllable) was born a princess in Bohemia and became the wife of thirteenth-century ruler King Valdemar the Victorious.

In 1205, Dagmar sailed to Ribe from Meissen to marry the Danish King. According to tradition, the day after the wedding, Dagmar received a morning present from Valdemar, but she had not wanted jewelry or other riches. Instead she wanted all prisoners in Valdemar's prisons released and the high taxes for farmers to be lowered. Valdemar granted both her wishes and Dagmar quickly became a beloved Queen of the people.

Dagmar of Bohemia (also known as **Margaret**, Czech: *Markéta*; c. 1186 – 24 May 1212 in Ribe) was Queen of Denmark as the first spouse of King Valdemar II. She was the daughter of King Ottokar I of Bohemia and his first wife, Adelaide of Meissen.

Margaret's father, Ottokar I, became Duke of Bohemia in 1192, but in 1193 was deposed. He then left Bohemia with his family. His wife, Adelaide, and their children found a new home at the court of her brother Albert I, Margrave of Meissen. Ottokar became a mercenary for German rulers. In 1197, Ottokar became the Duke of Bohemia for a second time. He repudiated Adelaide and divorced her in 1199 on the grounds of consanguinity. He married Constance of Hungary later the same year. This step, together with other maneuvers, helped him later to obtain the hereditary elevation of his title to king.

Adelaide did not waive her rights. In 1205, she returned to Prague temporarily. At that time, Ottokar decided to marry their daughter, Margaret, to Valdemar II of Denmark. His new wife Constance gave birth to a son, later King Wenceslaus I of Bohemia, the same year. Adelaide left Bohemia soon and died a few years later.

Before his first marriage, Valdemar had been betrothed to Richeza of Bavaria, daughter of the Duke of Saxony. When that engagement fell through, he married Margaret, now known as Dagmar, in 1205 at Lübeck. According to the records of *Annales Ryenses* (*Rydårbogen*), in 1206 Queen Dagmar influenced Valdemar to release one of his most fervent enemies, Valdemar, Bishop of Schleswig, who had been held in captivity since 1193.



In 1209, Queen Dagmar gave birth to Valdemar the Young (c. 1209–1231). Queen Dagmar died on 24 May 1212 while giving birth to her second son, who did not survive. She was just 23 years old. She was buried in Ringsted in St. Bendt's Church. Valdemar II elevated Valdemar the Young as co-king at Schleswig in 1218. However, Valdemar was accidentally shot with an arrow while hunting at Refsnæs in North Jutland during 1231.

Not many things are known about Dagmar as a person. Most of the im-

age of Dagmar comes from later folksongs, myths and legends, designed to present her as an ideal Christian queen; mild, patient and universally loved, in contrast to her unpopular successor, Queen Berengaria. Old folk ballads say that on her deathbed she begged Valdemar to marry Kirsten, the daughter of Karl von Rise, and not the "beautiful flower" Berengária of Portugal. In other words, she predicted a struggle for the Danish throne between the sons of Berengaria.

After Dagmar's death, in order to build good relations with Flanders (a commercially important territory to the west of Denmark's hostile southern neighbours), Valdemar married Berengária of Portugal in 1214. Queen Dagmar is buried in St. Bendt's Church in Ringsted, on one side of Valdemar II, with Queen Berengária buried on the other side of the King.



In 1690, when her gravesite was removed to make way for the tomb of Erik VI (Menved) and his Queen Ingeborg, a small gold cross with detailed enamel work was found on the breast of Queen Dagmar.

In 1695 the cross was donated to the National Gallery of Denmark. The jewel of Byzantine design and workmanship, is of gold, enamelled, having on one side a crucifix, and on the other side portraits of Christ in the center, St Basil, St John Chrysostom, Mary the Virgin and St John the Apostle-Evangelist. In 1863, King Frederik VII of Denmark donated a replica of the cross to Princess Alexandra of Denmark, daughter of the later King Christian IX of Denmark when she married the Prince of Wales, later King Edward VII of England.

In the modern era, the Dagmar Cross "is worn by Danish girls for their confirmation into the Lutheran Church, and is also given to children as a baptismal gift." In the Lutheran Church of Sweden, "the cross is now delivered to the new bishop, on his installation in office, by the Archbishop of Uppsala, together with the mitre and crozier."



Our Heritage and Culture – Denmark Article #2



Maren Thomasdatter Splids originated from the village of Grimstrup in Esbjerg. Maren Spliid was not a typical witch, because she was a wealthy and respected citizen in Ribe. She was married to the tailor Lauritz Spliid and was a successful landlady of the inn in Lauritz' house in Sønderportsgade. Maren was a self-assured lady and probably many thought she ought to be a little more modest and accommodating. Sometimes she lost her temper.

Didrik the tailor, an unsuccessful professional competitor to her husband, accused her of sorcery in 1637. He claimed that one night he had been awoken by three witches; two were unknown by him, but the third was Maren. They had held him down, and Maren blew into his mouth. The day after he was sick, and vomited up an object he thought was moving. The object was brought forward and observed by priests and the bishop, who declared it to be unnatural. But her husband stood by her side and managed to have her acquitted of the charges.

Didrik then gathered witnesses to support his cause and went straight to King Christian IV of Denmark, in 1639. The king declared that the case should be opened again, and that Maren should bring 15 character witnesses to swear her free from the charges. It so happened that the king himself was quite obsessed by witches, thinking they harmed him both in wars and at home. She did not manage to get them, and was therefore judged guilty of the charges in 1640, but freed by the higher court. The matter was now brought before the highest court, where the king was a judge. The king had Maren brought to Copenhagen and tortured her, despite the fact that the law forbade torture of prisoners before they were judged. The torture made her admit guilt and accuse a number of other people as witches. The judgement was; "Because Maren Spliid personally and here before the court as well as in earlier confessions, said that she had used sorcery, and thereby misused the holy sacrament of communion, we found her as a sorceress, and on her life suffer fire and stake". In Denmark, witches were often burned alive at the stake.



The day after the verdict, Maren was executed outside of Ribe. So many people had come to see it that the priest could hardly get to her. She was given a half bottle of alcohol to steady herself with and a bag of gunpowder on her back to make the death quicker. Then she was tied to a ladder, and the ladder was thrown into the fire.

In 1652, eleven years after this execution, Anna Bruds was burned in Ribe as a witch. After this the witch hunt in Denmark was less intense, though the last convicted witch in Denmark, Anne Palles, was executed in 1693. Together with Norway, Denmark burned more witches than the other countries

in Scandinavia. Many people were burned between 1540 and 1693, especially in Jutland and Northern Norway.



A marble memorial tablet is placed at the house in Sønderports-gade in Ribe where the Maren Splids' house once was. The memorial was built into the wall in 1904 by Ribe Tourist Association. The memorial text:

"Here lived Tailor Laurids Splid, whose poor wife Maren on the 9th of November 1641 was accused of witchcraft and burned at a fire on the Gallows Hills near Ribe"

"ON THE ROAD" In The 3rd District

Charlotte, NC- Home of Norsk Carolina

3-679



Tucked in the Piedmont region's sleepy rolling hills, this bustling metropolis is anything but a quiet Southern belle. Charlotte, North Carolina, explodes with growing businesses, burgeoning sports franchises and an evolving culinary scene. Though the Queen City is known for the Charlotte Motor Speedway and the NASCAR Hall of Fame, it's much more than a haven for those with a need for speed. Uptown Charlotte – be sure not to call it downtown – is crawling with suits and tourists, while art aficionados and culture hounds flood the Plaza Midwood and NoDa (or North Davidson) neighborhoods. Meanwhile, those in search of a pint of local beer won't want to miss South End, home to a handful of the city's top breweries.

This ever-expanding city has a knack for keeping an East Coast pace without stomping on its Southern roots; locals are dedicated to keeping classic Southern charm alive. The blending of these two personalities is engagingly energetic and romantic.



As its name suggests, **Discovery Place Science** is Charlotte's science museum. Past visitors say this kid-friendly playtopia is a great place to spend a day with the family. Here, you'll find interactive, hands-on exhibits that cover a variety of scientific concepts like physics, earth science and the human body. You can design and conduct lab experiments, build mock structures and study different ecosystems with the museum's indoor rainforest exhibit and aquarium. Discovery Place Science also houses an IMAX theater that features an ever-changing program of educational films.

Careful not to forget the needs of its youngest visitors, the museum also offers exhibits for little ones, such as the KidScience section. This early childhood area features soft building blocks, a water table and a sound wall, plus a section designed just for toddlers. It's this exhibit variety that has recent travelers offering so much praise for the museum and learning center.

If you think the **NASCAR Hall of Fame** is just a museum full of plaques dedicated to drivers gone by, think again. This 150,000-square-foot site keeps things buzzing with high-tech exhibits, racing simulators and a 278-seat theater, among other features. Travelers say visitors new to the high-octane sport will appreciate the "Heritage Speedway" exhibit, which details NASCAR's seven-decade history using authentic artifacts and educational films. Meanwhile, the "Inside NASCAR" exhibit provides visitors a more intimate and interactive view into how a NASCAR team preps for race day. Here, visitors can take a car apart (virtually) to see how the parts work, call a race as a NASCAR reporter and get behind the wheel of one of eight racing simulators.

If you don't consider yourself much of a car aficionado, you shouldn't be deterred from making a pit stop here, according to past visitors. Reviewers loved the interactive displays and exhibits, especially the "Pit Crew Challenge," which tests visitors' ability to jack up a car, change a tire with a real airgun and fill up the fuel tank just as the real pit crews do. They also highly recommend the simulator, which they feel is worth the extra fee.

However, casual fans could be discouraged by the admission price: Tickets for adults costs \$27; kids (ages 4 to 12) get in for \$20. Pricing for the High Octane Combo Packages – which can include everything from unlimited simulator rides to a NASCAR Hall of Fame lanyard – vary, so check the muse-



um's website for more details. You'll find the NASCAR Hall of Fame a little more than half a mile south of Uptown Charlotte. Parking costs range from \$4 to \$20, depending on where you park and for how long. The museum is open Wednesday through Monday from 10 a.m. to 5 p.m. The museum is closed on Tuesdays. During the summer, the museum stays open until 6 p.m.

For the die hard fan I highly recommend trying to visit one of the many race team shops. The Rick Hendrick Racing one is amazing and even has it's own museum. Perhaps a pilgrimage to DEI "The Garagemahal" or just take the Dale Earnhardt exit off of I-85 to say you did it!

Daniel J. Stowe was a former textile executive who set aside 380 acres of meadows, woodlands and lakefront property to

develop a world-class botanical garden. Today, the garden sprawls across 30 acres and encompasses annual and perennial displays, fountains, walking paths, an 8,000-square-foot tropical plant and orchid conservatory, and a children's garden.

Recent visitors used words like "beautiful" and "peaceful" to describe the **Daniel Stowe Botanical Garden**. Many suggested timing your visit for the garden's annual Butterfly Bungalow event, which usually takes place from Memorial Day to Labor Day and allows visitors to learn all about butterflies native to North Carolina.



Located in Belmont, North Carolina, the garden sits about 20 miles southwest of central Charlotte and is best reached by car. It's open Wednesday through Sunday from 10 a.m. to 4 p.m. Admission costs \$14.95 for adults and \$7.95 for kids ages 2 to 12. For more information, visit the official website.

The Catawba Indian Nation is the only federally recognized tribe in South Carolina, with modern day tribal lands located in York County. The Catawba Indians known as **yeh is-WAH h'reh**, meaning "People of the River," have lived on their ancestral lands along the banks of the Catawba River dating back at least 6000 years. The tribe has a long history and a rich culture that lives on today.

You can visit the **Catawba Indian Nation Cultural Center** which provides and interactive overview of their rich history and culture in York County. The Cultural Center holds exhibits, walking trails, and an artisan shop featuring pottery and jewelry from native artisans.

The **Catawba**, also known as **Issa**, **Essa** or **Iswä** but most commonly **Iswa** (Catawba: *Ye Iswa?* – "people of the river"), are a federally recognized tribe of Native Americans, known as the **Catawba Indian Nation**. Their current lands are in South Carolina, on the Catawba River, near the city of Rock Hill. Their territory once extended into North Carolina, as well, and they still have legal claim to some parcels of land in that state. They were once considered one of the most powerful Southeastern tribes in the Carolina Piedmont, as well as one of the most powerful tribes in the South as a whole, with other, smaller tribes merging into the Catawba as their post-contact numbers dwindled due to the effects of colonization on the region.

The Catawba were among the East Coast tribes who made selective alliances with some of the early European colonists, when these colonists agreed to help them in their ongoing conflicts with other tribes. These were primarily the tribes of different language families: the Iroquois, who ranged south from the Great Lakes area and New York; the Algonquian Shawnee and Lenape (Delaware); and the Iroquoian Cherokee, who fought for control over the large Ohio Valley (including what is in present-day West Virginia). During the American Revolutionary War the Catawba supported the American colonists against the British. Decimated by colonial smallpox epidemics, warfare and cultural disruption, the Catawba declined markedly in number in the late eighteenth and nineteenth centuries. Some Catawba continued to live in their home-

lands in South Carolina, while others joined the Choctaw or Cherokee, at least temporarily.



Terminated as a tribe by the federal government in 1959, the Catawba Indian Nation had to reorganize to reassert their sovereignty and treaty rights. In 1973 they established their tribal enrollment and began the process of regaining federal recognition. In 1993 they regained federal recognition and won a \$50 million Indian land claims settlement by the federal government and state of South Carolina. The state of South Carolina also recognized the tribe in 1993. Their headquarters are at Rock Hill, South Carolina.

As of 2006, the population of the Catawba Nation has increased to about 2,600, most in South Carolina.

Lastly, if you find yourself in Charlotte on the 3rd Saturday of the month, check out the eclectic neighborhood around "The Plaza" and drop in on your fellow Norwegians in the Norsk Carolina Lodge. You will be glad you did!



vik ing history-

RAGNAROK-the series



Ragnarok is a Norwegian fantasy drama television series reimagining of Norse mythology from Netflix. It takes place in the present-day fictional Norwegian town of Edda in Hordaland, which is plagued by climate change and industrial pollution caused by factories owned by the local Jutul family. The Jutuls are actually four *Jötnar* (supernatural beings) posing as a family. They are challenged by Magne, a teenage boy who is surprised to learn that he is the reincarnation of Thor, the Norse god of thunder. He begins to fight against those who are destroying the town after his friend dies under mysterious circumstances. In the second season, he is joined by more people who embody other Norse gods.

The series premiered in January 2020, with a second season released in May 2021. It is Netflix's third Norwegian-language TV series, following *Home for Christmas* and *Lilyhammer*. The series is produced by the Danish production company SAM Productions.

In November 2021, Herman Tømmeraas, who plays Fjor, confirmed that the series will return for a third and final season. The third season was released on August 24, 2023.

Cast and characters

Main

David Stakston as Magne Seier, returns to Edda as a high school student. The reincarnation of Thor, god of thunder.

Jonas Strand Gravli [no] as Laurits Seier, Magne's younger half-brother, and Vidar's son. He is the reincarnation and reimagining of Loki, god of mischief.

Herman Tømmeraas as Fjor, high-school-age "son" in the Jutul family of giants from Norse mythology.

Theresa Frostad Eggesbø [no] as Saxa, the high-school-aged "daughter" in the Jutul family.

Emma Bones [no] as Gry, Magne's and Fjor's love interest.

Henriette Steenstrup as Turid Seier, Magne's and Laurits' mother, wife of Asbjørn.

Synnøve Macody Lund as Ran, principal of the high school and "mother" in the Jutul family.

Gísli Örn Garðarsson as Vidar, CEO of Jutul Industries, "father" in the Jutul family, and Laurits' biological father.

Supporting

Odd-Magnus Williamson as Erik Eidsvoll, teacher at the high school, father of Magne's short-lived friend Isolde.

Bjørn Sundquist as Wotan Wagner, elderly disabled aged care resident. The reincarnation of Odin, god of wisdom and king of the gods.

Eli Anne Linnestad [no] as Wenche, supermarket checkout operator. Her real identity is Völva. She awakens Magne's, Iman's and Wotan's powers.

Tani Dibasey as Oscar Bjørnholt, high school student, hangs out with Fjor.

Iselin Shumba Skjævesland [no] as Yngvild Bjørnholt, local police chief, Oscar's mother.

Danu Sunth as Iman Reza, new high school student. The reincarnation of Freyja, goddess of love, who can manipulate minds.

Billie Barker as Signy, Magne's new love interest.

Benjamin Helstad as Harry, mechanic, boxer. The reincarnation of Týr, god of war.

Espen Sigurdson as Halvor Lange, doctor at nursing home, "dark elf" or dwarven blacksmith.

Fridtjov Såheim as Sindre, high school counselor.

Vebjørn Enger as Jens, the reincarnation of Baldr, god of light.

Ruben Rosbach as Kiwi, the reincarnation of Heimdall, god of foreknowledge.

Reception

The series holds a rating of 7.5 on IMDb. *Wired* said *Ragnarok* was "angsty, eccentric" "climate change fiction" and compared it to *Twilight*. *The A.V. Club* also compared it to *Twilight*.

The series was not well received by some Norwegian media. VG called it nonsensical, said that the characters, plots, and dialogue were a failure, and noted that even though it was in Norwegian that it felt more like a Danish series. Despite being set in Western Norway, the characters do not speak in western dialect. Dagbladet called it a stilted mixture of *Skam* and Norse mythology, "just as bad as it sounds". Filmdagbok made a point of it being superficial and politically boring.

Glowing reviews were also posted, including a Rotten Tomatoes viewer score of 70%, and IGN's K. Campbell praising *Ragnarok* as "compelling" and citing "the strength of its central concept, which depicts the end of the world as a slow creep...".

As for myself (not a qualified film or TV critic), I was thoroughly entertained. My experience with Norwegian television is limited to Lilyhammer and Norsemen both of which I would and have recommended to you. Perhaps the Norwegian media is being a little picky. Seriously, wrong Western Norway dialect? And what is wrong with feeling like a Danish Series? Borgen is great I think. Maybe the climate change element is what is starting to annoy these critics.

The scenery is awesome as you would expect and depictions of modern Norway small town life is probably pretty accurate. It was particularly fun for me to see everyone in town, including the Giants (Jutul family) celebrating Syttende Mai. Saxa and Ran are, well, see for yourself.

Obviously not even close to the original sagas yet there is an attention to detail that is fun if you are into Norse Mythology. The closing scene in the series finale is perfect! Enjoy ED.



Scandinavian American Spotlight– Two Brothers



James Arness (born **James King Aurness**; May 26, 1923 – June 3, 2011) was an American actor, best known for portraying Marshal Matt Dillon for 20 years in the CBS television series *Gunsmoke*. Arness has the distinction of having played the role of Dillon in five decades: 1955 to 1975 in the weekly series, then in *Gunsmoke: Return to Dodge* (1987) and four more made-for-television *Gunsmoke* films in the 1990s. In Europe, Arness reached cult status for his role as Zeb Macahan in the Western series *How the West Was Won*. He was the older brother of actor Peter Graves.

James Arness was born in Minneapolis. His parents were businessman Rolf Cirkler Aurness and journalist Ruth Duesler. His father's ancestry was Norwegian; his mother's was German. The family name had been Aursnes, but when Rolf's father, Peter Aursnes, emigrated from Norway in 1887, he changed it to Aurness. Arness and his family were Methodists. Arness' younger brother was actor Peter Graves. Peter used the stage name "Graves", a maternal family name.

Arness attended John Burroughs Grade School, Washburn High School, and West High School in Minneapolis. During this time, Arness worked as a courier for a jewelry wholesaler, loading and unloading railway boxcars at the Chicago, Burlington and Quincy Railroad freight yards in Minneapolis, and logging in Pierce, Idaho. Despite "being a poor student and skipping many classes," he graduated from high school in June 1942.

Arness entered Beloit College that fall, where he joined the campus choir and became a member of Beta Theta Pi fraternity.

Although Arness wanted to be a naval fighter pilot, he was concerned his poor eyesight would bar him. However, his 6-ft, 7-in (2.01 m) frame ended his chances because the limit for aviators was set at 6 ft, 2 in (1.88 m). He was drafted into the US Army and reported to Fort Snelling in March 1943. As a rifleman, he landed on Anzio Beachhead on January 22, 1944, with the 2nd Platoon, E Company, 2nd Battalion, 7th Infantry Regiment of the 3rd Infantry Division. Arness – due to his height – was the first man to be ordered off his landing craft to determine the depth of the water; it came up to his waist. He was severely wounded in his right leg during the Battle of Anzio, and medically evacuated from Italy to the US, where he was sent to the 91st General Hospital in Clinton, Iowa. His brother Peter (later known as actor Peter Graves) came to see him when he was beginning his long recuperation, assuring him to not worry about his injuries, that likely he could find work in the field of radio. After undergoing several surgeries, he was honorably discharged from the Army on January 29, 1945. His wounds continued to trouble him, though, throughout the remainder of his life. In his later years, he suffered from chronic leg pain that often became acute, and was sometimes initiated when he was mounted on horses during his performances on *Gunsmoke*.

His military decorations included the Bronze Star, the Purple Heart, the American Campaign Medal, the European–African–Middle Eastern Campaign Medal with three bronze battle stars, the World War II Victory Medal, and the Combat Infantryman Badge.

After his discharge from the service, Arness began his entertainment career as a radio announcer at Minneapolis station WLOL in 1945.

Determined to find work in films, Arness hitchhiked to Hollywood, where he made the rounds to agencies and casting calls and soon began acting and appearing in films. He made his movie debut at RKO, which

immediately changed his name from "Aurness". His film debut was as Loretta Young's (Katie Holstrom) brother, Peter Holstrom, in *The Farmer's Daughter*. He was credited in *The Farmer's Daughter* as Aurness.

Though identified with Westerns, Arness also appeared in two science-fiction films, *The Thing from Another World* (in which he portrayed the titular character) and *Them!*. He was a close friend of John Wayne and played supporting roles in films starring Wayne titled *Big Jim McLain*, *Hondo*, *Island in the Sky* and *The Sea Chase*, and starred in *Gun the Man Down*, a fast-paced Western, for Wayne's company. He also starred in a 1988 TV remake of Wayne's 1948 classic *Red River*, playing Wayne's role as Tom Dunson.



An urban legend has it that John Wayne was offered the leading role of Matt Dillon in the longtime favorite television show *Gunsmoke*, but he turned it down, instead recommending James Arness for the role. The only true part of this story is that Wayne did indeed recommend Arness for the part. Wayne introduced Arness in a prologue to the first episode of *Gunsmoke*, in 1955. The Norwegian-German Arness had to dye his naturally blond hair darker for the role. Arvo Ojala, who taught Arness to shoot, was the first of several actors in the show's opening where Marshal Dillon has a shootout with what is described as "a generic bad guy" representing all those which Dillon must deal with. *Gunsmoke* made Arness and his co-stars, Milburn Stone, Amanda Blake, Dennis Weaver, Ken Curtis, Burt Reynolds, and Buck Taylor, world-famous, and ran for two decades, becoming the longest-running primetime drama series in US television history by the end of its run in 1975. The series' season record was tied in 2010 with the final season of *Law & Order* and tied again in 2018 with season 20 of *Law & Order: Special Victims Unit*. Unlike the latter show, *Gunsmoke* featured its lead

character in each of its 20 seasons; *Gunsmoke* also aired 179 more episodes, and was in the top 10 in the ratings for 11 more seasons, for a total of 13, including four consecutive seasons at number one.

After *Gunsmoke* ended, Arness performed in Western-themed movies and television series, including *How the West Was Won*, and in five made-for-television *Gunsmoke* movies between 1987 and 1994. An exception was as a big-city police officer in a short-lived 1981–1982 series, *McClain's Law*, starring with Marshall Colt. His role as mountain man Zeb Macahan in *How the West Was Won* made him a cult figure in many European countries, where it became even more popular than in the United States, as the series has been rebroadcast many times across Europe.

James Arness: An Autobiography was released in September 2001, with a foreword by Burt Reynolds (who had been a cast member of *Gunsmoke* for several years in the 1960s). Arness noted that he realized, "[I]f I was going to write a book about my life, I better do it now ... 'cause I'm not getting any younger."



Peter Graves (born **Peter Duesler Aurness**; March 18, 1926 – March 14, 2010) was an American actor who portrayed Jim Phelps in the CBS television series *Mission: Impossible* from 1967 to 1973 and in its revival from 1988 to 1990. His elder brother was actor James Arness. Graves also played airline pilot Captain Clarence Oveur in the 1980 comedy film *Airplane!* and its 1982 sequel *Airplane II: The Sequel*.

Peter Graves was born Peter Duesler Aurness on March 18, 1926 in Minneapolis, Minnesota, the younger son of Rolf Cirkler Aurness (1894–1982), a businessman, and his wife, Ruth (*née* Duesler, died 1986), a journalist.

Graves's ancestry was Norwegian, German, and English. He used the stage name Graves, a maternal family name, to honor his mother's family, and also so as to not be confused with his elder brother's stage name James Arness, star of the television series *Gunsmoke*.

Graves graduated from Southwest High School in 1944. He served in the United States Army Air Forces during World War II from 1944 to 1945, reaching the rank of corporal, and was awarded the American

Campaign Medal and the World War II Victory Medal. After demobilization, Graves enrolled at the University of Minnesota on the G.I. Bill, and was a member of Phi Kappa Psi fraternity.

Graves appeared in more than 70 films, television shows, and television movies during his career. He was featured in a key role in the 1953 World War II film, *Stalag 17*. In 1955, Graves joined the NBC television series *Fury*, as the rancher and adoptive single father, Jim Newton.

From 1960 to 1961, Graves starred as Christopher Cobb in 34 episodes of the British/Australian TV series *Whiplash*. In the storyline, Cobb is an American who arrives in Australia in the 1850s to establish the country's first stagecoach line, using a bullwhip rather than a gun to fight the crooks he encounters. The series also starred Anthony Wickert. Graves also starred in the British ITC series *Court Martial*, playing U.S. Army lawyer Major Frank Whittaker (one of the series' two American leads starring opposite Bradford Dillman's Captain David Young), as well as guest roles in such series as *Alfred Hitchcock Presents*, *Cimarron City*, *Route 66*, and *The Invaders* (episode "Moonshot").

In 1967, Graves was recruited by Desilu Studios to replace Steven Hill as the lead actor on *Mission: Impossible*. Graves portrayed the iconic character of Jim Phelps, the sometimes-gruff director of the Impossible Missions Force, for the six following seasons of the series. After the series ended in 1973, Graves played a cameo-type support role in the feature film *Sidecar Racers* in Australia which was released in 1975. Graves also made a guest appearance in the teen soap opera *Class of 74* in mid-1974, playing himself.

Graves was cast as Palmer Kirby in the 1983 ABC miniseries *The Winds of War*. He played opposite Robert Mitchum, Jan Michael Vincent, Deborah Winters and Ali MacGraw in what became in 1983, the second-most watched miniseries of all time (after *Roots*). He reprised the role for the 1988 sequel miniseries, *War and Remembrance*. During this time, he became the host of PBS's *Discover: The World of Science*, based on *Discover Magazine*.

After playing mainly serious roles in the 1970s, he appeared as Captain Clarence Oveur in the early 1980s comedies *Airplane!* and *Airplane II: The Sequel*.

In 1988, a Hollywood writers' strike resulted in a new *Mission: Impossible* series being commissioned. Graves was the only cast member from the original series to return as a regular, reprising his role as Jim Phelps, though others (most notably Greg Morris, whose son Phil was a regular in this version) made guest appearances. The series was filmed in Australia, and Graves made his third journey there for acting work. The new version of *Mission: Impossible* lasted for two seasons, ending in 1990. Bookending his work on *Mission: Impossible*, Graves starred in two pilot films, both called *Call to Danger*, which were attempts to create a *Mission: Impossible*-style series. In the first of these (1968), Graves played a government agent (the Bureau of National Resources) who recruited civilians with special talents for secret missions. In the second *Call To Danger*, he portrayed an investigator for the Justice Department.



During the 1990s, he hosted and narrated the documentary series *Biography* on A&E. He also acted in a number of films featured on *Mystery Science Theater 3000*, which subsequently featured running jokes about Graves' *Biography* work and presumed sibling rivalry with Arness. The films that have been featured on *Mystery Science Theater 3000* include *SST: Death Flight*, *It Conquered the World*, *Beginning of the End*, and *Parts: The Clonus Horror*. The film *Killers from Space* was featured in *The Film Crew*, Michael J. Nelson's follow-up to *MST3K*. Graves himself parodied his *Biography* work in the film *Men in Black II*, hosting an exposé television show. He also played Colonel John Camden in the television series *7th Heaven*.

On October 30, 2009, Graves was honoured with a star on the Hollywood Walk of Fame at 6667 Hollywood Blvd.