



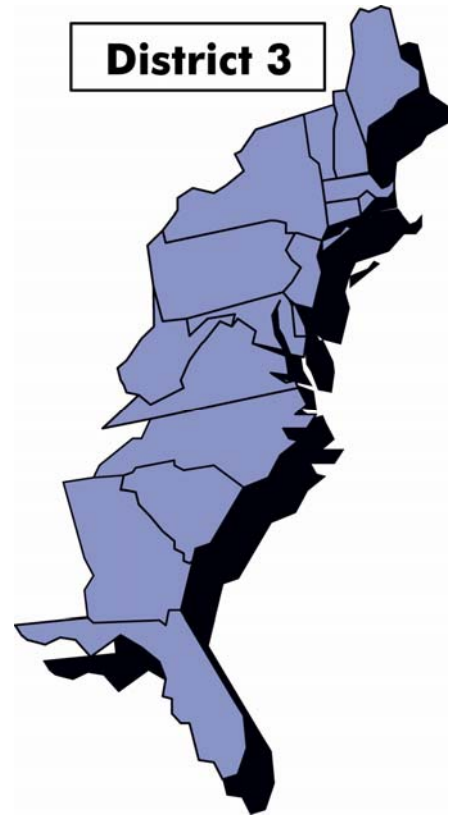
SONS OF NORWAY

District 3

October, 2008

Third District Today

Fra Presidenten Ralph Peterson



Hei Alle Sammen! Well by now most of us have had our first fall meeting, organized our nominating committee (if needed), got our bazaar assignments lined up and are ready to go. Fall is here!!

I was invited to visit the Vikings of the Smokies Lodge in Knoxville TN where they were presented with their charter and charter pins. They are already over 70 members and growing. Just like our new lodges they are a very dynamic lodge.

Our Charlotte lodge needs a bit of help. They have 37 members and are looking for three more so we can plan their Institution. If you know of a potential member in that area have him/her contact the NORSK Carolina President, Carol King @ ckingnc@bellsouth.net. They already have two membership events planned for the fall but a little help would be good.

Our Insurance Department in Minneapolis has applied for a license that will allow us to sell insurance in Georgia. When it is approved we will be able to sell insurance in all D3 states except Maine, Vermont, Delaware and West Virginia. Plans are underway to apply in Maine. Our insurance department is looking for additional Financial Benefit Counselors in D3. If you know of someone who would be interested in working for the SON Insurance Department refer they should contact Len Carlson at 800-945-8851.

There are a lot of SON activities going on in D3 in October and many of them are listed on our WEB site so check it out, <http://www.sofn3d.org/>. The events are also found in the "3D Today".

Our Sports and Recreation Director has organized a system of Sports Medal competition between the Zones. Check the September issue of 3D Today for more details. I hope that you participate. I am on my way to earning an enamel medal in the Sykkelmerke category if I don't slow down this month. If I can do it you can do it. This is an excellent way for our Heritage members to join us in a SON activity. Let's put a run on the Sports Medal stores in Mary's store room in Minneapolis. For more information on the various categories of Sports Medal Competition check out the SON web site and look for the members benefit section after you login.

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While you are logged in to the web site, check out the Cultural Medal program. There are several, they are well prepared and you should find something that will interest you.

I just heard that the District Golf outing in Myrtle Beach was very successful. We all thank Brother Keith for all his hard work on that project. I understand that we had close to 40 golfers and many more at the banquet. Perhaps next year we can even do better.

Have you checked out the new SON blog? If not, please do so, they have very interesting news there. You can find it at <http://www.sonsofnorwayblog.blogspot.com/>

I am looking forward to meeting many of you at the Gulfstream Leif Erikson weekend. It should be a wonderful time. Check out the events section on the SON web site for all the information.

Fraternally

Ralph Peterson
President District Three



Reminder October is Sons of Norway Foundation Month - Bring your coin boxes to your October meeting!!

A Coin a Day the Foundation Way

Put a quarter aside every day to help the Sons of Norway Foundation support:

- Educational scholarships for Sons of Norway members, their children and grandchildren.
- Funds for our outreach programs including Ski for Light, Adopt a School, Vinland Center, USA Cup and others.
- Grants to our members, their lodges and their communities to promote Norwegian heritage and culture.

Print out [this PDF Document](#), wrap it around a clean can, and drop a coin into it every day. If you put a quarter in each day, at the end of the year you'll have \$90 to donate to the Sons of Norway Foundation. And you'll earn a Foundation member pin along the way.



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Fra Vise Presidenten Gail Ekloff



“Remember the 2 A’s: Ask and Advertise”

Lodge business is back to normal after the summer break. Over the summer I have been, and will continue all year to forward the 000-999 membership lists to the Zone Directors. They in turn are forwarding them to the Lodge’s Vice Presidents and Membership Chairs. These are easy new members for your lodge since they are already a Sons of Norway member – they just don’t have a local lodge. Please let me know how transferring them to your lodge is going.

Do you celebrate a **Leif Erikson** event in your Lodge? Have your members bring someone to learn about the “Norwegian that discovered America”? Share your culture – they may be your lodge’s next new member!

And, remember the 2 A’s – Ask and Advertise. Kudos to **BONDELANDET LODGE** in Lancaster PA. *They were on the International Sons of Norway Events Calendar!!*

I know many lodges have upcoming anniversaries and bazaars – why not post them there – **IT’S FREE ADVERTISING.**

Alt for denne gangen,
Gail

Membership Committee

By Arnold Johnsen, Zone 4 Director, Membership Committee

Just a short note to encourage you all to increase Lodge membership by infusing younger people through the SON “Unge Venner” program. For you folks who are unaware of the program, it was introduced by the Third District and passed at the 2006 International Convention. It grants free membership to young people between the ages of 16 and 23 who are lineal descendents of a present member or who reside in the same household as a member. This is a perfect way to bring in new members and assist them with membership costs at a time when most of them do not have a lot of extra discretionary funds. The “Unge Venner” member has all the rights of regular membership including being able to be on committees and hold office. The great thing about this membership is that it helps to encourages our next generation to join and be a part of Sons of Norway at a time when they would not have money to participate. Hopefully with good lodge experiences and participating in lodge events with other members both young and old, they will want to retain their membership when they must start paying for it when they become age 24. If we use this membership to its fullest, it will encourage more and more younger people to join us, thus bringing a younger mind set into our lodges. If Sons of Norway is to remain vibrant and continue passing on our traditions for years to come, we must use the Unge Venner program to its fullest, utilizing the ideas of our younger members and making them feel welcome within our Lodges.



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Financial News

By Sverre Aasgaarden, Financial Benefits Counselor

Sons of Norway has a new Universal Life product to offer to our members called "Nordic Elite II"* This new product has the following features: lower cost of insurance, premiums are lower for most ages, has a lifetime of no lapse feature, offers a new Super Select non-tobacco class and offers a 5.1% interest rate.

To learn more about the SPDA and any other products Sons of Norway offers please contact one of the Financial Benefit Counselors nearest you. (Note: please refer to the September TDT for a list of the Financial Benefit Counselors or click on this link

<http://www.sofn.com/financialapps/prepareReview.do?distFromMap=3#results>)

*not approved in all states yet.

Publicity

by Mary Andersen

Need supplies for fall activities? You're not alone. Most lodges are gearing up after taking time off over the summer. As a result, fall is an extremely busy time for the Supply Department. Don't be disappointed. To make certain that your lodge receives supplies when needed, without having to pay rush-shipping do the following:

- Allow at least 15 working days to receive your order
- Allow additional time for large orders
- Order only what is actually needed. Remember: Sons of Norway covers the first \$10 for shipping and handling, with the balance charged to the lodge.

Place your order by email, instead of by phone, to insure that it is fulfilled accurately and quickly. To place your order, contact Mary Henkels in the Supply Department at supply@sofn.com (preferred) or 800-945-8851 ext 645.

I ordered a box of supplies that included a Membership Recruitment and Retention Kit loaded with helpful information including an Event Planning Guide and a Lodge Publicity Tool Kit. If for no other reason, you may want to place an order just want to make sure you have the latest materials.

Remember - when submitting pictures for the Viking, please send them via email to publicity@sofn3d.org. Digital photos at a very large scale, with low pixel resolution are acceptable for use in *Viking* (eg 21" X 28" at 72 dpi). Smaller scale photos with higher pixel resolution can also be submitted (eg 3" X 5" at 300 dpi). Photos taken and saved at a small size with small resolution are not useable (eg 3" X 5" at 72 dpi).

Advertise - as Gail said "Advertise"; check out <http://www.norseman.no/events.aspx> and see how many of our lodges advertise!!!



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Sports & Recreation

By Phil Nelsen, Sports & Recreation Director



A MESSAGE WORTH REPEATING!

THE ZONE SPORTS MEDAL CHALLENGE

Introducing the first zone sports medal challenge! Bronze, silver, gold or enamel medals will be awarded.

Here's how it works:

1. Each zone in the 3rd district will compete against each other.
2. The object is for each member of each lodge to start the sports medal program..... NOW!
3. This annual program will be from June 1st 2008 - May 31st 2009 and also June 1st 2009-May 31st 2010 and the winning zone for each year will be announced at the 2010 convention in June.
4. The awards for each zone will be on a per capita basis...in other words number of medals divided by the number of members in the zone (based on the most recent 3-D directory). In other words if there are 27 medals earned in a zone of 550 members (27 divided by 550=.049 or 4.9%). The highest percentage wins. The awards will be provided by the third district and have not yet been determined. Just start moving now!

Remember, this is by ZONE and possibly it will bring zones together and work and/or socialize with each other giving strength and comradery to the district....use your imagination. The Zone director will get the award and distribute within the zone as he or she sees fit.

Zone directors have enough work to do so I will not ask them to police it but I am asking them to announce and introduce it to the presidents and/or sports directors of each lodge in your zone and have them send the medal forms to Phil Nelsen, 3D Sports Director, not the zone director.

They can fax it, e-mail it or snail mail it; Fax number is the same as my home phone, 727-461-7746.



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What's LOV got to do with us?

LOV, nestled in the northeast corner of Pennsylvania, is the cultural and recreational center for District 3 of the Sons of Norway; the fall foliage should be beautiful at this time of year.

Basket Social

By Luana Marie Jøsvold, LOV Marketing Director

The people who live in the area around Land of the Vikings enjoy basket socials, known to Sons of Norway members as Viking auctions. In order to bring in a little extra revenue and to make Land of the Vikings known to local residents who might never have been there, we have scheduled a basket social the weekend of November 22nd.

We are asking that Third District lodges consider donating a basket of goodies or other items (or money to buy a basket of goodies) to support the event. In order to make it easier to get your donation to LOV, it would be great if participating lodges would give their "baskets" or other items to their Zone Directors to bring with them to LOV at the upcoming Third District Board meeting the weekend of October 31st.

The basket social will give us an opportunity to bring in some funds from the local community and to introduce the facility to people we would like to encourage to schedule weddings, business seminars, birthday celebrations, holiday celebrations, and other events at LOV. I hope your lodge will consider making a donation of some kind to help us do so.

Rosemaling classes at LOV

Want to start a new hobby and learn or improve your Rosemaling skills? All levels of ability are welcome from beginner to advanced. Land of the Vikings (LOV) offers two Rosemaling classes this year:

1. The week of Monday, October 13 - Friday October 17.
2. The week of Monday, October 20 - Friday October 24.

A copy of the course outline will be provided before the class. Students generally arrive Sunday afternoon and leave the following Saturday. Class fee for the rosemaling is \$125 (and a goodie for coffee breaks) plus the lodging cost at LOV. The class will be taught by Eldrid Arntzen. Eldrid Arntzen is a Norwegian-American artist who has been painting in a variety of rosemaling styles since the 1960's. Her work was chosen as the Gold Medal winner in 1987 and the Peoples Choice Award in 2003 at Vesterheim, the Norwegian-American museum in Decorah, Iowa. In April 2004 Eldrid was an invited panelist and teacher for the first international symposium on rosemaling, organized by Vesterheim. This significant honor places her among the leaders of this folk art form, artists and symposium participants such as Nils Ellingsgard and Sigmund Aarseth from Norway. She is one of only a few in the United States who are excellent painters of rosemaling styles from so many districts. She goes beyond technical competence in each style to create a design and execution expressing a degree of individuality within the traditional form, not altering the form



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but extending it with lively respect. Go to <http://www.ctheheritagearts.org/index.php?id=70> to see some of Eldrid's rosemaling; you will learn from the best!!!

Oktoberfest

By Doris Beck and Evelyn Karpack

The recently held Oktoberfest weekend is one of the most popular weekends at Land of the Vikings when we usually have a full house. We have all sorts of activities in which you can participate or not; it is very laid back at LOV.

The great thing about Oktoberfest is that it's not just a one Lodge weekend. It's a weekend that people from all different Lodges attend to meet and get to know one another, become friends and have a great time. The food is wonderful; you will never go home hungry. The weekend culminated in a dance featuring the "Blue Mist Band" playing "Oktoberfest" music and any requests. By the time everyone checks out, most people have reserved for next year. And speaking of 2009, rooms are still available but make your reservations soon.

While some annual events at LOV (Oktoberfest, Golf weekend, New Year's Eve) fill up quickly, you can place your name on the waiting list. If you are on a waiting list, it is possible that you might get in because of cancellations. Remember, if you pay a deposit and have to cancel, you can receive a refund up to three weeks before the event. Go to http://www.sofn3d.org/Lov/LOV_Home.html for more information about LOV.



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“In the Zone”

We have some very exciting news to share with you regarding achievements that have been recognized “In the Zone”.

Lifetime Achievement Awards

The Lifetime Achievement Awards are presented to members who have served the district with pride and enthusiasm for a lifetime. The 2008 Awards were presented to Ardis Morton and Cliff Sjursen. The following are excerpts from Barbara Berntsen’s presentation speech and pictures of our honorees.

Ardis Morton

“This distinguished Third District 2008 Lifetime Achievement winner is a person who has served the district with pride and all the enthusiasm that could be mustered.



Serving in many officer positions Ardis worked through the chairs all the way to the top as the Lodge Treasurer and also President, and presently holds the office of Financial Secretary.

The Lodge’s famous bazaar is known across the district. As chief buyer, it has become one of the most important activities for the Lodge. It gives them the opportunity to host wonderful programs and events throughout the year.

This dedication to the lodge never wanes. Being the person who likes to remain involved also having the grace to decline nominations for delegate to permit younger members their opportunities to shine. Serving the District Lodge as Zone Director, Treasurer and Vice President, parliamentarian, registrar for the International Convention plus this convention, it has been my personal pleasure to work closely with her.

Her guidance is one I will cherish. She helped to make me the person that stands here before you. It is my privilege to introduce to you a woman who I consider a true friend and the classiest lady I know. **Ardis Morton.**”



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Cliff Sjursen



This distinguished Third District 2008 Lifetime Achievement winner is a person who has served the district and spent a lifetime visiting lodges as an officer for the district or as a friend.

Cliff has been a member since November 23, 1956. Instituting a lodge in the neighborhood was a mission. It became evident there was a need for a leader so without hesitation Cliff stepped in to initiate what had to be done. I had the honor to share in their 50th Lodge Anniversary.

He has held many officer positions in the lodge, and if we really checked closely, I bet we could find he held every post at one time or another.

He served on the Land of the Vikings Board and was never shy to voice what he felt was best or do what was needed to make it better. The countless times he would arrive at LOV and be ready to step in to help with

repairs, make adjustments to the electrical needs, do clean-up in the backyard, or whatever had to be done.

He has served the district with pride. He held the office of Zone Director in 1968 only 12 years after the lodge was instituted. He served as Junior Director, now known as Youth Director, Treasurer and Vice President. Plus on some of those in-between years he served as auditor or was on the LOV Board. It seemed he worked for the district for over a 30 year span in one capacity or another.

Youth was always the key to success. The thought to pass on the culture and heritage was one of the many ways he promoted Norway and the Sons of Norway family. While he was Zone Director it was important to initiate the practice to present students with scholarship awards. It became known as the Zone 3 17th of May Dance, which has grown in finances and recognition and is presently the Scholarship Fund Dinner Dance for Zone 3. Many students could thank him for his vision so many years ago.

Along with his wife, he has traveled to the lodges and it seems that everyone knows him. He is always there with a smile. It is my personal privilege to present this award to a true friend, **Cliff Sjursen**.



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2007 Lodge of the Year Award awarded to a Third District Lodge!

We have included the history of the Bernt Balchen lodge at the end of TDT, but the following excerpts from a *Members Matter* column written by Carol Brennan for the Bernt Balchen Flyer sums it up quite nicely:

"Bernt Balchen Lodge 3-566 may be a small lodge, but it's big in spirit and fellowship."

"Our social director keeps cultural cohesiveness at each monthly meeting by having a presentation of some sort after a fairly short business meeting."

"We feel very fortunate that many lodge members so willingly volunteer their time and talents for the betterment of the community. Our members work with local churches, volunteer fire departments, libraries, the local hospital, museums and animal shelters. Others tutor children at local schools, visit nursing homes, read to the blind and participate and support the Library, Red Cross, Salvation Army, Wildlife Sanctuary and other charities."

"The enthusiasm and cooperation of all our members, at different venues and on different projects, never ceases to amaze me. They "jump in" without being asked. We've even had invited guests pitch in and help with whatever the task, without being asked, such is the enthusiasm of our group. Our publicity director makes sure special events are announced on local radio and television and printed up in the various local news media."

Can't get much better than that!

Outstanding Service Award Presented to Ralph Peterson

(the following was taken from the Sons of Norway blog posted September 3, 2008)

Last Friday, during the convention, International President, Ted Fosberg, presented the first Sons of Norway Outstanding Service Award to District 3 President, Ralph Peterson. The award was established to recognize a member who has shown dedication and exceptional service to Sons of Norway. The recipient is selected by the International President and will be presented at each International Convention.



The award, presented to Ralph for his tireless work in District 3, setting up new lodges and helping increase the district's membership, was a new addition to this year's convention and will become a biennial award given at every International Convention to come. Also, with the award comes a check for \$2,000, which is to be spent on a Sons of Norway activity, program or event of Ralph's choosing.

We at the Sons of Norway Headquarters congratulate Ralph on his accomplishments and thank him for all his work. This really is proof that there's no limit to what a single member can do if they put their mind to it.

WAY TO GO RALPH!!!!



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International News

Sons of Norway Unveils New Mission Statement

As many of you may know, one of the hotly debated issues at this year's International Convention was our Mission Statement. In fact, there were two separate resolutions this year that hoped to adjust the mission statement. Proponents of both resolutions felt that the current mission statement was not in line with our current members' backgrounds and that it was too exclusive. The proponents felt that because many of our lodges are located in areas with a large Nordic community we needed to be more inclusive in our mission.

After much debate on both resolutions, the end result was a hybrid compromise that the delegates felt better represented our members and the work we do. So, without further adieu, the new Sons of Norway Mission Statement is:

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

More News from the International Convention as reported by our field reporters

Ralph's Wrap up

This will be the wrap up from the convention. I wanted to post something each day but I ran out of time and energy at the end of the day. It was a very good convention. They provided some great culture including a lot of excellent music. The convention was well run by President Fosberg. D3 played a prominent role in the convention. D3 was well represented on the various committees. Former International Director Audun Gythfeldt presented the proposed reorganization of the constitution that was approved by the Convention. He also was elected International Secretary so along with our new International Director Barbara Berntsen, D3 now has two members on the International Board. I was awarded the SON Outstanding Service Award. Not only was it a very nice bit of recognition but it came with \$2,000 which will be donated to various SON venues (I have already advised our Counselor to expect a check). My personal congratulations go to Bernt Balchen 3-566 who was named Large Lodge of the year for 2007. During the past four years there are not many, if any awards that the lodge hasn't received. That is just great and well deserved.

As I mentioned earlier the home office arranged for several breakout sessions. Much of this information will be made available to you later on. One thing that was clear is that we are moving further and faster into the electronic age. You can expect even greater improvement in the speed and amount of communications available to you in the future.

The committees were given an additional task this year and that was to provide ideas on how to improve the SON. Many great ideas were presented to the convention and are being reviewed by



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the International board. My number one idea was to rename "Leadership Training" to "Udtveksling av ideer" which translates to "exchange of ideas". I can almost pronounce it now after a week of practicing. While the International board did not meet the goal of achieving neutral growth over the past two years it was close. The amount of membership loss was reduced 70% over the previous two years. I am hoping for positive growth during the next two years. You can expect to see a greater emphasis on Cultural and Sports programs. The Insurance department is coming out with several new products. Their Viking 23 policy has been very popular. One great thing about this policy is that it can't be canceled when the policy holder turns 23 no matter what the condition of the holder. Membership meetings continue to attract members across the country including three recent successful meetings in D3. Loyal, Bernt Balchen and Nørrona all held successful membership meetings.

Several resolutions were voted on during the convention. The most controversial resolution was D3's resolution to change the Mission Statement. It was passed as proposed with a slight adjustment. "The mission of the Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries and to provide quality insurance and financial products to its members". The following is the results of the majority of proposed resolutions.

- A. Reordered Constitution **Passed**
- B. Membership Para 55A and 55 b Clarification of Central Lodge membership **Passed**
- C. Removal of Officers for Misconduct **Passed**
- D. Resolution not to allow proxy or absentee voting.
- E. Increase the number of Delegates at the International Convention by lowering the number of members required for each delegate from 400 to 300. **Defeated**
- F. Resolution to allow the President to combine the Reports and Fraternal committees. **Passed**
- G. Resolution to reduce the term of the International Director to two terms. **Defeated.**
- H. Resolution to allow the District Board to be considered as members for determining existence of a quorum. **Passed**
- I. Resolution to increase the Board of Directors Compensation as follows: the President by \$1,250 and all other officers and directors by \$1,000. **Passed**
- J. D3 resolution to send membership data to the VP and either the Financial Secretary or to the Membership Secretary of each local lodge. **Defeated**

No bids were received for the 2012 convention so the International Board will be responsible for finding the site. As usual much business that had to be conducted and completed, but also as usual, the fraternalism you find and the friendships that you renew and kindle are something that we should all have a chance to experience. I hope that you become a delegate in the near future.

International Convention Ramblings

By Ken Fagerheim, LOV Chairman

I am hereby making a note to myself to remember that the next time I attend a Sons of Norway Convention, I need to prepare ahead of time. I would advise anyone planning to attend to keep in mind that Norwegians like to applaud. What I would suggest is that to avoid blisters on the hands,



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that attendees begin doing daily hand clapping for about two months before the convention. By doing just a little each day for the first week and then gradually building up in intensity and duration over the next few weeks, it may be possible to toughen up the hands (and maybe form some calluses) so that they will be able to endure the constant applauding that is a mark of a Sons of Norway convention.

Even though this was my first International Convention, I should have known that Norwegians like to hear the sound of hands clapping. On my first trip to Norway, we were coming in for a landing in Oslo and as the tires hit the runway, the Norwegians onboard broke out into spontaneous applause. I had not considered that a landing was worthy of applause. I had never heard applause on landing on any other flight. I had presumed a passenger should be able to take it for granted that once your flight was airborne; there would later be a landing. Isn't landing of the plane part of the everyday job of the pilot? But, no! Whether the landing is to be taken for granted or not does not matter. To a Norwegian, every act is worth applause. And so, I return from the convention with blistered hands.

The convention is a great place for meeting people. On the first day, International President Ted Fosberg welcomed the delegates and others attending; as part of his message, he remarked that on that very day, he and his wife had been married for forty-nine years and eight months. Judy and I looked at each other and did some quick mental calculations. We agreed that on that day, we also had been married for that amount of time. Later, after a new President had been elected and Ted was now an ordinary person like the rest of us, I approached him to tell him that we shared the same anniversary. He insisted that we had to get together with our wives after the banquet on Saturday night. And thus Judy and I had a delightful time chatting with Ted and Helen. It seems as though we were both married while on vacation from college. Both of us have three daughters and two sons. From there on, there are more differences, but it was most interesting just to chat with them. So, now, when I read the Viking and see his name or the names of others I met at the convention, I will have pleasant memories to recall!

My First SON International Convention And My First District Convention

Marci Larson, D3 Secretary and Gateway to Florida Lodge President

As a long-time SON member who's been active in Lodge leadership the past seven years, I'd always heard about THESE conventions. Like anything in life, depending on who you asked, you would receive varying responses. So when I was elected a delegate to the District Convention I was expecting a rather boring three days filled with process and business. Our District 3 Convention was nothing short of a blast! How can a SON event be a blast, you say? I was energized by the social activities. I was highly impressed with Barbara's efficiency in running the convention business. I was excited because our lodge received membership and other recognition including 2007 Large Lodge of the Year. I was thrilled to meet so many wonderful fellow members from the District, making new friends and connecting with a few "old" friends. But the **highlight** was the morning and afternoon coffee breaks with a complete selection of Norwegian goodies and truly reminiscent of visits to my Norwegian grandmother on the farm in North Dakota when she'd bring out the "spread." Wow - what an exhilarating four-day experience!



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When I was elected a district delegate to the SON International Convention in San Diego, I thought, "What should I expect this time? Well, I knew we'd conduct business and it was fun to be the district seated in the front row, going "eyeball to eyeball" with the International board and the committees. Like Barbara, SON President Ted Fosburg ran a robust convention, handling the business in a very swift and professional manner lacing it with an occasional joke or light-hearted remark. Meeting the other delegates was so easy and getting to know our district folks better was very special. And, to once again enjoy the wonderful mid-morning and mid-afternoon Norwegian coffee breaks!!! Of course, all D3 members were excited about Barbara's election as International Director and Auden's election as International Secretary. It was exciting to have Ralph recognized for his outstanding work in adding lodges to our district by receiving the Outstanding Service Award.

The similarities between the conventions were this. Members who made comments on many issues talked about the need to bring in newer members and to plan programs and activities to interest them. We are living in a technology age and must position our lodges and districts to respond accordingly while remaining vigilant about communicating with those who will not enter the technology age. While we are about preserving, sharing and enjoying our Norwegian and Nordic heritage and culture, our insurance products are the reason why SON was created and exists today. Bringing in newer and younger members to lodge, district and international leadership is critical to our survival. And the number of first-time attendees was very positive at about 40 percent.

I highly recommend to any SON member who has never attended either a district or international convention to consider the possibility. I had never really thought about it until earlier this year and feel so rewarded that I had this wonderful experience, not once but twice.

International Insights

By Barbara Berntsen, International Director

I want to thank all the delegates at the 2008 Third District Convention for your confidence in electing me to the position of Third District International Director and I look forward to serving you in my new role. The International Convention is finished and on August 30 I was elected and installed. The convention had a theme of being "Part of the Big Picture" and we received all sorts of materials with that theme embossed. I will tell you more about "the Big Picture" in my next article.

Some of you may be wondering: "What are the duties for the International Director?"

- My main duty is to represent the Third District on the International Board of Officers and with the eight district directors.
- Be the liaison between the district board and the international board
- Work with the lodges, zones and district in our tremendous 3D
- Bring your concerns forward
- Speak for the betterment of the Third District
- Give me new "bragging rights" about your accomplishments

As in the past, I am here for the members and as your representative and liaison. I encourage everyone to contact me if you have any thoughts or concerns on how to make us all "Part of the



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Big Picture." Please feel free to contact me even if you just want to talk. I am planning on providing International news flash items that I think everyone would enjoy knowing or information I believe is important for each of us to know as soon as possible rather than waiting for a board meeting.

I hope the goblins don't get you,
Happy Halloween

Barbara

Last but not least, Don't Forget About



Postmaster Ditlef Frantzen in Nesbyen established TUBFRIM in 1928. The original aim was to collect and sell used stamps and use the proceeds to aid the eradication of tuberculosis among Norwegian children. Now, Tubfrim collects and sells cancelled postage stamps to raise funds to aid individuals who are handicapped. Tubfrim joined forces with the Sons of Norway in

1986 and since then, Sons of Norway members have donated tens of millions of stamps to Tubfrim.

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Upcoming Events

October

- 10, 11, 12 Gulfstream** hosts Leif Erikson Regatta, Jensen Beach, FL
10th Restauration – Leif Erickson Program
10th –Norge Brother's Night (Schnitzelbank Song) All Brothers
10th Norsk Carolina – Taste of Culture, Downtown Roanoke, Norway and Sweden featured countries
11th – Oslo Lodge Tentative Date for our Membership Dinner.
11th – Hudson Valley Leif Ericsson Dinner at Maennerchor 7pm; new member initiation.
11th Norsk Carolina Woodcarving; Holy Trinity Lutheran Church Fellowship Hall
12th Hartford – Leif Erikson Celebration and Salmon dinner
13th-17th LOV - Rosemaling and Scandinavian Flat plane Carving classes –Contact LOV directly
16th – Bernt Balchen – Leif Erikson Fest
17th – Bondelandet Lodge -the Society of Creative Anachronism (SCA) who will give a presentation on the skills of Viking Women in the Middle Ages
25th – Sarasota –Høst Fest

November

- 1st – Hartford** – Scandinavian Heritage Day Exhibit and Sale
2nd- 11 - Zone 4 Meeting at LOV.
2nd Fram Polse Dinner
8th – Oslo Lodge Tentative Date for Focus on Iceland.
8th Hudson Valley Men's Night at Maennerchor, 7 pm
8th Loyal Lodge Scandinavian Bazaar
8th Hampton Roads Christmas Bazaar, Francis Asbury United Methodist Church
8th Norsk Carolina will have a booth at the ScanFest in downtown Charlotte
8th Loyal Orienteering Challenge at Sunken Meadow State Park
9th Norden – “Night on the Town” dinner theater

- 14th Restauration** – Show and Tell – Norwegian crafts shown/discussed
15th Gateway to Florida Trip to IKEA
15th Norumbega – Scandinavian Fair
22nd Norrona 50th Anniversary at Marriot Hotel, Park Ridge, NJ
22nd Norumbega – Scandinavian Fair, Acton, MA
29th Gateway to Florida – Boat Light Parade, Downtown Jacksonville

December

- 5th – 7th 30th Anniversary of LOV**
5th Gateway to Florida –Jul Fest Italian American Club
6th Hampton Roads bus trip to Raleigh for Scandinavian Christmas Festival
6th Loyal Lodge Juletrefest
6th Norsk Carolina –Scandinavian Christmas Fair, Raleigh
6th Gateway to Florida Palm Valley Light Parade
7th – Oslo Lodge Juletre Fest. Come bring in the holidays the Nordic way by celebrating all Nordic cultures.
7th Restauration – Juletrefest at Springhaven Country Club, Wallingford
12th Norge Juletrefest
12th Norumbega - Julefest
13th Hudson Valley Christmas Party at Maennorchor
13th Norsk Carolina Jule Dinner and Festival with Juletre
13th Hampton Roads Christmas Party/Dinner at 67th Street Officers Club
14th Hudson Valley Children's Christmas Party at Maennorchor
14th Hartford –Juletrefest and Christmas Party
20th Norumbega Children's Christmas Party
31st LOV – New Year's Eve Party



SONS OF NORWAY

3D Officers

President, Ralph Peterson
Vice President, Gail Ekloff
Secretary, Marci Larson
Treasurer, John Gregg
Counselor, Louis Olsen
Youth Director, Evelyn Karpack
Sports/Recreation Director - Phil Nelson
Publicity Director, Mary Andersen
Cultural Director, Karen Doty

President@sofn3d.org
VicePresident@sofn3d.org
Secretary@sofn3d.org
Treasurer@sofn3d.org
Counselor@sofn3d.org
Youth@sofn3d.org
Sports@sofn3d.org
Publicity@sofn3.org/
Cultural@sofn3d.org

Zone 1 Director, Kris Rasmussen
Zone 2 Director, Judith Mack
Zone 3 Director, Joan McKillop
Zone 4 Director, Arnold Johnsen
Zone 5 Director, Carol Anderson
Zone 6 Director, Kathy Dollymore

Zone1@sofn3d.org
Zone2@sofn3d.org
Zone3@sofn3d.org
Zone4@sofn3d.org
Zone5@sofn3d.org
Zone6@sofn3d.org

History of Bernt Balchen

Bernt Balchen Lodge 3-566 was founded in 1977 by a group of Norwegians who wanted to keep their heritage and culture alive in their northeast Pennsylvania Scandinavian community. Solveig ("Sue") Spuhler was urged on by her father, Arthur Eriksen, to help establish a Sons of Norway Lodge. Sue, Ingrid Rosencrance and Helen Rothenberger secured names of interested Norwegian-Americans in Wayne and Pike Counties and the project was on its way.

The first meeting was held in the Hawley Municipal Building in August 1977. Following an informative report on the life of Bernt Balchen presented by Sue Spuhler, the group decided their official name would be Bernt Balchen Lodge. The Lodge held its first initiation and installation of officers on September 24th at the Eldred Game Preserve in New York State. The group was honored to have Mrs. Bernt Balchen attend as a guest at that first ceremony. There were approximately 110 charter members. The first officers were: Roy Studsrud-President, Gerard Wicknes-Vice President, Harry Oyangen-Counselor, Ingrid Rosencrance-Secretary, Anne Marie Bucher-Financial Secretary, Alice Ogland-Treasurer, and Sue Spuhler, their first Social Director.

Over the years the Lodge met at various locations; presently their meetings and most of their special affairs are held at Central Volunteer Fire Department Hall in Pike County. Some of their most successful ventures in the late 1970's were mystery bus trips to other lodges, the debut of their newsletter, *The Bernt Balchen Flyer*, the purchase of the Lodge Viking Ship from the Norwegian Children's Home in Brooklyn and attending various parades including the Sesquicentennial Celebration of the Sturbridge Lion Train, in Honesdale, Pennsylvania.

In the 1980's the Lodge sponsored their first weekend at Land of the Vikings. The members also held the first Syttende Mai (17th of May) parade at Land of the Vikings. They hosted a team of Norwegian gymnasts performing in the U.S. and in different years the Lodge participated in parades for St. Patrick's Day, 17th of May, Leif Erikson Day, and the 4th of July. In 1987 the Lodge held its 10th Anniversary party at Lukan's Farm. The Viking Ship II was built,



SONS OF NORWAY

banners and sashes were purchased and a successful bazaar was held. Some members attended the Syttende Mai Parade in Brooklyn, New York. Summer barbecues and picnics were held at members' homes and at Minisink Battleground in New York State. Many social and cultural nights were held and Christmas parties with entertainment were yearly events. The members got together and persevered to hold cooking lessons, language classes and rosemaking classes.

In the 1990's the Lodge members journeyed to Ellis Island, held a meeting on a boat trip on Lake Wallenpaupack and refurbished the Viking Ship, not once, but twice. Another bazaar was held, there was a showing of the film "Song of Norway" and their Viking Ship was featured in Honesdale's 200th Anniversary Parade. St. Hans Midsummer night fests became a yearly event and there was a train ride from Honesdale to Lackawaxen, complete with Vikings and trolls. In 1997 the Lodge's 20th Anniversary Party was held at the Eldred Preserve in New York State. There was a bus trip to Easton, Pennsylvania with stops at a Scandinavian Store, the Crayola Crayon Factory and a Canal boat ride. The lodge presented a month-long display of Norwegian cultural items and books, pertaining to Norway, at the Hawley Public Library; and the cooking lessons, language classes and rosemaking classes continued.

In 2000 the Lodge held a Leif Erikson Day Viking Fest with music, costumes and a performance by the Nor-Bu Lodge Dancers. The following year the second Leif Erikson Day Viking Fest was held with a traditional Norwegian loin of pork dinner and has become a yearly tradition. In 2002 the Lodge held its 25th Anniversary Party at the Inn at Lackawaxen. Lodge members attended a Scandinavian Festival in Vasa Park, New Jersey and during one Christmas season joined with other ethnic groups in Hawley's Victorian Christmas Celebration. These past, most recent years have also been very busy for the Lodge members. They have had numerous trips and excursions, social activities, craft fairs, cultural events and the cooking lessons, language classes and rosemaking classes have continued.

The Lodge maintains a library of Norwegian books, films and music to lend to their members. Their Lodge musician plays Norwegian songs on the accordion at most meetings and social events. They have a Reading Circle that meets each month to discuss books by Norwegian or Norwegian-American authors and have a craft workshop group that meets to sew, paint, construct and prepare for various programs, such as the Annual Scandinavian Craft Fair, Viking Dinner, and other family socials.

Lodge members volunteer their time and talents for the betterment of the community. Members work with local churches, volunteer fire departments, libraries, the local hospital, museums and animal shelters. Others tutor children at local schools, visit nursing homes, read to the blind and participate and support many charities. Through their scholarship fund each year, Bernt Balchen Lodge 3-566 sends children to summer camp at Land of the Vikings in Sherman, Pennsylvania.

The Lodge has been the recipient of awards from the Sons of Norway Third District. Our officers have attended District Conventions where, over the years, they have graciously accepted the following awards: Bronze Award for Community Service, Family Lodge of the Year, Lodge of the Year, Founders Award for Membership, Special Recognition-Gold Merit Award, Special Recognition-President's Gold Merit Award and Newsletter of the Year Award.

The members of Bernt Balchen Lodge 3-566 pledge to keep their Lodge growing in membership, fellowship, and excellence during the next thirty years.