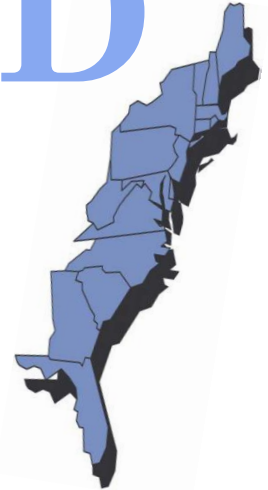




SONS OF NORWAY

3D



Godt nyttår!

JANUARY 2012
Third District Today

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



Fra Presidenten Ralph Peterson

I am hoping that you have had a great Christmas and are looking forward to a great and healthy New Year. Perhaps you even had a "white" Christmas. In Virginia, it doesn't look like we will see that, at least in Virginia Beach, but we have a few days to go. Last year we had 13 inches on Christmas day.

The great thing about 1 January is most of us get to start fresh. We have new budgets, new goals have been set, new officers with fresh ideas are taking over and it truly is a time for a new beginning. It's time for District 3 members to step up and make a difference. Let's have **each of us** sign up just **one** new member. That is not that difficult. (We do want Kent Larson to keep signing up the double digit numbers he produces each year, not just one new member) If nothing else give someone a gift membership. Let's keep in touch with all our members. Perhaps some of them need some help but they don't

like to ask for it so let's help them out. We are after all, first and foremost a fraternal organization. If you are a lodge officer why don't you check out the leadership manual and read the job description for the office you hold. Even if you have held the office for a while you may learn something new and if you are new to the job then this is where you want to start.

The Convention and Centennial planning is picking up speed. A section on the web site has been set up for convention business and is updated frequently. <http://www.3dsofn.org/convention/index.html> The apparel sales are doing very well. The committee is trying to sell as much as possible prior to the convention so we don't end up with a huge inventory at the convention. The variety of items is excellent and so is the quality. Check it out.

<http://3dsofn.org/convention/merchandise.html>

The use of the "constant contact" emails seems to be working very well and is proving to be a useful tool. If you haven't been receiving these emails it probably is because your email is not listed with the SON or you may have changed addresses but didn't update your personal information. You can update your information on line or call headquarters 800 945 8851 and ask for membership. They will take care of it for you.

There will be several lodge officer installations occurring over the next couple of months. Please make sure that your lodge's installation information gets on our web sites event list. Plan a visit to another lodge for their installation.

The web site continues to do well. We have averaged over 246 visitors a day during the past 3 months. During a recent 9 day period we averaged 304 visitors a day. We need your help in keeping the site current. That information should be both about what is going to happen and what has happened.

We had a real surge in cultural activities last year. I was very impressed with all the lodges working on cultural skill medals in reading Norwegian and Norwegian American authors. The last edition of the North Carolina Newsletter had a great article about Norwegian authors and books. I have asked their President if he would please post it on our blog <http://www.3dsofn.org/blog> so keep an eye out for it. There has also been a series of genealogy workshops up and down the coast. Our District Cultural Director and the LOV marketing manager are working to get additional cultural workshops at LOV. If you have any ideas on that, contact them.





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As I start down the last few months as your President I can truly say time has flown, it has always been exciting and most of the time fun. We have managed to accomplish several things over the past 3.5 years but we have a few pieces of business left to accomplish prior to 23 June 2012 so I may be calling on you for help. Let's start planning to have at least 53 lodges at the convention and fill up the hotel. I already have made my reservations; it's time for you to do the same. http://3dsofn.org/convention/hotel_info.html
 Fraternally Ralph Peterson President District Three Sons of Norway

Vice President Gail Ekloff



A New Year — The opportunity for all members, officers, and lodges to try NEW programs and events during the year ahead. Use the 3D website to advertise your lodge events and meeting. Publish your events in the local paper or local TV. Outreach to the neighborhood; let them know that Sons of Norway is involved in the community. (With all the budget cuts, this might be the time you could get into an Adopt-A-School program). Mentor your new members this year; help them feel like part of the group; guide them in how your lodge works, go to the web site and download a "Welcome to Our Lodge" brochure. Fill in the blanks to personalize the brochure for how your lodge runs give it to new member at their initiation.

Get ready for the Convention — Prepare resolutions to present. Review the Bylaws, Charter, and Constitution. See if there is a way to clarify an issue that is important in the running of Sons of Norway – as a whole, the District or your Lodge.

The Third District is 100 year old.....make plans to celebrate at Virginia Beach in June. The Centennial committee is busy at work putting together a memorable event. DON'T MISS IT.

New Lodges will be starting in Richmond, Va. and The Villages in Fl. If anyone is interested in joining please contact me at rege882@catskill.net.

Alt for denne gangen, Gail

**Remember: 2 A's - Ask & Advertise - to get a member.
 2 M's - Mentor and Mingle - to keep a member.**

Publicity by Kathy Dollymore, 3D Public Relations

Are you ready for the New Year? Time for Reflections? Resolutions made?

New Year's Day marks the beginning of the new year. Most people celebrate the holiday by enjoying the day with family/friends, watching football and reflecting on their goals for the new year. Use this time to focus on what you plan to bring to your lodge for the coming year, be it stories, help with programming, holding an office, or supporting behind the scenes, knowing each and every member is of great import. I want to let you all know that I value your input with the TDT making it useful to you all and to wish a very happy and healthy New Year to everyone.

For some fun here are a list of days to start your New Year with:

January 8th is National Bubble Bath Day

January 13th is Make Your Dreams Come True Day.

January 24th is National Compliment Day

January 31st is Backwards Day.

Did you know you can find out what is going on in other lodges by clicking on About Us and then lodges on the 3D website. This will take you to the Sons of Norway page which contains all of our lodges. Lodge names highlighted in blue means they have their own website; check out what they are doing and if you are travelling in the area, drop in and say hello!!





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From the Secretary, Marci Larson

Just a few reminders as we close out the SON lodge year:

- If you are changing officers, please make sure I have your updated list for the 2012 Membership Directory. I'd appreciate that information as soon as possible. Be sure you update it electronically on the SON web site and complete/mail the D63 officers form. If you have any questions, let me know (mlarson@northfloridatpo.com).
- I have most of the information pertaining to lodge officers installations but if you'd like a district officer to install your new officers, once again email or call me.
- As the new year inches in, please be thinking of lodge delegates for the District Convention in June. I will send a form for the delegates name/contact information in early January and must need it returned as soon as you elect delegates. If you are unsure as to the number of delegates, this is based on your lodge membership Dec. 31. If you have any questions, let me know. For our newer lodges, we'd love to have you represented at the District Convention and Centennial Celebration. It is a great learning experience and a superb opportunity to make new SON friends who are willing to share great cultural and other ideas.
- If you wish to order directories, the order form will be sent in early January. Each lodge receives one directory free and additional copies are \$5. They will be mailed to you about March 1.
- As always if I can assist you, I am only an e-mail or phone call away (904-306-7513 or 904-307-2888).



3D 2012 Bowling Tournament

Lets make 2012 our greatest year of participation in Third District. Last year was a disappointing year. We had 8, that's right, 8 Lodges out of a potential of 53 Lodges take part. The following Lodges participated.

Bondelandet w/ 3 teams	Gulfstream w/ 4 teams	Hartford w/ 2 teams
Nor-Bu w/ 3 teams	Norumbega w/2 teams	Oslo w/ 1 team (youth)
Suncoast w/ 1 team	Sun Viking w/ 2 teams.	
Noreg did not field a team but contributed \$25.00		

We can do much better in 2012 with the help of our 7 Zone Directors and all 53 local Lodge Presidents. **Please promote this activity.**

It is up to the local lodge to reserve the bowling alley and individuals pay their own line fees. You are to bowl 3 games. Send the results with individual names (please print or type), individual scores per game, and indicate male, female, or mixed to me. Teams can be made up as Men, Women or Mixed. There is a Registration Fee of \$25.00 per team to cover cost of trophies and etc. Checks are made out to District Lodge #3 Sons of Norway and also sent to me.

There will be more info following the NEW YEAR. Please **PROMOTE THIS EVENT.**

Don't forget to promote/encourage our Sports Metal Challenge which will go on until 5/31/12. This is another activity that receives very little response from Lodges.

Gene Olson – 3D Sports Director

mais@comcast.net or 717-569-1747 and leave message





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TUBFRIM: Please remember to save used postage stamps for Tubfrim. Please cut the stamps from envelopes with scissors, leaving a 1/4 inch margin of paper around the stamp for ease of handling. Picture post cards should be left whole. Tubfrim also collects used telephone cards. The money realized from the sale of stamps benefits disabled children and youth in Norway.



ZONE NEWS

ZONE 1: Kris Rasmussen Director

The following are the Zone Social events to date;

1. Zone Bowling, Sunday, March 18th Loyal Lodge host, Smithtown Lanes in Smithtown, Invite back to Norway Hall for Lapskaus afterwards.
2. Children's Heritage Fair, Sunday March 25th St James Lutheran Church.
3. Joint Zone Meeting, Spring 2012 Brooklyn Lodge Host, possible trip to Seaman's Church NYC, More info to follow.
4. LI Memorial Service, Sunday May 6th 3 PM St. Mark's Church, Garborg host.
5. Brooklyn memorial service, April, no date set.

Not Zone events but some FYI's are:

Peconic's Cod Fish Dinner, March 10th at their Lodge

Norden Lodge 75th Anniversary, April 26, 2012

ZONE 2: Judy Mack Director

ZONE 3: Barbara Bensen Director

"THIS N' THATS"

It's no secret.....2012 is here! How it arrived so quickly, is a mystery! Now we have to consider the road ahead, and what we can do to keep the Lodges in Zone 3 and Sons of Norway healthy. Setting up a productive lodge calendar for the year; increasing membership and retaining membership; providing an informative lodge newsletter with lodge activities; are a few priorities to be embraced for 2012. Zone 3 has certainly maintained its share of cultural classes, bazaars, fests, reading circles, community interactivity, heritage fairs, etc.. Even our smaller lodges are active. Getting involved and staying involved is critical to preserving our heritage and our culture. And don't forget, that whatever SOFN exposure we give to the outside world provides a link to membership growth. To my Lodges, I say MANGE TUSEN TAKK for all of your efforts to provide programs to both your Lodge and to your community.

Some of January activities in Zone 3 include Officer Installations at Nansen Lodge - January 6th, Noreg Lodge - January 6th, and Pleasant Point - February 10th. Congratulations to all of the newly elected officers. Nor-Bu Lodge is having their Family Weekend at LOV February 10th - 12th. It's usually a sell-out weekend. If you wish to join them, contact Evelyn Karpack - President, Nor-Bu Lodge. Though Bernt Balchen doesn't hold meetings in January or February, their reading group over-the-winter read, for Spring discussion, is "The Dream We Carry" and "The Roads Have Come to an End". Both highly acclaimed Norwegian Poetry. Noreg Lodge continues to have both Music Sunday and Cultural Sunday every month. As they say, sharing information is a partnership and you may find new ideas/happenings by reading a newsletter from a Sister Lodge, the Third District Today or even e-Post. Godt Nytt Ar!

ZONE 4: Karin McCadam, Director

ZONE 5: Gail Martinsen, Director

The Zone 5 Lodges all had very special Christmas Celebrations with beautiful weather! Gateway to Florida participated in the Jacksonville Light Parade on the Saint John's River on November 26th. At their Julefest, I was shown a picture of their "Viking Ship". It was amazing! They decorated a pontoon boat with plywood on the sides shaped like a Viking ship and covered it with lights! In the picture it looked just like a beautiful Viking ship. It shows how innovative us Norwegians can be. Several of our lodges celebrated their Juletreffs at restaurants or Country Clubs, but, they were so lucky to have the chefs willing to cook a traditional Norwegian Christmas Dinner. Sarasota Lodge members marched in Sarasota's Annual Christmas Parade on December 3rd. Congratulations to Tampa Lodge! They celebrated their **40th Anniversary & Julefest** with a delicious Smorgasbord complete with turkey and ham and all the delicious Norwegian dishes. It was a lovely evening. Vikingworld asked the





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members to bring one of their Christmas tree ornaments to hang on their tree. Also, they had a \$10 gift exchange. Vikingworld and Suncoast asked their members to bring traditional Norwegian food, cookies and Julekake for their smorgasbords. When Ron & I arrived at Suncoast's Julefest, we saw under the tree so many wonderful toys and several new tricycles and bicycles! The lodge purchased the bikes and the members donated the toys. All of the bikes and toys were being donated to "Taking it to the Streets" Ministry for needy children. Chris Taylor read a wonderful Norwegian Christmas story to the children before Santa arrived. What a wonderful evening! Sun Viking had a traditional Norwegian Christmas Dinner with pork and all the fixings. The members brought many



toys for the Toys for Tots, Items for the Troops and food for a local Food Pantry. The Sun Viking children and a few adults participated in the beautiful Santa Lucia Celebration. Many lodges walked around the Christmas tree singing carols. But, Santa Claus visited all of the Lodges here in Florida. We are all preparing for our Installations in January and our Zone Memorial Service hosted by Suncoast.

Godt Nyttår!! Have a very Happy and Prosperous New Year!!

Sun Viking's Children & Carol Eriksson, Assistant Youth Director in the Santa Lucia Pageant

ZONE 6: Carol Goral, Director

Zone 6 has been celebrating the Jul season with many events. Bondelandet had a Lutfisk dinner in December as well as their Juklfest between Christmas and New Years, Many attended both events and a great time was enjoyed. Fredriksten celebrated the Jul with the Danish Brotherhood at their lodge hall. It was a great event and they plan on celebrating with the Danes every year. Restauration celebrated Julfest as well as their 35th anniversary at the Spring Haven Country Club, a beautiful place in Delaware County . The food was wonderful and the members put on a lively skit for our enjoyment. The District Vice President, Gail Eklof was there and the speech was given by Audin, International Officer.

The New Year promises to be a good one for the 6th Zone.

New officers will be installed at most lodges. I am happy that I will be installing officers at Bondelandet and Washington Lodges.

The Memorial Service will again be held at Old Swedes Church in Philadelphia on March 17th.

In April, Fredriksten celebrates its 100th anniversary and we hope that many will attend their party on April 28. from 2-7. at the Bensalen Country Club.

All of the lodges are preparing for the Convention in June. The Zone meeting will be announced shortly.

ZONE 7: Ed MaCarthy





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Don't forget to:



Oslo Lodge, (Central New York) held their Annual Jul Tree Festival December 10th in North Syracuse, NY with 35 young and old members and guests attending. Featured were the entrance of Sankta Lucia, portrayed by new member Dana Norton and her star attendants. Traditional Nordic refreshments of gravlax, smoked salmon, several types of cheeses, flatbreads, dips and Christmas cookies were served. Traditional Jule songs and music enlived the gathering, and of course included that favorite song, "Ode to the Lutefisk". (No lutefisk was to be seen or otherwise indicated.) President Bjorn Solli, as Jul Nisse, distributed gifts to the children.



SANTA SHARING THE CHRISTMAS SPIRIT DURING HIS VISIT TO GULF COAST VIKINGS LODGE 3-683.





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CONVENTION NEWS

100 Years – A Viking Voyage



**Save the Date!!! 20 – 23 June 2012
District 3 Convention & Centennial Celebration –
Virginia Beach Convention Center, Virginia Beach, VA**

Come Early & Stay Late!

I'm happy to say the regatta information is now on the 3Dwebsite complete with History of FL Viking boats and photos. Check it out.
Carol

FINANCIAL NEWS

What if that big sweepstakes came to your door as we have seen on TV in years past, could you handle it?

You may never win the sweepstakes or lottery, but chances are you could end up with a considerable windfall from other sources; home sale, inheritance, insurance settlement, or minerals just to name a few. Taking time to explore sensible options with your accountant, attorney and financial benefits counselor can help you prioritize and properly structure a plan that will allow you to make financial decisions best for you.

After you have your plan in place, don't forget to treat yourself and have a little fun. Happy New Year!

Ann Krause, FIC, LUTCF Financial Benefits Counselor
Sons of Norway Sarasota FL Minot, ND

Nyttårsaften (New Year's Eve) December 31 *(article submitted by Suncoast Lodge)*

In Norway, New Year's Eve is usually spent with family and friends, either at home or out on the town. Spending a fun and quality time with loved ones is at the core of the evening. Many Norwegians travel to a warm location close by to celebrate, such as in southern Europe. They all celebrate with music, dancing and drinking. Turkey or lobster is often prepared for their evening feast or a simpler dinner. Eating lutefisk is losing in popularity of many Norwegians lately. Wine and champagne is an important part of the celebration. In some parts of Norway on New Year's Eve, the young Norwegians dress up in masks and fancy costumes and go visiting in groups of about 10 or 15. They stop at each house for dancing and refreshments and end with breakfast at the home of a friend or relative.

There are a few other days celebrated in Norway during the month of January. They are Nyttårsdag (New Year's Day). Norwegians attend morning church services and then spend the day quietly at home or visit relatives or friends. The dinner would start with a koldt bord, including dishes such as herring, smoked salmon, cheeses, etc. That is followed by roast pork or goose, potatoes, vegetables, many cakes and other desserts, plus a strong holiday beer. On January 6th is Trettende Dag (12th Day), also known as the Three Holy King's Day. This is the day that the Magi visited the Christ child in the manger. Children used to celebrate this festival carrying a paper star lantern through the streets singing ancient carols about the wise men. January 13th is the Tyvendedagen (20th Day, after Christmas). It was customary in many areas in the country on this day to hold the traditional Christmas race. They piled into their sleighs and drove madly across icy lakes shouting joyously and ringing bells. Ancient tradition states that on this day Kari-Tretten (a troll woman) led the trolls racing over the frozen countryside. This day marks the official end of the Yuletide. The Christmas tree is taken down, decorations put away and it is the last time they say "God Jul". The final festivities are held on this day.





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HAPPY NEW YEAR

Trolkrem (Troll Cream) for New Year's Eve #1 in Norway

2 cups lingonberries or 2/3 cup sugar

1/2 cup lingonberry jam 2 large egg whites

Wash berries and remove all unripe berries. Combine all ingredients in a mixing bowl and beat until volume quadruples, about 15 minutes. If you are using lingonberry jam, omit sugar. Serve in a crystal dessert bowl sprinkled with a few lingonberries. If available, add a few mint leaves. Cookies are a great accompaniment or serve in crisp wafer cups (Krumkakeskåler). **Note:** If you don't have lingonberries, you could use cranberries or blueberries, adjusting the sugar to keep it sweet

