



* Supporting A Dementia Friendly Society *

NORDEN STAR

NORDEN LODGE #407 HUNTINGTON



Volume 56, Issue # 2 *Happy Valentine's Day*

Celebrating Our 86th Year

February, 2024

Meeting normally each 4th Sunday of the month at Saint Peter's Lutheran Church, Huntington Station, NY
Phone (516) 791-3983 NordenLodge407@Gmail.com -Next Meeting **Sunday February 25, at 2 PM**
On Facebook at: **NordenLodge3-407 Sons of Norway** - On the WEB at **NordenLodge3-407.org**
Deadline for Items for the March, 2024 Newsletter PERIODICAL is February 27, 2024

MONTH'S MESSAGE

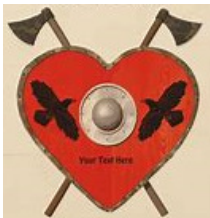
Hi Everyone,

I am sitting here in the house with the snow coming down. We have about an inch so far but it is supposed to keep sending its white flakes all day. In a week and a half we will be celebrating the fun holiday of Valentine's Day at the meeting so get out your red to lighten up the hall. We will be having our dinner and our zoom meeting for those who are not local or the weather is not cooperating.

We will be changing our April meeting to April 21st and that is our corporation meeting so come and share your thoughts for Norden's 2024 year. Another change is that if you want to finally see the Sons of Norway Bylaws and Procedures, a little birdie just told me that they are now on-line. These are the Bylaws that was designed to be out after the last International Board Meeting – you know the one that involved speeches on what is happening at the Sons of Norway Office and International Board. Barbara and her committee finished the Third District Bylaws that will now be brought to the District Lodge Meeting in Washington DC (really Virginia) for the delegates to review and vote on. Barbara was advised that the Sons of Norway Bylaws are completed and now to check that the 3D Bylaws have no conflicts or discrepancies between the two documents. She is working on that now. There was also a required addition by the International Board to add a chapter in their Procedures to all eight districts bylaws. If it was so important to add to the districts bylaws, then WHY was it not included in their bylaws? Yet it's part of their procedures. I guess the districts should have more clout in that respect to the International Board. More on that when we get closer to the convention. As a lodge if anyone has a thought to proposing a resolution – now is the time to talk about it and submit it to the Third District Secretary for the delegates at the District Lodge Meeting to discuss and vote on.

So at this meeting we are planning to celebrate Valentine's Day – so remember to wear something red. See you on February 25th.

Fraternally, Roy



NORDEN IS WHERE THE WARM HEARTS MEET FOR

“ VALENTINES DAY ! ”



The Norwegian-American 17th of May Committee Of NY is accepting Applications for the 66th Miss Norway of Greater New York Contest. If you have an applicant in mind & need an Application Form they are available on-line or contact your Editor or pick one up at our next meeting

If you hear of anyone who is not feeling well, or needs some cheering up, please contact our **SunShine Lady**, Kathy Johannessen (631) 421-9482, so we can respond & get the word out.

PLEASE WEAR YOUR NAME TAGS TO EVERY MEETING.

As voted, a \$1.00 reminder fee for a temporary name rental will be charged each time you forget. This could be fun! Only excellent above reproach excuses will be exempted by Vote on the floor. See **Les Johannessen for your Tag**

NORDEN ALWAYS WELCOMES NEW MEMBERS AND GUESTS

*** NORDEN OFFICERS FOR 2023 ***

President: Roy Berntsen	(516) 791-3983
10 Pershing St., Valley Stream, NY 11580	
E-Mail: royb50@optonline.net	
Vice President Kristin Gottilla	(631) 412-3361
642 Grand Ave, Lindenhurst, NY 11757	
E-Mail: kgottilla@hotmail.com	
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Counselor: Steve Helms	(516) 935-0751
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Youth Dir: Vacant	
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Treasurer Shirley Erland	(516) 785-4424
Sunshine: Kathy Johannessen	(631) 421-9482
Sports Dir. Charles Gottilla	(631) 412-3361
Greeter: Mary Booton	Call Editor

January 28th Meeting Minutes Summary –

President Roy opened our meeting at 2:15pm. He wished everyone a Happy New Year. He asked that we take a moment of silence for us to remember a former member and a good friend to so many of us. Deacon Frank Arthur Oden Jr. passed to lodge eternal on December 14. - Roy welcomed Susan Olson as an affiliate member of Norden. - Secretary Barbara – took the silent attendance

Secretary -- approval of the minutes as distributed

Barbara said we have no applications for membership.

CORRESPONDENCE: 1 Barbara announced she has the district secretary report if anyone want to read it. it has a lot of new and important items – or, she could email it copy upon request.

2. Ordering District directories, they are \$9 each and we get the first free from the district. It was approved to order 7 directories.

3. We tabled the ski for light international and Barbara did not have time to research another ski for light locally. 3D President suggested to contact Norumbega Lodge they had someone as a guest speaker from the North East. Barbara will contact Norumbega Lodge.

4. Kristin made up an attendance check off list to make it easier to see how many meetings each member attended.

5. Dennis Flynn – Barbara read his email about his dog and the woman who enjoyed visiting with his dog in the parking lot. If you want to babysit a dog, please let her know.

Treasurer Shirley announced the bills: Auditor Karen announced the financial books were audited & they were found in good order.

Budget – Handed out. is very similar to our last budget with modification for 2024. after time to look it over, questions answered Les made a motion to accept the presented second by Jim Varady, budget was approved for presentation to the Membership Corporation for review and planning.

COMMITTEE REPORTS

Social Director: JANET brought a lot of Norwegian American newspapers and Viking Magazines to look at and take if you wish. Barbara order dinner.

Newsletter: Les – has extra copies with him. Les mentioned he moved the deadline to later in the month because we meet the 4th Sunday. Les mentioned that Washington Lodge has wonderful programs and he send out the zoom link to join them. Check it out.

Sports Director: Chuck announced: **Atlantic City** date is June 1 And the price for the bus went up by \$200, thus the price per Person is \$75. He made the deposit of \$500. Kristen sent flyer to the other lodges & Barbara will announce at the zone meeting.

Picnic: after checking and discussion it was determined that the best date would be August 11. Les will follow up with the town to

determine if that date is available & secure the permit.

Henrik Ibsen Bowling for Fun – Feb 4th names were taken for teams and Chuck should be contacted if attending.

Zoom Fees – Chuck paid for the annual cost..

Zone: STEVE / LES / KAREN / BARBARA

1. Barbara Kristiansen won raffle tickets for the scholarship committee – \$610 went to the scholarship fund and \$610 was won by Barbara Kristiansen.

2. Memorial Service – May 5 - the zone discussed the memorial and the participation. the service is to remember all our members who have passed to lodge eternal. those now and those in the past. please think of joining us next May. we have our guest speaker and our soloist.

3. Brooklyn will be held on April 28, 2024 more info to follow.

Sunshine: Kathy said everyone is doing fine and welcomed Steve back - . Roy gave the update on Margaret in rehab.

Parade: Barbara – we selected our theme: “celebrating our 70th parade” and we should have our pins next month. we have a shield with the flags. we need a treasurer for the parade committee. The \$100. 50/50 raffle going again as a fundraiser – she has a few tickets here if you wish. we will only sell 200 – last year the winner took home over \$3500. she was really excited.

3rd District: Steve – 1. youth camp will be held in July and the age for campers is up to 17 because some children missed out due to the pandemic. July 21 – 28, 2024 at camp Koinonia and the adult culture/sports weekend will be July 25 – 28, 2024 – the end of the week. The southern culture sports will be held at camp Lutherock in Newland North Carolina. August 8 – 11th, 2024.

2. A Zoom presentation for Presidents, Secretaries and Officers concerning updating methods of Lodge responsibilities and how not to get caught up in the disbanding of your Lodge & a few other items is ongoing.

3. **Sports picnic at Nansen lodge** on April 20th. It is \$40/ person.

NEW BUSINESS - Convention it is held on June 7 – 10. We are allowed 4 delegates. **DELEGATES** approved during meeting are:

1. Roy Berntsen 2. Barbara Berntsen 3. Shirley Erland 4. Les Johannessen

ALTERNATES - 1. Kathy Johannessen 2. Janet Hannigan 3. Bob Saunders

The cost for the package is \$319 per delegate. The cost of the room is about \$158 (including the taxes).

So the total for the room and package is approximately \$3150 for the 4 delegates – this does not include travel to the convention. The Journal ad for the convention journal will be done in February.

Karen made a motion to amend the budget to cover the cost for the 3 alternates to attend convention. They are to attend the sessions. It was second by Les and all approved. The budget will be adjusted to accommodate the alternates attending convention.

OLD BUSINESS 1. Please give me (Roy) or Barbara your email address – even if you do not have it on the Sons of Norway web site – because the district sends out e-mail blasts to inform you of something important. Plus if you want to vote for any international officer you must log-on to the sofn.com website and add your email and they will send the link to vote in august 2024 for the next international officers.

GOOD OF THE ORDER Janet announced we received a Certificate of Appreciation for the donation for the wreaths to be place on the veteran’s graves.

Our next meeting, will be on Sunday February 25th at 2pm Meeting ended at 3:15pm

Respectfully Submitted by Barabara Berntsen

**** UP COMING EVENTS ****



IT'S ALL SCANDINAVIAN

Follow and see
Ellen Lindstrom's Band
perform at:

<http://www.theswedishmeatballs.com/shows.html>

3D  SONS of
NORWAY



SAVE THE DATE
Mark your calendars!
3D SONS OF NORWAY
YOUTH CAMP 2024



Ages 8-18
Camp Koinonia
July 21 - July 28, 2024
Highland Lake, NY
NEW THIS YEAR!

Cultural/Sports/Family Weekend

Fun for everyone old, young, and in between!

July 25 - July 28, 2024

**** See Pg 5 for more details under Activities ****

Time to find a suitable camp for our Southern 3D Lodges has not worked out for this year. 3D is moving ahead to secure one for next year. All Lodges are encouraged to join this year's activities above.

ANNIVERSARY



Henrik Ibsen Lodge No. 393
Bayshore, New York
Established March 1934
Instituted March 11, 1934

"Come Celebrate with us our 90th year"
Sunday April 14, 2024 12noon - 4 PM

Marconi Manor,

333 Moffitt Blvd. Islip, NY 11751

Buffett with open Bar

Raffles, 50/50, Music by Smörgåsbandet

Key note speaker Barbara Berntsen

\$75 per person, children under 12yrs. free

Payable to Henrik Ibsen Lodge, mail to Treasurer

Kris Holvik

49 Brook Street, Islip NY 11751

Please respond no later than

February 17, 2024

*** **FORMAL INVITATION TO ALL !!** ***

Hello everyone.

We cordially invite you to join us on a wonderful adventure to **Atlantic City** again. We have 4 stop locations to choose from (noted below). When you call to reserve your seat please also state which location you want to be picked up at. I do not want to miss anyone. *Kindly make sure to get to the bus pickup 15 minutes before the time stated for your stop. It is better for you to wait for the bus, because the bus will NOT wait for you!*

Reservations are first come first served. Call or e-mail us before March 3rd to make sure you get a seat (Chuck: 516-512-9427, Kris: 516-521-3190, CGottilla@hotmail.com). The cost is \$75 per person, and we need your Names, Phone #'s, Lodge and the stop you want to be picked up at (very important) with your deposit.

*We look forward to seeing You
Norden Lodge Sports Directors,
Chuck and Kristin Gottilla*

**Norden Lodge's
Atlantic City Bus Trip**



June 1st, 2024



Cost: \$75 per person

On the way down we will have breakfast and coffee, play a few games. On way back we will hand out some drinks/snacks and settle down for the movie chosen by all. The casino is providing something to get us started.

Leaving LIE Exit 49 Park & Ride at 8AM,
Stopping at Christopher Morley Park at 8:30AM
(500 Searingtown Rd N, Roslyn),
Stopping at Brooklyn PC Richards parking lot at 9:15AM
(576-80 86th St., Brooklyn),
Nanson Lodge Staten Island at 9:45AM
And Lastly Arriving at the Tropicana, Atlantic City.
We will be departing Atlantic City around 6 PM for Home

****Make sure to get to the bus pickup 15 minutes before the time stated for your stop. It is better for you to wait for the bus, because the bus will NOT wait for you!!!****

RSVP by: TBD Call or E-mail Today!!!

Contact: Chuck: 516-512-9427

Kris: 516-521-3190

CGottilla@hotmail.com

*****Be sure to include pickup location desired *****

Make check payable to Charles Gottilla
642 Grand Ave, Lindenhurst, New York 11757

**LOYAL LODGE ANNIVERSARY ON JUNE 2
Tickets Will Not be Available Until March 3rd**



FROM THE 3RD DISTRICT



Fra 3D President, Steve Helmold, February 2024 - As I try to fulfill my goal of keeping the members of the Third District informed on the happenings of the District, the International Board of Directors, and the home office, 2024 has started off to a very busy start for your district board.

The home office has developed a "Lodge Health and Disbandment" program and has directed district presidents to monitor each of their lodges to determine if they are strong or if the lodge should be recommended for disbandment. To that end, I had zoom meetings with the district lodge presidents, vice presidents, and any other interested lodge members. At these meetings we discussed what the home office considers to be a healthy lodge. I also made sure that the lodges understand that the district board is here to help them become or stay "healthy."

The District Board is working with the host committee, Washington Lodge, to make the 2024 Third District Convention the best and most interesting convention ever. One of the things that is planned is a night bus tour of Washington DC to see the buildings and memorials lit up. Karen and I have already signed up for this tour as there are only 100 seats available and we did not want to be left out.

Karen, our District Secretary, has sent to all lodge presidents and lodge secretaries the number of delegates that each lodge is entitled to send to convention along with all the paperwork that must be completed. It is my hope that every lodge sends the maximum number of delegates to the convention. Since the District Lodge Meeting is open to all members of the district, others are encouraged to attend as nondelegates. They can take part in all the activities; they just can't vote.

Youth Camp is planned for July 21st to 28th. I hope your children and grandchildren will attend camp. Those children who have attended in the past have always had a very fun time learning about their Norwegian heritage and culture and making new friends and seeing old friends. Information and applications have been sent out and is also available on the Third District website.

The board continues to plan fun events for the members of the district such as family camps and the sports picnic which will be held at Nansen Lodge on Staten Island in April. Check the Third District Website for more information.

Until next month,- Fraternaly, Stephen Helmold

Washington DC Night Bus Tour Saturday June 8, 6:30-11:00 PM from the Dulles Hyatt

Regency Cost for Delegates: \$35. Cost for Non Delegates: \$50 Sign up on Registration Form ** LIMITED TO FIRST 100 RESPONDERS ****** The tour will be narrated by a guide. Restroom on the bus is available. Food and drinks may be brought onto the bus (please be neat as we will have to pay extra for cleanup or damages).

A brief description of a possible itinerary: US Capitol Building -West Grounds-White House-NorthGrounds-Lincoln Memorial Vietnam Veterans Memorial -World War I Memorial- Martin Luther King Jr. Memorial Thomas Jefferson Memorial - Your group will explore historic monuments with your guide and have many memorable photo opportunities! **Happy hour dinner starts at 5:00 PM. You should be heading to the bus at 6:15 PM. We hope to return to Dulles Hyatt Regency no later than 11:30PM.**

SON INTERNATIONAL SCHOLARSHIPS

The Sons of Norway Foundation offers college, trade school, and high school scholarships starting at \$1,000 for current members and children or grandchildren of current members. For more information and complete eligibility requirements call (800) 945-8851, or visit https://www.sofn.com/foundation/grants_and_scholarships/ The grant and scholarship applications are now open on the website! They offer over a dozen scholarship opportunities for study in the US, Norway, and beyond. Each fund caters to different interests and comes with different requirements, so take some time to review. Please note application deadlines are changing this year, so check each early 2024 deadline carefully. Information on grants and scholarships is available on the website at [Foundation | Sons of Norway](#). Any questions can be directed to foundation@sofn.com.

LODGE SAVE THE DATE 2024

- Feb 25 – Lodge Meeting St Peters 2 PM
- Mar 24 - Lodge Meeting St Peters 2 PM Music by Ellen
- *Apr 21 - Lodge Meeting St Peters 2 PM (Note the change)
- May 17 – Lodge Meeting St Peters 6 PM Change due to Memorial Day Weekend
- Jun 23 - Lodge Meeting St Peters 2 PM Music by Ellen
- Sept 22 - Lodge Meeting St Peters 2 PM
- Oct 27 - Lodge Meeting St Peters 2 PM
- Nov 24 - Lodge Meeting St Peters 2 PM
- Dec 8 – Christmas Fest St Peters 2 PM Music by Ellen

* Notes Change of planned meeting date.

Activities In Our Zone!!!

- Mar 11 – Ibsen 90th Anniversary Celebration
- Apr 28 – Brooklyn Memorial Service Bethlehem Church 3 PM
- May 5 – L I Memorial Service
- May 19 – 17th of May Parade Brooklyn
- Jun 1 – Atlantic City Bus Trip

Youth Camp is planned for 2024 and is once again dependent on numbers attending. DON'T MISS another OPPORTUNITY for this extremely successful event Your Kids/Grandkids will Thank YOU !!!!
Check it out, can't beat the price or experience! And in addition this year the rest of your family will be able to join the campers for the last three days at Camp Koinonia at Highland Lake, NY It is hoped that next year the Southern Lodges will be able to take advantage of a more centrally located venue in the planning now.

*** BIRTHDAY CELEBRATIONS ***

Month's Birthdays – Gratulerer Med Dagen!

Name	Day	Name	Day
Chelsea W-sachs	4	Leslie M Sachs	16
Irma Burgert	5	Roy Jr Berntsen	19
Barbara Carlson	5	Lauren A Ecock	19
Jean A Rogers	5	Charles Gottilla	24
Juliana G Solberg	9	Dara Eskenazi	27
Frederick E Tremel	12	Mira Rathkopf	27
Kimberly S Lynn	15		

5 Yr+ Membership Milestones For January, Congratulations:

- Michael DeMarco – 62 Years, Barbara Berntsen – 52 Years
- Roy Berntsen - 52 Years, Eleanor T Lygen – 51 Years
- Gladys A Sollitto – 43 Years, Shirley M Erland – 42 Years
- James R Sollitto – 33 Years, Nina M Holvedt - 32 Years
- Nancy Seals – 26 Years, Paul J Umansky – 9 Years
- Mike VanWiclen – 9 Years, Linda J Hoerberlen – 8 Years
- Krystal M Gottilla – 7 Years

NOTE – A few members have brought some errors to our attention. Please let us know so we can inform the home office

MEMBERSHIP CORNER

So here we are in what we like to call “Post Covid Era” for our Lodge. The Covid Era really put a crimp on our style, which we really need to recover from! We have noticed that many of our members are not attending our meetings as in the past. If you are one, **We MISS YOU!** We miss seeing you & enjoying the camaraderie we had or could have developed. We

want to build back what we had but, we can't do it without you! So please plan on joining us to rekindle & or develop a strong relationship with caring and need for each other again.

Meeting Attendances - an attempt to enhance our members benefits by increasing subsidies for good participation. The more involved the more you benefit. If you don't see your name, & you attended, let us know.

1-28-24 Meeting Attendance: MEMBERS – Roy & Barbara Berntsen, Kristin & Chuck Gottilla, Shirley Erland, Les & Kathy Johannessen, Janet Hannigan, Bob Saunders, Barbara Struckman, Karen & , Steve Helmold, Nina & Cliff Hotvedt, Thore Omholdt, Mary Booton (Z), Tim Baxley (Z), Leif Easterson, Jim & Heidi Verady, Craig & (Christine Carlsen (Z), Nancy Rucci, Susan Olson
GUESTS - None

2023 Norden Star Boosters Updated 02/07/24

Berntsen, Barbara & Roy 5/24	Helmold, Steve & Karen 3/25
Berntsen, Margret 5/23	Meusel, Helen 6/27
Berntsen, Roy Jr 5/23	Rucci, Hector & Nancy 7/25
Brown, Greta & George 6/28	Sandberg, Mildred 4/24
Carlson, Craig & Christine 11/22	Seals, Nancy 5/24
Erland, Shirly 9/24	Sorg, Mabel 6/26
Hansen, Elsa 6/23	

IN MEMORY OF

Erland, Endre & Sigrid 9/24
 Frey, Judith 2/30
 Maies, Betsy Jane Sersted 3/24
 Johansen, Lars, Sigrid & Art 10/30
 Jacobsen, Edward 4/29
 Larssen, Tryggve & Signe 3/23
 Stuckman, Erik 12/23
 Skauvold, Harry & Kate 12/23

COMMEMORATORS

Daughter Shirley Erland
 Daughter Norma Frey
 Daughter Janet Maies Hannigan
 Family
 Brother John & Wife Carol
 Daughter Greta & George Brown
 Mother Barbara
 Daughter Christine Carlson

Room for more members that would like to join us. The \$5/Yr helps mailing costs. The dates following the names denote the end of the annual support Please make checks payable to Norden Lodge 407

WE THANK ALL OUR BOOSTERS HELPING TO GET THE NEWSLETTER OUT

ZONE SCHOLARSHIP APPLICATIONS

Applications for a scholarship for every student in Zone 1, are available upon request from your Editor Les as well as Barbara Berntsen & Karen Helmold. The application is a newer version with some tweaks, so please use this new application.

They are Due by March 15th, 2024

Norwegian Embassy Newsletter

The Royal Norwegian Embassy in Washington, DC has begun publishing a biweekly newsletter, *Norge Nå*. Content includes security policy, the green transition, Norwegian trade and business, Arctic issues, and what's happen-ing at the Embassy. It will also publicize upcoming events with Norwegian artists around the US. To subscribe, email elisabeth.addison@mfa.no

Vesterheim Norwegian American Museum Folk Art Classes

Registration is open for Vesterheim's winter 2024 online classes, which include wood carving, fiber arts, rosemary, cooking, book discussions, and much more. Register here: <https://store.vesterheim.org/collections/online-folk-art-courses>

Some Cultural Items for the Month

Cultural Corner: The cult of brunost -Norwegian brown cheese LARA RASIN SAID IN 2021 – “If you’re not



Norwegian, it’s likely you’ve never heard of the legendary brunost before. Allow us to introduce you.” While this cult favorite isn’t Norway’s official national food, it’s definitely an unofficial contender that may as well be.

Did Scandinavia grow up on brunost? Sort of! Meaning brown cheese, brunost has had cultural ties to the entire **Nordic region** for hundreds of years. Archaeological finds have shown that the origins of brunost date as far back as 650 BC. A 2016 dig in Jutland, Denmark found cheese residue on pottery – and it’s thought to most likely be brunost. But the story of the brunost we know today is a little different. Around 150 years ago, a farmer and his daughter, lived deep in the Gudbrandsdalen Valley. In the absence of goat milk to make cheese, Anne substituted cream instead. People initially thought it foolish to waste expensive cream to make cheese instead of butter; however, upon tasting the innovative creation, they changed their minds. As the popularity of her cheese grew, Anne decided to perfect the recipe and add a couple splashes of goat milk. The first brunost factory was built in Tretten, Norway, in 1908. The rest, they say, is history.

Creating an icon: At today’s industrial factories and farms, brunost is created when cow milk is boiled and the resulting sugars are caramelized, leading to the gooey and tangy brunost. Stronger tasting forms are made with goat milk.



When the milk is boiled and the resulting sugars are caramelized, the leftover pile of mush is our famed brunost. So, while it does look like cheese and has its consistency, brunost isn’t actually the dairy product it’s named for. And it doesn’t taste like it either – it’s often considered sweet and caramel-tasting.

Types of brunost: Two of Norway’s most popular varieties of brunost are Gudbrandsdalost and Geitost. Gudbrandsdalost is named after the Gudbrandsdalen Valley where the “cheese” was first created. This variety is created with 24% goat’s milk and 76% cow’s milk. The more traditional version, Geitost, is almost exclusively made from goat’s milk.

In addition, many regional varieties exist with varying degrees of color and taste – and depending on where you are in Norway, locals will likely claim theirs is best. You can decide for yourself by taste-tasting the beloved cheese around the country.

How to eat brunost: One characteristic of Norway’s brown cheese that makes it so popular is that it can be incorporated into whatever you see fit.



Geitost has a stronger and sweeter taste, while Gudbrandsdalost is more mellow. Both varieties nicely pair with bread, waffles or lefse, Norwegian flatbread. For breakfast, serve it on top of toast and jam, use it to spice up waffles, or even incorporate it as a sauce for pancakes. The brown cheese can be served in this capacity along with tea or coffee.

Commonly a breakfast specialty along with jam and tea, it can be used in a grilled cheese or ham and cheese sandwich. For lunch and dinner, you can use it to create sandwiches with cold cuts. Also on the menu are brunost grilled cheese or brunost mac and cheese, more unconventional methods.

Where to enjoy brunost: Brunost is served at many cafés and restaurants and can be bought in supermarkets in the country as well. Mokka Kaffebar (not to be confused with the café of the same name in Egersund, Norway) in **Oslo** is a quaint coffee shop serving tea and brunost, a small teatime meal which many Norwegians take part in. In restaurants across the country, the cheese is often served with sourdough bread.

It’s difficult to find quality brunost beyond its native lands, but not impossible. Cheesemongers and some supermarkets abroad have dabbled their way into the brunost business, making the cheese accessible across the continents. The midwestern United States, in particular, has a strong brunost tradition due to its large Scandinavian diaspora. (Source: #Norway Today / #NorwayTodayTravel.)

Barbara

History Article: The Kon-Tiki Expedition (Part 4)

Check out more pictures on the site:

<http://www.newworldencyclopedia.org/entry/Kon-Tiki>

Heyerdahl’s claims aside, there is no evidence that the Tlingit, Haida, or other British Columbian tribes have any special affinity with Polynesians. Linguistically, their morphologically complex languages are about as far from Austronesian and Polynesian languages as it is possible to be, and their cultures demonstrate their undeniable links to the rest of the peoples of North America.



Anthropologist Robert C. Suggs included a chapter on “The Kon-Tiki Myth” in his book on Polynesia. He concludes: The Kon-Tiki theory is about as plausible as the tales of Atlantis, Mu, and “Children of the Sun.” Like most such theories it makes exciting light reading, but as an example of scientific method it fares quite poorly.

Other Projects by Heyerdahl was the expedition to Easter Island. In 1955-1956, Heyerdahl organized the Norwegian Archaeological Expedition to Easter Island. With a staff that included several professional archaeologists, the expedition spent several months on the island investigating several of its profound mysteries. Highlights of the project include experiments in the carving, transport, and erection of the famous moai statues, and excavations at prominent sites such as Orongo and Poike. The expedition published two large volumes of scientific reports (Reports of the Norwegian Archaeological Expedition to Easter Island and the East Pacific) and Heyerdahl later added a third (The Art of Easter Island). The work of this expedition laid the foundation for much of the archaeological research that continues to be conducted on the island. Heyerdahl’s popular book on the subject, *Aku-Aku* was another international best-seller.

The Boats Ra and Ra II are in the Kon-Tiki Museum: In 1969 and



1970, Heyerdahl built two boats manufactured from papyrus and attempted to cross the Atlantic from Morocco in Africa. There has been much confusion about the purpose



of these voyages. They were not, as it is often stated, an attempt to prove that Egyptians visited the New World in ancient times, something that Heyerdahl himself found unlikely. Instead, they were meant to test the possibility that vessels made of buoyant reeds were seaworthy. Such boats of various sizes were in use in a number of culture areas around the world in ancient times. Based on drawings and models from ancient Egypt, the first boat, named Ra, was constructed by boat builders from Lake Chad in the Republic of Chad using reed obtained from Lake Tana in Ethiopia and launched into the Atlantic Ocean from the coast of Morocco. After a number of weeks, Ra took on water after its crew made modifications to the vessel that caused it to sag and break apart. The ship was abandoned and the following year another similar vessel, Ra II, was built by boatmen from Lake Titicaca in Bolivia and likewise set sail across the Atlantic from Morocco, this time with great success. A book, *The Ra Expeditions*, and a film documentary were made about the voyages.

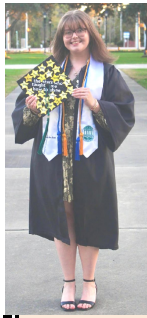
Barbara

Don’t forget by selecting (clicking) on a picture you can enlarge it by selecting it first and then select & hold one of the dots that appear & pull until the desired size is reached.

LOTS MORE STUFF COMING UP

Little Vikings Are Meeting Again - Please join them **Wednesday, February 21st at 5:30pm** at Norway Hall, 201 7th St., St James for an activity & a story. We look forward to seeing your children & grandchildren at our meeting. Bring along some friends!!! Appropriate for ages 3-11, but all are welcome!

Thinking about a Cruise? Here's something for you to consider. **Viking Cruise Lines has given Loyal Lodge 2 cruises to be raffled off.** - One is a Danube or Rhine River cruise & the other is a Mediterranean Ocean cruise. Each cruise is for 2 people & the value is close to \$9000 each. We need to sell these tickets!!! This is an amazing opportunity for anyone, and is open to anyone! Each ticket is \$25 a piece. To purchase tickets please contact: Reidun Rasmussen at 631-525-1755 or reidunrasmussen@gmail.com Toril Stevens at 631-880=8820 or northfork14@gmail.com Karin Ryan at 631-839-3338 or karinryan1@yahoo.com



Here is an email from the Oltedal family you will really enjoy

Dear Les, - I wanted to somehow reach out to everyone at Norden Lodge and the SON District and Organization to share with you all the good news! Our daughter Rebecca Oltedal graduated on December 15, 2023 from Coastal Carolina University with Magna Cum Laude honors with a Bachelor Degree in Early Childhood Education with a minor in Hospitality Management.

- This is an achievement which would have been hard pressed to accomplish without the amazing financial support she received along the way from Sons of Norway. Rebecca was blessed to have received multiple scholarships from both the national SON and the Zone throughout her academic journey.
- The unwavering support of everyone throughout the Sons of Norway organization will always be appreciated by all of us. You all helped us make her educational dreams come true.
- We are eternally grateful. Eric, Jackie & Rebecca Oltedal

***** With the above in mind! *****

The Zone 1 Scholarship Applications are **Due by March 15th**. The application is a newer version and are readily available from your Editor or other Lodge Officers upon request. Just shoot me an email and I will send a copy of course they can be mailed but do it right away. As you can see from the above that this and other awards from SON International can help.

U SHOULD TAKE ADVANTANGE OF THIS !!

Norwegian historian and writer Frode Lindgjerdet will deliver a presentation on Operation Rype during our February meeting. Frode, who holds a teaching position in History at the Norwegian University of Science and

Technology, is noted for his expertise in modern warfare, with a particular focus on Norway's role in World War II. Last year he wrote "Operation Rype: A WWII OSS Railway Sabotage Mission in Norway".

- The codename "Rype" referred to the American airborne unit deployed in the Norwegian mountains of Snåsa on March 24, 1945, during World War II. Their mission was to conduct sabotage operations behind enemy lines. Operating from the Gjeffsjøen mountain farm, the group successfully sabotaged railroads, aiming to impede the German forces' withdrawal from northern Norway. Notably, Rype marked the sole U.S. operation on Norwegian soil in WW2. Affiliated with the Office of Strategic Services (OSS), a WWII U.S. intelligence agency and precursor to the CIA, the unit primarily comprised Norwegian Americans recruited from the 99th Infantry Battalion of the U.S. Army. Led by future CIA chief William Colby, the unit's legacy lives on through Task Force RYPE of the Norwegian National Guard in Trøndelag, which adopted the name.

- The Zoom meeting will at **3 PM on Sunday February 25th**. Contact Bill DeRoche Programs@notwayDC.org to get a link to the program.

Convention Notes

- Below is some good information regarding many events available in DC before and after our District Lodge meeting in June. This information was put together by our Convention Host Committee!

- A flyer for a bus tour on Saturday night. Is in this newsletter. Sightseeing Planning Before/After the 2024 SoN 3D Convention scheduled for June 7 - 9, 2024
- Come to Washington DC, Maryland and Virginia for National Monuments, history and museums on the National Mall, Baltimore Harbor/National Aquarium in Maryland and homes of 8 Presidents and revolutionary historical sites in Virginia. So much to do!
- There are many websites that you can use to plan a memorable visit. There are monuments and museums that are free but require timed tickets in advance. For example the Smithsonian is free to visit but the Air and Space Museum on the Mall requires timed passes while renovations are on-going. Want to go up inside the Washington Monument, get your tickets in advance. Contact your Congressman to get tickets to see the White House or Capitol tour. Do your planning well in advance.
- Our host hotel Dulles Hyatt Regency, Herndon, VA will give you the same \$129 room rate 3 days before and 3 days after the convention.
- Non Delegates will have the opportunity during the convention to visit the Smithsonian Air and Space Museum Steven Udvar-Hazy Center near the hotel.
- Here are some helpful websites to help you plan.

1. Air and Space

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Find and buy tickets online for Live Music, Concerts, Sports, Fairs, Festivals, Theater & Arts | Etix

Place
Stamp
Here



Sons of Norway

NORDEN LODGE 407
Les Johannessen, Editor
7 Nichols Road
Huntington Station, NY 11746-3419

Alle Hjerters Dag

Join us at our next meeting on February 25th at 2PM – Take advantage of the lingering warm Valentine feelings we celebrate at this meeting, in addition to our every meeting experience. The camaraderie we so enjoy can be shared with a friend or neighbor So come on out and join us and oh yeah, be sure to bring them with you!! - Just remember to WEAR RED!



Are your assets aligned with your financial goals? A Sons of Norway Financial Benefits Counselor will offer a **Free Financial Review.**

Robert McKeever, CLU - 21 Averly Place, Smithtown NY 11787
Phone: (800) 561-1492 - Email: bob@rmclu.com

Got Stamps? Tubfrim Is Still Accepting \$ Please leave a ¼ “ around cut stamps.

We are continuing to support **Tubfrim**, a Norwegian-owned charity that resells cancelled stamps to benefit Norwegian children with health and other physical disabilities. **Every little bit helps.** The effort has continued since 1928 and will hopefully continue with our help as long as there is need. Bring them to the next meeting & any of our officers will take it from there.



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