



* Supporting A Dementia Friendly Society *

NORDEN STAR



Volume 56, Issue # 3



NORDEN LODGE #407 HUNTINGTON

Celebrating Our 86th Year

March, 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 March 24, at 2 PM**
 On Facebook at: **NordenLodge3-407 Sons of Norway** - On the WEB at **NordenLodge3-407.org**
Deadline for Items for the April, 2024 Newsletter PERIODICAL is March 29, 2024

MONTH'S MESSAGE

Hi Everyone,

March's meeting is going to be busy. We will be celebrating the Irish with Saint Patrick's Day, we are having our corporation meeting (a month early) and the best part is we will have Meatball Ellen playing for us.

We will again have a full dinner and games with the help of Ellen. So come and enjoy the fun – and remember WEAR GREEN to be festive.

Our delegates and non-delegates for convention in Washington DC are paid for and we are looking forward to having a fun time. Barbara, Shirley and I are planning on staying an additional 3 days so we can visit DC and all the monuments. I have driven through DC many times, but never actually stayed. So we are looking forward to our little extended vacation.

The international Board has published the new Bylaws and Procedures so if you want to see the changes, sign on to sofn.com and review the updated versions of both. If you want to receive the blasts from the Third District please send a note to Barbara B. at barbarajb1230@optonline.net or Karen H. kolsen2@verizon.net and then you will be put on their email list. It is a private list and they will not share it with anyone. If you want to also receive any correspondence from the Sons of Norway, then please update your email when you sign onto your profile. Only you can update your own profile.

The parade is coming up soon and Barbara will have the pins with her at the meeting. This year they are celebrating their 70th Parade. It is such an accomplishment and if anyone wants to march, you can find us in the front of the parade and join us as we march down 3rd Avenue.

The Memorial Committee is planning something new this year. We hope to see more people in the church, so there will be an honoring announcement for our past family and members. Please read more about this within this newsletter from Les. (See Pg 4)

Mine and Barbara's Moms are doing fine. They are keeping us busy. Hope to see many of you on March 24th

Fraternally, Roy

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 ***

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 E-Mail: royb50@optonline.net

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Sunshine: Kathy Johannessen (631) 421-9482
Sports Dir. Charles Gottilla (631) 412-3361
Greeter: Mary Booton **Call Editor**

February 25th Meeting Minutes Summary –

President Roy opened the meeting at 3:00pm. We had dinner first and he thanked everyone for wearing red. He announced it is really nice to see so many here. Happy Valentine's Day. - The concept of eating dinner first was a good idea. Thank Karen for the suggestion. - Roy welcomed Suzie Olson as she is now an affiliate member in Norden lodge. - We will have music next month for St Patrick's Day – so wear green and your dancing shoes. - We agreed to change the Corporation meeting to March instead of April. **Pledge of allegiance.** Introduction of guests and visitors: Loyal members Toril Stevens and Raiden Rasmussen came to talk about the Loyal Lodge's 100th Anniversary. They also had tickets for 2 different cruises. Secretary Barbara – silent attendance was taken Secretary Barbara – approval of the minutes as corrected and said no applications for membership. - Shirley did the finances prior to the meeting.

Correspondence Barbara wrote:

1 Remember to sign in the attendance book. 2 The district secretary letter here. 3 We tabled the ski for light international and I contacted Norumbega lodge and they had a speaker come to talk to them from the New England Ski for Light. It was tabled for another meeting. 4 Henrik Ibsen 90th anniversary – have the flyers up here. We need to support them and hopefully have a full table at the Marconi Manor – there will be a buffet dinner and music by Smorgesbandet. The cost is \$75 per person. 5 We will discuss the journal ads in new business.

Committee reports

Social director: The discussion was to keep having dinner prior to the meeting. Janet said that "Clean Your Park" day is coming up again on May 4th. We should talk about this at the next meeting.

Newsletter: Les has extra copies with him. He is reviewing the booster list and the snail mail list.

Sports director: Chuck / Kristin- Atlantic City date is June 1. The flyer went out to all the lodges. So if You plan to go, please sign up before the seats are gone.- Picnic: we selected the date of August 11. Les submitted the permit Request and we are waiting for final approval (The date is available)- Henrik Ibsen bowling for fun on Feb 4th we had 4 teams with 15 Bowlers for a total cost of \$338 of which \$250 had been budgeted. Thus A \$88 difference. A motion was made my Kristin G. for the Lodge to pay the difference. Second by Kathy J. Motion carried by majority vote for.

Zone: Steve / Les /Karen / Barbara

1- Barbara has the applications here for the scholarships. She did send some out to our members who asked. **2-** The third District reimbursed the money given to LOV to pay off the credit card expenses.**3-** Our new bank account is open.**4-** Memorial service – May 5 - the zone discussed the memorial and the participation from those who are at the service. The

service is to remember our beloved members who have passed to lodge eternal recently and those in the past. Please think of joining us next May. We have our guest speaker and our soloist. **5-** We need the list of those who have gone to lodge eternal in 2023. **6-** Brooklyn memorial will be held on April 28, 2024

Sunshine: Kathy said how nice it is to see Else and Nancy here. Kathy and Les visited Margaret in Meadowbrook Care Center. She wished Jean Rogers well, please contact Kathy if you know anyone is ill so she can call or send a card or flowers. Roy updated everyone on Margaret's progress.

Parade: Barbara – we selected our theme: "celebrating our 70th parade" She will bring the pins next meeting. They came out really nice. There is a 50/50 raffle going again as a fundraiser and she has a few tickets, each is \$100, if you wish. We will only sell 200 – last year the parade committee took in over \$3500. This year we will not have the salty dog fundraiser as the weekends are booked there. So the raffle and the journal are our only way to pay for the parade.

3rd District: Steve & Karen **1-** Sports picnic at Nansen lodge on April 20th. It is \$40 per person. Flyers are up here. **2-** The Board meeting is next weekend. **3-** The convention is June 6 – 10th. Delegates and resolutions are due to the 3D Secretary soon. **4-** The new International Bylaws are on the website. Remember to be eligible to vote on the new International Board you must update your profile with your email address and own a product of Sons of Norway. There is no campaigning allowed.

New business

Toril and Raiden spoke about Loyal Lodge's celebrating their 100th anniversary on June 2, 2024. The cost is \$75 per person. It will be an awesome event in a beautiful venue. There will be a special cruise ticket only sold at the anniversary dinner. It is all inclusive you just need to pay to get there. There are two other cruise raffles and the tickets are \$25. per ticket. One cruise is on the Danube and the other in the Mediterranean Sea. The Counsel General from NYC Signa Ekland will join them. Only 400 tickets will be sold for each.

We need to discuss and vote on taking the ads for three journals.

a. For the journal for Loyal's 100th anniversary Karen made a motion to take a Full black and white page in the loyal journal. Second by Inger and Janet - Approved.

b. The journal ad for the parade committee. Kristin made a motion to take a Full page in the parade journal. Second by Karen Approved.

c. The journal ad for the district convention Suzie made a motion to take a Full black and white page in the convention journal. Second by Kathy J Approved.

Helping Hands Mission asked for a donation. They are still rebuilding the kitchen from their flood. It was voted on to make a \$250 donation for the kitchen to Helping Hands. We will give our remainder donation in October or November.

Les made a motion to take a parade raffle ticket to support the parade. Janet second. Approved.

Old business

Convention information – it is held on June 7 – 10. The corporation approved the budget so we are able to send all four delegates and the 3 alternates.

We need the memorial list from convention June 2022 to May 2024.

Barbara will send this to Jeannie

We need to have our Membership meetings again. Karen nominated Les to Chair the Membership Committee, for new and to retain. The committee: Roy, Steve, Kristin, Barbara, Karen & Inger.

Good of the order

1. Bob McKeever said the annuity is a good place to put money away and not have to worry about the stick market going up or down.

2. Mary stated the 50/50 was \$33 to the winner. Roy won. (he jumped in front of Kristin to buy a ticket. What a bad daddy)

Our next meeting, will be on Sunday March 24th at 2pm– we will again have a zoom meeting.

Meeting adjourned at 4:10pm.

Respectfully Submitted by Barbara Berntsen

 Happy
St. Patrick's Day!

**** 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
SEE PAGE 7 FOR MORE INFO**



FROM THE 3RD DISTRICT



Fra 3D President, Steve Helmold, March 2024 - As I write this message, I am preparing for the in-person spring Third District Board meeting on March 2nd in Syosset New York. In addition to the usual business, the board will be reviewing the health of each of our lodges in hopes that none will have to be disbanded any time soon.

We will also be going over the Third District's bylaws and preparing resolutions that the board will put forward for discussion and approval at the Third District Lodge meeting in Washington DC. If your lodge has any resolutions that they would like to submit for the Third District Lodge meeting, please make sure you send them to the Third District Secretary (Karen) by March 23rd. This convention looks like it is going to be a great one. Karen and I have been meeting with the host committee and from what we hear, they have plans well underway for a fun convention. I hope every lodge sends their maximum number of delegates. Nondelegates are also welcome as there are many activities in the Washington DC area for all to enjoy.

Plans for youth camp and the cultural/sports weekend at camp Koinonia are coming along very nicely. I hope many children will attend the camp and many members will come for the weekend. Unfortunately, the cultural/sports weekend in North Carolina had to be canceled but is being rescheduled for late June of 2025.

The Third District sports picnic will be held at Nansen Lodge on Staten Island, New York on Saturday April 20th. It is hoped that many people will come and enjoy the day and that it can be an annual event again as was in the past.

The International Board has updated the Sons of Norway bylaws and policies and procedures which are available on the Sons of Norway website. I urge everyone to take a look at these documents as they affect all of us.

At this time Karen and I and the whole Third District Board would like to wish you all a Happy Saint Patrick's Day and a very Happy Easter. Fraternally,,Stephen Helmold

***** SONS OF NORWAY 3RD DISTRICT PICNIC *****



SATURDAY, APRIL 20TH 2024 11:00 – 6:00

NANSEN LODGE PICNIC GROUNDS

3465 VICTORY BLVD. STATEN ISLAND, NY 10314

Assorted Bagels, Danish, Muffins, Coffee & Tea

Hot Dogs, Hamburgers, French Fries & Fresh Salad Bar

Roast Beef Sandwiches & Sausage and Peppers

BBQ Chicken & Corn on the Cob

Watermelon & Ice Cream

\$40 per person/\$15 per child 4-12

Children under 4 years of age Free

CASH BAR AVAILABLE

******* NO LIQUOR TO BE BROUGHT INTO PARK*******

Music by ELLEN LINDSTROM

Games for Adults and Children – Corn Hole, Klubb, Hammer Throw Tournaments

RAFFLES AND 50/50

RESERVATIONS ARE A MUST! BY 4/6/24 * CHECKS MADE OUT TO *

PAUL KORNBREKKE 256-Barnard Ave, Staten Island NY 10307 718-356-8395

Honorary Past Members: Prior to our Memorial Service this year. We asked our members planning to attend, if they have names of "Deceased Past Members" they would like to once again acknowledge and thus honor with the ringing of the church bell during the service, in remembrance of their sharing of themselves and all that they added and still add to our order. To fill out the below form & present to the greeter at the service:

Please Print Clearly the NAME of the past member: _____

Requested by: _____ **Honoring My** _____

Who was a member of _____ **Lodge**

LODGE SAVE THE DATE 2024

- Mar 24** - Lodge Meeting St Peters 2 PM Music by Ellen
- Apr 28** - Lodge Meeting St Peters 2 PM (Attempt to change not possible)
- 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 and Out of Our Zone!!!

- Mar 11** - Ibsen 90th Anniversary Celebration
- Apr 20** - 3D Picnic Nansen Lodge Picnic Grounds, Staten Island
- 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 |
|--------------------|-----|------------------|-----|
| Hjordis Anderson | 2 | Paul J Umansky | 15 |
| Mari Hansen | 2 | Joyce R Pedersen | 17 |
| Mildred E Sandberg | 8 | Drew Solberg | 24 |
| Karen L Helmold | 12 | Matthew Johnsen | 25 |
| Howard Johansen | 14 | | |

5 Yr+ Membership Milestones For January, Congratulations:

- Reidar J Fjeid - 59 Years, Fred Tremel - 33 Years
- Nancy Rucci - 25 Years, Brian Cooper - 16 Years
- Janet Hannigan - 10 Years, Barbara Forberg - 9 Years
- Mariene McKenna - 9 Years, Anna Marie Tonon - 9 Years
- William A Jensen - 8 Years, Janice L Kennedy - 8 Years
- Mildred E Sanderg - 8 Years, Donna Cooper - 8 Years
- Erica Rucci - 5 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

WE ARE DOING BETTER

LET'S KEEP IT UP!

WE NEED YOU THERE TO KEEP IT

GOING !!!

MORE ACTIVITIES AT MEETINGS

MORE PLANNING WITH YOU INVOLVED

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.

2-25-24 Meeting Attendance: MEMBERS Roy Berntsen Barbara Berntsen, Kristin Gottilla, Chuck Gottilla, Shirley Erland Les Johannessen, Kathy Johannessen, Janet Hannigan, Bob Saunders Steve Helmold, Karen Olsen-Helmold, Nina Hotvedt, Clif Hotvedt Thore Omholdt, Ethel McKeever, Bob McKeever, Mary Booton Tim Baxley, Leif Easterson, Linda Petersen, Craig Carlsen (z) Christine Carlsen (z), Nancy Rucci, Nancy Seals, Janice Kennedy Linda Hoerberlein, Suzie Olson, Inger Nielsen, Else Hansen, DoreeAnn Kohl, Brian Cooper (Z), Donna Cooper (Z)

Guests - Toril Stevens, Reiden Rasmussen

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, Shirley 9/24 | Sorg, Mabel 6/26 |
| Hansen, Elsa 6/23 | |

IN MEMORY OF

COMMEMORATORS

| | |
|------------------------------------|-------------------------------|
| Erland, Endre & Sigrid 9/24 | Daughter Shirley Erland |
| Frey, Judith 2/30 | Daughter Norma Frey |
| Maies, Betsy Jane Sersted 3/24 | Daughter Janet Maies Hannigan |
| Johansen, Lars, Sigrid & Art 10/30 | Family |
| Jacobsen, Edward 4/29 | Brother John & Wife Carol |
| Larssen, Tryggve & Signe 3/23 | Daughter Greta & George Brown |
| Stuckman, Erik 12/23 | Mother Barbara |
| Skauvold, Harry & Kate 12/23 | 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 happening at the Embassy. It will also publicize upcoming events with Norwegian artists around the US. To subscribe, email elisabeth.addison@mfa.no

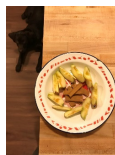
Vesterheim Norwegian American Museum Folk Art Classes

Registration is open for Vesterheim's winter 2024 online classes, which include wood carving, fiber arts, rosemaling, 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: Meet Gjetost, The Norwegian Cheese Treat you never knew you needed by Christine Clark.

Even cheese lovers don't always know what to make of the Norwegian cheese Gjetost, pronounced "Yay-toast." It's approximately the same texture as a young gouda, though perhaps stickier. It looks and tastes like a block of savory caramel. Blog posts about it (in English, anyway) use adjectives like "[freakish](#)" and discuss the possibility that candy companies have conspired to sell us confections disguised as cheese. The out-of-print *Murray's Cheese Handbook* calls it "amazing, if somewhat revolting."



To understand Gjetost, it's useful to have a basic understanding of the cheese-making process. To make cheese, you use enzymes and acidity to break milk into its parts: curds, which are the fat and protein solids, and whey, which comprises the leftover water, sugar, and some minerals. When making every other type of cheese, you take the curds and send them on their way to cheesy glory by cooking, cutting, and maneuvering them into whichever cheese style you're going for. When making Gjetost, you take the leftover whey and cook it down until it becomes a sweet and salty paste, thanks to the magic of the Maillard reaction. In this sense, it's not *exactly* cheese, but doesn't fit neatly into any other category either.

Gjetost, meaning "goat cheese" is part of the Brunost or "brown cheese" family. Part of what the Danish call Mysost or "whey cheese" family, this style of cheese has existed for [just about forever](#). Thanks, though, to the workings of one Anne Hov, we have Gjetost in its modern form.

Hov was born around 1846 in the tiny valley of Gudbrandsdalen. The agricultural census of 1865 reports her family's farm as having four horses, 27 dairy cattle, seven sheep and five pigs. While goats were common in the region, Anne's father Ola had sold the family's goats years ago, as he found them noisy and chaotic.

One day in 1863, after visiting friends at a nearby farm, Anne asked her father for permission to make Gjetost with their leftover whey, which he granted. As she poured the whey into the pot, she added a splash of cream—quite a splurge at this point in history. The final product was delicious, though, and dubbed Feitost or "fat cheese."

After marrying a nearby goat farmer, Anne started adding goat's milk to her cheesy creation in addition to the cow cream and began to sell it in the nearby village. At the time, Gudbrandsdalen was in a major economic downturn.

After a few years of local success with the cheese, a trader named Ole Kongsli approached Anne about selling it in Oslo, the capital city. They sold it there as Gudbrandsdalsost or "cheese from Gudbrandsdalen" and it quickly grew in popularity. By 1908, they had built an industrial factory in Gudbrandsdalen for the sole purpose of producing Anne's cheese. Demand for this cheese saved this tiny region of Norway from financial ruin and Anne won the King's Medal of Merit for her contributions to Norwegian cuisine and the economy. She was 87 years old. The internet still refers to her, the creator of a cheese empire, as a "[milkmaid](#)."

Today, Gjetost remains popular in Norway, both as an ingredient to add richness and depth to game-based stews, but also as a topping on bread or waffles. Tine, Norway's largest dairy producer, makes 12 variations, with different combinations of milk and cream, and varying levels of sweetness. In the US, the most popular version comes in red packaging and is often labeled "Ski Queen." In Norway, Gjetost generally pops up when eating breakfast or the last meal of the day—a post-dinner sort of return to breakfast food called kveldsmat. It pairs especially well with coffee or dark beers like stouts or porters. When spread thinly on bread with jam, it makes an excellent grilled cheese sandwich. Or, for a delicious, low-fuss snack, try slivers of Gjetost with apple slices.

Its genre-busting characteristics won't appeal to everyone, but if you're open-minded, it's worth seeking out. Weird, wonderful Gjetost may just become your new favorite cheese.

Christine Clark is a professional cheese and beverage nerd. Her work has appeared in VinePair, Fine Cooking, Travel + Leisure, and AFAR, and she has been featured in Bon Appetit, Complex, Epicurious, and the Huffington Post. She is a Certified Cheese Professional by the American Cheese Society. In her spare time, she plays with her dog and plans her next meal. Follow her latest eating adventures on Instagram @yourcheesefriend.

Barbara

History Article: The Kon-Tiki Expedition (Part

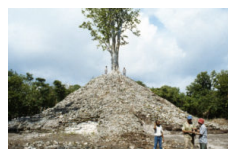
5) Check out more pictures on the site:

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

The Tigris: Heyerdahl built yet another reed boat, Tigris, which was intended to demonstrate that trade and migration could have linked Mesopotamia with the Indus Valley Civilization in what is now modern-day Pakistan. Tigris was built in Iraq and sailed with its international crew through the Persian Gulf to Pakistan and made its way into the Red Sea. After about five months at sea, while still seaworthy, the Tigris was deliberately burnt in Djibouti, on April 3, 1978 as a protest against the wars raging on every side in the Red Sea and Horn of Africa. In the years that followed, Heyerdahl was often outspoken on issues of international peace and the environment.



Maldivé Mounds, Tenerife Pyramids, Search for Odin: Thor



Heyerdahl also investigated the mounds found on the Maldivé Islands in the Indian Ocean. There he found sun-oriented foundations and courtyards as well as statues with elongated earlobes. Both of these archaeological finds fit with his theory of a sea-faring civilization which originated in what is

now Sri Lanka, colonized the Maldives, and influenced or founded the cultures of ancient South America and Easter Island. His discoveries are detailed in his book, *The Maldivé*

Mystery: In 1991 he studied the Pyramids of Güfmar on Tenerife and discovered that they cannot be random stone heaps, but actual pyramids. He also discovered their special astronomical orientation. Heyerdahl advanced a theory according to which the Canaries had been bases of ancient shipping between America and the Mediterranean.

His last project was presented in the book *Jakten på Odin*, (The Search for Odin), in which he initiated excavations in Azov, near the Sea of Azov at the northeast of the Black Sea. He searched for the possible remains of a civilization to match the account of Snorri Sturluson in *Ynglinga saga*, where Sturluson describes how a chief called Odin led a tribe, called the *Æsir* in a migration northwards through Saxland, to Fyn in Denmark settling in Sweden. There, according to Sturluson, he so impressed the natives with his diverse skills that they started worshipping him as a god after his death (see also House of Ynglings and Mythological kings of Sweden). Heyerdahl accepted Sturluson's story as literal truth. This project generated harsh criticism and accusations of pseudo-science from historians, archaeologists, and linguists in Norway, who accused Heyerdahl of selective use of sources, and a basic lack of scientific methodology in his work.

The controversy surrounding the Search for Odin project was in many ways typical of the relationship between Heyerdahl and the academic community. His theories rarely won any scientific acceptance, whereas Heyerdahl himself rejected all scientific criticism and concentrated on publishing his theories in best-selling books to the larger masses. Heyerdahl was also an active figure in Green politics. He was the recipient of numerous medals and awards, and he also received 11 honorary doctorates from universities in the Americas and Europe.

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

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@gnail.com
Karin Ryan at 631-839-3338 or karinryan1@yahoo.com



Loyal Lodge's 100th Anniversary Gala

SUNDAY, JUNE 2ND 2024

2PM-6PM at

Blueblinds Mansion

555 Edgewood Avenue

Smithtown, NY

GALA TICKETS ARE \$75 PER PERSON

Please call (631) 584-7510 or email

info@loyallodge.org to order gala tickets

NORWAY



INFO

Quick View of
Headlines of evants
Ongoing in Norway
This Month

- KING HARALD HOSPITALIZED IN MALAYSIA February 27, 2024 Norway's King Harald V has fallen ill while on vacation in Malaysia, according to a press release from the Royal Palace. He's suffering from an infection and been hospitalized, reportedly in the popular resort area of Langkawi.

- QUESTIONS FLY AROUND KING'S 'HOLIDAY' Norway's ailing monarch, King Harald V, finally arrived back in Oslo late Sunday night after health problems spoiled what was supposed to be a "private holiday" half-a-world away. It ended up as a glaringly public matter, with the botched trip...

- GRATEFUL ROYALS FINALLY COMMENT King Harald V and Queen Sonja issued a statement through the Royal Palace, in which they expressed an "urgent need" to issue thanks "for all the care, help and support" they've received after the king became ill...

- NORWAY GREETES NEW NORDIC DEFENSE Norway, one of the 12 founding members of NATO back in 1949, could finally welcome neighbouring

Sweden into the defense alliance this week. Now all the Nordic countries are NATO members, with plans already well underway.

- NATO LAUNCHES NEW 'NORDIC RESPONSE' They're part of the largest NATO military exercises since 1952, and the first with new Nordic members: More than 20,000 soldiers from 13 countries are taking part in northern Norway, Sweden and Finland alone, as hopes rise that ongoing..

- MASS-MURDERER APPEALS LOSS IN COURT February 16, 2024 You will recall, the extremist right-wing Norwegian terrorist who killed 77 people during his attack on the Norwegian government and Labour Party in 2011 has lost his latest lawsuit against the state. A local court disagreed that his prison conditions violate his rights.

- SEVERAL NORWEGIANS REMAIN CAUGHT IN GAZA February 15, 2024 Norway's foreign ministry has confirmed that more than 20 Norwegians and Palestinians with legal ties to Norway still haven't managed to get out of war-torn Gaza. Norwegian officials have been unable to negotiate their release into Egypt,

- SALMON DEATH TOLL SPIKES AT FISH FARMS February 15, 2024 Norway's Institute of Marine Research has reported a dismal and "dizzying" number of salmon that died at Norwegian fish farms last year: 65 million. That's up 27 percent from the year before. "It's a very high number, almost dizzying," The increase was attributed largely to an attack by jellyfish on the pens called *merder* where salmon are raised in Norwegian fjords and along the coast. Better hold on to your wallets you know where the prices are going.

- NEW STORM CUTS NORWAY IN TWO January 31, 2024 Northern- and Southern Norway were cut off from each other Wednesday evening, after yet another extreme storm slammed into the central portions of the country. Believed to be part of the effects of the Global Warning issues in Norway.

So there you have it, all caught up on what's happening in Norway to day.

Norwegian Victories at Cross-Country

World Cup - This month, the [COOP FIS Cross-Country World Cup](#) (or Stifel Loppet Cup) was held in Minneapolis, Minnesota. It was the first cross-country world cup race to be held on U.S. soil in twenty years. Among the winners were a number of Norwegians!

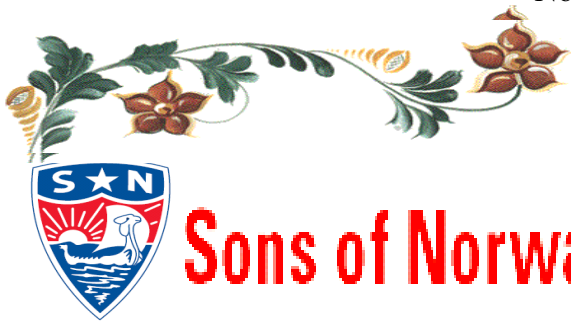
International Women's Day 2024:

Celebrated this month, it is the day for celebrating the achievements of women - now practiced for more than 100 years. A reminder of how 'we are forging better world achievements.

HAPPY



Place Stamp Here



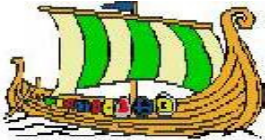
Sons of Norway

NORDEN LODGE 407

Les Johannessen, Editor

7 Nichols Road

Huntington Station, NY 11746-3419



Join us at our next meeting on **March 24th at 2PM** –Once again take advantage of the warm camaraderie experienced in our meeting experience. Bear in mind we limit access during the short Corporation portion of the meeting – Ask for when the coast is clear! – But more important: **REMEMBER to WEAR GREEN!**



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.



VELKOMMEN TO NORDIC GIFT HOUSE

Your premier source for Scandinavian themed gift items featuring Jewelry, Runic/Viking, Knitwear, Ozone Socks, Home Decor, Kitchen items, Swedish dishcloths, and Heritage items. We invite you to visit our website, subscribe to our newsletter and enjoy this special offer.



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