



\* Supporting A Dementia Friendly Society \*

# NORDEN STAR



Volume 57, Issue # 3



**NORDEN LODGE #407 HUNTINGTON**

Celebrating Our 86<sup>th</sup> Year

**March, 2025**

Meeting normally each 4th Sunday of the month at Saint Peter's Lutheran Church, Huntington Station, NY  
 Phone (516) 791-3983 [NordenLodge407@Gmail.com](mailto:NordenLodge407@Gmail.com) -Next Meeting **Sunday march 23, at 2 PM**  
 On Facebook at: **NordenLodge3-407 Sons of Norway** - On the WEB at **NordenLodge3-407.org**  
**Deadline for Items for the April, 2025 Newsletter PERIODICAL is March 8, 2025**

## MONTH'S MESSAGE

Well it is March and it is cold out. I have been trying to plant but the ground is hard. Let's hope by the time we have our meeting it is nicer and warmer for our spring season.

We are celebrating St. Patrick's Day at our next meeting so wear something green. (Note to Jim V. just have Heidi wash your shirt from last meeting.) Barbara arranged our typical meal and it may be nice to have some traditional treats.

Kristin is looking into the two trips for our lodge. The Baiting Hollow Farm Vineyard and a trip to the Vanderbilt Museum (which we pass going to our picnic.) She will have more information at the next meeting. The Ducks Game is scheduled for Saturday July 19th. It is \$20 per ticket. PLEASE sign-up for these events so we know how many to order tickets for. Our Sports Directors are trying to schedule different types of activities so let's all show them what a fun time we will have. Henrik Ibsen planned the Fishing Tournament for July 20th (yes the next day) so it looks like we will have a busy summer getting together. Don't forget about the bus to the Third District Picnic at Nansen Lodge on August 23rd. To secure your seat – you must pay the \$10. Let me know at the meeting. It is first come first sit. Zone 1 is subsidizing the bus and it is cheaper to take the bus then go over the bridge alone.

The Third District approved the new convention rules for each lodge to elect a delegate for every 50 members, or the majority of 50 members in the lodge. Hopefully the lodges will take advantage of this and bring more out to the convention. The 2026 Convention is hosted by Hampton Roads Lodge and the District. If you attended the 100th Anniversary convention you know what a great job the lodge hosted. Plus, that area of Virginia is beautiful so think about making it a longer vacation stay. I know we will.

Our ad-hock C-committee is checking into our Julefest and when we have more information to share we will.

Ellen "Our Own Meatball" will be playing for us at the March meeting. She is always such a fun musical addition to our meetings.

Remember each meeting you attend, in person or on zoom, will earn you 1 ticket in the Dues Assistant Program. It started in January to earn your tickets for the "2026 win your dues paid" raffle. So the more meetings you attend the better chance you have to win a free year of membership. Just talk with the committee: Roy, Karen, Kristin or Barbara.



*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 2024 \*\*\*

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<b>Greeter:</b> Mary Booton	<b>Call Editor</b>

**2-23-2025 Minutes Summary**

President Roy: Expressed nice to see so many in Red. Thanks for arranging today's dinner, and noting next month is corned beef and cabbage. Ellen will be with us too.

Steve was thanked for performing our installation and accepted a gift from the lodge. – Followed opening ceremonies. Announced our guest Asbjoen Lageraen 3D Publicity Dir, who joined as an affiliate member of our Lodge. Silent attendance taken, minutes approved, no new aolication for membership.

**Correspondence:** 1 - We ordered our directories, the officer should have them next month. 2 – All Fylers for events available. 3 - Barbara sent off the 5 deceased list to sons of Norway.

**Financial reports** –The D17 was completed and approved by lodge officers. - Treasurer *Shirley gave financial report. (Avail on request):*

**Budget** – the budget we showed you last month was approve by the corporation including the changes approved by the lodge and a few tweaks by the corporation that is in the lodge's favor. Barbara has a copy here if you want to see it.

**Committee reports - Social directors:**– Janet said “Love My Park Day” is on May 3, Saturday and she will register in April. Barbara ordered today's February dinner.

**Newsletter:** Les – extra copies available. Remember sign-up for the booster. Please review for correctness.

**Sports Directors:** Chuck / Kristin

- **Picnic:** we selected the date of August 9, Les will check this week for the permit –Barbara will let Amanda know so she can be prepared for our food.

- **Henrik Ibsen Bowling for Fun** was last Sunday. It was a fun day and we had 4 teams. We had 10 members and 10 friends.

- **List of events** –Kristin received many selections and the top 2 were a winery and a museum. She asked for a show of hands for the museum and the vote was for the Vanderbilt Museum. She suggested **Baiting Hollow Farm Vineyard** Winery which hosts the tour, Charcuterie board, and wine tasting day for \$90. Per person. They have other drinks for a fee.

**The Ducks Game** will be held on July 19th at \$30 per person.

The flyer was sent out to all the lodges. The due date to order tickets is June 30. So let Kristin or Chuck know you want to go.

**Zone:** Karen / Steve / Les / Barbara

1 - The biggest discussion was the Brooklyn Lodges and how they can meet together.

2 - Memorial service – May 4 - the zone discussed the memorial and the audience participation.

3 - Brooklyn memorial services will be held at their lodges.

4 - The bus trip for the third district picnic was approved. We will start to collect. See Karen or myself if you want to attend. It is first come first

seated. There is many signed up already, so get your \$10 into Karen. Your payment is your guaranteed seat.

**Sunshine:** Kathy said all are OK.

**Corporation:** Steve said the corporation held the meeting about a week ago. They approved the Norden Budget. We are in good shape financially. - Karen noted the corporation has approved to pay the dues for all members who are 90 plus years or older and a member of Norden/Garborg for 5 years. If they are a family membership it will be a partial pay.- They are also looking into having our Christmas party in a restaurant. They asked how many would like to go. It will be on December 7th and they will look into different locations and come back to the lodge with the specifics.

**Dues assistance program:** Karen – it is available for those who need help paying their additional dues payment.

**3rd District:** Steve & Karen: - **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 20-26,2025, at camp

Koinonia. **Sports picnic at Nansen lodge** on August 23rd. It is \$40 per person; you need to mail to Paul Kornbrekke.

Barbara has flyers up by the podium. Please take one and come to

the picnic. **Cultural weekend** down south. – has people signing up already and they have wonderful teachers and speakers.

The **District** made a change in the **bylaws**. The delegate count will now be 50 members per ledge and/or the majority of 50 members will give the lodge additional delegates. Hopefully we can get more delegates to represent the lodges at convention.

**Parade:** Barbara – reported a selected theme: “celebrating Norwegian Immigration 1825-2025” and the pins are here. They are \$6.00 per pin.

We are looking for a guest speaker. Barbara should know more about that next month. We have the \$100. 50/50 raffle going again as a fundraiser – Barbara has a few tickets here if you wish. Last year we sold over \$6500. The winner was really excited. *Shirley made a motion to donate \$125 to the parade committee in lieu of having a journal ad. Kristin second. Approved.*

**New business** Asbjørn stated he has a movie called *Esern En Sur* about the immigration from Norway to Brooklyn. We will plan a day to have movie night. (Probably in September)

**Old business** - none

**Good of the order**

**Show and Tell** – Nancy R. showed her certificates when her mother and father came through Ellis Island. She spoke a little about their coming and meeting in Brooklyn.

Karen gave the first of 5-part series on Alzheimer's, written by Sherry Johnson – 3D Cultural Dir.

Asbjørn spoke about the warning signs of dementia and Alzheimer's he did not recognize or know when his wife Margaret began showing signs. Else H is a great-great grandmother – all applauded.

Bob MK said the best way to secure your money is with the SofN annuity. It is a 5.25 growth and the guarantee is 2.85.

Nancy R won the 50/50.

Leif has items from Loyal to sell.

**Counselor:** may peace and harmony prevail within our lodge.

Our next meeting is the St Patrick's Day meeting on Sunday March 23rd at 2 pm– we will again have a zoom meeting.

Roy thanked everyone for coming today and declared this business meeting adjourned.

*Respectfully Submitted by Barabara Berntsen*

\*\*\* **THINGS TO REMEMBER** \*\*\*

- 1- Deadline for Scholarship Apps. is March 15**
- 2- Memorial Service May 4**
- 3- Chance awarded at each meeting you attend to win paid Annual Membership (Zoom Included)**
- 4- Karen is collecting clean towels, blakets, etc; for animal shelters at our May meeting.**
- 5- The S Carolina Retreat is getting a lot of attention.**

**\*\*\* UP COMING EVENTS \*\*\***



**IT'S ALL SCANDINAVIAN**

Follow and see  
**Ellen Lindstrom's Band**  
perform at:

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



**Emigration Anniversary Tour to Norway**  
Tour Leader: **Rolf Svanoe**

**June 24 – July 5, 2025**

Published in 2024 Newsletters  
Will appear again in March Issue

A copy before then available upon request

[norwaytours@vesterheim.org](mailto:norwaytours@vesterheim.org)



**"Coastal Retreat"**

**3<sup>rd</sup> District Norwegian Cultural Camp**

**June 26-29, 2025**

**Isle of Palms, SC (Near Charleston, SC)**

**For Families and Adults**

**CLASSES IN: SCANDINAVIAN DANCING \* HARDANGER FIDDLER \*  
ROSEMALING \* NORWEGIAN LANGUAGE BUNADS \* LIEF  
ERIKSSON \* SAMI PEOPLE OF THE NORTHERN CAP**

Cost: 1 person Room \$700

2 people per room \$900 (\$450/person)

3 People Per Room \$1,150 (\$383.34/ea)

4 People Per Room \$1,350 (\$337.50/ea)

*A more detailed flyer is available upon request  
either at our Meetings or via email. Gives one a  
beeter idea of the beauty of the site*

**NORDEN LODGE IS HOSTING A  
LONG ISLAND DUCKS EVENT**

At 3 Court House Dr., Central Islip, NY 11722

**On Sat July 19<sup>th</sup> @ 6:35 PM**

For the fireworks spectacular Cost is: \$20 per person

Please contact Chuck or Kristin Gottilla with any  
questions or to say you will be attending.

Checks payable to and sent to: Chuck Gottilla  
642 Grand Ave, Lindenhurst, NY 11757

Always a fun night filled with Baseball, Fireworks and  
Friends!!

**RSVP by June 30<sup>th</sup>**

Contact: Chuck Gottilla: 516-512-9427

Kristin Gottilla: 516-521-3190



**SONS OF NORWAY YOUTH CAMP**

IT'S



Back!

**KOINONIA  
Highland Ilake,**

**July 20 – 26, 2025 Ages 8 to 17**

The completed application form, along with a \$100 registration fee (deposit), must be sent to Katie Brink before March 15. The check should be made payable to District Lodge #3 Sons of Norway. You will receive camp materials including a health form when your application is received. \$550 Sons of Norway members, \$600 Non-members – Send to:Katie Brink

Sons of Norway Youth Camp Coordinator  
7107 Fernwood St #2421, Henrico, VA 23228

More Info: [uyakkm27@outlook.com](mailto:uyakkm27@outlook.com) Phone: (614) 202-5964

**Activities Include: Canoeing, Language Class, Games,  
Bonfires, Rosemaling, Hardanger, Archery & More**

**2025 Henrik Ibsen Fishing  
Members, Family and Friends  
Welcome**

**Sunday July 20<sup>th</sup>, 2025**

1:00pm – 5:00pm (BOAT LEAVES AT 1 PM SHARP)

\$65 per person (includes gratuity)

\$50 per child (12 & under)

RAIN or SHINE



This is a private Charter

You may bring your own food/beverages

We must give a final count so **PLEASE** send names and  
payment

**NO LATER then July 1<sup>st</sup> 2025**

Make checks payable to: John Kern Henrik Ibsen Lodge  
Sports Director



Mail to: John Kern

1498 Brightshore Blvd Bay Shore NY 11706



Questions? Please contact John cell/text 631 636-2035

**Immigration Tour to NYC**

**October 5 – 10, 2025**

Published In 2024 Newsletters

Will appear again in September Issue

A copy before then available upon request



## FROM THE 3<sup>RD</sup> DISTRICT



**Fra 3D President, Steve Helmold, Winter 2024 -2025** (See January Newsletter)  
Steve will have a new message the start of next quarter!



## SONS OF NORWAY 3<sup>RD</sup> DISTRICT PICNIC

**Aug 23<sup>rd</sup> 2025 10:00 AM to 4:00 PM**

**Place: NANSEN LODGE PICNIC GROUNDS - 3465 Victory Blvd, Staten Island. NY 10314**

The usual BBQ fair includes Bagels, Danish, Muffins, Coffee & Tea, Hot Dogs, Hamburgers, French Fries & Fresh Salad, Roast Beef Sandwiches & Sausage and Peppers, BBQ Chicken w/Corn on the Cob, Watermelon & Ice Cream – This includes an available Cash Bar (No LIQUOR to be brought into the Park) There is Music, Games for both the

**Adults and Children – Corn Hole, Kubb, Hammer Throw Tournament RAFFLES and 50/50**

**RESERVATIONS Are a Must by 8/1/25 (How Else will we ensure enough food for everyone)**

**Cost: Only \$40/Adult - \$15/Child 4-12 yrs old – Children under 4 yrs old are free.**

**Check Payable To: Paul Kornbrekke Mail to Paul 256 Barnard Ave, Staten Island, NY 10307 Info: 718-356-8395**



### Zone One Bus to 3D Picnic

**Aug 23<sup>TH</sup> 2025 10:00 – 4:00 Seats are limited. First come first serve!**

**NANSEN LODGE PICNIC GROUNDS**

**Pick-up stops 8:15 AM Loyal Lodge 201 7th Street St. James - 9:00 AM LIE Park and Ride Exit 49 Melville - 9:30 Roslyn Train Station Roslyn Heights --- The bus will leave Nansen to return home at 4:00PM**

**Cost of Bus \$10** for members of Zone One. Make Check payable to Zone One Committee Sons of Norway and Mail to Karen Olsen-Helmold, 183 Evergreen Ave, Bethpage, NY 11714

**Please include the names of all attending, the place where they will get the bus and a cell phone number.**

### Stressed?- Maybe try “Lemonading”: The Power of Playfulness for Facing

**Adversity** Making lemonade when life hands you lemons is a concept that’s been around for over 100 years — but thanks to a study out of Oregon State University, we now have new **science-backed evidence showing how powerful “lemonading” can really be.**

The study evaluated two groups of people during the COVID-19 pandemic, homing in on one quality in particular: playfulness. Their findings?

The **more playful individuals displayed “significantly higher levels” of resilience** when coping with the effects of the pandemic compared to the less playful group, suggesting the former are better equipped to have positive experiences during difficult times.

- “[Playful people] actively altered challenging situations, found creative substitutes for what was lost, **viewed obstacles as opportunities for growth**, and maintained a strong sense of control over their responses,” lead author Xiangyou “Sharon” Shen explained in a statement, noting that understanding how these individuals navigate tough times may help inform future coping interventions for stress and uncertainty. Learn how she and her team define lemonading — and get tips for putting it into practice.

- To measure playfulness, Shen and her colleagues used a method that she co-created in 2014, called the **Adult Playfulness Trait Scale**. It measures three main factors: fun-seeking motivation, uninhibitedness, and spontaneity.

Their findings also revealed *why* playfulness was so powerful during that challenging time period — which takes us back to lemonading. The team defines the term as “creatively imagining and pursuing positive possibilities to cultivate adaptive, enjoyable experiences while maintaining a clear-eyed realism about challenges,” emphasizing that pursuing positivity doesn’t equate to donning rose-colored glasses.

Instead, playfulness acts as a “color spotlight” that can help people reframe bad experiences while still maintaining a firm grip on reality, the scientists explained. Though both groups studied understood the risks and protective factors of their situations in a similar way, playful individuals were significantly more inclined to focus on positive outcomes when looking to the future.

“This suggests that playfulness may not override critical thinking but rather complement it by enabling a more optimistic perspective when interpreting uncertainties,” the authors write. “Playfulness doesn’t distort reality — it enhances it,” Shen added in the statement.

Not only was the playful group able to reframe their difficult circumstances, they were also able to get more out of their leisure activities. The two groups reported participating in similar activities with similar frequency, but the playful individuals had higher-quality experiences with these pastimes.

“This is essentially making lemonade from lemons, and it’s connected intimately with resilience,” Shen said. “Their unique combination of realistic assessment and flexible problem-solving emerged as a powerful formula, offering a vivid demonstration of how personality traits like playfulness shape our responses under stress.”

We may no longer be in the throes of a global pandemic, but lemonading can be used to face any challenge we encounter — big or small. According to Shen, even dedicating five or 10 minutes a day “for a small dose of play” can help. To get started, she suggests participating in activities that spark curiosity and joy, trying new ways of doing routine (read: mundane) tasks, and spending time with people you can laugh and play with.

“A key to all of this is focusing on the quality of engagement rather than simply doing what might be called play activities,” she said. “True playfulness doesn’t require a playground, games, or toys. It’s about bringing a spirit of openness, flexibility, and fun to everyday moments.”

**\*\*\*\* Thought this might be of interest. If you would like to see more ideas let me know ! \*\*\*\***

## LODGE SAVE THE DATE 2025

- Mar 23 - Lodge Meeting St Peters 2 PM
- Apr 27 - Lodge Meeting St Peters 2 PM
- May 16 - Lodge Meeting St Peters 7 PM (Change Due to Parade)
- Jun 14 - Lodge Trip to Vanderbilt Museum - Centerport
- Jun 22 - Lodge Meeting St Peters 2 PM
- July 19 - Ducks Game - Central Islip
- Aug 10 - Lodge Picnic - Centerport Beach
- Sept 20 - Winery Tour - Eastern Long Island
- Sept 28 - Lodge Meeting St Peters 2 PM
- Oct 26 - Lodge Meeting St Peters 2 PM
- Nov 23 - Lodge Meeting St Peters 2 PM
- Dec 7 - Christmas Fest St Peters 2 PM Music by Ellen?

### Activities In and Out of Our Zone!!!

- April 12 - Oslo Lodge Anniversary - More info to follow
- May 3 - Save our Parks event - Bayard Cutting Arboretum
- May 4 - Zone 1 Memorial Service, St Marks Church Islip 1PM
- May 18 - 17<sup>th</sup> of May Parade - Brooklyn
- June 6 - Zone 1 Scholarship Awards - Loyal Lodge St. James
- Jun 24 to Jul 5 - Emigration Tour of Norway (See Pg 3)
- Jun 26 to 29 - 3D Cultral Weekend - Isle of Palms, SC
- Jul 20 - Henrik Ibsen Fishing - Captree
- Jul 20 - 26 - 3D Youth Camp Upstate
- Aug 23 - 3D Picnic Nansen Park Staten Island (Bus Available)
- Sept 7 - SCANFEST - Budd Lake, NJ
- Oct 9 - Landing of the Restauration - NYC (Event TBA)
- Oct 5 to 10 - Immigration Tour of NYC (See Pg 3)

### \*\*\* BIRTHDAY CELEBRATIONS \*\*\*

#### Month's Birthdays - Gratulerer Med Dagen!

Name	Day	Name	Day
Mari Hansen	2	Joyce R Pedersen	17
Mildred E Sandberg	8	Drew Arthur Solberg	24
Karen Olsen- Helmold	12	Matthew A Johnsen	25
Howard Johansen	14		

### 5 Yr+ Membership Milestones For This Month, Congratulations:

- Michel DeMarco - 63 Years, Barbara Berntsen - 53 Years
- Roy Berntsen - 53 Years, Eleanor Lygren - 52 Years
- Gladys Sollitto - 44 Years, Shirley Erland - 43 Years
- James Sollitto - 34 Years, Nina Holvedt - 33 Years
- Nancy Seals - 27 Years, Linda Hoerberlein - 9 Years
- Krystal Gottilla - 8 Years

## MEMBERSHIP CORNER

You can see we are busy adding more events every month. This is a result of members getting involved and making things happen. While our dues support effort continues to good benefit, one of our long time members Elsa Hansen has had many blessing lately. Dues paid for life and she just became a Great Great Grandmother by her Granddaughter living in England with Elsa's Daughter who is now the proud Grandmother herself. Congratulations Elsa !!

**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.

2-23-2025 Karen & Steve Helmold, Jim & Heidi Varady, Bob & Ethel McKeever, Linda Petersen  
 Cliff & Nina Hotvedt, Les & Kathy Johannessen,  
 DoreeAnn Kohl, Barbara Struckman, Nancy Seals, Nancy Rucci, Janet Hannigan, Bob Saunders, Susan Olson, Shirley Erland, Roy & Barbara Berntsen, Chuck Gottilla, Leif Easterson Norma Ohsberg, Else Hansen, Tim Baxley (Z) Kristin Gottilla (Z), Mary Booton (Z), Craig & Christine Carlsen (Z)  
**GUESTS: Asbjørn Lageraaen**

**The Lodge's Official Annual List of Attendance at our Meetings is Available upon request. Just ask your Editor or any of the Lodge's Officers.**

### 2024 Norden Star Boosters Updated 02/19/25

Berntsen, Barbara & Roy 5/25	Holvedt, Cliff & Nina 11/28
Berntsen, Margret 5/23	Meusel, Helen 6/27
Berntsen, Roy Jr 5/25	Obsberg, Norma 11/25
Brown, Greta & George 6/28	Rucci, Nancy 7/25
Carlson, Craig & Christine 11/24	Sandberg, Mildred 6/24
Erland, Shirly 9/25	Seals, Nancy 5/25
Hansen, Elsa 6/25	Sorg, Mabel 6/26
Helmold, Steve & Karen 3/25	Tremel, Fred & Jean 9/25

#### IN MEMORY OF

#### COMMEMORATORS

<i>Erland, Endre &amp; Sigrid 9/25</i>	<i>Daughter Shirley Erland</i>
<i>Frey, Judith 2/30</i>	<i>Daughter Norma Frey</i>
<i>Maies, Betsy Jane Sersted 3/24</i>	<i>Daughter Janet Maies Hannigan</i>
<i>Johansen, Lars, Sigrid &amp; Art 10/30</i>	<i>Family</i>
<i>Jacobsen, Edward 4/29</i>	<i>Brother John &amp; Wife Carol</i>
<i>Larssen, Trygve &amp; Signe 3/23</i>	<i>Daughter Greta &amp; George Brown</i>
<i>Stuckman, Erik 12/23</i>	<i>Mother Barbara</i>
<i>Skauvold, Harry &amp; Kate 12/24</i>	<i>Daughter Christine Carlson</i>

**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. Cash is fine.**

**WE THANK ALL OUR BOOSTERS HELPING TO GET THE NEWSLETTER OUT**

### What's Going on at Lodge Meetings

- We are still doing show & tell - As many of our members have demonstrated during our meetings. So if you know or have an ethic item, theory, or custom to share, do it during our meetings. We have had a number of good and interesting presentations. Please we would like to see interesting items no matter how big or small.
- As you read the minutes you will note that we are doing a lot of support for dues. Including recognizing our senior members in Life status. Meaning after reaching that magical age the Lodge will pay your dues. Great right! Fraternalism is truly alive and well within our Lodge. Come join us, we would love to see you.
- Our Sports and Entertainment Officers are planning trips and events for us all to enjoy. Given today's environment, that can provide a diversion from our daily norm.

## Some Cultural Items for the Month

### *Cultural Corner: The Giant's Mountain - part 2*

"One of the last who saw him," said the farmer, "was John Blossom, the parson's neighbor. But maybe he wished he never had seen him," he added.

"This John Blossom was once down in Copenhagen about a lawsuit - for if anyone wished for "fair play" in such matters, they had to travel down there. Fair play is a jewel.

Well, John was down there on Christmas Eve, and had finished his business with the grand folks and was ready to start for home. He walked along the streets in a gloomy mood, for he was longing to be at home up in the far north, and knew there was no way of getting home till long after Christmas.

Suddenly a person, who by his dress appeared to be a farmer from his own parish up in Norway, passed him in a great hurry. It was a big, tall man, with large shiny buttons as big as silver dollars on his white jacket. John thought he knew him, but the other walked past him so quickly that he did not get a good sight of his face.

"You are in a great hurry," John called after him.

"Yes, I have to make haste," answered the stranger; "I have to be back home at Vaage tonight!"

"I wish I could get there as well," said John.

"Well, you can stand behind on my sledge," said the other, "for I have a horse who does the mile in twelve strides."

John thanked him for the offer, went with him to the stable and off they started. John was only barely able to stick on to the sledge, for away they went like the wind through the air. He could neither see earth nor sky.

At one place they stopped to rest. John could not tell where it was, but just as they were starting again he saw a skull on a pole.

When they had travelled some distance further, John began to feel cold.



"Ugh! I forgot one of my mittens where we rested," he said; "my fingers are freezing!"

"You have to stand it, John Blossom," said the stranger, "it isn't far to Vaage now. Where we rested was half-way."

The stranger stopped just before they came to the bridge over the rushing river to put John down.

"You are not far from home, now," said he. "Now, promise me not to look behind you if you hear any rumble or see any light around you."

John did and thanked him for the lift.

The stranger travelled on over the bridge, and John walked up the hillside to his farm. Then all of a sudden he heard a rumble in the giant's mountain, and the road in front of him was suddenly lighted up - he could have seen to pick up a needle. He forgot his promise and turned his head to check. It was a very natural reaction. And what did he find?

The gate in the mountain was wide open and there came a light from it as from many thousand candles. Right in the middle of the gate he saw the giant himself - it was the stranger he had been driving with.

John couldn't shake it off, no matter how he strove and struggled that night. He also overdid his shaking. From then on, John Blossom's head was tilted a lot, and it had to remain that way as long as he lived," said the old farmer.

Barbara

### *History Article: The Battle of Hastings: -- part 8*

[To the Norman Invasion of Britain index](#) Annexe for the Bayeux Tapestry: <https://www.britishbattles.com/norman-conquest>



Bayeux Tapestry 1: Harold attends the court of King Edward the Confessor before his journey to Normandy



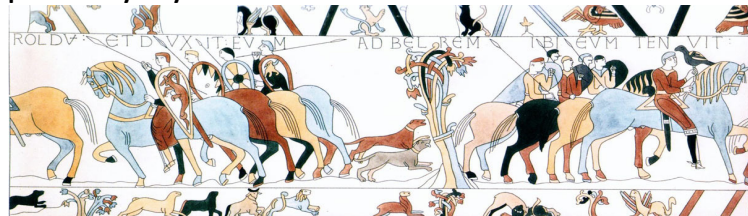
Bayeux Tapestry 2: Harold attends the court of King Edward the Confessor before his journey to Normandy



Bayeux Tapestry 3: Harold crosses the Channel and is made prisoner by Guy Count of Ponthieu



Bayeux Tapestry 4: Harold crosses the Channel and is made prisoner by Guy Count of Ponthieu



Bayeux Tapestry 5: Harold is taken before Guy Count of Ponthieu at Beaurain

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**

### CULTURAL CAMP COMMITTEE

The Cultural Camp Committee has been busy and has planned a wonderful time for attendees at the Third District Cultural Camp at the Coastal Retreat in the Isles of Palms in South Carolina scheduled for June of 2025. There are a limited number of rooms available on a first come first served basis. **(Take a look at Flyer)**



**Royal Norwegian Embrassy in DC Demonstrates The Honoring of Sámi**

**National Day.** Sámi National Day takes place each year on February 6. The Sámi are an indigenous people of Norway and other nearby Arctic countries, and the holiday marks the day when the first Sámi Assembly was held in 1917.

As part the Norwegian chairship of the Arctic Council, Norway has sought to strengthen cooperation with the **Saami Council** – a voluntary organization that works on matters of culture, the environment, and human rights.

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**Skiing for Light** Norway's Ridderrennet has a sister program here in the U.S. called **Ski for Light**. It enables visually and mobility-impaired people to enjoy cross-country skiing. Our Norwegian Ambassador, **Anniken Huitfeldt**, recently had the experience of guiding another Norwegian, Aslaug, on the trail.

This year, Ski for Light celebrated its 50th anniversary in Utah. The 2025 program took place on the same tracks where Norwegians won many gold medals during the 2002 Salt Lake City Olympics. (They'll be hosting the Olympic Games again in 2034!)

Ski for Light also holds an annual "Norway Night," thanks to its Norwegian roots. There, guests arrive in Norwegian ski clothes, and the group commemorates the Norwegian-Americans who started it all 50 years ago.

Thanks to the whole crew for their incredible work – and thanks to our Honorary Consul **Lars Johansen** for showing the Ambassador around the great state of Utah!

It's nice to see that this event continues long after it's start with Sons of Norway, who still support it today

**Copenhagen Fashion Week Highlights the Joys of Scandinavian Style**



You've probably seen "hygge," the Scandinavian concept of embracing coziness and contentment, make the rounds on social media. But many people in northern Europe are also masters at injecting bursts of happiness into everyday life via their style choices, and with Copenhagen Fashion Week having recently wrapped up, it's the perfect time to dive a bit deeper into these **mood-boosting clothes** (and maybe add a few fun pieces

into your own closet).

- Nordic or "Scandi-girl" style focuses on "cool shapes, responsible practices, and an unexpected 'ka-pow' of color or print," per the BBC. Just take a look at Finnish brand Marimekko, which features bold florals and bright geometric patterns, to get an idea. "It's layering. It's about shapes," fashion historian Laird Borrelli-Persson told the outlet. "You don't need an Hermès bag and a restrictive diet to pull it off. **People who love clothes are finding that idea really liberating.**"

- If that thought makes you happy, that's because Scandinavian dressing is partially built to bring more joy into (literally) dark days. "Women in Sweden and Norway have about six hours of sunlight during winter," said sociologist Martha Beck. "That's it! So they use fashion to fight off the feelings of depression and listlessness that can come from very dark, cold days." Regardless of where you live, get some tips on **cultivating a positive mindset through your clothing.**

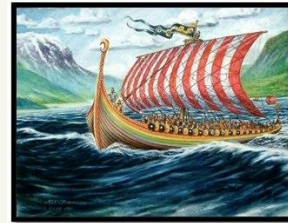
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**COME CELEBRATE WITH US**

**75+1 Year Anniversary**

**Oslo Lodge, Sons of Norway**

**April 1949 - April 2025**



**PLEASE SAVE THE DATE: April 12, 2025**

**We are planning a wonderful event.**

It will be lovely if you can join us!

It is exciting as we have a lot to celebrate.

We hope you, along with many other friends of the lodge, will attend.

We'd appreciate hearing from you!

So, at your earliest convenience,

will you please be in touch with us?

Then we'll get the details to you quickly.

Thank you, Karin McCadam.

**mccadamint@yahoo.com**

\*\*\*\*\*

The Sons of Norway Book Club is run by our Third District Zone 7 Director Bill Browning.

All are welcome. It is not meant to be a replacement for book clubs that are running at the lodge level. but to be an addition to them.

There is a schedule for May- June available upon request via your Editor ([bigjobber@aol.com](mailto:bigjobber@aol.com)) if you are interested. Please email for your copy.

If anyone had any questions, please contact Bill at [SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com).

Place Stamp Here



# NORDEN LODGE 407

Les Johannessen, Editor

7 Nichols Road

Huntington Station, NY 11746-3419



Join us at our next meeting on **Feb 23rd at 2PM**  
The Theme is Green For St Patrick's Day. **March** also brings the Deadline for Scholarship Application on the **15th**.  
**Oh yeah, bring a friend to discover the true meaning of "Koselig"**  
**Any Questions on any of our events or programs ASK !**



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 1/4 " 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.

#### SONS OF NORWAY SPECIAL OFFER

**Take 10% off your first order**

Discount Code: SON10



**Nordic Gift House**  
Goods and Goodness from Norway and beyond



Phone: 715-386-0939  
E-mail: hello@nordicgifthouse.com  
Website: www.nordicgifthouse.com

**The Nordic Gift House is Owned & Operated by, SON Members: Liv and Bruce Benschine. Past members of Norden who moved to Wisconsin to be closer to the Scandinavian Import Businesses they have dealt with for the past 45 years.**

\*\*\*\*\*

## Koselig =

*A cozy and warm atmosphere of  
Togetherness in a pleasant setting.*



**Third District Cultural Camp at Coastal Retreat Center**

**June 26- June 29, 2025**

**Isle of Palms, South Carolina**

**Join other Sons of Norway Members for a fun weekend of Norwegian Cultural programs.**

**There will be classes in Scandinavian Dancing, Scandinavian Music, Rosemaling, Norwegian Language, and Bunads as well as interesting classes about Leif Eriksson and Sami People of the Northern Cap.**

There will also be time to enjoy the beach only a block away for those who wish to spend some time on the beach. Walking tours of Downtown Charleston and/or Fort Moultrie are also being planned.

The price includes 3 nights' stay, Thursday dinner, Friday & Saturday Breakfast, Lunch, & Dinner, Sunday Breakfast, fresh linens and tax and all the activities and supplies.



- 1 person per room      \$700
- 2 people per room      \$900 (\$450 per person)
- 3 people per room      \$1,150 (\$383.34 per person)
- 4 people per room      \$1,350 (\$337.50 per person)

**There are a limited number of rooms so reserve your room today by completing the registration form below and sending it with your nonrefundable deposit of \$300.**

Send your completed application and deposit by March 30th to **Katie Brink, 3<sup>rd</sup> District Assistant Secretary.** Make checks payable to Sons of Norway District Lodge #3. Full balance is due by May 30th.

**Katie Brink**

7107 Fernwood St #2421 Henrico, VA 23228 [uyakkm27@outlook.com](mailto:uyakkm27@outlook.com) (614)202-5964

**THERE IS YET ANOTHER FLYER WHICH HAS PICTURES OF THE FACILITIES WHICH DISPLAYS THE QUALITY OF THIS RETREAT. IF INTERESTED EMAIL YOUR REQUEST FOR A COPY TO: [BIGJOBBER@AOL.COM](mailto:BIGJOBBER@AOL.COM)**

# 2025 Third District Cultural Weekend Application

## June 26-29, 2025

### Isle of Palms, South Carolina

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Do you have any food allergies or dietary restrictions? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, please elaborate: \_\_\_\_\_

Please list everyone staying in your room. (a separate application should be completed for each room)

_____	Circle one	Adult	Teenager	child
_____	Circle one	Adult	Teenager	child
_____	Circle one	Adult	Teenager	child
_____	Circle one	Adult	Teenager	child

**\*\* Please note- you must attend the entire cultural camp weekend- you cannot attend for only 1 or 2 nights.**

Please return this form along with your \$300.00 deposit made out to Sons of Norway District Lodge No. 3 to:

Katie Brink, 7107 Fernwood St #2421, Henrico, VA 23228

Any questions contact Katie at [uyakkm27@outlook.com](mailto:uyakkm27@outlook.com) or (614)202-5964

Reservations will be made on a first come first serve basis. Deadline to reserve your room is April 1, 2025