

# SMÅ SNAKK SONS OF NORWAY

195 days to International Convention

Volume 39 Issue 2

February 2014



## FEBRUARY PRESIDENT'S MESSAGE FEBRUAR BESKJED FRA PRESIDENTEN

Greetings fellow members and friends,



I am very enthused about our Valentine's Day lunch at the University Club. This is a lovely venue if you have not visited. The service is exceptional, the food great and the view spectacular. Thanks to Bonnie Hardman, a University Club member who has graciously agreed to sponsor us saving the lodge money. In addition,

we welcome Linda Pederson, Fraternal Director from Sons of Norway, who will be with us. This is Linda's first visit to our lodge and, of course, she will be back in August for the International Convention. Please make every effort to join us for this event. We have guaranteed the restaurant that a certain number of people will attend.

We installed our lodge board in January and thank you to members Peggy McCann, Gail Yerkes and Larry Nelson who brought stews; for the dining room assistance of Pete Hopkins and Christine Martinuzzi; and to the kitchen brigade comprised of Larry Nelson, Jessica Wittig, Natasha Petrovich and Christine.

We held a very successful annual planning and convention meetings Jan. 4 with about 20 people participating. Please see the 2014 schedule in the newsletter, which is subject to update. Obviously through August, our focus is on the international convention planning and implementation. As I write this, we are 195 days away from welcoming our first guests to Jacksonville. Marci and Evelyn, as convention co-chairs, will update our membership via email/ letter re: convention activities to date and opportunities for members and friends to volunteer their assistance.

It's hard to believe our lodge is 40 years old in April. A planning committee is working on a fun celebration at the Maritime Museum April 5. Mark your calendar from 11:30 a.m. - 2 p.m. for the lunch and program and more excitement with our boats to follow. This is a very special day for our lodge and we expect guests from around the District. So this is another not-to-be-missed event.

Our Adopt-a-School for many years has been the Shepherd of the Woods School which we will continue in 2014. One event we very actively support is the Spring Scholarship Auction, which is Saturday, March 1 at 6:30 p.m. It's a very nice evening with varied appetizers and a chance to bid on a wide range of wonderful gifts, services and experiences. The theme is "World of Sports." The money raised helps provide

scholarships to families needing financial aid. In this school year, 13 families are receiving assistance totaling \$41,000. Please consider attending; please consider offering a service or product that can be included in the auction. To donate, call 641-3393 and items for auction must be received by Feb. 14.

Rita Tweed, Franklin Morrison and Marci Larson will be attending the Zone 5 Memorial Service in Largo, FL, Sunday, Feb. 9. This is an annual recognition of members who have passed away and is a very nice service. Representatives from the 12 lodges in Florida will attend.

Remember, membership is the heart beat of our organization. Please think of individuals in your circle who would be interested in joining our Sons of Norway, now in its 119<sup>th</sup> year. We have so much to offer that we want to share it with those of Scandinavian descent and "wannabes" interested in the Scandinavian culture.

I appreciate the opportunity to serve as your lodge president and look forward to seeing you Feb. 15.

Kent Larson Lodge President

### **DIRECTIONS TO UNIVERSITY CLUB**

Drive north on I-95. Take the Main St Bridge/Prudential Dr/Ocean St exit, EXIT 350A, toward Acosta Bridge/Riverside Ave/Mary St.

Take the Main St Bridge exit toward Prudential Dr/Ocean St. 0.09 miles.

Keep right to take the Prudential Dr ramp. 0.10 miles.

Stay straight to go onto S Main St/US-90 W/US-1 N/SR-10 W/SR-5 N. 0.2 miles.

Turn right onto Riverplace Blvd.
Riverplace Blvd is just past Mary St.
Hightide is on the right. 0.09 miles.
Sun Trust Bank is on the right.



#### LODGE KALENDER

Subject to Change

Feb 24	Newsletter Deadline for March	
Feb 6	Sami National Day	
Feb 9	SoN Memorial Service, Largo, FL	
Feb 9	Norwegian Mother's Day	
Feb 11	Board & Convention Planning Meetings 7 p.m., SOTW	
Feb 15	Valentine's Day luncheon @ University	
	Club & Business Meeting	
March 1	Shepherd of the Woods Lutheran Church Scholarship Auction, 6:30 p.m.	
March 8-9	SON District 3 Executive Committee &	
	Board Meetings, New York	
March 10	Board & Convention Meetings 7 p.m.	
March 14	Lodge Dinner Meeting & Program	
April 5	Lodge's 40th Anniversary Luncheon @	
	Maritime Museum, Jacksonville	
April 8	Convention Planning Meeting, 7	
	p.m. at SOTW	
April 27	Beach's Parade	
May 3	Shrimp Fest & Lodge Picnic, 1-5 p.m., Hopkins Intracoastal Camp	
May 5	Board & Convention Planning Meetings,	
way 5	7 p.m., SOTW	
May 9-10	Syttende Mai Regatta, Luncheon, Zone	
	Meeting, in Clearwater	
June 3	Convention Planning Meeting,	
	7 p.m., SOTW	
June 11-15	District 3 Convention in Albany, NY	
June 21	New Member Brunch & Welcome, SOTW	
	from 10 a.m Noon	
June 21	Convention Planning Meeting @	
	12:15 p.m., SOTW	

#### NO BOARD OR LODGE MEETINGS IN JULY AND AUGUST

### CONVENTION PLANNING AND IMPLEMENTATION

July 8 July 22 August 1-16 August 17-24 Sept 9	Convention Planning Meeting @ 7 p.m. Convention Planning Meeting @ 7 p.m. Convention Planning Activities/Meetings International S.O.N. Convention @ Omni Board & Convention Recap Meetings 7 p.m., SOTW
Sept 12	We Survived the International Convention Celebration & Thank You!
September	District 3 Golf Tournament, Myrtle Beach, S.C.
October 10-12	Leif Erikson Regatta, Banquet & Zone Meeting @ Jensen Beach
October 17	Lodge Dinner & Program @ 6:30 p.m.
October 18	Trick or Trunk Halloween @ SOTW 6-9:00 p.m.
October 24-26	District 3 Executive Committee & Board Meetings
Nov 4	Business Meeting @ 7 p.m., SOTW
Nov 11	Veteran's Day Parade
Nov 14	Lodge Thanksgiving Dinner & Program @ SOTW, 6:30 p.m.
Nov 29	Jacksonville Boat Light Parade
Dec 7, 14, 21	Area Light Parades
Dec 7	Scandinavian JuleFest, 1-4 p.m. Location to be Determined

### **IN MEMORIAM**



We are sad to report that Peggy Nielsen's husband passed away. Biarne Winther Nielsen, 78, of Cary, North Carolina and formerly of Jacksonville, Florida, died peacefully under hospice care on



January 22. Bjarne immigrated to the United States from Denmark in 1951 and graduated from Abraham Clark High School in Roselle, NJ. He received his BA from Grinnell College in Iowa and joined the Air Force, where he served for ten years, achieving the rank of Captain. During his military service, he married his wife of 54 years, Peggy, and was stationed in various locations in the United States and in Germany. Bjarne received his MBA at the University of North Florida and was a manager at Blue Cross, Blue Shield of Florida. A loving father and grandfather, Bjarne is survived by his wife, Peggy; his son, Jeff and Jeff's wife Cambria; his

daughter, Kirsten and Kirsten's husband Philip Diaz; his four grandchildren, Daniel Nielsen, Andrew Nielsen, Stephen Diaz, and Elizabeth Diaz; and family in Denmark. A memorial service will be held at Cary Presbyterian Church in Cary, North Carolina, on Feb 1. Memorial gifts may be made to the church.

Our deepest condolences to Peggy and her family.

### Read news from District 3 at http://www.3dsofn.org/



### SMÅ SNAKK BOOSTER CLUB MEMBERS

Your donation is a voluntary act. At the Board Meeting on 3/5/2012, the Board made the following resolution: Små Snakk booster fee be increased from \$15 to \$20 effective 6/1/2012.

This donation helps pay for publication and distribution of the Små Snakk newsletter. Make your check payable to Sons of Norway and mail to Gail Yerkes, Editor. Tusen takk for your support.

BOOSTER NAME	DATE EX Month	
Roy Hauge	06	2015
Marty & Ida Iverson	01	2015
George W. Prom	09	2015
Carol Scott	10	2014
Jenny Spilling	06	2014
Rita Tweed	10	2014
Jay Vogeley	02	2014 *
Roger & Margaret Winslow	10	2016

May we add your name here?

A \* next to your name means it's time to renew.

### **KAITIE SMEDLEY**



The following article is written by Kaitie Smedley, daughter of member Kent Smedley.

In August 2013, I attended Voksenåsen Summer Music Academy at the Voksenåsen hotel in Oslo, Norway. The academy has some of the best music educators from Scandinavia and around the world. It is also geared toward college level and professional musicians.

At Vokåsen, I took lessons with violin professors, played in an orchestra, and attended master classes and performances on a daily basis. I studied with Magnus Ericsson, a professor currently teaching at Musikhögskolan Ingesund in Arvika, Sweden; the head violin professor from Norgest Musikhøgskole, Peter Herresthal; Stephan Barratt-Due, the violin professor at the Barrat-Due Musikkinstitutt; and Mark Messagner, professor at the Royal College in London.

Voksenåsen provides students with a very typical Scandinavian experience. The hotel has a grass-covered roof, the rooms overlook the Oslo Fjord, and the food served is all traditional Scandinavian delicacies. All the students take a boat tour around the Oslo Fjord and have a shrimp dinner on the boat. Every night there are performances in the

lounge, put on by students and faculty.

Voksenåsen challenged me in ways that I've never been challenged before. I decided to study music in another country, not knowing anyone and having to adapt to a new environment. I was a 16-year-old that had just finished her junior year of high school, having to play for world renowned teachers and musicians and work with college musicians much older and more experienced than me. My experience at Voksenåsen has reinforced my decision to study music in Norway and to become a professional musician there.





Here are pictures of the Voksenåsen hotel and conference center where Kaitie studied this past August, and a picture of the view of the Oslofjord from the outside patio.

### **SON MEMORIAL SERVICE**

Suncoast Lodge has invited Gateway to Florida lodge members to the Sons of Norway Third District Zone 5 Memorial Service on Sunday, February 9, 2014 at 2 p.m. at Prince of Peace Lutheran Church, 455 Missouri Avenue North, Largo, Florida. The ceremony is to remember all members who departed this past year.

### **DIRECTORY UPDATE**

Milo Holt's new address is: Camillia at Deerwood, 10061 Sweetwater Parkway, Apt. 427, 32256. The new phone number is: 904-924-6247.

### LEARN NORWEGIAN FROM TRANSPARANT LANGUAGE

Norwegian: herlig English: delightful Part of speech: English: delightful adjective

Example sentence: Du burde gå ut og nyte den nydelige dagen i dag.

Sentence meaning: You should go out and enjoy

the delightful day today.

Norwegian: smil: English: smile

Part of speech: noun

Example sentence: Hun tok imot gaven med et

smil.

Sentence meaning: She accepted the gift with a

smile.



2014-2015 Board of Officers were installed at the Gateway to Florida January Lodge meeting. Standing left to right: Larry Nelson, Carol Scott, Martin Iverson, Gail Yerkes, Eugene Yerkes, Stewart Svendsen, Margaret McCann, Pete Hopkins.

Sitting left to right: Franklin Morrison III, Rita Tweed, Evelyn Hopkins, Kent Larson, Marci Larson.



Carl Johnson is a new member. He was featured in the December 2013 Små Snakk.

## SAVE THE DATE FOR OUR 40TH LODGE ANNIVERSARY CELEBRATION!

Our lodge members will be celebrating our 40th anniversary on Saturday, April 5 from 11:30 a.m. - 2 p.m.

This fun celebration will be at the Jacksonville Maritime Heritage Center located in the Jacksonville Landing (next to the Toy Factory) 2 Independent Drive, Suite 162, on April 5. Mark your calendar for the lunch and program and more excitement with our boats to follow. This is a very special day for our lodge and we expect guests from around the District. This is a pot-to-be-missed event!

### 2014-2015 SONS OF NORWAY GATEWAY TO JACKSONVILLE SLATE OF OFFICERS

President Vice President Counselor Secretary Assistant Secretary Treasurer Assistant Treasurer	Kent Larson Evelyn Hoplins Marci Larson Rita Tweed-Morris Sharon White Franklin Morrison Open	718-7518	
Financial Secretary	Peggy McCann	504-8583	
Assistant Fincncial Sec.	Dee Simpson	210-0092	
Social Director	Larry Nelson, Coordinator 220-6151		
Cultural Director	Evelyn Hopkins/Marci Larson		
Sports Director	Eugene Yerkes	268-9924	
Assistant Sports Dir	Eric Nord	699-0460	
Youth Director	Rich Brew Charlotte Fluker	443-6331 396-8006	
Trustee I	Stewart Svendsen		
Trustee II	David Fluker	396-8006	
Trustee III	Pete Hopkins	733-4268	
Publicity/Com Director	Marci Larson	260-4064	
Foundation Coordinator	Marty Iverson	726-0626	
Marshalls	Stewart Svendsen	565-9001	
	& Bo Fosaaen	237-7700	
Greeters	Gail Yerkes	268-9924	
	Bonnie Hardman		
	Karen Ansell	242-8893	
Editor	Evelyn Hopkins Gail Yerkes	733-4268 268-9924	
Web Master	Franklin Morrison		
Historian	Sharon White	718-7518	
Sunshine	Open	710 7510	
Tubfrim	Beverly Teigland	641-7796	
Insurance Rep	Karen Ansell	242-8893	
Librarian .	Carol Scott	447-1672	
Raffle Coordinator	Judy Silvey	260-6383	
Adopt A School	Charlotte Fluker	396-8006	
Musician	Tony Cruz	221-0460	

### SONS OF NORWAY FOUNDATION

Sons of Norway Foundation scholarships applications are due March 1, 2014! The process is done entirely on-line at www.sonsofnorway.com/foundation.

If you are a current Sons of Norway member, child or grandchild of a current member, you may qualify for one of our seven categories of college scholarships including:

Norwegian Folk High School
(Tronvold Folk High School application)
Oslo Summer School
(Oslo Summer School application)
Study- abroad to Norway or other countries
(King Olav V Norwegian-American or Lund Fund)
Norwegian specialty topics
(King Olav V Norwegian-American application)
General college studies (Cates/Beinhauer application)
Trade/Tech/studies (Cates application)

Thank you, Cindy Olson, Director Sons of Norway Foundation



### KING HARALD TURNS 77 YEARS OLD

King Harald was the first Norwegian king born in Norway in over 500 years, and on January 17, 1991 he took the throne after his father, King Olav V. Harald V, King of Norway, was born on February 21, 1937 at Skaugam in Asker. He is the son of King Olav V (1903-1991) and Crown Princess Märtha (1901-1954).

The former Royal couple already had two daughters, Princess Ragnhild (1930-2012) and Princess Astrid (b. 1932), but neither of them were heirs to the throne after the Constitution of 1814 and before the Constitution's amendment in 1990. The birth of Prince Harald guaranteed the line of succession.

The first three years of Prince Harald's life were spent in the peaceful surroundings of Skaugum (the Crown Prince and Princess' residence). However this came to an abrupt end when German invaded Norway on April 9, 1940. While King Haakon and Crown Prince Olav stayed in London, the Crown Princess and the children lived in the outskirts of Washington DC until peace came in 1945.

In 1960, Crown Prince Harald made his first official state visit abroad. He traveled to the USA in connection with the 50th anniversary of the American-Scandinavian Foundation. On August 29, 1968 he married Sonja Haraldsen from Vinderen in Oslo at the Oslo Cathedral. Three years later on September 22, 1971, Princess Märtha Louise was born. Two years later, on July 20 the family was complete as Crown Prince Haakon Magnus (heir to the throne) was born.

The 2000s invited a whole new era for the Royal couple. Crown Prince Haakon was married to Mette-Marit Tjessem Høiby in 2001 and Princess Märtha Louise married Ari Behn one year later. In 2003 the royal couple welcomed their first grandchild when Maud Angelica Behn came into the world. The following year Princess Ingrid Alexandra was born as the next heir to the throne.

In 2005 Kong Harald became a grandfather for the third and fourth time when Leah Isadora Behn was born in April and Prince Sverre Magnus was born that December. Three years later the royal couple's fifth, and so far, youngest grandchild, Emma Tallulah Behn was born. "It is very nice to be grandparents," King Harald and Queen Sonja have said

In his 23 years as monarch, King Harald has proven to be a sports fan, a beloved family man, caring, and witty. "I feel lucky to be king of Norway. I am not in the least unfortunate," said the King.

### THE MISSION OF SONS OF NORWAY

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



### **NESBØ PROJECTS IN THE MAKING**

If you've read your March issue of Viking or if you are a fan of Nordic writers, you're probably already familiar with writing sensation, Jo Nesbø. Considered one of Europe's best authors and with worldwide sales of his novels approaching NOK 1.5 billion, Nesbø's popularity is quickly on the rise. So much so, that a number of his books are inspiring film and television projects here in the U.S.

The latest project, an American TV series adaptation of Nesbø's popular 2008 book "Headhunters," is in the works by HBO and writer/executive producer Alexander Woo (True Blood) and executive producer Carolyn Strauss (Game of Thrones). The series will replace an earlier plan to create an English feature film of the book starring Mark Wahlberg and Sacha Gervasi.

Another of Nesbø's books that is slated to receive major attention is "Blood on the Snow." The new series, written under Nesbø's pen-name Tom Johansen, isn't set to be published until autumn 2014, yet Warner Brothers Films is already in negotiations to acquire the film rights to the book. Rumored to be tied to the project is Leonardo DiCaprio, who is said to be both producing as well as potentially staring in the film adaptation.

Film plans dating back to 2011 also include an adaptation of Nesbø's "The Snowman" directed by Martin Scorsese. Since then, Scorsese has had to back out of the project due to his busy schedule but Universal is currently on the lookout for his replacement.

To learn more about Jo Nesbø and his books, visit http://jonesbo.com/



#### THE VIKINGS RETURN ON HISTORY CHANNEL

The History channel has announced that Season Two of the adventure drama Vikings will set sail on Thursday, February 27th 2014 at 10 pm, running for ten episodes. The top-rated new cable drama of 2013 (averaging 4.3 million viewers), Vikings new run brings crises of faith, of power, of relationships, now that Ragnar has allied himself with King Horrik against the Earl in Gotaland and possibly his own brother Rollo, as well.

Norwegian word: kjærlighet English translation: love Part of speech: noun

Norwegian example: Det sies ofte at kjærlighet gjør

blind.

English example: It's often said

that love makes you blind.



### MOTHER'S DAY IN NORWAY CELEBRATED FEB 9

Mother's Day is a celebration that honors mothers, motherhood and maternal bonds. One day a year countries around the world take time to give thanks for the mothers in their life. The day is celebrated on various dates in different countries around the world.

In Norway, Mother's Day is celebrated on the second Sunday in February, this year the celebration will take place on Sunday, February 9. The United Kingdom celebrates Mothering Sunday in March, Luxembourg honors their mothers in June and Russia rejoices for moms in November. However, Norway is the only country to celebrate Mother's day in February, and although the day lies so closely to Valentine's Day, Mother's Day remains the most important holiday of the month.

The day is an American invention, but it has taken root in Norway, probably because it's hard to say no to such a wonderful holiday. In recent years, Mother's Day has become a commercial holiday in line with Valentine's Day and stores actively market gifts and cakes. Fortunately kindergartens and elementary schools have kept the old tradition alive and children make cards and gifts for the occasion. February is undoubtedly the busiest month of the year for flower shops in Norway, and some women will be lucky enough to get flowers twice!

The holiday takes roots in the US when, in 1907 Anna Jarvis began the work of establishing the modern Mother's Day. Her mother, Ann Marie Reeves Jarvis had died two years before, and Anna Jarvis devoted her life to establishing a day to honor mothers, living and dead. May 10th, 1908 was the first celebrated Mother's Day. The custom spread to 45 states around the U.S., and was declared an official holiday in 1912. Former President Woodrow Wilson declared the first national Mother's Day in 1914. And since then the day has been reserved for the second Sunday of May.

In Norway, Mother's Day was first celebrated in Bergen on February 9th, 1919, and was initially organized by religious organizations. Since then Mother's Day has evolved into more of a family day. There are no specific traditions associated with the day, but in many homes mothers are typically served with breakfast in bed and accompanied with gifts, flowers and cake.

A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

Tenneva Jordan

onte at kjærlighet gjør

From Transparant Language

### **GATEWAY TO FLORIDA LODGE HONORS:**

District 3 Lodge of the Year 2003, 2007, 2009, 2010. Membership Lodge of the Year 2007-2008, Founders Award for Membership Achievement 2007, 2008-09, 2010-11. President's Gold Merit Award for Fraternal Excellence 2007, 2008-09, 2010-11, President's Special Recognition Gold 2010 and 2011; World of Nations First Place/Best Country 2006, Grand Overall Winner Jacksonville Boat Light Parade 2008, First Place Palm Valley Boat Light Parade 2008, 2010, Organized Club Winner Jacksonville Light Parade 2009, 2010, First Place Whitey's Fish Camp Boat Light Parade 2010, Grand Prize Best Overall St Augustine Holiday Regatta of Lights 2009. Winner of Fall Blitz Recruitment Contest in Large Lodge Category 2009. Third District Golden Newsletter Award for Medium Size Lodge Division in 2009. Newsletter Honorable Mention 2011.

Lodge Web site: http://www.sonjax.com. Third District Web site:http://www.3DSofN.org.
Sons of Norway Web site: www.sonsofnorway.com
http://twitter.com/SonsofNorwayJax, http://goo.gl/cKc21

### FEBRUARY BIRTHDAYS GRATULERER MED DAGEN

1 Shelby Seder

5 Don Drabek

6 Elizabeth Sharp

8 Pete Hopkins8 Stacey Daval

8 Stacey Davalt9 Sophia Chepenik

10 Ida Iverson

12 Ann Crisp

12 Karen Ansell

13 Larry Nelson

14 George Gabel

15 Carol Scott

16 David Brynildson

19 Maureen Williams

20 Erin White

21 King Harald V of Norway

22 Justin Ratte

27 Grant Wilson

29 Roy Hauge

### GAMMELNORSK (OLD NORWEGIAN)

The Gammelnorsk, also known as Uttegangarsan and Vildsau, are from the old Northern short-tailed breed of sheep. They are found in Selbjorn, Austevoll and Horda in western Norway. The Icelandic, Faroes and Spaelsau breeds are thought to have originated from the Gammelnorsk. They are one of the most striking animals on Norway's western coast and on the island of Froya. They are one of the most primitive breeds of sheep in all of Europe. 3,000 year old remains of sheep similar to the Old Norwegian Sheep were found near Bergen. The largest amount of this breed of sheep are found around Bergen, along the coast and on the islands outside of Trondheim. Their population is about 10,000. In 1995, they had almost disappeared! Due to a misunderstanding

from the society for prevention of cruelty to animals, other breeds and new methods of agriculture the breed was almost set on a road to distinction. The Old Norwegian Sheep have good legs, small frames and their fleece has a large variety of colors. The colors range from an off white, grey, dark brown, badger, muflon and black. Usually they shed their fleece in July. The males have horns and also about 10% of the females. The female's horns are short and similar to a goat's. Their fleece is fine with an inner fleece that is highly developed. Their wool is highly sought after for many quality crafts, such special yarns for knitting, felt making and many other quality uses. The Gammelnorsk have a very strong flocking instinct. It is so strong, that they have been tested grazing in areas with predators, such as bears, wolves, lynx and wolverines. They have an original flight pattern which makes them suitable to graze in areas with predators. There is rarely any loss of Old Norwegian Sheep to predators compared to other sheep breeds in the same areas. The females have a very strong maternal instinct. When the mother is close to giving birth (12 hours to 3 days before) she leaves the flock and stays alone till 3 to 6 days after the lamb is born. When they return to the flock, the lambs are defended strongly by the whole flock. By 14 days old the lambs follow their mother, play in groups with other lambs and begin to graze.

Old Norwegian Sheep have very little fat in their body; their meat tastes more like roe-deer and reindeer than mutton. Today their meat is highly sought after and it is served in many restaurants. Their grazing habit makes the meat suitable to keep the vegetation from monuments, historical ruins and cultural heritage formed by agriculture and other cultivation.

SUN VIKING LODGE # 3-607 FLYGEBLADET Feb 2014



Provided by Trygve Fjarli

### **VICE PRESIDENT'S VOICE** By Mary B. Andersen, 3DVP

How can "fraternalism" and "WIFM" really go hand in hand?

It wasn't until I began working in Pennsylvania that I heard the acronym WIFM (keep reading if you are not familiar with it). It was presented in a work context and I must admit that I was utterly amazed when the speaker said that in order to get your team to do anything you had to explain the WIFM. I have come to accept WIFM and believe that in the fraternalism context WIFM lends itself to a "win-win" for the Order, the District, the lodge and the member. How so? Let's spend a few minutes focusing on fraternalism and in particular, volunteering. The benefits of volunteering include:

·enhance the sense of belonging and connectivity Volunteering with lodge activities enables you to get to know fellow members. Lodges with strong ties tend to survive and enhance the District.

·increase or develop a new skill. Like to write but are afraid of computers? Volunteer for your lodge newsletter and you will be amazed at what you can learn and probably have fun doing it. Always wanted to know how to make a kransekake? Volunteer for your lodge's Julefest and work with others; does it really matter if it leans a little? Learning a new skill can help you professionally as well as provide a sense of personal accomplishment. reinforce the Sons of Norway brand. Volunteering in the community helps the Order develop a reputation as a community service organization as well as a fraternal Always remember to publicize your organization. community activities; if you don't tell people, how is anyone going to know that your lodge and Sons of Norway even exists.

So where is the WIFM (what's in it for me)? A recent study by UnitedHealth Group found that:

- ·Volunteers say they feel better-physically, mentally and emotionally-than non-volunteers
- ·Volunteering helps people manage and lower stress levels
- ·Volunteers feel a deeper connection to communities and others
- ·Volunteers are more informed healthcare consumers and are more engaged and involved in taking care of their own health because volunteering takes their minds off chronic illness or helps them cope better
- ·Vounteers make better employees by building teamwork skills, developing time management skills and even learning new skills.

Spring is coming, (yes it is), think about how you will spring into action to feel better, learn skills and just have fun in Sons of Norway.

All the best,

Mary

### SAMI NATIONAL DAY CELEBRATED FEB. 6



Sámi National Day was enacted on February 6, 1992 in order to recognize the native Northerners and their central customs of reindeer herding, unique language and music, colorful dress and strong desire to keep their traditions alive. These warm-

groups around the world.

blooded Northerners have stood resilient and remained longer in their homeland than most other indigenous

Decades of assimilation has lead to a new era of self-determination for the indigenous people of the North," stated a September 2012 Viking Magazine article about the Sami. The Sámi people have inhabited a stretch of land called Sápmi for the past 10,000 years. The land covers parts of Northern Norway, Sweden, Finland and Russia. However, they have only just recently been accepted and recognized as an independent cultural group with their own language and government.

Their National Holiday on February 6 signifies the date of the first Sami National Convention in Trondheim in 1917. Since then, the Sami have struggled to protect their legacy for future generations. The Sami people (also called Lapps) were forced to assimilate into the Norwegian culture in a government sanctioned program called the "Norwegianization" Policy that began in the late 19th century. After years of persecution the Sami are still facing the challenges of recovering from a painful past. The Alta Conference (1968-1982), as part of a worldwide movement to protect the rights of the indigenous Sami, stemmed from a hydroelectric dam project that would ultimately suppress Sami villages across the region. The awareness for minority rights and the livelihood of the Sami communities caused major media attention and forced changes to take place. The Sami flag and national anthem were sanctioned at the Nordic Sami Convention in 1986, a Sami Parliament (Samediggi) was formed in 1989 in the Sami capital of Karasjok in Finnmark, Norway and in 1992, the official Sami holiday was made official. In 1988, the Norwegian Constitution approved new language that recognized the Sami and proved the country is taking great steps to embrace their Northern natives. The Constitution says, "It is the responsibility of the authorities of the State to create conditions enabling the Sami people to preserve and develop its language, culture and way of life."

Today Sami National Day is recognized and celebrated across regions of Northern Europe where nearly 100,000 Sami reside. Reindeer races and a Sami market fill the streets of Tromsø, municipal buildings around Norway fly the Sami flag and Oslo City Hall plays the Sami national anthem to recognize a once forgotten people. Schools across Finnmark celebrate with all day cultural activities while listening to the interesting music of Sami joiking and of course, delight in traditional Sami food.



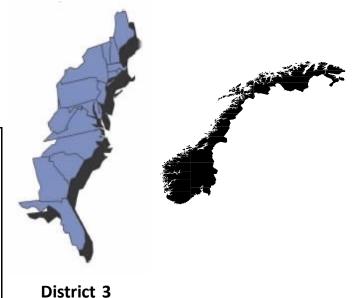
### The Award Winning Gateway to Florida Lodge:

District 3 Large Lodge of the Year 2010 President's Gold Merit Award for 2010 and 2011 President's Special Recognition Gold 2010 and 2011 Founders' Membership Certificate 2010 and 2011









Små Snakk Return Address: Gail Yerkes, Editor 1742 Lord Byron Lane Jacksonville, FL 32223-0800 904-268-9924 www.sonjax.com



