



SMÅ SNAKK SONS OF NORWAY

230 days to
International
Convention

Volume 39 Issue 1

January 2014

JANUARY 10 LODGE MEETING JANUAR TI

Join us Friday, January 10 at Shepherd of the Woods Lutheran Church for the first lodge meeting of 2014.

Please arrive by 6:30 and sign in. Dinner will be served at 7:00 p.m.

It is our annual "stew and lapskaus" night, so if you can bring your favorite it is greatly appreciated. Eating this warm, delicious, hearty, healthy, home made stew is perfect on a cold winter's evening. Salad, rolls, and coffee, assorted beverages, and dessert will be served for a donation of \$10 per person. Children age 16 and under are free.



We are installing our 2014/15 Board of Officers. The list of new officers is listed on page 6. The installation ceremony is a Sons of Norway tradition. Let's show our support for these dedicated volunteers.

International Director and Lodge Counselor Marci Larson will conduct the installation.

Meet at Shepherd of the Woods Lutheran Church Fellowship Hall, 7860 Southside Boulevard.

Directions: located on the parallel service road between JT Butler and Old Baymeadows Road. For entry use the service road off Baymeadows on Southside Boulevard or by the Skinner Parkway traffic light. A large white cross is near the driveway. Park and enter behind the building.

JANUARY PRESIDENT'S MESSAGE JANUAR BESKJED FRA PRESIDENTEN



Greetings members and friends,

It's hard to believe we are turning the calendar over on another year. Our Mothers told us the older we get the faster the time goes and that is so true. I hope that you are having a wonderful holiday and that 2014 will be filled with blessings especially good health.

2014 will be a landmark year for our lodge as we celebrate our 40th anniversary April 6 and host the International Convention in August. Evelyn Hopkins and her parents were instrumental in our lodge beginnings. Husband Pete Hopkins is also a charter member. Various ideas are being discussed as to how best celebrate our 40th anniversary.

As I write this column, we are about 230 days away from welcoming our first guests to Jacksonville Aug. 17. We have held two conference planning calls with SON staff and Co-Chair Marci Larson spent nearly a day with staff in early November during the International Board meeting. We have a great partnership with SON and we have a superb group of volunteers who have been working and other members who will step forward in 2014. We've also held several meeting with the Omni Conference Manager, who has a mere 26 years' experience, so he has provided invaluable guidance to our efforts. I hope everyone has read the terrific article in the January Viking Magazine about the convention and about Jacksonville.

Our Jule Fest was a very festive and fun day. Thanks to Zone 5 Director Gail Martinsen and husband Ron, District 3 Public Relations Director, for making the journey from Hudson, Florida. We enjoyed four-year-old Michael Huerta, heritage member and grandson of member Sam Huerta, for his performance of Jingle Bells, not once, but twice. He was accompanied by our very talented lodge members Arlene Larson on piano and her sister Norma Christiansen on bass. Another highlight as always was Santa Lucia that included Michael, heritage member Katrina Fluker, two Unge Venner members Natasha Petrovich and Christine Martinuzzi, and Rita Tweed Morrison. About 60 folks gathered for the celebration at the Omni Hotel.

Since we are starting a new lodge year and since our convention planning efforts will increase, we have a four-hour work session set from 9 a.m. to 1 p.m., Saturday, Jan. 4 in the fellowship hall, Shepherd of the Woods. **This is open to all lodge members**, but if you are an incoming or outgoing board member either appointed or elected please plan to attend. In addition, committee chairs and others involved with the convention should plan to attend as well. The first half will be devoted to mapping out our lodge year and the second half will cover the convention. We will hold a short business meeting to approve our 2014 budget.

We are installing our 2014/15 board Friday Jan. 10. International Director and Lodge Counselor Marci Larson

will conduct the installation. It is also our annual "stew and lapskaus" night, so if you can bring your favorite it is greatly appreciated.

As we embrace our 40th year, I want to thank you for being SON members and for your dedication to our lodge. While we have a "full plate," it will be memorable and a time for fellowship and teamwork so I hope all members can participate in whatever way possible. Happy New Year.

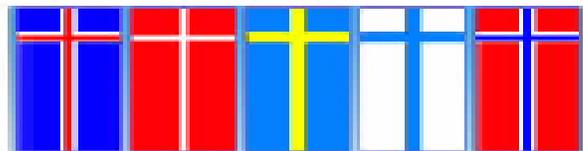
Kent Larson
Lodge President

JANUARY BIRTHDAYS GRATULERER MED DAGEN

- 1 Ruth Thompson
- 4 Anna-Rita Perkins
- 6 Larry Larson
- 7 John Adams
- 7 Roy Anderson
- 8 Tracy Soyland
- 8 Brent Haaland
- 10 Adam Waller
- 15 Barbara Sharp
- 20 William Large
- 24 Marci Larson
- 25 Zoe Genet
- 26 Stian Funk
- 27 Bonnie Hardman
- 27 Miranda Whiteley
- 27 Alv Undheim
- 28 Peggy Nielsen
- 29 Connie Guenther



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



LODGE KALENDER

Subject to Change

Feb 1	Newsletter Deadline for February
Jan 4 Sat 2014	Lodge and Convention Planning Session 9 a.m.- 1 p.m.
Jan 10	Lodge Meeting: Installation of Officers
Jan 16	S.O.N. Founder's Day
Feb 9, 2014	SoN Memorial Service
April 6	Lodge's 40th Anniversary
August 18-25	International S.O.N. Convention

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

Clint and Laurette Sage's new address is:
2126 West Road, Jacksonville, FL, 32216.
Their new home phone number is 904-726-9488.

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 EXPIRES	
	Month	Year
Adolph & Jane Baste	11	2013 *
Johanna Davidson	10	2013 *
Roy Hauge	06	2015
Jan Hilyard	11	2013 *
George W. Prom	09	2015
Carol Scott	10	2014
Jenny Spilling	06	2014
Rita Tweed	10	2014
Bill & 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.

LAPSKAUS

Lapskaus is a Norwegian meat stew.

Lapskaus (Nor: Stew) is a Norwegian dish made of (originally cheap) meat ingredients and vegetables, diced together and cooked into a stew. The meat is usually roasted or boiled beef or pork, often left-over from a previous meal; the vegetables can be potato, carrot, turnip,



onion, or any seasonal vegetable, seasoned with salt and pepper and served with bread. There is no set recipe, as the primary consideration is a cheap, filling meal, and most families will have their own variation. Lapskaus is eaten all over Norway, and the word is synonymous with Stew.

Lapskaus is considered to be a traditional Norwegian dish, but variations of the name, and the recipe, can be found throughout Scandinavia and Northern Europe.

In Britain the same dish is called "Scouse" (from the word "lobscouse"), and is particularly associated with the port city of Liverpool. The name can also be found in Sweden (lapskojs), Denmark (labskous), and Germany (labskaus) but in those countries it denotes different dishes.

The name is thought to have spread as describing a sailor's dish, and one recipe describes it as a mix of meat and ship's biscuit.

The origin of the name is uncertain. One possible source for the name could be Latvian Labs kausis, meaning 'good bowl' or hotpot, or Lithuanian labas kauszas, meaning the same. Another possibility is the English "lobscouse" from lobs course, a meal ("course") served for the lowest class ("lob"), a term dating from the 18th century.

Lapskaus can be made in several varieties. When gravy is added, this dish is sometimes also called brun lapskaus (brown lapskaus). Another often encountered Norwegian variety is lys lapskaus (light lapskaus), which is a stew made with vegetables, pork meat or pork sausages, and a béchamel sauce. A simpler "Norwegian Farmers' Stew" Lapskaus can be found with potatoes, chunks of ham, onions, salt and pepper. Yet another version is called suppelapskaus (soup lapskaus), where the gravy has been substituted by a light beef stock.

Lapskaus is so associated with Norway that in the 1920s, New York's 8th Avenue, an area with a large Norwegian-American population, was known as Lapskaus Boulevard.

From Wikipedia, the free encyclopedia

NORWAY PREDICTED TO DOMINATE THE PODIUM IN SOCHI 2014 OLYMPICS

With less than three months to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia, Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994. Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat-if successful-that would tie the record set in 2010 by the United States. Also in the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals, which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010.



Men's and women's biathlon and cross-country skiing events are expected to yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count.

Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the podium.



SOUP FROM MELDAL *from The Norwegian Kitchen* *by Kjell E. Innli, Serves 6*

- 3 lbs boneless stew meat
- 3 liters (quarts) water
- 3-4 tsp salt
- 4 black peppercorns
- 1 chunk fresh ginger
- 1 tsp chopped onion
- 2 cups carrot (matchstick pieces)
- 2 cups cabbage squares
- 2 cups rutabaga cubes

Meatballs:

- ½ lbs finely-ground meatball mixture

Dumplings:

- ¾ cup 10% fat cream
- 1½ tbsp sugar
- ¾ cup flour
- 2 eggs
- 1/8 tsp ground nutmeg

Simmer the meat in the water with salt and pepper until tender, about 60-90 minutes. Remove from the stock and slice across the grain. Moisten with stock. Cook the vegetables in the stock until tender, 8-10 minutes. Make small meatballs with a teaspoon. Simmer in the stock together with the vegetables about 5 minutes.

Dumplings:

Bring the cream and sugar to a boil. Add flour, stirring until the mixture forms a ball. Remove from the heat and beat in the eggs one at a time. Season with nutmeg. Make small dumplings and simmer in the stock together with the vegetables and meatballs about 5 minutes. Serve the soup with the vegetables, meatballs and dumplings. Arrange the meat on a platter and serve with boiled potatoes and flatbread.



SCANDINAVIAN JULE FEST 2013



Michael Huerta and Santa



Saint Lucia Participants are back row left to right: Christine Martinuzzi, Natasha Petrovich, Rita Tweed-Morrison.
Front row left to right: Michael Huerta, Katrina Fluker.

Katrina Fluker and Santa



Frank & Ruth Morrison



Arlene Larson on piano and Norma Christiansen on bass.



Franklin Morrison III and Flora Ericksen



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

President	Kent Larson
Vice President	Evelyn Hoplins
Counselor	Marci Larson
Secretary	Rita Tweed-Morrison
Assistant Secretary	Sharon White
Treasurer	Franklin Morrison III
Assistant Treasurer	Open
Financial Secretary	Peggy McCann
Assistant Fincnciall Sec.	Dee Simpson
Social DirectorI	Larry Nelson, Coordinator
Cultural Director	Open
Sports Director	Eugene Yerkes
Assistant Sports Dir..	Eric Nord & Rich Brew
Youth Director	Charlotte Fluker
Trustee I	Stewart Svendsen
Trustee II	David Fluker
Trustee III	Pete Hopkins
Publicity/Com Director	Marci Larson
Foundation Coordinator	Marty Iverson
Marshalls	Stewart Svendsen & Bo Fosaaen
Greeters	Gail Yerkes, Bonnie Hartman, Karen Ansell, Evelyn Hopkins
Editor	Gail Yerkes
Web Master	Franklin Morrison III
Historian	Sharon White
Sunshine	Open
Tubfrim	Beverly Teigland
Insurance Rep	Karen Ansell
LIBRARIAN	Carol Scott
Raffle Coordinator	Judy Silvey
Adopt A School	Charlotte Fluker
Musician	Tony Cruz

HAPPY NEW YEAR!

As we bid farewell to the Old Year,
Let's welcome in the New
With hopeful expectations and an optimistic view.
Let's put the past behind us and concentrate in stead
On a promise of a future with better times ahead.

Let's think of each new morning as starting of the day
That we can make rewarding in some very special way.

Let's put some laughter in our lives,
Revive a dream or two.
Have faith that if we try enough,
There's nothing we can't do.

Author Unknown



HISTORIC EIDSVOLLSBYGNING RENOVATION OPENS IN FEBRUARY

In honor of the upcoming bicentenary of Norway's Constitution in May of 2014, the Norwegian Ministry of Culture tasked Statsbygg (the Norwegian Public Construction and Property Management Service) with the largest and most comprehensive renovation ever undertaken at Eidsvollsbbygning (Eidsvoll Manor House), the birthplace of the historic document.

A project in the making since 2011, the renovation culminates in February with the restoration of Eidsvoll Manor House to its former splendor while under the ownership of Carsten Anker, recreating the look and appearance of the historic site as it appeared to the drafters of Norway's Constitution in 1814.

Included in the restorative plans is the refurbishment of the building's original eastern façade and garden stairs as well as reconstruction of the original windows. Chief among the large structural changes is the excavation of the building's basement, which housed the servant's quarters, kitchen, storeroom, food and wine cellar. Planners believe that this large undertaking will enhance the visitor's experience and help to provide insight into the social differences and daily lives of the home's occupants at the time.

Not only are structural details restored, but interior finishes and furniture as well. Extensive paint and wallpaper investigations by the Norwegian Institute for Cultural Heritage Research have enabled the repair and redecoration of all documented surfaces to their period paint colors, wallpapers and carpets. The manor's furniture received a similar investigative treatment. Referencing an inventory describing the homes contents as well as subsequent public auction catalogue in 1822 following Carsten Anker's bankruptcy, Statsbygg matched as closely as possible the light fittings, pictures, curtains and textiles and furnishings.

To learn more about Eidvoll Manor House as well as the progress of the restoration and official opening in February, be sure to take a look at these online resources:

- Historical Video Review of Property (in Norwegian) - <https://www.youtube.com/watch?v=HrP-QpPiiqg#t=75>
- Overview of Plans by Statsbygg - <http://www.statsbygg.no/FilSystem/files/prosjekter/eidsvollsbbygning/eidsvoll-engelsk.pdf>
- Calendar of Events at Eidsvoll Manor House - <http://www.eidsvoll1814.no/?aid=9068842>
- Official Website of Eidsvoll Manor House - <http://www.eidsvoll1814.no/>

2014: NORWAY'S GRUNNLOVSJUBILEUM

May 17th, 1814 was a momentous occasion in Norway's history and since then has been the biggest and most celebrated holiday in Norway. But the history of the day is often confused with Norway's Independence Day. It is, in fact, Norway's Constitution Day, marking the signing of the Constitution in Eidsvoll, Norway and laying the groundwork for the country's independence from Sweden on June 7th, 1905, nearly a century later.

Norway's modern and forward thinking constitution focused on the principles of democracy and human rights and was ultimately inspired by the US Constitution of 1787. The 112 members present in the National Assembly at Eidsvoll approved of the document and on May 17th, 1814 Norway's constitution was signed, sealed and approved by the newly elected King Christian Frederik. King Christian Frederik became the first democratically elected king in Europe. He was forced to resign his position later that year when Norway was forced into union with Sweden. His negotiations at the time allowed Norway to keep the Constitution and enter into the union as an independent country. A new monument honoring King Frederik will be unveiled in Oslo on May 17th, 2014 for the bicentenary.

200 years after the document was made official, Norway prepares to celebrate the most anticipated Syttende Mai yet. A yearlong jubilee will take place in order to honor, educate and celebrate the historic occasion.

An executive committee has been working very hard to prepare for this special anniversary with festive parties, educational symposiums, cultural concerts, and memorial ceremonies across Norway. There has even been a song written for the occasion, Det går et festtog gjennom landet! - There goes a party train through the country! The calendar is packed in 2014. You can get a full listing of all the events on Norway's official Grunnlovsjubileet website: (<http://www.stortinget.no/no/Grunnlovsjubileet/>).

The most important place in connection with the constitution is the Eidsvoll House. Here, the constitution was written and signed. It will be the place to visit next year as it unveils its restoration project to the public. The building will look as if it was brand new in 1814. Time period dressed tour guides will invite visitors to explore the surroundings at Norway's foremost national symbol. Join the celebration!



DISTRICT 3 VICE PRESIDENT'S VOICE

By Mary B. Andersen, 3DVP

A New Year brings an air of excitement. A New Year also brings the infamous New Year's Resolution(s). I wonder if New Year's resolutions are inversely proportionate to one's age. I really try not to make them or if I do, I limit them to three that I think stand a chance of achieving. I define success as accomplishing at least one resolution!

I thought about New Year's Resolutions for the Third District and came up with the following three:

- **Focus on fraternalism** - President Joe Annotti of the American Fraternal Alliance stated in a recent blog that "Fraternalism was founded on the core principle of helping one another." Let's step out of our comfort zone and talk about what our lodges do in our communities. We help where help is needed but sometimes it is like pulling teeth to get a Norwegian to talk about what they do to help others. (see Cultural Director Kathy Dollymore's comment in Community Connections). Another point to keep in mind is that our insurance products are central to our core principle. Don't forget to invite a financial benefits counselor to one of your meetings! Talk to your financial benefit counselor regarding how they can help you in your recruitment efforts, you may be pleasantly surprised.

- **Agree to disagree** - running a District is like running a business. Decisions have to be made and not everyone will agree. The same is true in running a lodge; be kind to one another. Remember we are all volunteers doing the best we can do. Decisions are made based on the information available and what the decision makers believe will be in the best interest of all members. At some point or another in our lives, our point of view was not the view of the majority! Go with the flow and agree to disagree; let peace and harmony truly prevail.

- **Volunteering should be fun** - it takes work to run a District or a lodge. Your "go to" members should be able to have fun too! "Many hands make light work". Look for ways to include your lodge members; a sense of shared purpose and belonging is critical to the success of any organization. Inclusivity fosters new ideas (see resolution two - agree to disagree....fraternally!); new ideas open new doors and opportunities or may affirm that what you are doing is the right course for your lodge.

Think about these resolutions; do they work for your lodge? Let me know how you do with them.

Please have a happy, healthy and safe New Year. Thank you for all you do for the Sons of Norway.

All the best,
Mary



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>

THE NORWEGIAN LANGUAGE

While understanding basic Norwegian words is fairly easy for English, German or Dutch speakers, *perfect* pronunciation is notoriously difficult to learn because Norwegian is a pitch accent or tonal language - unlike most European languages, except Swedish, Latvian and Serbo-Croat, but similar to Chinese languages or Japanese. This gives Norwegian (and Swedish) a "singing" appearance that is easily recognized, this "singing" characteristic also vaguely resembles East Asian languages. This "singing" style usually spills over when Norwegians are speaking English, often to the amusement of native speakers. Whereas eastern Norway tone or pitch system is similar to Swedish, Western and Northern Norway is notably different. Norwegian and English are not only closely related, but a number of Norwegian or Old Norse words have been adopted in English as well as other languages.

Examples:

- . ski - cleft piece of wood
- . bag - a flexible container, borrowed back from English into modern Norwegian
- . slalåm - a track (låm) on a slope (sla)
- . ombudsmann - a trusted intermediary or representative
- . equipment - from old Norse "skipe" = to arrange, to furnish for service; same as modern word "ship" (boat)
- . club - from old Norse (a cudgel)
- . sky - from old Norse (meaning "cloud")
- . are - "er" in modern Norwegian
- . flat - "flat/flatt" in modern Norwegian
- . they - de/dei in modern Norwegian

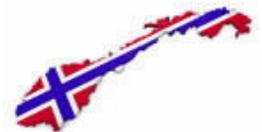
from The Sloop Editor/Cultural Director Kathy
Restauration Lodge 3-555
Nov 2013

LEARN NORWEGIAN FROM TRANSPARANT LANGUAGE

Norwegian: uvanlig	English: unusual
Part of speech:	adjective
Example sentence:	Det var uvanlig kaldt i Norge denne vinteren.
Sentence meaning:	It was unusually cold in Norway this winter.
Norwegian word:	laste ned
English translation:	download
Part of speech:	verb
Norwegian example:	Du kan laste ned den nye versjonen av programmet her.
English example:	You can download the new version of the program here.
Norwegian word:	oppskrift
English translation:	recipe
Part of speech:	noun
Norwegian example:	Min mormor lagde norsk mat etter gode gamle oppskrifter.
English example:	My grandmother made Norwegian food according to good old recipes.
Norwegian word:	religionsfrihet
English translation:	freedom of religion
Part of speech:	noun
Norwegian example:	I norske skoler er det religionsfrihet.
English example:	In Norwegian schools there is freedom of religion.

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



DID YOU KNOW? JANUARY FUN FACTS

From *Mandarin NewsLine Jan 2014*

January is a time of change and new beginnings. People often look forward to January as a chance to wipe the slate clean, often resolving to make changes to improve their quality of life in the months ahead. Such traditions may date back to the ancient god for which the month of January was named.



January is named after the ancient Roman god Janus, who was the god of beginnings and transitions as well as the god of gates, doorways and passages of time. Janus also was believed to preside over the beginning and ending of conflicts. Janus is usually depicted as having two faces that point in opposite directions. Because of these dual faces, Janus was seen as duplicitous and being in charge of opposites. According to Roman mythology, Janus was able to see into the past and the future. He also was depicted as guardian of the new year and keeper of the calendar. There was no counterpart to Janus in Green mythology.

When examining the many attributes of Janus, it is easy to see why the month of January would be named after this multifaceted ancient Roman god.

EXCITING NEWS! SONS OF NORWAY VIRTUAL PILGRIMAGE ANNOUNCED

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway.

The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online features and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world. Travelers come from all over to

follow the network of routes called St. Olav's Ways. Norway's regional pilgrim centers (<http://pilegrimsleden.no/en/about/pilegrimsleden-i-norge/>) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringeby, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website in January.

PRINCESS INGRID ALEXANDRA TURNS 10 YEARS OLD!

Her Royal Highness Princess Ingrid Alexandra was born at the Riks Hospital in Oslo on January 21, 2004. The princess is second in line to the throne after her father Crown Prince Haakon and is the first woman who was born with the right to throne. Assuming the monarchy still subsists; Ingrid Alexandra will be the first reigning Queen of Norway since Margrete I.

Her Royal Highness Princess Ingrid Alexandra's Godparents are: His Majesty the King, His Royal Highness Crown Prince Frederik of Denmark, Her Royal Highness Crown Princess Victoria of Sweden, His Royal Highness Prince Felipe of Asturias, Princess Märtha Louise and Marit Tjessem (maternal grandmother).

The Princess started preschool on January 4, 2006 and on August 19, 2010 she began Kindergarten at the Jansløkka School in Asker. The Princess enjoys music and playing the piano.

The Princess has already participated in several official engagements. Among many other things she is typically seen on the palace balcony for Syttende Mai (May 17th) and the annual Holmenkoll Day.

The Princess was recently interviewed on television for the first time and among the submitted questions she answered for the NRK Christmas morning program, she was asked if it's fun to be a royal.

"Yes, sometimes it's fun and sometimes it's pretty boring. What I think is boring is having to take pictures. You have to sit, sit, sit and sit and never get the perfect picture. And my little brother, Magnus can't sit still. So then when the first picture isn't perfect, Magnus runs off, then we have to get him," explain Ingrid Alexandra.

Last year she turned 9 years old and the castle, in connection with the big day published a photo of the three generations of Norwegian royalty, the Princess, Crown Prince Haakon and King Harald. We will see what is planned this year for the ten year old princess.

The Award Winning Gateway to Florida Lodge:

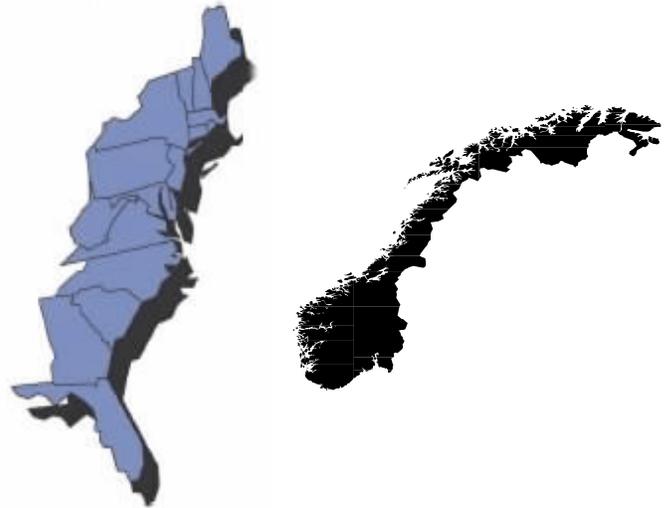
District 3 Large Lodge of the Year 2010
President's Gold Merit Award for 2010 and 2011
President's Special Recognition Gold 2010 and 2011
Founders' Membership Certificate 2010 and 2011

MAGNOLIA Properties

Evelyn R. Hopkins
Realtor®

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Fax: (904) 348-5548
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