



# SMÅ SNAKK SONS OF NORWAY

Volume 39 Issue 8

November 2013

## NOVEMBER LODGE MEETING

**Friday, November 15 (NOT Nov 8)  
Fredag, november femten**

Please join us as we celebrate Thanksgiving with a delicious traditional meal prepared by Chef Larry Nelson and his assistant Kent Larson.

The November 15 menu will be Appetizers, Turkey with Dressing, Mashed Potatoes, Mixed Vegetables, Buns, & Dessert!

Guests are welcome.

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

The program will be a tribute to our Veterans.

RSVP to Kent @ 260-4064 or email [KMLMAL@Bellsouth.net](mailto:KMLMAL@Bellsouth.net).

We are requesting a donation of \$12.



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Meet at Shepherd of the Woods Lutheran Church Fellowship Hall, 7860 Southside Blvd. on the parallel service Road between JT Butler Blvd. and Old Baymeadows Road. Parking and Fellowship Hall entrance is in the back, behind the church. A large white cross is near the driveway.

GIVING

## NOVEMBER PRESIDENT'S MESSAGE november BESKJED FRA PRESIDENTEN



Dear fellow members and friends,

From all reports, our Lutheran Ladies Aid hot dish evening Oct. 18 went over well with too many delicious choices. Thanks to everyone - about eight or nine of our members who brought delectable nourishment and to Sharon White, Larry Nelson, Bo Fosaaen and others who helped in the kitchen and to others who set tables, handled the raffle and helped clean up. A team effort makes for lighter work and better outcomes.

Our Nov. 15 dinner meeting will feature turkey with all the trimmings as a prelude to our American Thanksgiving Nov. 28. The program will focus on Veterans Day - we have many members who are veterans so we will honor and thank them for their service to our country. Several volunteers to assist with kitchen detail are appreciated. Please let me know if you can come early.

Huge congratulations go to our Hagar boat crew who took top honors in the Leif Erikson Regatta hosted by Gulfstream Lodge Saturday, Oct. 12. Our champions included Rich Brew, Eric Nord, Franklin Morrison III, Eugene Yerkes, Scott Ulm, Clint Sage and George Milne. This team has been rowing Hagar for many years. For the past two years, the Leif Erikson Regattas were cancelled because of bad weather so the day was warm and beautiful and perfect for a Regatta. Great job, guys!

The annual Trick and Truck sponsored by Shepherd of the Woods Oct. 26 at the Lakeshore was once again wildly successful with a huge crowd attending. Hagar was proudly displayed and an attraction for young pirates who loved sitting in the boat. Our lodge also sponsored the disc jockey. Thanks to David and Charlotte Fluker who made the arrangements and to Marci Larson, Franklin and Rita Tweed Morrison for assisting on site with the huge responsibility of dispersing candy.



Please remember that David Fluker with Charlotte's help is coordinating Hagar's participation in the annual City of Jacksonville Veteran's Day Parade Monday, Nov. 11. If you can be involved, call either David or Charlotte at 396-8006 for the details.

The Empty Bowls lunch is scheduled Tuesday, Nov. 19 at the Prime Osborn Convention Center. This event raises money for Second Harvest Food Bank which is a program of Lutheran Social Services and draws 1,000 attendees. For many years, our lodge members volunteer to stack shelves and handle other duties at the food bank, so I hope in the next few months we can assemble members who would be interested in helping. Its a great experience and the weather is better this time of the year.

We will end our lodge year Sunday, Dec. 8 with our annual JuleFest at the Omni Hotel, site of the 2014 International Convention. Please plan now to join us, bring your family, friends and neighbors for a wonderful meal and extraordinary fellowship. For anyone who has not yet been at the Omni, this will give you an overview of the beautiful facility and warm hospitality that will greet our convention delegates in August, 2014. Our holiday meal will be spectacular. Well have fabulous door prizes and it will be a party not to miss!!!

Convention planning continues, but we could use a few more hands on deck for committees to help share the work. We are moving forward with our convention logo which will be finalized at the Nov. 12 meeting.

In closing, it is with deep regret that we acknowledge the passing of two members, a brother of a member, and the husband of a member. Long-time member Bill Vogeley, husband of Jay, and shorter-term member Alf Kristensen, husband of Mary Ellen, have passed away. David Fluker's brother, Michael, died Oct. 10. Cesar Rivera, husband of member Therese Rivera, also passed away. Our thoughts and prayers go to you and your families.

I look forward to seeing you at the Nov. 15 turkey dinner/veterans recognition evening and of course at our Julefest Dec. 8. We have so many blessings living in America.

Kent Larson  
Lodge President

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



Viking Explorer,  
Thorbob,  
Returns Home  
After  
Discovering Texas.

from  
Scandia  
Lodge 3-  
617 Oct.  
2013



**LODGE KALENDER**

Subject to Change

Nov 22 Fri	Newsletter Deadline for December
Nov 11 Mon	Veterans Day Parade
Nov 12 Tues	Convention Planning Meeting 6:15 p.m.
Nov 12 Tues	Board Meeting 7:30 p.m.
Nov 15 Fri	Lodge Meeting (changed to third Friday because of Veterans Day weekend) Veterans/Thanksgiving program at SOTW
Nov 19	Empty Bowls Luncheon
Dec 8 Sun	Scandinavain JulFest, 1-4 p.m., Omni Jacksonville Hotel
Jan 4 Sat 2014	Lodge and Convention Planning Session 9 a.m.- 2 p.m. (tentative)
No board or convention planning meetings in December	
All Lodge Members are welcome!!!!	

A Convention Planning Meeting is November 12, Tuesday at 6:15 p.m. at Shepherd of the Woods Church.

The Lodge Board Meeting will follow on November 12, Tuesday at 7:30 p.m.

## NOVEMBER BIRTHDAYS GRATULERER MED DAGEN

- 2 Bert Rasmussen
- 7 Erik Bakke
- 8 Rachael Gilbertsen
- 17 Karen Stewart
- 18 Jessica Wittig
- 20 Johanna Davidson
- 21 Ellen Gomez
- 21 Betty Johnson
- 23 Grace Chepenik
- 24 Charles Harris
- 27 Betty Rae Pierce
- 28 Anna Large

**SUNSHINE NEWS**

Lodge member Dr. Alfred Emery Kristensen, a retired orthopedic surgeon of Queensbury, N.Y., and Jacksonville, Fla., died Tuesday, Sept. 10, 2013, in South Carolina. He was 71 years old. Our condolences to his wife, Mary Ellen.



Long time member William F. Vogeley, 93, died Oct. 26. Bill retired as captain in the Merchant Marine in 1986. He began his maritime career by first studying navigation on his own, then becoming a cadet at the newly established Kings Point Merchant Marine Academy, Long Island, New York, class of 1943. During WW II he sailed on military supplies ships in convoy to Murmansk, Russia and to campaigns in North Africa, Italy and several in the Pacific. He was in Haiphong harbor in 1954 when the Geneva Accords were signed. His ship was chartered to bring military supplies during the Vietnam War.

Our prayers and condolences to his wife, Jytte (Jay) and his children, grandchildren and great-grandchildren.



David Fluker's brother, Michael Fluker, passed away on Oct. 10, 2013 in Houston, Texas. Mike passed at home surrounded by all his loving family and friends after a 2 year hard fought battle with colon cancer. He was 46 years old and the youngest of 6 brothers. He had a passion for plants and always has worked in a nursery. His favorite was developing new and hardy plant varieties for homeowners.

Our condolences to David and his family.



Therese Rivera's husband Cesar Lito Ventura Rivera 68, passed away peacefully in his sleep at home on October 20, 2013. Our condolences to Therese and her family.



Lorraine Drummond continues to recover and expects to be home soon. She misses seeing the lodge members at the meetings and sends her greetings.

If you have news call me at 904-268-9924 or [egyerk@bellsouth.net](mailto:egyerk@bellsouth.net).

Gail Yerkes  
Interim Sunshine Chairwoman



**LEIF ERIKSON REGATTA** - October 12, 2013. Five Viking boats participated in the regatta. Left to right: Clearwater's Solkyst, Fort Lauderdale's Thor, Fort Pierce's Falcon, Jacksonville's Hagar, and Sarasota's P.J. Viking.

Jacksonville's Hagar won the regatta!

Hagar's crew: Eugene Yerkes, Rich Brew, Eric Nord, Franklin Morrison III, Scott Ulm, Clint Sage, George Milne.

The 5 Viking boats on display.



Hagar



Hagar's crew raised their oars in a victory salute!



At Saturday's banquet Frank Hammen presented Marci Larson First Place Men's/Mixed Team Boating award plus a bottle of champagne!

**OCTOBER 18 LODGE MEETING**



Left to Right: Flora Ericksen, Gladys, Beverly Teigland, Roy and Joy Hauge.

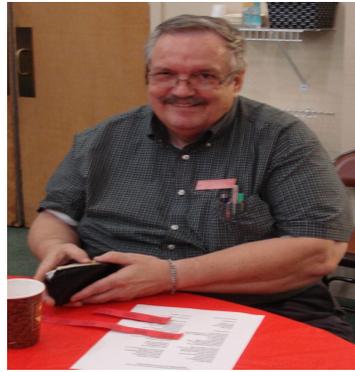


Peggy McCann & Dee Simpson greeted members and received their donation for the dinner.

OCTOBER 18 LODGE MEETING



Roy Hauge hopes he has the winning raffle tickets purchased from Judy Silvey.



Lucky ticket holder Bill Large won the raffle.

Photographs by Eugene & Gail Yerkes, Gulfstream Lodge, Kent Larson

**2014 SONS OF NORWAY GATEWAY TO JACKSONVILLE ELECTED 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

On a recent trip to Portland, Oregon, Kent & Marci Larson had the opportunity to have dinner with Unge Venner member Peter Sack. Peter is the son of SON members Dr. Barbara Sharp & Dr. Todd Sack. Peter is the Grandson of our SON member Elizabeth Sharp.



**2013 LODGE OFFICERS**

President	Kent Larson	260-4064
Vice Presidents	Pete & Evelyn Hopkins	733-4268
Counselor	Marci Larson	260-4064
Secretary	Rita Tweed	305-7245
Treasurer	Franklin Morrison III	303-6344
Membership Secretary	Ida Iverson	726-0626
Social Director	Rotating	
Cultural Director	Maureen Williams	246-9660
Sports Director	Rich Brew	443-6331
Youth Director	Charlotte Fluker	396-8006
Marshal	Stewart Svendsen	565-9001
Adopt A School Coordinator	Charlotte Fluker	396-8006
Greeter	Beverly Teigland	641-7796
Trustee 1	David Fluker	396-8006
Trustee 2	Stewart Svendsen	565-9001
Trustee 3	Marty Iverson	726-0626
Historian	Sharon White	718-7518
Publicity/Communications Dir.	Marci Larson	260-4064
Editor	Gail Yerkes	268-9924
Webmaster	Franklin Morrison III	303-6344
Tubfrim	Beverly Teigland	641-7796
Librarian	Carol Scott	386-447-1672
Sunshine	Jay Vogeley	731-3597
Musician	Tony Cruz	221-0460
Insurance Representative	Karen Ansell	242-8893



## NORWEGIAN BEER

Beer has long held a central place in our Nordic culture, and it remains one of our most popular beverages. Today, in Norway there are hundreds of different types of beer produced from dozens of small and large breweries.



It is unknown as to when and which Norwegians first became acquainted with the joys of beer. But we do know that the Vikings had an exceptionally good relationship with both beer and mead. In the 900s strong beer was brewed for Christmas. Norwegians would drink jol, and celebrate the transition of the sun. At least three neighbors would gather and bring an agreed amount of beer to the community and on Christmas night farmers would drink together in honor of Freya and Odin, and to a good year and peace.

Norse mythology is revealed among the earliest sources that mentions beer in Norway. There it says that beer was poured from the body of Odin himself, but now there is enough evidence to know that most people agree it came from abroad, possibly through the Baltic Region. Norway's beer brewing revolutionized in the 1800's, as it similarly did across Europe. New technology and the discovery of yeast's role in alcohol developments laid the foundations for a more stable beer production, and thus for the emergence of large breweries. Recently, interest in local brewing and manufacturing has led to a resurgence of microbreweries and smaller players in the Norwegian market.

**Aass** - Aass Brewery is the oldest brewery in Norway. The company Aass Brewery originally started as a trading company in Drammen in 1834, supplying among other things, lumber and shipping materials, while running a bakery and a small brewery that sold grain and malt to local brewers. The brewery had no packaging and therefore sold pottøl (beer made in large pots) to the community who brought in pails and buckets, etc. (1 pot=.96 liters). A pot is a unit of measurement equal to .96 liters. The unit existed in Norway before 1875. Before people developed packaging in the forms of bottles and cans it was common for breweries to sell pottøl.

**Hansa** - With around 500 employees, Hansa Borg Brewery AS Norway is the largest Norwegian-owned brewery and beverage provider. Hansa Borg Bryggeri consists of three traditional breweries, Hansa Borg, CB (Christianssands Brewery) and the Micro-Brewery Waldemar in Bergen. Together they have over 400 years of brewing experience which includes the distribution of beer, cider, soda and water to the entire Norwegian beverage market.

**Ringnes** - Ringnes has more than 130 years of growth and has become Norway's largest brewery and today is one of the nation's largest brand companies. The company is owned by Carlsberg Group (Denmark), which is the world's fourth largest brewery group. Ringnes was the first brewery in Norway who cultivated their own unique beer strain. Along with Carlsberg, Ringnes currently supplies, Tuborg, Kilkenny, Kronenbourg 1664 and Carlsberg's own specialty Jacobsen beer to the Norwegian market.

## TESLA SUPERCHARGER, THE NEW ELECTRIC VEHICLE CRAZE IN NORWAY



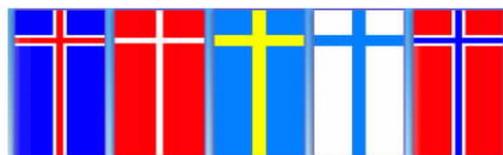
Electric vehicles have found a home in the oil rich country of Norway, which is the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it

is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency performance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf ) which expands the average buyer profile. The sizable price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within 200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommended, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly 50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtmark with Statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car maintenance, taxes and tolls compared to a normal gas consuming vehicle owner.



### 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://www.sonsofnorway.com)  
<http://twitter.com/SonsofNorwayJax>, <http://goo.gl/cKc21>

### THE NORDIC DIET

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the Journal of Internal Medicine have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the "healthy" plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome - a precursor to diabetes.



At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

### 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 *
Lorraine Drummond	09	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.

### 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



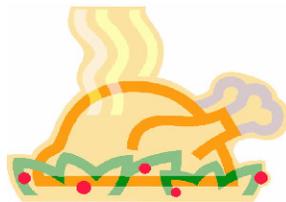
## LEARN NORWEGIAN

Norwegian: kort	English: card
Part of speech:	noun
Example sentence:	Tar dere kort?
Sentence meaning:	Do you take credit cards?
Norwegian: ulykke	English: accident
Part of speech:	noun
Example sentence:	Jeg tar ansvaret for ulykken.
Sentence meaning:	I accept responsibility for the accident.
Norwegian: høyre	English: right
Part of speech:	adjective
Example sentence:	Jeg tar den til høyre.
Sentence meaning:	I'll take the one on the right.
Norwegian: bukse	English: pants
Part of speech:	noun
Example sentence:	Buksen har hull i baken.
Translation:	There's a hole in your trouser seat.
Norwegian: tom	English: empty
Part of speech:	adjective
Example sentence:	Starte med to tomme hender.
Translation:	Start with two empty hands.
Norwegian: hånd	English: hand
Part of speech:	noun
Example sentence:	Han tok hånden hennes.
Sentence meaning:	He took her hand.

*From Transparant Language*

## LEARN NORWEGIAN FROM FREE APP

If you are looking to learn Norwegian from a free web site for your iphone or ipad try: Nemo Norwegian iOS Universal <http://appshopper.com/education/nemo-norwegian>. Turn your iPhone or iPad into your Favorite teacher of Norwegian. The most essential words and phrases of the language, each with native speaker audio. Master your accent with the Speech Studio. Simply record yourself saying a phrase and then hear your voice next to the teacher's. You'll be amazed how quickly your foreign accent melts away. All audio is downloaded to the device and accessible even in airplane mode or without expensive international roaming fees. Nemo is not built around lessons at all. It's meant to be picked up throughout the day, whenever you have a few minutes to spare. It builds a foundation of Norwegian empowering you to speak confidently in everyday conversations.



## FOR THOSE ABOUT TO GET STUFFED!

I ate too much Turkey, I ate too much corn,  
I ate too much pudding and pie.  
I'm stuffed up with muffins and too much stuffin'  
I'm probably going to die.  
I piled up my plate and I ate and I ate.



But I wish I had known when to stop,  
For I'm so crammed with yams, sauces, gravies, and jams,  
that my buttons are starting to pop!  
I'm full of tomatoes and french fried potatoes  
My stomach is swollen and sore,  
But there's still some dessert so I guess it won't hurt if I eat just a little bit more!

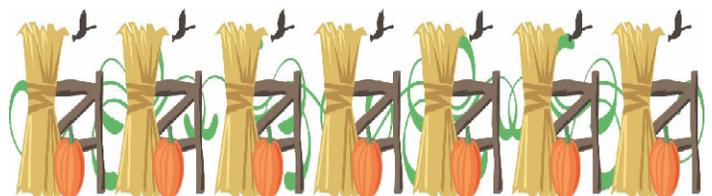
From Suncoast News Lodge 3-562  
November 2013

## NORWAY'S RED COW (NORSK RØDT FE)

This breed of cattle originated in 1961. By 1975 98% of the Norwegian national herd were under this designation. This breed comes from cross breeding of various Norwegian breeds such as the Norwegian Red and White, Red Trondheim and Red Polled Østland together. It really isn't considered a breed, but, due to blending the herds a superior strain of dual-purpose cattle was formed. By the 1970's, the red cow became the dominant breed in Norway. After time and selection they may develop into an accepted breed. The cows show a special rate of milk flow and fertility and the bulls are chosen after passing a rate of growth test. They have colorings that are red or red-pied. The cows weigh up to 1,300 pounds and the bulls up to approximately 1,984 pounds. The Norwegian Red is a breed of great health and fertility. The owners ship the Norwegian Red semen to the U.S. for cross breeding with the Holstein cattle. Production of milk in some of the Norwegian Red herds is over 22,000 pounds! They expect that within 20 to 25 years from now the Norwegian Red will become a breed without horns. Today, 50% of the calves born are without horns. The Norwegian Red Cattle are a very popular export item, especially in Russia and China. Russia and China have 2 of the world's largest dairy cattle markets.



From SUN VIKING LODGE # 3-607  
FLYGEBLADET Nov 2013



The Award Winning Gateway to Florida Lodge:

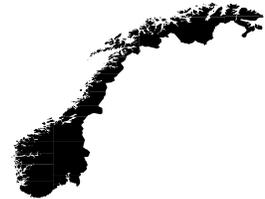
District 3 Large Lodge of the Year 2010  
President's Gold Merit Award for 2010 and 2011  
President's Special Recognition Gold 2010 and 2011  
Founders' Membership Certificate 2010 and 2011

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District 3



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