



SONS OF NORWAY 2016 LEIF ERIKSON REGATTA ST. AUGUSTINE, OCT. 7/8



The Leif Erikson Regatta, being held again this year in historic St. Augustine, Florida, and hosted by the award-winning Gateway to Florida Lodge in Jacksonville is fast approaching. With events combined into two days, this Viking Regatta promises to be a weekend of friendship and camaraderie with extra time available to explore the 450-year-old city with cobblestone streets, quaint cafes and unique shops. The fun starts late Friday afternoon with a casual and relaxing welcome reception and then dinner on your own to explore the city's varied cuisine. Saturday guests can enjoy breakfast at the hotel before the regatta on the Intracoastal Waterway and conclude the official regatta weekend with lunch at a local restaurant near the hotel.

Friday Evening Reception and Dinner

Your weekend begins with old and new friends at the Hospitality Room at the Hampton Inn & Suites, St. Augustine/Vilano Beach, 95 Vilano Road from 5:30 to 7:30 p.m. with assorted appetizers and beverages. The cost is \$12 at the door with a cash bar for adult beverages. Before selecting from a wide range of restaurants for dinner, some within walking distance, you may want to visit the free First Friday Art Walk in the historic district. Check it out at www.ArtGalleriesofSt.Augustine.org.

Saturday Breakfast and Lunch

Start your Saturday with a complimentary breakfast in the hotel (included with room) before going to Usina Beach on Coastal Highway, a few miles north for the Regatta. Following the Regatta, lunch will be a local restaurant with everyone ordering from the menu and covering individual costs. Several restaurants are near the hotel.

The Regatta

The friendly but highly competitive Regatta will be held on the Intracoastal Waterway at the Usina Boat Ramp, 603 Euclid Avenue, St. Augustine, FL, 32084 (adjacent to Aunt Kate's Restaurant) just north of downtown St. Augustine. The standard

regatta schedule will be followed with the Captain's meeting at 10:30 a.m. and the races to follow. Preliminary heats are scheduled with men's (mixed) crews and a women's race followed by the men's final race. The Regatta is open to the public with no admission charge. You may want to bring a lawn chair. Immediately following the regatta medals will be awarded to rowers of the first place boat (gold medals) and second place boat (silver medals).

Hotel Accommodations

For our out-of-town guests planning to stay in St. Augustine Friday and/or Saturday nights, rooms are reserved at the Hampton Inn & Suites, Vilano Beach, 95 Vilano Road, St. Augustine with rates and tax from \$159 per night. These are non-smoking rooms. Hotel room rates have increased since the 450th anniversary in 2015. The hotel number is 904-827-9797 and reservations can be made at this link: http://hamptoninn.hilton.com/en/hp/groups/personalized/S/SGJVBHX-SON-20161007/index.jhtml?WT.mc_id=POG **Room reservations must be picked up and guaranteed by credit card by Sept. 30.** They will provide extra parking for the Viking boats.

About St. Augustine

No matter if this is a first or repeat visit to St. Augustine be ready for a unique cultural experience. St. Augustine was the first permanent European settlement in the U.S. In April 1513 explorer Ponce de León landed near St. Augustine, staking a claim for the Spanish crown. While he did not establish a settlement, he sent word back that Florida was an ideal place for a colony. Fifty-two years later, Pedro Menéndez de Avilés left Spain under the king's direction to establish St. Augustine in 1565. And as they say the rest is history!

For Regatta questions call Eugene Yerkes at (H) 904-268-9924 or (C) 904-476-8885. For the special events, contact Kent Larson at 904-614-7111. Check these web sites for additional information: www.augustine.com.

PLEASE LET US KNOW YOU ARE COMING FORM SONS OF NORWAY LEIF ERIKSON REGATTA-ST. AUGUSTINE on Friday and Saturday, October 7-8, 2016

I (we) plan to attend the Friday evening reception. Cost is \$12 per person for appetizers; modestly-priced cash bar.

NAME(S): _____

I (we) plan to attend the Saturday lunch.

NAME(S): _____

I (we) plan to stay at the Hampton Inn & Suites St. Augustine/Vilano Beach:

NAME(S): _____

Contact Info:Email: _____

Telephone: _____

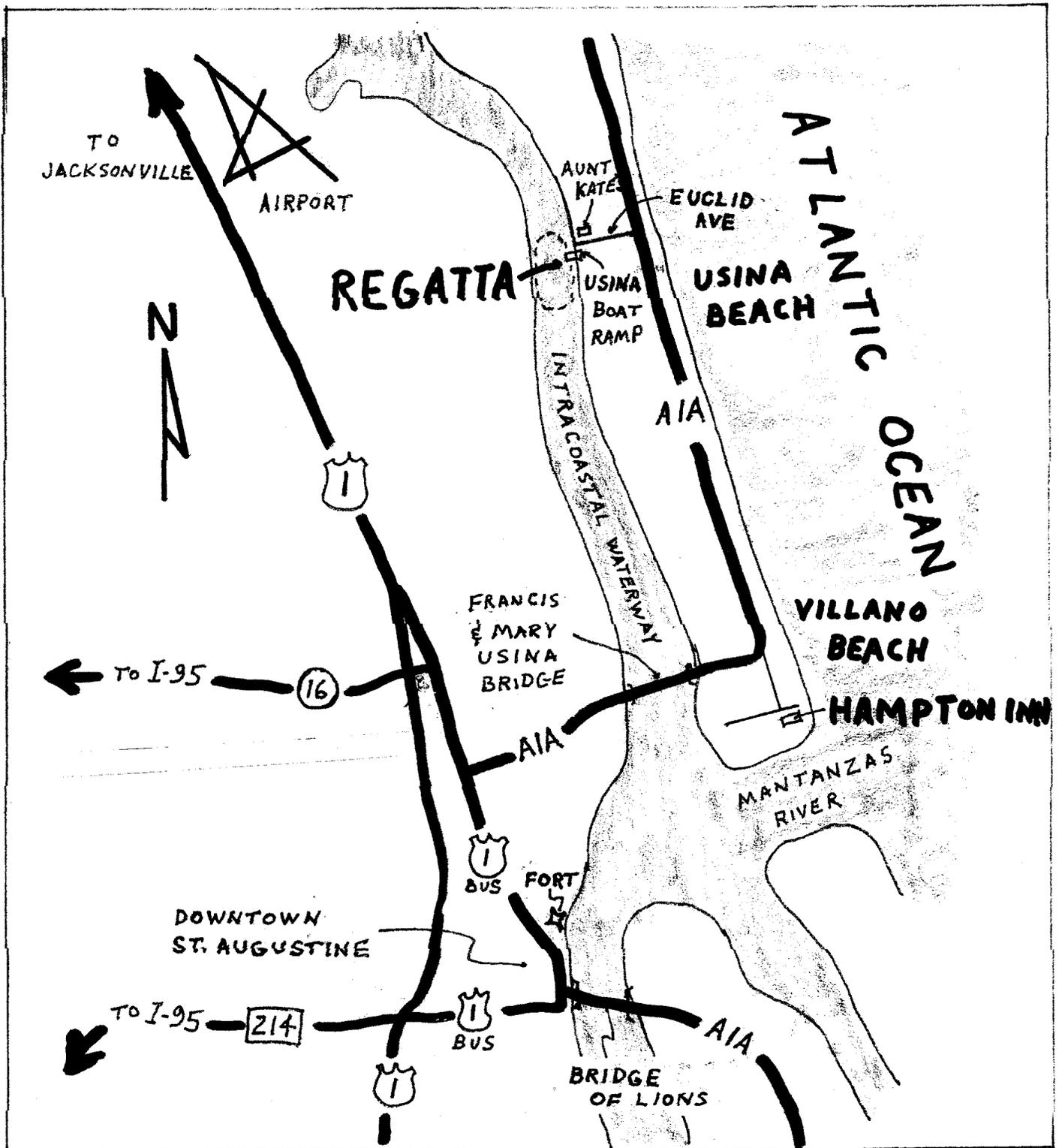
Please return this form to:

Kent Larson, 4013 Moresburg Court East, Jacksonville, FL 32257

Email: kmlmal@bellsouth.net

LOCATION MAP

SONS OF NORWAY
2016 LEIF ERIKSON REGATTA
ST. AUGUSTINE, FL.
OCTOBER 7-8





S M Å S N A K K
 S O N S O F N O R W A Y
 JACKSONVILLE, FLORIDA

Volume 42 Issue 8 October 2016

PRESIDENT'S MESSAGE
 BESKJED FRA PRESIDENTEN



Greetings Fellow Members and Friends,

I hope everyone is doing great and looking forward to a cooler October. I was unable to attend the delicious

salmon and meatball dinner in September; everyone said how great the meatballs and salmon were. The meatballs and mashed potatoes were prepared by Chef Linda Krempasky and the salmon was prepared by Chef Kent Larson and he also did all the shopping for the desert and the appetizers even though he has been so ill. The meeting was left in the very good hands of Marci Larson and Pete Hopkins. Ida and Marty Iverson and Marci Larson talked about the International Convention in Tacoma, Washington.

For our Cultural time, everyone got to color a page out of a Norwegian coloring book. I think everyone enjoyed doing that, too. It is good to color for relaxation.

I want to thank everyone who helped set up before the meeting, our cooks, our servers and those who helped clean up after. You all are the very best.

This month is our Leif Erikson Regatta in St Augustine on October 7th and 8th. Please make your reservations as soon as possible. The hotel Hampton Inn is very convenient to where the Regatta is going to be. The hotel is very nice and they serve a complimentary breakfast on Saturday morning. On Friday evening, we will have a reception with appetizers and drinks. Please look at the information in this Små Snakk.

Eugene Yerkes is looking for rowers, too. Please let him know if you are interested. After the Regatta medals will be awarded, then we will go to lunch at a local restaurant to celebrate the winners.

In November, we will have our Thanksgiving dinner which is always delicious. In December, we will have our Julefest at the Allen's home. There will be more information on both soon. Get ready to have more fun!

I also want to ask all of you to keep Kent Larson in your prayers because he is going through some health issues. He has such a love for our lodge and his heritage. Thank you, Kent, for all you do and have done. I look forward to seeing everyone at the Regatta.

Sincerely,
 Evelyn R. Hopkins, President
 Gateway to Florida Lodge 3-541

DRAMATIC CHANGES MARK NORWAY'S MOUNTAIN LANDSCAPE

Today's picture of Norway's mountain cultural landscape is actually an idealized image of how the scenery looked roughly 50 years ago. That was when today's adults went to the mountains as children with their parents and grandparents.

A research project on which biologists, paleoecologists, archaeologists and historians have collaborated, shows how mistaken we are when we think of the mountain scenery as unchanging.

No such thing as real mountain landscape

The main message from the scientists behind this pioneering Norwegian research is that there is no such thing as authentic landscape in the mountains. The mountain landscape is constantly being changed by humans. Today when the mountains are affected by extensive overgrowth, it is probably in part because of climate changes.

Paleoecology tells about the past

Per Sjögren is a paleoecologist whose research involves examining pollen from the past (paleo). Because pollen can be well-preserved in peat bogs, this research method opens great opportunities. Pollen samples from peat can tell us what the mountain landscape looked like back in the Ice Age.

When the paleoecologist takes pollen samples from down into the peat at several different places in the mountains, it is possible to say with reasonable accuracy how much the trees and plants grew at this location in the past. When historical and archaeological knowledge about the same place is added, it is an interdisciplinary research project that can reveal new knowledge.

Surprising research findings

The researchers behind this study have found several parallel developments, which probably surprise many. Findings reveal that

- The overgrowth of mountain scenery is largely a return to a state that the mountains have been in before.
- The reduced use of hay fields in mountain landscape has meant that we have been able to let more sheep loose in the mountains.
- Overall, there are probably more animals in parts of the Norwegian mountains today there have been previously, increasing to new high levels what scientists call "grazing pressure."

Directions to Hampton Inn and Suites, St. Augustine/Vilano Beach, 95 Vilano Road: Driving south on US-1, Philips Highway, turn left onto San Marco Avenue. In 1 mile turn left onto May Street (A1A). In 1.8 miles, at the end of the road, turn right onto Coastal Highway. In 700 feet turn left onto Vilano Road.



OCTOBER BIRTHDAYS GRATULERER MED DAGEN

- 4 *James Lapointe*
- 8 *Ruth Morrison*
- 9 *Dolores Fosaaen*
- 11 *Joy Hauge*
- 11 *Bjorn D. Soyland*
- 18 *Philip Pierce*
- 19 *Angela Davis*
- 21 *Katrina Fluker*
- 23 *Aria Sullivan*
- 23 *Mylie Wilson*
- 24 *Stewart Svendsen*
- 30 *Tod Knudson*
- 31 *DeAnne Adams*



SEPTEMBER LODGE MEETING

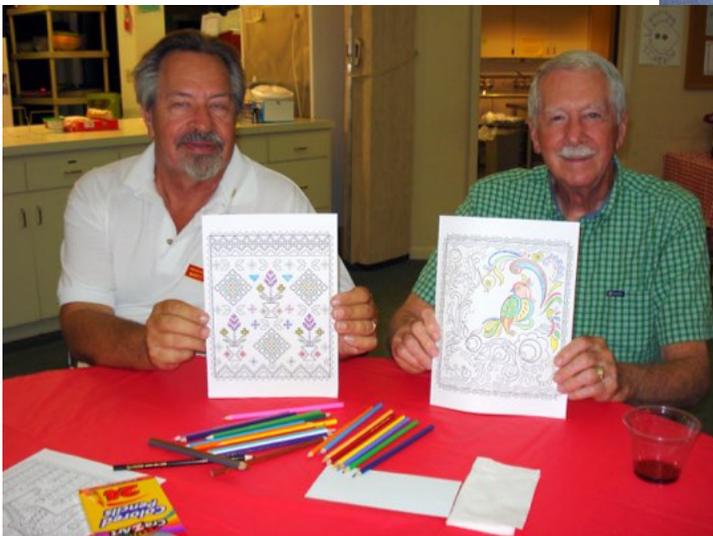


Ida Iverson, Beverly and George Teigland

Lodge members artfully and enthusiastically colored Nordic images.



Carol and Michael Mele, Franklin and Ruth Morrison



Marty Iverson and Pete Hopkins

DISTRICT 3 PRESIDENT'S MESSAGE
Fra Presidenten, Mary B. Andersen

"hooked on a feeling" from a BJ Thomas song

As I write this letter, I have just returned from a weeklong trip to Maine. My goal was to disconnect from electronic media and get out and walk. Since I went with the Philadelphia Trail Club, walk I did!!! But as they say, it is not the destination it is the journey. While planning for my trip I contacted Charlie and Sally Abrahamson from Maine Nordmenn (Charlie was a 3D auditor and LOV treasurer; Sally was the LOV Marketing Director. Charlie and Sally were also instrumental in forming the Maine Nordmenn lodge.) I mentioned that I was going to Acadia and asked if I would pass them along the way; their response we have a spare bedroom with your name on it!

We had some great discussions regarding the Sons of Norway and agreed that the feeling of fraternalism can't be beat. That fraternalism is experienced at the local lodge level, the Zone level and the District level. The fraternal feeling extends to the District President's meetings, the International Board and the home office staff.

The question is do we take full advantage of it? Do we reach out to other lodges whether they are in our zone or not? When you travel through other Districts, do we look to see if there are any SofN lodge activities that fit our travel schedules? Do you read other lodge newsletters for programming ideas and information about their lodge? It is a great way to get to know people from other areas.

We are entering our holiday season where many lodges have bazaars, festivals and great food!! Step over the boundary lines of your lodge and visit other lodges; you will be glad you did!

All the best,

Mary

PS: I forgot to mention that Charlie and Sally took me on a tour of some local lighthouses!

S U N S H I N E N E W S

Jane Slater was recently in an auto accident. She totaled her car but she's alive because of her seat belt. Her lower back hurts and she has contusions across her neck and right arm. This was from the airbag. Jane is home recovering. A get well card was sent to Jane.

Condolences to Laura Sage on the death of her mother on September 17.

Happy Birthday cards were mailed to members having September birthdays.

Please let Anna Rita or Cheryl know of any milestone birthdays or anniversaries or who deserves congratulations so our lodge can send out a card. Also if you know of a member having health issues, let us know so we might try to cheer them up a little.

To report sunshine news please contact Cheryl Drabek at ceejay611@yahoo.com, 904-860-3174 or Anna Rita Perkins at annarita@bellsouth.net, 904-396-7692. Sunshine Coordinators, Anna Rita Perkins and Cheryl Drabek.



CULTURAL CORNER

Cheryl Drabek, Cultural Director

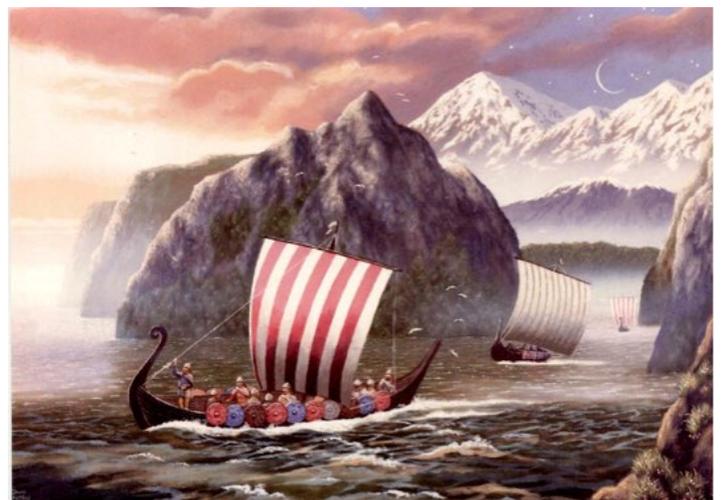
There are lots of ideas for the 2016 cultural program, if you have any requests, please let me know!

BOOK CORNER

We hope to have more members join the Book Club! Please come with recommendations for our next book.

T R A V E L B U G

Send in a photo and a couple paragraphs on your travels to share with fellow lodge members.



2016-2017 S.O.N. GATEWAY TO FLORIDA LODGE OFFICERS

President	Evelyn Hopkins
Vice Presidents	Marty and Ida Iverson
Counselor	Kent Larson
Secretary	Chelsea Knudson
Assistant Secretary	Kristen Allen
Membership Secretary	Bonnie Hardman
Treasurer	Franklin Morrison III
Social Director	Larry Nelson
Asst. Social Directors	Laurette Sage, Knute Fosaaen Jr.
Cultural Director	Cheryl Drabek
Assistant Cultural Directors	Ann Crisp & Sharon White
Sports Director	Eugene Yerkes
Asst. Sports Directors	Eric Nord & Rich Brew
Youth Directors	Rita Tweed
Adopt A School	Rita Tweed
Trustee 1	David Fluker
Trustee 2	Pete Hopkins
Trustee 3	Stewart Svendsen
Communication Director	Marci Larson
Foundation Coordinator	Marty Iverson
Marshall 1	Stewart Svendsen
Marshall 2	Michael Mele
Marshall 3	Martin Rasmussen
Greeters	Judy Silvey & Johanna Miller
Newsletter Editor	Gail Yerkes
Historian	Sharon White
Sunshine	Cheryl Drabek & Anna-Rita Perkins
Tufbfrim	Launi Evenson
Insurance Representative	Ann Krause
Librarian	Carol Scott
Volunteer Coordinator	Ruth Morrison



Lodge Calendar (Subject to Change)

Fri., Sept. 23	October Newsletter Deadline
Fri. & Sat., October 7 & 8	Leif Erikson Viking Boat Regatta
Sunday, November 13	American Guild of Organists hosting a Scandinavian hymn festival: "Northern Lights: Hymns of Scandinavia"
Tues., Nov 15	Board Meeting
Fri., November 18	Thanksgiving Dinner at SOTW & Veteran's Remembrance
Sun., December 4	Scandinavian JuleFest at the Allen Home

SEPTEMBER DISTRICT 3 NEWSLETTER

Read the Third District Today September newsletter at www.3DSofN.org.

The 45 page issue is the 3D Convention Round Up and contains the President's Message, New Board Members, Lodge Awards, Cultural Director's Report, Audumbla-Cow Goddess of Ice Cream, Story of Pete Hegseth, Cultural Book Report, Folk Art Winners, Recipes, Sports Report, Zone Reports with photos, Resolutions, State of Land of the Vikings Report and more!



YOUNG NORWEGIAN WOMEN SOUGHT FREEDOM IN NEW YORK

Emigration from Norway drew to an end in the period between world wars, but people from the Agder counties continued to seek their fortune all the way into the 1960s. Almost half of the emigrants were young, unmarried women. Siv Ringdal from the Institute for Cultural Studies and Oriental Languages at the University of Oslo has tracked down and interviewed 21 of them as part of her doctoral thesis.

“For many it was an act of liberation. Many of them describe this as the best time of their life, even if it was a difficult transition. There was actually nobody who said that they did not enjoy it, Ringdal said to forskning.no.

Two thirds live in the US

Most of those who Ringdal interviewed were from 17 up to their early 20s when they left farms and towns of southern Norway for the worldly metropolis of New York. Today the women are between 70 and 90 years old.

Ringdal has done fieldwork both in Norway and on the east coast of the USA where most of those who stayed, settled down. Seven of the women returned home upon marrying, while 14 remained in the States.

Norwegian colony in Brooklyn

Most of the young women who came over visited the Norwegian enclave in Brooklyn before finding a job as a maid there or in Manhattan. Many encountered a steep learning curve. They were thrown into work life and couldn't speak English in the beginning. But through their jobs they became acquainted with American culture.

The women experienced this as liberating in many ways. They were used to food rationing in post-war Norway and came to New York with hand-sewn and mended clothing. Now they had gained independence and earned money to spend on what they wanted.

Treasure chest of memories

Although no one Ringdal interviewed had a bad time in the States, some of them moved back to the Old Country, anyway. It was an era of their lives that they view with nostalgia.

They came home with huge loads of furniture and all of the comforts they could take with them. They had kept dresses, jewelry, and pictures of that time that they store in boxes and trunks. They also brought home recipes for American dishes that they had served while there. But for those who stayed in the U.S., their memories of Norway serve as mementos. “They have a more nostalgic view of the Norway that they left. They have the need to show that they still remember Norwegian recipes and served me meatballs and cream cake when I came to interview them,” says Ringdal.

WHAT FRILUFTSLIV DOES TO YOUR BRAIN

The Norwegian value of friluftsliv or outdoor living is not a recent trend, but a treasured tradition. Attributed to Henrik Ibsen, who first penned the word in 1859 in the poem “På Viddene” [On the Mountain Plateau], the term was popularized by explorer Fridtjof Nansen in a 1921 speech given to Den Norske Turistforening (DNT) – the Norwegian Trekking Association.

Has the spirit of friluftsliv waned since 1921? Consider that North American children have less unscheduled time than they used to, spending half as much time outdoors as they did 20 years ago. They stare at TV, tablets, phones, video games or computers for an average of six hours per day. Many adults spend more time sedentary and indoors, contributing to stress and poor physical condition.

We are missing out on the physical and mental benefits of friluftsliv. Breathing fresh air and hiking in nature can help recharge your batteries while having a calming effect. Outdoor recreation not only has positive effects on our fitness and can burn 400-700 calories per hour, it actually changes our brains for the better.

A 2015 study published in Proceedings of the National Academy of Sciences, showed that people who went for a nature hike versus an urban hike showed lower levels of worry and experienced better moods. The blood flow was reduced to the part of the brain that is tied to sadness, self-criticism and depression.

Time spent in green space also improves problem-solving skills. Our brains are constantly bombarded with digital messages and artificial lighting, lowering our ability to sort information and think creatively. One study showed participants scoring 50 percent higher on a creativity test after their TV and gadgets were swapped for time outdoors.

The outdoors can also increase your ability to focus. People with ADHD who have difficulty concentrating on work or school were shown to have drastically reduced symptoms after being prescribed a daily hike, whether or not they were on medication. Nature walks have also been proven to combat dementia by staving memory loss and making space for new memories.

You don't have to live near a wilderness to reap the benefits of hiking. Experiencing the outdoors in a green space like a park, or near a body of water produces benefits after only five minutes a day. The best part is that the outdoors costs nothing, and is always open!



SAVE THE DATE FOR NOV. 13

By Tony Cruz

I am a lodge member and the Cantor at St. Mark's Evangelical Lutheran Church in Jacksonville and a member of the Jacksonville Chapter of the American Guild of Organists.

On Sunday, November 13th, at 4:00, our American Guild of Organists chapter is hosting a hymn festival with all of the hymns coming from Scandinavia named "Northern Lights: Hymns of Scandinavia". The event is at St. Matthew's Lutheran Church, 6801 Merrill Road. It would be really great if our SON members would attend and wear their bunads. The hymns will all be played by members of our local AGO chapter.

More information will be provided as the event gets closer.

SMÅ SNAKK BOOSTER CLUB MEMBERS

Your donation is a voluntary act. The Små Snakk booster fee is \$20. 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	
Adolph & Jane Baste	June	2017
Johanna Davidson *	July	2016
Pete & Launi Evenson	March	2017
Bonnie Hardman	February	2017
Roy Hauge	June	2017
Carol Scott	April	2017
Rita Tweed *	October	2016
Jay Vogeley	May	2018
Roger & Margaret Winslow*	October	2016



UNEARTHED TOMB INDICATES VIKING GENDER EQUALITY

A unique archeological discovery in southwest Denmark reveals stunning new insights about the social status and travels of Viking men and women. Initially unearthed in 2012 as part of an excavation for a highway, the site in Hårup is now known to be a Viking burial ground—complete with a wooden structure identified as a Viking dødehus, or death house.

The graves within the dødehus belong to a man and woman of high social status and date to 950 A.D. A third grave, which appears to have been added to the main structure later on, belonged to a man. Laid to rest within a wagon—a known practice for Viking women of noble birth—the female Viking was buried with a pair of keys. As physical symbols of her status and power within the household, researchers believe the keys signify her importance within the family. In addition, archeologists were pleased to discover that one of the keys in her possession matches the lock to a rare small shrine in the dødehus.

While other excavations in Denmark have yielded indications (grave gifts, lavish clothing) of the elite status that some Viking women may have held, this particular site boasts an important and unique distinction: The couple was buried in the tomb together. “It’s very special that the man and woman’s graves are marked by the same tomb or palisade. It’s unusual that we’re able to establish that the man and woman were equals with such certainty,” said excavation leader Kirsten Nelleman Nielsen in an interview with Science Nordic. In fact, Nielsen and her team believe the remains are likely those of a pair of rulers, and that the third grave may have belonged to their successor.

In addition to the potential implications on Viking social status, researchers were also excited to discover that some of the items contained in the tomb point to international influences. The grave at Hårup containing Baltic ceramics and silver coins from what is now Afghanistan reinforce the far-reaching connections made by Viking men and women of the time.



GATEWAY TO FLORIDA LODGE HONORS:

District 3 Lodge of the Year 2003, 2007, 2009, 2010, 2014. 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. Certificate of Recognition Newsletter Contest Third Place Category A 2014, First Place Category A Newsletter Contest 2016. Large Lodge of the Year 2014. Gold Merit Award 2014.

Lodge Website: sonjax.com. Third District Website: 3DSofN.org.

Sons of Norway Headquarters Website: sofn.com

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The mission of the 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.