



SMÅ SNAKK SONS OF NORWAY

Volume 39 Issue 6

September 2013

SCANFEST 2013!



FREDAG (FRIDAY), September tretten (13)

Join us as we celebrate our Scandinavian heritage with food and fellowship September 13. Co-Social Directors Marty and Ida Iverson will be serving a tasty menu consisting of appetizers, salmon (laks), meatballs (kjøttboller) and gravy, mashed potatoes, green salad, twice baked cauliflower, lefse, rolls, bread, desserts, beverages and coffee.



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

Reservations: Please call Pastor Ida or Marty at 904-726-0626 or e-mail priei@bellsouth.net. Tell them how many people in your group so they know how much food to prepare.



Kent Larson, President, will conduct a business meeting.

Donation is \$15 per person. Children 16 and under are free.

Raffle tickets will be available for purchase.

Maureen Williams, Cultural Director, will present a program about Viking Ships.

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.

SEPTEMBER PRESIDENT'S MESSAGE SEPTEMBER BESKJED FRA PRESIDENTEN



Greetings fellow lodge members and friends,

I hope that everyone enjoyed a good summer that has certainly gone by quickly. Before we took our summer hiatus, we welcomed 11 of 27 new members in June at our annual New Member Brunch and Welcome Ceremony.

I appreciate the members who attended to help personally welcome these folks.

I also want to thank Betty Rae and Philip Pierce who opened their new home in Fernandina Beach to include SON members for a Sunday afternoon picnic during the annual Shrimp Fest in early May. Their hospitality was superb and their new home very lovely. We had a great time.

Marty and Pastor Ida Iverson will once again be our hosts for the annual Scan Fest Sept. 13. This is YOUR chance to enjoy a wide range of Scandinavian food, so bring yourself, your family and friends to an evening of fun and celebration.

As a reminder and especially for our newer members, our lodge elects officers every two years to take office Jan. 1 in even-numbered years. The Nominating Committee of Evelyn Hopkins, Eugene Yerkes and Karen Ansell will be outreaching to some of you for both elected and appointed positions. Our lodge does not work without leadership, so if you are asked to fill a position, please consider the invitation and respond favorably. Yes, everyone is busy but it takes each of us doing something to keep our lodge vibrant and healthy.

Our "boat boys and some girls" will participate again in the 43rd Leif Erickson Regatta Oct. 12 hosted by the Gulfstream Lodge in Jensen Beach. This is a fun weekend and a great opportunity to meet folks from the other lodges who converge for the highly competitive boat race and the associated social events. Check the newsletter for information and plan to join us in Jensen Beach to cheer on our team.

Mark your calendar for **Sunday, Dec. 8** from 1 - 4 p.m. for the annual JuleFest at the Omni Jacksonville Hotel, site of the 2014 International Convention. This is a change of venue from the San Jose Country Club that has hosted us the past several years. We have some surprises planned so it will be another fun Sunday.

And finally, our lodge is embarking on planning and implementing the biggest event in its 40 years when we welcome about 250 delegates and friends to Jacksonville for the 2014 International Sons of Norway Convention Aug. 17-24. Committee planning has been underway during the summer hiatus. As I write this column, we are 355 days away from our first guests arriving and we have much work ahead of us. Convention

Co-chairs Evelyn Hopkins and Marci Larson have scheduled convention meetings monthly through December and perhaps more frequently thereafter. As a reminder and especially for our newer members, because we have been an award-winning lodge with steady membership growth the past decade, then District 3 President Ralph Peterson asked lodge member Marci Larson, who was District Secretary, in fall 2011 if our lodge would be interested in submitting a bid. Marci presented the idea to the lodge board at its November meeting where the topic was thoroughly discussed. The board agreed to "explore" the possibility and for the next several months the topic was discussed at board meetings and with members. Following an established process, we submitted an *Intent to Bid* to the International Board in April 2012, 65 members of our lodge voted yes at a meeting to submit the bid, the District 3 Board and Convention endorsed our bid and we presented it to the delegates at the 2012 International Convention in Fargo, where it was approved. While this will be hard work, it will also be fun and an opportunity to showcase our lodge, the Florida lodges and all that North Florida has to offer. Please let either Evelyn or Marci know how you want to be involved because we have jobs for everyone.

It is my honor to serve as your lodge president and I thank you for your efforts to make our lodge shine. I look forward to seeing you at the Scan Fest.

Kent Larson
Lodge President

SEPTEMBER BIRTHDAYS GRATULERER MED DAGEN

1 Tony Cruz
3 Kim Brew
3 James Lavin
3 Donovan Roman
10 Aliyah Nields
11 Judy Silvey
12 Franklin Morrison III
14 Emilie Riedeberg
15 Addie Guenther
15 Jan Larson
15 Liam Nields
17 Allison Falden
18 Karin Parks
18 Alfred Kristensen
21 Rebecca Dickinson
23 Knute Fosaaen Jr.
23 Dorothy Skinner
25 Kacey Guenther
25 Rita Tweed
27 Cheryl Drabek
28 Kay Norstrom Olliff
30 Kent Smedley



IN MEMORIAM

It is with deep sadness we inform you that our fellow lodge member, **Osa Mitchell**, passed away on June 16, 2013. She had been home for a short time after a few days stay in the hospital.



Osa was born and raised in Sweden. She had rejoined our Gateway Lodge in 2010 after a hiatus of many years. She owned a German Shepherd dog kennel together with her husband, **Michael Higgins**.

Condolences from all of us in the lodge went out to Michael.

SUNSHINE NEWS

It'll be great to see everybody again when we start lodge activities again.

Here's a quick update on the trip to England **Myrtle Nessel** went on in June. That she is now 99 years is not a hindrance for our Myrtle. She and her son went to visit her 2 grandchildren for 2 weeks. Her son's ex-wife is English which is why the grandchildren have grown up in England with their mother. However, she has always maintained excellent contact with her children's American family.

Myrtle had a wonderful time seeing where and how they live. She laughingly told how her 8 year old great grandson had asked her why she didn't have an American accent. He could easily understand her but not other Americans. True enough, Myrtle enunciates clearly and has no particular accent.

Last month, **Stewart Svendsen** and his wife **Po Chu** had an anxious time of it when he had a thyroidectomy. The cancerous growth turned out to rest next to the trachea. So, the medical worry was that the tumor couldn't be removed without damage to the trachea. Fortunately, a test showed no actual tumor penetration of the trachea. Therefore, standard treatment with the radioactive iodine process would follow. Great news!

Lorraine Drummond fell and broke her leg and is recuperating with therapy at River Garden Hebrew Home, 11401 Old St Augustine Rd, Room 236, Jacksonville, FL 32258. Her phone number is 288-6899 if you would like to call and wish her well. Lorraine also is being treated for pneumonia. She expects to be there for a few more weeks.

As always, please call me with news from your family and if you know somebody who needs a cheer call or card, telephone 904-731-3597 or jvogeley@bellsouth.net.

Sunshine Greetings from Jay Vogeley

LODGE KALENDER

Subject to Change

Oct 7 Mon	Newsletter Deadline for October
Sept 10 Tues	Board Meeting @ 7:00 p.m., SOTW
Sept 10 Tues	Convention Planning Meeting 8 p.m.
Sept 13 Fri	ScanFest & Salmon/Meatball dinner
Sept 12-15 Thurs-Sun	District 3 Golf Tournament
Oct 8 Tues	Convention Planning Meeting 7 p.m.
Oct 18 Fri	Lodge Meeting (SOTW) (changed to third Friday because of Leif Ericksen Regatta Oct. 11 weekend)
Oct 25-27 Fri-Sun	District 3 Executive Committee & Board Meeting @ Land of the Vikings
Nov 11 Mon	Veterans Day Parade
Nov 12 Tues	Board Meeting 7 p.m.
Nov 12 Tues	Convention Planning Meeting 8 p.m.
Nov 15 Fri	Lodge Meeting (changed to third Friday because of Veterans Day weekend) Veterans/Thanksgiving program (SOTW)
Dec 8 Sun	Scandivavian 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!!!!	

INTERNATIONAL CONVENTION PLANNING MEETING DATES

Tuesday, Sept 10
 Tuesday, Oct 8
 Tuesday, Nov 12
 Saturday, Jan 4

E-MAIL ADDRESS CHANGE

Marty Iverson has a new e-mail address. It is:
miverson104@bellsouth.net

**VELKOMMEN NYE MEDLEMMERS
WELCOME NEW MEMBERS**



Lynn Polley, 11727 Dartmoor Ct.,
Jacksonville, FL, 32256. Phone 904-
962-0844. E-mail: lynn.polley@ml.com.

Natasha Petrovich, 801 2nd St.,
Neptune Beach, FL, 32266. Phone 772-
209-8011.
E-mail: natasha.petrovich@unf.edu

Samara C. Huerta, 2149 Belinda Circle, Jacksonville, FL,
32216. Phone: 904-742-0784.
E-mail: samhuerta@hotmail.com.



**Sons of Norway
Third District
President
Gail Ekloff**

How often
have you
reviewed the
bylaws of your
lodge? How
often have
you read the
3D & 3DLT
bylaws? Have

you ever looked at the Sons of Norway Charter and Constitution? The majority of members will answer "no" to these questions. Some may not be aware that bylaws even exist. I ask these questions because these items are the foundation of how SON operates its business.

The 3D lodge meeting in June 2014 is coming soon. Perhaps now is the right time to bring out these documents to review with your lodge members. Is there any update you would like to make to reflect the changes or how you would like to see SoN proceed?

Changes to the 3D & 3DLT bylaws can be made at the convention. Some lodges use their past delegates as their resolution committee, but any member can submit a resolution to its lodge. The lodge would discuss the merits of the resolution and if they felt they wanted it to be addressed they would send it to the District Secretary for submission in the Resolution book at the convention. The resolutions are then assigned to a committee and that committee will guide the delegates on whether or not our order will be improved with the proposed resolution.

The lodge bylaws are dealt with in a similar way with the President of the lodge appointing a committee to review the bylaws and recommend any changes they have. The lodge has an opportunity to discuss the recommendation and vote to add them to the lodge's bylaws. Before the vote can take place a notification of the bylaw in its exact wording MUST be published in the lodges monthly newsletter (for those without newsletters a letter would need to be sent to your lodge members) so ALL members are aware a change is taking place.

Aside from the description in the bylaws, Sons of

Norway C&C, the SoN has published descriptions of officer duties in the Sons of Norway's "Guide to leadership". Before your nominating committee looks for future officers, please review these responsibilities and try to find the member best qualified for the job. We are all volunteers so it is hard to find members who will commit one or two years to an office.

Are you a newer member to SoN? Do you have the interest, time, and effort it will take to learn about the workings of Sons of Norway and duties of your office? IF SO GO FOR IT!!!! Choose an office in your lodge and see if it's a good fit for you. Consider trying a different position the following term. This will help you to get the overall view of the way Sons of Norway must operate. Our organization should be aware of the requirement of the Non-for Profit Association, IRS regulations and the mandates from the insurance industry.

Whether you are the President of a lodge or a District Officer, the success of your term relies strongly on the commitment of your fellow officers. Will they fully embrace and fulfill the responsibilities that come with taking on a leadership role in the organization? As the mission statement of SON states "Sons of Norway is to promote and preserve the heritage and the culture of placecountry-regionNorway, to celebrate our relationship with other Nordic Countries and provide quality insurance and financial products for our members".

The other-side of Sons of Norway is the wonderful fellowship the members have! Many members are the worker-bees who support and work the events that make our lodge meetings social and educational. They choose not to hold an office, but to hold together the entire lodge by facilitating the details that make our gatherings successful!

In closing, I would like to recognize Scandinavian Heritage Society, Lodge 3-433, who hosted a membership event with their financial adviser. Congratulations on your 10 new members! WAY TO GO! This demonstrates how effective this event is .. has YOUR lodge had one lately?

Mange Takk
Alt for denne gangen
Gail

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

JUNE 8 NEW MEMBER WELCOME BRUNCH MEETING



Eleven of 27 eligible new members were officially welcomed by our Lodge President Kent Larson, seated. Standing Left to right: Lodge Vice President Evelyn Hopkins, new members Johanna Davidson, Carol Jarrell, John Miller, Lynn Polley, Kent Smedley, Deanne Simpson, Margaret McCann, Philip Pouey, Chloe Coleman, Jessica Wittig. Sitting with Kent is Natasha Petrovich.
Photo by Anna-Rita Perkins



Lodge Trustee Stewart Svendsen proudly maintains the American and Scandinavian country flags.



Lodge members trimmed cancelled stamps to send to Norway for Tubfrim.



Insurance Representative Karen Ansell enlightened lodge members about the advantages of Sons of Norway products.



June 8 Lodge New Member Welcome Brunch

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
Carol Scott	10	2013
Jenny Spilling	06	2014
Rita Tweed	09	2013
Bill & Jay Voageley	02	2014

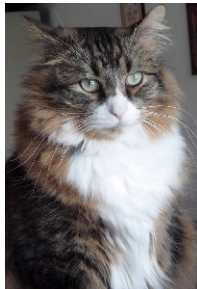
May we add your name here?

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

THE NORWEGIAN FOREST CAT

by Franklin Morrison III

The Norwegian Forest Cat, known as *Skogkatt* (meaning forest cat) in Norway, is a domesticated cat native to Northern Europe. This breed adapted to the cold climate with its glossy, long waterproof hairs, and a woolly undercoat. It is rumored that this breed's ancestors may have been bought to Norway by the Vikings. Perhaps this was the cat the Viking explorers took with them to keep their ships clear of rodents, the same job they had in the barns in the Norwegian countryside.



LEARN NORWEGIAN



Norwegian word: skål
 English translation: bowl
 Part of speech: noun
 Norwegian example: Skålen var fylt med godsaker.
 English example: The bowl was filled with snacks.

Norwegian word: oppbevare
 English translation: store
 Part of speech: verb
 Norwegian example: Man bør oppbevare ost i kjøleskapet.
 English example: One should store cheese in the fridge.

Norwegian word: beholder
 English translation: container
 Part of speech: noun
 Norwegian example: Beholderen var vanntett.
 English example: The container was waterproof.

Norwegian word: himmelfallen
 English translation: astonished
 Part of speech: adjective
 Norwegian example: Han var himmelfallen over at det var mulig.
 English example: He was astonished that it was possible.

Norwegian word: minne
 English translation: remind
 Part of speech: verb
 Norwegian example: Det minner meg om noe.
 English example: That reminds me of something.

Norwegian word: skryte
 English translation: brag
 Part of speech: verb
 Norwegian example: Vi nordmenn må lære oss å skryte litt mer av oss selv.
 English example: We Norwegians need to learn to brag a little about ourselves.

From Transparant Language

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
Webmasters	Charlotte Fluker/ Jim Johnson	396-8006 226-3987
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

NEW ROYAL POSTAGE STAMPS

King Oscar II was honored as the first person to appear on a Norwegian stamp in 1855, just 15 years after Great Britain released the first-ever official postage stamp. Since then, over 150 faces have made their mark on official Norwegian postage stamps including Henrik Ibsen in 1928, Sonja Henie in 1990 and Max Manus in 2005. Queen Maud was the first woman to appear on a Norwegian postage stamp in 1939. Norwegian royals and foreign dignitaries have earned their place on these traveling portraits and this year four commemorative Royal stamps have been added to the list. Dag Mejdell, the chief executive of the Norwegian postal service said that "Posten Norge has a long tradition of issuing stamps in connection with royal anniversaries."

The new stamps have been created to celebrate of the 40th birthdays of both Crown Prince Haakon on July 20 and Crown Princess Mette-Marit's on August 19. Both the Crown Prince and Crown Princess received their own personalized stamps valued at 9.50 NOK (USD 1.50) and good for a standard postcard or letter within Norway. The third stamp marked at the same price, include one with the Crown Prince and Crown Princess and their children and the fourth stamp displays those in Norway's royal line of succession, King Harald V, Crown Prince Haakon and daughter Princess Ingrid Alexandra. All four stamps are beautifully designed by stamp artist Enzo Finger and have been made available in Norway this summer.

Are you a stamp collector? Tubfrim could use your stamps. Tubfrim, established in 1928 in Nesbyen, Norway by Postmaster Ditlef Frantzen was initiated to sell used stamps to help children with tuberculosis. Today, the money continues to help and improve the quality of life for handicapped children and youth. Tubfrim is maintained by The Norwegian Health Association and Sons of Norway is proud to be the largest Tubfrim stamp collector outside of Norway. You can help by collecting your used Norwegian and foreign stamps leaving a small margin around them so

as not to damage the stamp. Used telephone cards can also be collected and donated to Tubfrim. To learn more or to donate ask Beverly Teigland or contact your district Tubfrim coordinator. For more information contact your Sons of Norway Tubfrim Chairperson, Gene Brandvold at (952) 831-4361 or email at genegbrand@aol.com.

NORWAY'S MUSK OXEN

Among the 14 most common wildlife found in Norway is the Musk Ox. The Musk Ox isn't really an ox, but, a goat. It is an Arctic animal known for its thick fur coat and the musky odor the male makes to attract the female during mating season. In 1931 the



Musk Ox came to Norway from Greenland. Many died off, so, they were reintroduced in the 1940's. Prior to then Musk Ox were found mainly in the Arctic area of Canada and Greenland. Today, they are also in Alaska, Sweden and Siberia. Their ancestors are believed to have migrated from Siberia to North America from 200,000 to 90,000 years ago. It is one of the few species to survive the Pleistocene/Holocene extinction event. They lived through the last ice age by finding ice free land away from the cave men. The Musk Oxen in North America were the only ones to survive this event. Musk Oxen live in wet areas, such as river valleys in the summer and move into the higher altitudes in the winter to avoid the deep snow. They live on grass, Arctic willow, woody plants, lichen and moss. The willows are mostly eaten in the winter. The main predator of the Musk Ox is the Arctic wolf, though the grizzly and polar bears will attack the calves and the sick adults. During the winter they live in herds of 12 to 24. The older males dominate the herd. They get the best patches of grass. They start mating during the last part of June. The cows are pregnant for 8 to 9 months. They don't get pregnant every year, severe winters prevent them from getting pregnant the following year. The cows nurse for 2 months then the calf will start to eat vegetation and nurse only once in a while. Once the calf is 2 years old its bond with its mother weakens. When the herd senses danger, it will form a circle around the calves to protect them. The bulls are the front line of defense with the cows and the juveniles close by. Most Musk Oxen are found within a National Park, thus they are protected from hunting. In Norway, they are synonymous with Dovrefjell. Musk Ox Safaris take place in the Dovrefjell National Park. In 2011 this Norwegian stamp found above was produced.

From FLYGEBLADET May
SUN VIKING LODGE # 3-607



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>

GULFSTREAM LODGE'S 43RD ANNUAL LEIF ERIKSON FESTIVAL AND REGATTA

Friday & Saturday, October 11 & 12, 2013 in Jensen Beach, FL

Lodging: Courtyard by Marriott, 10978 South Ocean Drive, Jensen Beach, FL (772) 229-1000 or 877-905-4502 or visit www.courtyardhutchinsonisland.com.

PLEASE BE SURE TO ASK FOR "SONS OF NORWAY" PRICING. You may stay nights before and/or after the weekend for the same rate. These rooms will be reserved until October 6th. Any room reserved after this date, is subject to the Marriott's full pricing.

Friday, October 11
Hospitality Room
Courtyard by Marriott
10978 South Ocean Dr
Jensen Beach, FL
5:00 p.m. - 7:00 p.m.

Saturday, October 12
Viking Boat Regatta
Jensen Beach Causeway Park
Hot dogs, soda, water, lapskaus,
meatballs, crafts
Captains' Meeting - 11 a.m.
Sail by 12:00 p.m.; Races - 12:30 p.m.
Banquet: Pietro's on the River @
Island Dunes Country Club
8735 South Ocean Drive
Jensen Beach, FL 34957
(3 miles from the Marriott)
Cocktail Hour - Cash Bar - 5 p.m.
Dinner, Dancing, Awards - 7 p.m.

Sunday, October 13
Zone 5 Meeting- 9 a.m.
Courtyard by Marriott
10978 South Ocean Dr.
Jensen Beach, FL
Delegates & guests

Buffet Dinner \$38.00 per person.

Banquet Buffet Menu: Roast Beef, Mahi Mahi with Lemon Butter & Chicken Marsala

Please make checks payable to: Gulfstream Lodge #3-514 and MAIL by October 1st TO: Karen Keat, 3206 Bur Street, Port St. Lucie, FL 34952. Tickets will be held for pick up at the hospitality room, park or at the banquet.
Please reserve _____ Buffet Dinner(s) @ \$38.00/pp

Name: _____ Phone: _____

Address: _____ City _____ State: _____ Zip: _____

Email: _____

If you wish a specific seating arrangement, send request with reservation form - 8 or 10 to a table.

If you would like to see the map showing regatta and hotel locations, contact Gail Yerkes, egyerk@bellsouth.net and she will e-mail it to you.

HIS MAJESTY THE KING'S GUARD

Every day at 1:30 p.m. guests, tourists and residents of Oslo gather outside the Royal Palace to witness a tradition that is not only entertaining but purposeful as well. The changing of the guard must take place in order to relieve the current palace guards from their positions.



The Royal Norwegian Company of Marksmen was established in November of 1856 in Stockholm, Sweden in order to protect then King of Norway and Sweden, Oscar I and the Royal Family. However in 1866 the name was changed to His Majesty The King's Guard and the company was transferred to Kristiana (now Oslo) and stationed in The Royal Palace under the reign of King Carl IV.

Today The King's Guards protect King Harald V and his family at their various locations of residency including the Royal Palace, their Skaugum Estate where the Crown Prince Haakon and his family reside, Bygdø Royal Farm when in use, the Akershus Fortress and Huseby Military camp. The guards are on sentry duty 24/7 in full ceremonial dress and uniform ready to protect their king if necessary.

During the summer months His Majesty The King's Guard performs regular concerts and drill exercises in front of the palace. There are also marching parades led by the Norwegian military band through the streets of Oslo. Parades typically begin at 1:10pm at the Akershus Fortress. Mounted police escort the parade onto Karl Johan's Gate up towards the Royal Palace where the changing of the guard promptly takes place at 1:30pm. If you get a chance to visit Oslo don't forget to see the palace and the changing of the guard.

from http://www.sonsofnorway.com/content/E-pub/5.15.13__Epost/5.15.13_Kings_Guard.html
Contributed by Franklin Morrison III

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



NORWAY TODAY MAGAZINE

The Norwegian Embassy is pleased to present free, electronic versions of Norway Today, a magazine about contemporary Norwegian culture, society economy and public policy. The magazine, which highlights Norwegian culture in the U.S., is available both as a free app and as a Digimag, which can be read online. The publication is great for anyone wanting to learn about contemporary Norway.

Her Majesty Queen Sonja of Norway states, "[Norway Today] represents ... what Norway is all about her culture, her welcoming natural beauty, her storied past, and her vibrant present."

The magazine focuses on the culture, history, and important societal traits of Norway, as well as Norway as a destination. The editorial and sharp visual design emphasize the contemporary, strategic, and innovative cultural and political aspects of Norway, including support of the arts, early adoption of gender equality, and its leadership position in sustainable development and the High North.

Norway Today is also available in a print version. The digital publication includes all the information contained in the print version plus hyperlinks, photo galleries, audio, video and embedded social media that provide an interactive experience.

Please contact the Embassy directly for a hard copy:

Royal Norwegian Embassy in Washington
2720 34th Street NW, Washington, DC 20008
Tel: (202) 333-6000. Fax: (202) 469-3990
E-mail: emb.washington@mfa.no

THIRD DISTRICT ROBERT MORTON GOLF TOURNAMENT September 12 - 15, 2013

Please call the hotel by Sept. 5th to make your reservation and please identify that you're with 3D Sons of Norway to get this exceptional rate.

Embassy Suites Myrtle Beach-Oceanfront Resort.
9800 Queensway Blvd, Myrtle Beach, SC 29572

TEL: 1-843-449-0006 FAX: 1-843-497-1017. Myrtle Beach 2013 awaits you!

Registration Deadline Thurs. 9/5: mail \$40/single (\$70 couple), payable to Sons of Norway 3D, for registration fee (golf & non-golf awards) to Mike McCadam, 103 Simmons Ter., Syracuse, NY 13219. Please contact Mike, 3D Sports Director, **asap** at readyfitgo@yahoo.com to inform him of your intent.

For more information call Gail Yerkes at 904-268-9924.



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®

Cell: (904) 625-5686
Office: (904) 348-5665
Fax: (904) 348-5548
ehop3543@gmail.com

9086 Cypress Green Drive
Jacksonville, FL 32256
www.thinkevelynhopkins.listingbook.com



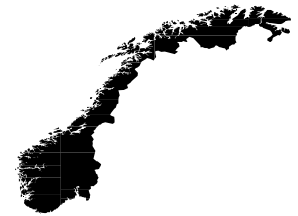
1624 3rd Avenue N
Jacksonville Beach, FL 32250

SONS OF NORWAY

Karen Ansell
Financial Benefits Counselor

Phone: (904) 242-8893
Cell: (904) 463-1724
Fax: (904) 242-0163
E-mail: KBAnsell@comcast.net

www.sonsofnorway.com



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