



S M Å S N Å K K

S O N S O F N O R W A Y

JACKSONVILLE, FLORIDA

Volume 44 Issue 6

SEPTEMBER 2018

SCANFEST!

Please join us as we celebrate our heritage with fellowship and a delicious Scandinavian dinner fredag, fjorten september. Arrive by 6:30 p.m. Dinner will be served at 7:00 p.m. The menu is appetizers including pickled herring, cheese and meat platter; baked salmon, Swedish meatballs, mashed potatoes, rutabaga, assorted vegetables, rolls, coffee, water, cold beverages and a Scandinavian dessert. Donation is \$15 per person. RSVP to Kent Larson at email kmlmal@bellsouth.net or phone 260-4064 by Thursday, Sept. 13.

Karen Madrigal and Laura Sage, Social Directors



We are back from our summer break! Hope everyone had a healthy and enjoyable July and August.

To kick off our fall lodge schedule, join us [Friday, Sept. 14](#) for an update presentation from Lutheran Social Services. Jason Clark, Nourishment Network manager, will discuss the LSS feeding programs and Cristina Parcell will talk about the international programs and refugee resettlement. Jason joined LSS as a Medicaid case manager eight years ago and has managed the food pantry for the last six. Under his direction, the pantry has increased its open hours, households served, and number of partners donating food and volunteer hours. Jason added the resource fair component to offsite distributions, and connected other food pantries into a network that regularly coordinates the food sharing. Jason has extended experience assisting individuals as they apply for benefits. Currently, Jason is working with other leaders in Jacksonville to address the food deserts in our city and how best to reduce them and bring healthy, viable options to communities that don't have them.

Cristina directs the International Programs and Refugee Resettlement. She joined the agency in 2016. Her staff serves the diverse refugee population in Jacksonville with resettlement, integration and employment. Cristina has extensive experience working with multicultural populations from years of living and studying in Europe, South America, Africa and the Caribbean. She is bilingual in English and Spanish. Her professional experience includes government contracting and marketing, as well as operations management and community outreach.

Marci Larson

Buy your tickets for a chance to win a fun raffle prize!

FOOD DONATIONS NEEDED

Food drives are very popular around the holidays. But did you know that food donations tend to slow down right about the same time need increases? Last year, June through September were the busiest months for LSS' Community Food. Bring your non-perishable food items or a monetary donation to our September meeting.

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

PRESIDENT'S MESSAGE BESKJED FRA PRESIDENTEN

Velkommen Lodge members and friends,



Welcome back from all of our summer vacations and travels. For me it has been an interesting summer, with my travels to the third district(3D) SON convention and my attendance at the International Convention. Pete Evenson, Kent Larson and I were delegates with Ida Iverson as the alternate to the district lodge convention. We were graced with the presence of the International President, Jon Tehven and his lovely wife Gloria, and the International Secretary Marci Larson. It was held in Long Island, NY. Eighty-five members attended from lodges in the Third District. This district starts in Maine and goes all the way to the southern tip of Florida. We elected new officers, conducted the business of the lodges, had a memorial service at a stave church right there on the island. We elected delegates to the International Convention. I was elected as an alternate to the convention held in Minneapolis.

I stayed in Minneapolis for the month of August while attending the convention. My wife Ida joined me for the week of the convention. We renewed friendships that we made at the Tacoma convention and made new friends at this convention. There were a total of 153 delegates from all over the U.S., Canada and Norway. Jon Tehven did an excellent job as the outgoing President and we elected Ron Stubbings from British Columbia, Canada as our new President of the International Lodge. The new VP is Mark Agerter from Oregon; Marci Larson is the Secretary and Elaine Nelson from Fargo, ND is the Treasurer. The next International Convention will be held in Hamar, Norway in 2020.

At the 3D convention our lodge put in a bid for the 2020 District Convention and we received the bid. Over the next two years our lodge will be putting together the next Third District Convention. We are going to need all hands on deck, so to speak. We have the officers starting to look at locations but we will need everyone from the lodge and members from other lodges to come forward to lend a hand.

This fall our social and cultural members have put together some interesting programs. In September we are having ScanFest with a program from Lutheran Social Services. Please see the information on page one. Call Kent Larson with your reservations. October we have Debbie McConaghy from North Carolina coming to show how to make bunads. November is Thanksgiving dinner with a program on genealogy.

I hope that you'll come to the events and I will see you there.

Tusen Takk,

Marty Iverson, President





Lodge members enjoyed lunch and the movie "A Man Called Ove" at the Corazone Cinema and Cafe in St. Augustine in June



DISTRICT & INTERNATIONAL CONVENTION PHOTOS



Vice President Kent Larson presented a lodge check for \$250 to Peter Hanson, 3D Counselor, for the benefit of the 3D Charitable Trust.



At the August Sons of Norway International Convention in Bloomington, MN, International delegate Kent Larson & SON International Secretary Marci attend a delegate dinner at the US Bank Stadium, the home of Minnesota Vikings.



Vice President Kent Larson, President Marty Iverson, & Auditor Pete Evenson represented our lodge as delegates to the 3D Convention in New York June 6-10.



Newly re-elected SON International Secretary Marci Larson & incoming SON International President Ron Stubbings sharing congratulations at the SON Installation at the International Convention.



Newly elected 2018 International Board. Gateway to Florida Lodge member Marci Larson, Secretary, is in front row, far right.



Marci Larson, middle, at installation as International Board Secretary.



SAVE THE DATE SCANDINAVIAN JULEFEST DEC. 9

Enjoy appetizers and an all you can eat delicious Christmas lunch buffet.

- Saint Lucia Procession
- Appearance by Santa Claus
- Holiday Music
- Christmas Viking Raffle
- Ramada Inn-Mandarin

NORSE MYTHOLOGY-TYR

Tuesday comes from Tiu, or Tiw, the Anglo-Saxon name for Tyr, the Norse God of War and Law. Tyr was one of the sons of Odin, or Woden, the Supreme Deit. The day is set aside for recognizing the ancient Norse God . Tuesday is Tiw's Day. Tiwaz is known by many names, including the Old Norse Tyr, Old English Tiw, Gothic Teiws, and Old High German Ziu. All of these names stem from the Proto-Germanic name Tiwaz. The Germanic alphabet was comprised of the letters called "runer". The rune "T", which looks like an arrow pointing up, is named after Tiwaz.

NORSE MYTHOLOGY-ODIN

Mr. Wednesday is the leader of the Old Gods in their war against the New Gods. He is **Odin**, the **All-Father** and most prominent god of the Norse pantheon, god of wisdom.

Odin, the Raven God, sometimes also known as Woden . In Old Norse texts, Odin is depicted as one-eyed and long-bearded, frequently wielding a spear named Gungnir, and wearing a cloak and a broad hat. He is often accompanied by his animal companions and familiars—the wolves Geri and Freki and the ravens Huginn and Muninn, who bring him information from all over Midgard—and rides the flying, eight-legged steed Sleipnir across the sky and into the underworld. Odin is the son of Bestla and Borr, he has two brothers, Vili and Vé. Odin is attested as having many sons, most famous is the the God of Thunder - Thor.



Kent and Marci Larson at Minneapolis International Convention in August. The theme was "Sailing for Growth."

NORSE MYTHOLOGY-FRIGG

Frigg or Frigga (which means 'Beloved' in Old Norse) is a goddess found in Norse mythology. She is the highest-ranking of the **Aesir** Goddesses, and is the wife of Odin, and the mother of Thor and Baldur. She is the 'Queen of the **Aesir**'. This deity was worshipped as a sky goddess and is believed to be responsible for weaving the clouds. Additionally, the Norse believed that she had the power of prophecy and was in charge of weaving the fates. Love and marriage were also in the domain of this powerful goddess.

As an interesting side, the English weekday name 'Friday' is etymologically derived from the name of this goddess.

Although possibly the most important goddess of the **Aesir**, little is said about her in the surviving primary sources on Norse mythology. Moreover, she is not an entirely unique goddess, as she shares a number of attributes with Freya, a goddess of the Vanir. Both, for example, are associated with love and marriage. Frigga's tender, nurturing side was widely recognized. Her sacred animal was the goose.

FRA PRESIDENTE: DISTRICT 3 JULY PRESIDENT'S MESSAGE

We aim above the mark to hit the mark.
Ralph Waldo Emerson



For my first letter as 3D President, I wish to thank the delegates that had attended the 3D Convention in NY for their confidence in having elected me to serve in the capacity of President. I would like to thank President Mary Andersen and the previous Board of Directors for a job well done in our Tremendous Third. The President and Board are volunteers as well as members of SON and they, along with previous 3D boards, have definitely provided us with a Third District to be proud of. President Mary has been a terrific role model, and her shoes will be impossible to fill. I am especially grateful that I will be able to rely on her wise counsel during my term.

I have been a member of Sons of Norway for over 30 years and have held multiple positions in my local lodge and on the District Board. I care for our District and our membership. It is my desire, along with an awesome Board of Directors, to raise awareness of the value of being a member of the Third District and by extension, Sons of Norway, International. We look for more people to become members and to take a more active role in shaping the growth and development of The Third District. In the last couple of years the 3D has taken the steps to reach out to support our 49 lodges by creating an LLST (local lodge support team), whether through officer leadership, website, programs, visitations, etc. Under the guidance of Vice President Stephen Helmold and LLST chair ZD 7 Dirk Hansen, I hope to continue this ongoing effort and expect to see continuing results. As we look to the future, as your new President, my vision is to give every member a voice, to develop and promote the use of officer training for new officers, reduce lapsed membership, and have initiations for new members for every lodge. We have a lot to offer (language camps and classes, scholarships, handicrafts, cooking and heritage classes, heritage programs, sports programs, travel opportunities, Viking Magazine, and outreach programs) and we should share with our community especially our future youngest members. Thanks to the work of all of our committees we are on our way to a successful two years.

I welcome your ideas and would appreciate any help from you to improve our District. Should you have any comments and or concerns feel free to email me at president@3dsfn.org.
Kathy Dollymore

Fra 3-D Presidenten, Kathy Dollymore September 2018

"Individual commitment to a group effort - that is what makes a team work a company work, a society work, a civilization work." Vince Lombardi



There are lodges that are gearing up for a new year of programs, a change of officers, new issues and new ideas. The organization of Sons of Norway has been around for almost 125 years and I expect it will be here another 125 and more.

After visiting at the International Meeting in Minneapolis I can tell you that I am proud of our Third District delegates for insightful thoughts and comments.

More information will be forthcoming after all the delegates get their notes to me.

We, in the Third District, are a strong group with differences in geography, age, ideas, temperament. That being said I have found we are also a group who will often share their ideas and mentor those in their roles and responsibilities and represent their local lodge and its values to others.

We also are a group that will listen and help ensure a free flow of ideas and challenges from all. Listening involves accepting and respecting the ideas, feelings, behaviors, and experiences of members different from ourselves.

We are trying something new on our District Board in that we have some Committee Chairpersons with committee people in position to assist them in the job. This also allows the Chair/Director to mentor a committee person in fulfilling the position at a later election time.

As an existing example, we can look to Zone 5- There is a Zone Director, an Assistant Zone Director and two committee members on the "Zone 5 team". All working hard to establish, retain, and excite existing lodges members.

Another example of a committee approach is Publicity where we have a Publicity Chair, assists for the TDT, assists with photos for the Viking Magazine and a webmaster.

If your lodge is having difficulty fulfilling roles perhaps it is time to choose the "committee approach". Knowing you are part of a team can help develop a positive attitude about that position and develop strong relationships with your other committee members. Members on a team develop a sense of working for a larger cause, which can provide strong motivation to perform well. They also realize that if they ever need help, they can count on a teammate to provide it, and they are willing to return the favor in the future.

Be a part of the puzzle and join a committee, working together makes a great picture.
Fraternally, Kathy

2018 Lodge Calendar (Subject to Change)

Tues., Sept 11	Board Meeting, 7:15 p.m. SOTW
Fri., Sept 14	ScanFest & lodge dinner meeting, 6:30 p.m., SOTW
Fri., Sept 28	Newsletter Deadline for October Små Snakk
Fri., October 12	Lodge Dinner Meeting, 6:30 p.m., SOTW
Sat. Oct 27	Trick and Trunk @ SOTW Lakeshore
Tues., Nov. 13	Board Meeting, 7:15 p.m., SOTW
Fri., Nov. 16	Lodge dinner meeting, Veterans recognition, Thanksgiving Dinner, 6:30 p.m., SOTW
Sun., December 9	Scandinavian JuleFest, 1:00-4:00 p.m. Mandarin Ramada Inn

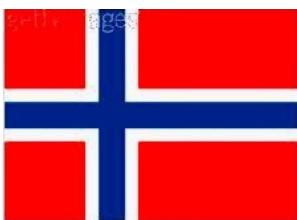


SUNSHINE NEWS

Cheryl Drabek, Cultural Director and Sunshine Committee, has mailed birthday cards to members wishing them a happy birthday in September.

Don and Ann Petersen have moved to Brookdale Southside, 9601 Southbrook Dr., 32256, Apartment N133. Phone: 641-7501.

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.



SEPTEMBER BIRTHDAYS GRATULERER MED DAGEN

- 1 Tony Cruz
- 1 Anna Nord
- 3 Kim Brew
- 10 Aliyah Nields
- 11 Judy Silvey
- 12 Franklin Morrison III
- 14 Emilie Riedeburg
- 15 Jan Larson
- 18 Karen Parks
- 23 Knute Fosaasen Jr.
- 27 Cheryl Drabek
- 28 Kay Norstrom Olliff
- 29 Ellen Wallwork



HAPPY NATIONAL POTATO MONTH

Potatoes have been an important part of Norwegian cuisine and culture for more than 250 years. They continue to be a staple ingredient in many traditional dishes like dumplings, lompe lefse, hash and hasselback potatoes, but have also played a significant role in Norway's history.

The potato first originated in the Andes in Latin America where it had exclusively grown for 10,000 years before the first Europeans arrived. Those early settlers then brought the potato to Portugal in 1567, and with the help from European religious leaders potatoes eventually made their way to Norway in 1750. Priests and pastors, commonly referred to as "potato priests," were known for growing potato spuds on the grounds of their parsonage at the time. They would often move from district to district and teach people how to cultivate them on their own.

However, it wasn't until the Napoleonic wars in the early nineteenth century when potatoes were fully integrated into the Norwegian diet. The British navy blocked the seas around Norway. This eliminated grain imports from Denmark and struck Norway with famine. In desperate need of a replacement, Norwegians turned to potatoes, and quickly found them to not only be nutritious but also simple to cook, inexpensive, filling and easily grown in the harsh Norwegian climate and soil conditions. The humble potato has been a Norwegian favorite ever since.



VIKING BOATS BOOSTER CLUB

BOOSTER NAME	DATE EXPIRES
ADMIRALS (\$100)	
Eugene & Gail Yerkes	October 2018
Peter Evenson & Launi Evenson	October 2018
Marci & Kent Larson	November 2018
Pete & Evelyn Hopkins	November 2018
Stewart Svendsen	November 2018
Roger & Margaret Winslow	December 2018
Roy Hauge	March 2019
Eric and Laura Nord	April 2019
CAPTAINS (\$50)	
Bonnie Hardman	November 2018
Marty Iverson	November 2018
SEAMEN (\$25)	
Po Chu Svendsen	November 2018
Clint & Laura Sage	November 2018
Ida Iverson	January 2019

WANT TO BE A VIKING BOATS BOOSTER? Here's what you do!

In order to help defray maintenance and storage costs for our two replica Viking boats, the lodge has started a booster program similar to our newsletter booster program. It's very simple with three levels of annual giving:

Admiral - \$100, Captain - \$50, and Seaman - \$25

Hagar and Tapper Viking have been a lodge "center piece" for many years. They have enhanced our visibility for Sons of Norway in North Florida as we participate in varied light parades, the annual Opening of the Beaches parade, zone regattas, festivals and farmers markets.

For a dozen years, boat storage was complimentary but now we must pay a substantial amount to protect the boats from the weather's elements. The lodge has been looking for cheaper alternatives, but no solution has yet been found. Your generosity is greatly appreciated to help offset the costs. Your name will be listed in the newsletter as a Viking Boats Booster.

Sports Director Eugene Yerkes can answer questions and accept your donation either in cash or check made payable to Gateway to Florida SON Lodge. Mail to 1742 Lord Byron Lane, Jacksonville, FL, 32223. Eugene can be reached at eugene.yerkes@att.net or 904-268-9924.

FINANCIAL BENEFITS COUNSELOR'S MESSAGE

What if it were me?



How often have you driven by an accident and thought, "what if it were me"? Are you prepared for a long recovery from an accident or even worse, death? How would your family deal with your disability or death? Could they pay next months bills or next years bills? Would your hopes and dreams end with you?

Contact your Sons of Norway Financial Benefits Counselor today and find answers to these questions.

Ann Krause, FIC, LUTCF
Financial Benefits Counselor, Sons of Norway
701-720-2755, Email: annkboat@gmail.com



SMÅ SNAKK BOOSTER CLUB MEMBERS

2018-2019 S.O.N. GATEWAY TO FLORIDA LODGE OFFICERS

President: Marty Iverson miverson104@bellsouth.net
Vice President: Kent Larson kmlmal@bellsouth.net
Counselor: Evelyn Hopkins ehop35@yahoo.com
Secretary: Marci Larson marci.larson@sofnboard.com
Assistant Secretary: Evelyn Hopkins
Membership Secretary: Kent Larson
Treasurer: Bonnie Hardman
Asst. Treasurer: Pete Hopkins
Social Director: Karen Madrigal
Asst. Social Director: Laura Sage
Co-Cultural Director: Cheryl Drabek
Co-Cultural Director: Anna Large
Sports Director: Eugene Yerkes
Asst. Sports Director: Eric Nord
Asst. Sports Director: Rich Brew
Youth Director: Charlotte Fluker
Trustee I (2 yrs): Pete Hopkins
Trustee II (4 yrs): Stewart Svendsen
Trustee III (6 yrs): Pete Evenson
Communications Director: Marci Larson
Foundation Director: Tammy Mayer
Marshall: Stewart Svendsen
Assistant Marshall: Franklin Morrison
Assistant Marshall: Bo Fosaaen
Greeter: Evelyn Hopkins
Greeter: Anna Rita Perkins
Editor: Gail Yerkes
Historian: Beverly Teigland
Sunshine: Cheryl Drabek
Assistant Sunshine: Anna Rita Perkins
Tubfrim: Launi Evenson
Insurance Rep: Ann Krause
Librarian
Volunteer Coordinator: Marci Larson marci.larson@sofnboard.com

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
Dolores Fosaaen	January 2019
Bonnie Hardman	August 2019
Roy Hauge	October 2019
Pete & Evelyn Hopkins	September 2018
Marty & Ida Iverson	October 2018
Carol Mele	July 2018
George Prom	December 2018
Stewart & Po Chu Svendsen	July 2019
Jay Vogeley	October 2020
Ellen Wallwork	March 2019
Roger & Margaret Winslow	December 2022



SHARE THE SPIRIT OF VELKOMMEN

Please reach out this month to someone in our community who might enjoy the fun times and friendly folks at our Sons of Norway lodge.

Remember, daughters, sons and anyone with an interest in Nordic culture and heritage are welcome to join Sons of Norway. Let's make our community welcoming to all!

GATEWAY TO FLORIDA LODGE HONORS:

District 3 Lodge of the Year 2003, 2007, 2009, 2010, Large Lodge of the Year 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. Gold Merit Award 2014.

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

Sons of Norway Headquarters Website: sofn.com

Twitter: @SonsofNorwayJax Google+: plus.google.com/+SonJax Facebook: facebook.com/groups/196188778036



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You can view the complete 3rd District Newsletters on the internet at:
<http://www.3dsfn.org/>

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 904-268-9924
www.sonjax.com



Autumnal Equinox
 September 22



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.
 Sons of Norway misjon er å fremme og ivareta norske kulturtradisjoner, å feire vårt forhold til andre nordiske land og samtidig tilby de beste forsikrings og finansprodukter til våre medlemmer.