

Circulation to a few brave Nordic folks and those who are not afraid of them!

Sons of Norway Lodge 3-438



Oslo Lodge Mission Statement

“The mission of Oslo Lodge, Sons of Norway 3-438, is to promote and preserve the heritage and culture of Norway and other Nordic Countries.”



New York - The Empire State

Oslo L♥dge in the heart of Central New York

From Oslo Lodge President Bjorn Solli:

Dear members and friends,

First, I would like to thank everybody who attended the March meeting; we also had several new people that came to check us out. I hope you had a good time and will be back.

Our next meeting is April 11th at 2:00 pm and I would like to personally invite everybody to this meeting. Ralph Peterson, President of the Third District, Sons of Norway, and Arnold Johnson, our Zone 4 Director will be visiting us. We want to make sure that everybody shows up and welcomes Ralph to our lodge. Our rise from the ashes has been noticed across the country so Ralph is coming all the way from Virginia to find out how we did it and to meet everybody.

It is also very encouraging to see how our youth group is taking off. We know that if we have a strong youth group we will also have a strong lodge. We have programs for the kids every meeting, so please bring your kids or grandkids. They will be able to enjoy games and stories from Nordic countries and also learn a few Norwegian words.

On Saturday May 1st Oslo lodge will host the Zone 4 Memorial service. We had two members from our lodge that died last year and we want to make sure we honor them. The service will be held at Community Tabernacle in Syracuse @ 12:00 PM, please read the additional information about it in this newsletter.

Bjorn Solli, President
3-438 Oslo lodge

OLSO LODGE meets at Northminster Presbyterian Church, 7444 Buckley Rd, Syracuse, New York 13212.

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Oslo Lodge Officers

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Oslo Lodge 2010

April 4 God Paske – Happy Easter



Norwegian Seaman’s Church

April 11 Nordic Comedy. Join the fun plus meet our Special Guest Third District President Ralph Peterson. President Peterson is a native North Dakotan (and retired Navy). He is a visionary on the 3D team and will share with us wonderful plans & news. **Commit now to be there!**

April 24 Zone 4 Scholarship Dinner & Dance, at LOV is in its 38th year. Enjoy a delicious dinner at LOV while supporting our youth. Dinner is \$ 25 with reservations due asap. Please send check made out to Oslo Lodge to Mike McCadam.

Sat. May 1 Syracuse, NY. Oslo Lodge hosts the Memorial Service for Zone 4 in Syracuse at the Community Tabernacle at 2255 West Genesee St., Syracuse, NY 13219. Please read details on Page 3.

May 16 “Syttende Mai Parade” Brooklyn The 2nd largest Norwegian Constitution Day Parade in the world). This year’s theme is: **“Ja, vi elsker dette landet”**. Join Oslo Lodge in an experience to remember. The Hudson Valley Lodge bus leaves Kingstown, NY at 9:30am & returns 9:00pm. After the parade, join the group for a 3:45pm dinner at the Danish Athletic Club (pre-reservations required) or go elsewhere. Bus trip (no meals) price: \$ 26/adults; and, children of SON members (through age 16) are free. For more contact editor@oslolodge.org.

June 5 Denmark - Independence/Constitution Day

June 6 Sweden - Independence/National Flag Day

June 9-13 61st 3D Third District Convention Join the family fun in Harrisburg PA. Details page 5.

June 17 Iceland - National Independence Day

June 19 Oslo Lodge Picnic – Don’t Miss The Fun! What a great opportunity to get together as we did last year. (We believe it will be at the Oslo Lodge President’s home.) Everyone brings a dish to pass, and we grill hamburgers & hotdogs. With lawn games and just relaxing, it is a very pleasant Saturday afternoon.

July 24 Zone 4 Picnic at Elvedal, Saugerties, NY, hosted by Hudson Valley. (Zone meeting at 12 noon).

August 2010 Weekend at LOV. Repeat of 2009 summer picnic + LOV weekend. Swim, hike, relax,



bonfire, games, relax, Norsk, scrapbooking, scavenger hunt and orienteering! We’ll have a picnic but also hope to have a weekend. It’s a great place to hold your family reunion as your family can join in all the fun with Oslo Lodge. We can

have a weekend if enough overnight weekend reservations are booked.

August 2010 Sons of Norway International Convention Coeur D’Alene, Idaho. Come learn more!

Sept 12 2:00 Coffee, Planning & Nominations Come out for a fun low-key afternoon.

Oct. 17 2010 Central New York Scandinavian Day Culture, Crafts, Fun and Membership Dinner.

Nov. 14 Oslo Lodge Officer Elections, 2011–12

Dec. 5 Juletefest – FUN for the whole family! Please put it on your calendars now!

Dec. 6 Independence Day – FINLAND

Dec. 10 Nobel Prizes in Sweden and Norway

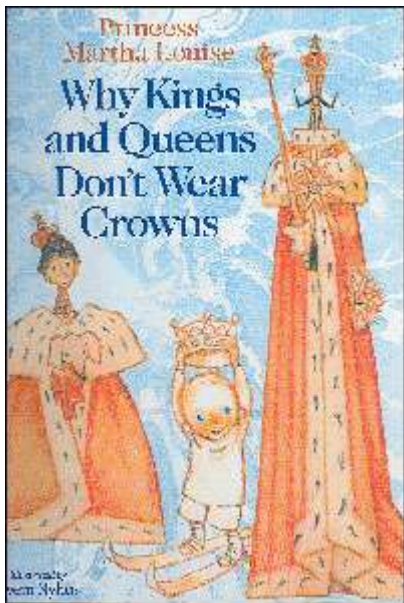
April 11th Oslo Lodge Fun for All

Come alone, bring some friends or bring the kids/grandkids. No matter what, make sure you are at Oslo Lodge on April 11th. The theme of the day is Royalty and Commoners.

We begin with refreshments enjoyed by everyone: cheese & crackers and veggies and dip. Then we will have a family story hour with a reading of "Why Kings and Queens Don't Wear Crowns" by Princess Martha Louise. (It will be a commoner who reads it!). We will have the humor of Ole & Lena, who many say are the King and Queen of Norwegian / American humor!

Then as the children go to their activities, we will be blessed by our own royalty, the Third District President, Ralph Petersen, who will share the news of the Sons of Norway Third District ("kingdom"). And our Zone 4 Director Arnie Johnson ("Jarl"?) will also share a few words.

We will have a perfect finish with some two desserts: Fyrstekaker (also known as Prince's or Aristocrat's Cake), and, Tilslørte Bondepiker (Veiled Farm Girls' Dessert), also known as Änglamat, "Angel's food", in Sweden. Don't miss it.



May 1st 2010 Zone 4 Memorial Service

Oslo Lodge hosts the Zone 4 Memorial Service on Saturday May 1st. The honor of your presence is requested.



Details

Saturday May 1, 2010
Community Tabernacle
2515 West Genesee St.
Syracuse, NY 13219

- 11:00 am Welcome Coffee Station - Fellowship Hall (lower level of church) for the convenience of those who arrive early.
- 12 noon Memorial Service is in the Sanctuary. We will celebrate the lives of our dear Lodge Brothers and Sisters who have passed on to the Lodge Eternal in 2009.
- 1:30 pm Lunch in the Fellowship Hall. Whether you head home or stay for the Zone 4 Meeting, please stay to enjoy a delicious lunch with friends both old and new! The catered lunch is by reservation only. Reservations due by Friday April 23. Please send a check made out to Oslo Lodge, along with the name of each attendee along with \$ 10 per person to:
Michael McCadam, Treasurer
103 Simmons Terrace
Syracuse, NY 13219
- 2:30 pm Zone 4 Meeting will follow lunch in the Fellowship Hall.

There is no elevator, but for those with mobility challenges, the Sanctuary can be accessed from the Portico, and, the Fellowship Hall can be accessed via the double doors directly from the parking lot.

OSLO LODGE NEWS**Oslo Lodge Viking Ship Restored**

Many years ago, an original member of Oslo Lodge made a Viking Ship. Ole Ryen, and his wife were charter members of Oslo Lodge (and his wife made the beautiful Oslo Lodge banner). Now that the Viking ship has been lovingly restored by our own Swedish Viking, Rusty Roseen, it will be on display several times a year. Thank you so much Rusty for restoring the Oslo Lodge Viking ship!

**Members on the Mend.**

Several members have had a rough winter. So to all who have had their various challenges, we send our best. Also we send get well wishes to Marsha Roseen and Ingrid Lindeqvist. Others have had a loss (Betsy and Jim Mostrom, as Betsy's mother just passed). If you know of someone who has a need, then email secretary@oslolodge.org

Oslo Lodge Needs You! We are looking for people who are excited by the Nordic culture and are available to work with others. Please share some of your time and talent. Be a greeter, and welcome one and all. Or, if you play an instrument, help us out a few times a year. Please speak to one of the Officers soon, and it is not a lifetime commitment!

Oslo Lodge, a Family-Oriented Lodge

Did you know that at Oslo Lodge we have something for almost everyone? Yes, we are known for good coffee and delicious refreshments, but even more for wonderful people! Plus we are all about culture. This year, one focus is to help members become more familiar with the **Cultural Skills Program** and the **Sports Program**, both of which members of all ages can earn medals for their participation. Currently we have several adult members who are working on their Cultural Skills in the following divisions: Language, Cooking and Genealogy. We also have one child working on the Sports Medal!

Summer Camp at Land of the Vikings

Please come to the April 11th Lodge event. Applications for Summer Youth Camp, along with all the details will be available. And if you are interested, you can join your child at camp for one week! This is made possible if you are willing to volunteer your time and talents that week for the success of the camp. Come and learn more about Summer Camp at Land of the Vikings!

Oslo Lodge Contributes to Central New York

Every month Oslo Lodge members volunteer their time at schools, churches, agencies, and special events. Most often Oslo Lodge members are not representing the Lodge, but simply do this out of the goodness of their hearts. Did you know, that when volunteering, though not officially representing the Lodge, this helps Oslo Lodge to maintain our non-profit status? Yes, it is true. For this reason Marsha Roseen keeps a log of the hours you spend in volunteering (**see details on page 7**). All the Sons of Norway lodges have someone who does this accounting and Marsha Roseen has wonderfully stepped up to do this on behalf of the lodge. So please make a point to see her at each lodge event and just fill in your hours. Thank you Marsha for this and so much more that you do for us!

OSLO Vikings is the Oslo Lodge club for Youth

Each month there is a fun activity along with Nordic culture for them to enjoy. It is open to all ages, and we are hoping for some teenagers so they can have their separate group activities.

Oslo Lodge College Corner

Please remember our students who are now in the middle of semester mid-terms and research papers!

Sports at any Age: Sons of Norway Sports Medal.

Come learn how to earn a **Sons of Norway Sports Medal** via lifelong activity. Join the Oslo Lodge Sports Team and track your progress whether it is miles walked, laps in the pool or something else. We start a new session in June.



Land of the Vikings (LOV)

Just 35 miles east of Binghamton, NY, you will find **LOV** located on 150 acres in a quietly pristine valley in Northeastern Pennsylvania, where it is



surrounded by 5,000 acres of state game land. There are many fun activities to do, such as hiking, swimming, hunting, fishing, cross-country skiing, snowmobiling, and nearby you will even find golf! It is also the site of the 3D Youth Camp, and the information and applications will be out soon! **LOV** also offers cultural programs such as rosemaling, folk dancing, wood carving, Ski for Light, and Sports for Health.

Come enjoy and support the Sons of Norway Third District Cultural and Recreational Center: LOV.

Tubfrim

Help support Norwegian children and adults living with multiple disabilities by bringing cancelled stamps to Martha Williams at Oslo Lodge



“EXPLORE YOUR HERITAGE”

Third District Convention, June 9-13.

Join others who promote and preserve the heritage and culture of Norway and who celebrate our relationship with other Nordic Countries.

Relax at the Harrisburg Holiday Inn Hotel and Conference Center, a friendly full-service hotel located just 5 minutes south of Harrisburg in the suburb of New Cumberland. The hotel has easy access to Interstate 83 and Interstate 76 (PA Turnpike) and just 11 miles from Harrisburg International Airport.

Explore Harrisburg, along the shores of the Susquehanna River. It has grown from a modest ferry outpost to a picturesque capital city. As a burgeoning center for the region's arts and culture, the community offers all the pleasures of an urban metropolis with the warmth and caring atmosphere associated with Pennsylvania.

Even if your funds are limited, it doesn't mean your fun has to be! The greater Hershey-Harrisburg area offers an abundance of activities at a price everyone can afford.

FACTS TO KEEP IN MIND

1. June 9-13 2010
2. Harrisburg Holiday Inn Hotel & Conference Center
148 Sheraton Drive, New Cumberland, Pa 17070 1-717-774-2721 (use group code SON). Hotel Cost: \$101.00/night + taxes. Rate is honored 3 days pre / post.
3. Convention Tickets (does not include rooms) include the following: registration fee; President's Reception; Thursday & Friday lunches; Saturday Banquet and Dancing; cultural displays, Viking presentation; five (5) coffee breaks; 25 tickets for the Viking Auction. Transportation from airport, bus or train station or parking for your auto. Convention Ticket Cost: Delegates, \$285.00; and, Non-Delegates, \$200.00.

Sons of Norway Membership is a passport that opens doors to history, language, rich Nordic culture, artisan crafts and much more! Every month you receive the Viking magazine along with an invitation to a local lodge event. Please see any Lodge Officer to become a member or to give someone the gift of membership!

Sons Of Norway Foundation!

“Pass the Piggy” funds are used to help those who have experienced disasters.



CULTURAL SKILLS PROGRAM

Come have fun and learn while participating in the **Cultural Skills Program**. Choose from Norwegian music, cooking, dancing, embroidery, woodcarving, weaving to language and more, there is something for everyone! And, did you know that your children and grandchildren can participate with you? Come find some friends at Oslo Lodge and participate in the Cultural Skills program. It is a commitment that you can stick with!



The **Cultural Skills Program** is open to all Sons of Norway members, children, teens and adults. The Cultural Skills Program serves a variety of purposes, including to:

- encourage active participation in both traditional and contemporary Norwegian-North American pursuits;
- enrich the lives of members of all ages;
- provide the basis for special interest clubs within our lodges; and
- provide new reasons for people to join Sons of Norway.

The Cultural Skills Awards

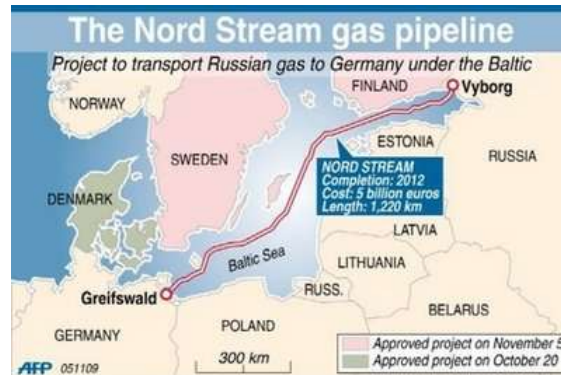
Specialist: One who wishes to go in depth in one area.

Generalist: One who samples several skills and qualify for the basic level in each, for example: stamp collecting, crafts, and Norwegian foods.

Mentor: One who is skilled in activities offered in the Norwegian Cultural Skills Program can do a different challenge: mentor others who need formal or informal instruction. The mentor is an extremely important person in passing on the Norwegian heritage to others.

Master of Cultural Skills: One who has completed at least three levels of three different skills, or nine individual basic activities.

SHIPS FOUND OFF THE SWEDISH COAST!



AFP STOCKHOLM (AFP) – A dozen previously unknown shipwrecks, some of them believed to be up to 1,000 years old, were discovered in the Baltic Sea during a probe of the seabed to prepare for the installation of a large gas pipeline, the Swedish National Heritage Board said Monday. "We have managed to identify 12 shipwrecks, and nine of them are considered to be fairly old," Peter Norman, a senior advisor with the Heritage Board, told AFP. "We think many of the ships are from the 17th and 18th centuries and we think some could even be from the Middle Ages," he said, stressing "this discovery offers enormous culture-historical value. The shipwrecks were discovered during a probe by the Russian-led Nord Stream consortium of the seabed route its planned gas pipeline from Russia to the European Union will take through the Baltic. "They used sonar equipment first and discovered some unevenness along the sea bottom ... so they filmed some of the uneven areas, and we could see the wrecks," Norman explained. The discovery was made outside Sweden's territorial waters, but within its economic zone, he said. None of the wrecks were in the actual path the Nord Stream pipeline is set to take, but they were in its so-called anchor corridor, meaning they are in the area where ships laying the pipeline might anchor, Norman said. "That's one of the reasons this probe was done: to avoid damaging wrecks on the sea bed," he said, adding that the Swedish National Heritage Board had received assurances from Nord Stream that "the positioning of the wrecks will be taken into account when they lay the pipeline".

Read the full article at:

http://news.yahoo.com/s/afp/20100308/1f_afp/swedenhistoryshippingwreckgaspipeline

Circulation to a few brave Nordic folks and those who are not afraid of them!

From the Oslo Lodge Secretary:

Dear Oslo Lodge Members,

With the successful restart of Oslo Lodge come specific responsibilities of reporting various activities by Lodge members during the year. These reports are submitted to the District for consideration as "Lodge of the Year" which would be a wonderful accomplishment for our lodge and an inspiration for others. The secretary will be responsible for keeping records with input from all members at each meeting.

Fraternal Support Worksheet

Every year sons of Norway sends a report to the National Fraternal Congress of America (NFCA). This report gives a broad picture of Sons of Norway and the great things we are doing.

What is a Fraternal Event?

According to the NFCA, a fraternal event is an organization function or gathering of two or more lodge members that conduct business of the local lodge, promote fellowship among members, advance the purposes of the society or assist in the personal development of local lodge members. The following are examples of Sons of Norway fraternal events.

Social or Business Lodge Meetings:

the regular monthly meetings conducted by our lodge.

Classes or Workshops:

those organized by our lodge during the year.

Special Fraternal Events:

these are special events held by our lodge. Family Camp Weekends, Bowling Nights, Juletrefest, Syttende Mai or St. Hans celebrations, fundraising events to support our lodge or the Sons of Norway Foundation; and / or participation at community festivals (such as manning a booth or riding in a parade) to promote our local lodge and Sons of Norway.

Board Meetings:

These are the regular meetings held by the Oslo Lodge Officers to conduct the business of our lodge.

Other Planning Meetings:

These are meetings held to plan or prepare for a workshop of Special Lodge event as described previously.

Community Support Worksheet

What qualifies as a Community Support Activity? The NFCA defines this as a lodge function or gathering of two or more lodge members where actions is taken on behalf of the organization to assist needy individuals to improve the community at large. The following are examples of activities that fall within the meaning of "Community Service":

Charitable Organizations:

Did your lodge organize a team of members who volunteered or helped raise funds for a charitable organization on behalf of your lodge during the year? Examples of charitable organizations are Habitat for Humanity, Red cross Blood Drives, Join Hands Day, local food banks, homeless shelters, etc.

Community Support:

Did a group of your lodge members visit nursing homes, participate in "Adopt a School", volunteer at a local library, maintain a stretch of highway, help with recycling drives, or volunteer in a similar capacity?

At each meeting of Oslo Lodge, the Secretary will collect this information from officers and members. The Secretary will need your name, the date, the name and description of the event, attendance times, hours spent, and total travel time (of all attendees) for the total hours.

We are still learning about activities our lodge can show on these forms, but we are looking for a better report at the end of 2010 than we had at the end of 2009 because now we know what constitutes the "Lodge of the Year" award. We are going to win!!

Respectfully submitted,

Marsha Roseen
Secretary
Oslo Lodge 3-438



April 2010 Third District Today

Hei alle sammen,

Morn morn alle sammen, it's a bit chilly in Florida but probably warmer than where most of you are today.

March was a big month for Zone 5. There is always a lot of SON activity in the sunshine state but in March we had two big events, the Spring Viking regatta in Saint Augustine and the Institution of 3-693 Gulfcoast Vikings in Estero, FL. The regatta is one of three that are held annually in Zone 5. There will be a May regatta in Clearwater as well as a regatta at Jensen Beach in October. Check the events page on the web site www.3dsofn.org/eventscalendar for more information on those events as it becomes available. We would like to see more boats in on the action and we are looking into the possibility of building additional boats. We will have more information on that later.

The Estero lodge is the first new lodge in Florida since Norsemen Harbour was instituted in 1996. The lodge will be the 5th new lodge in D3 since April 2007. During the same time only 6 lodges were instituted in the other 7 Districts. About 300 new members have joined the SON because of our new lodges and many members, including 999 and 000 members, found a new home.

Ms. Terry Francis deserves a bigatta boy for her efforts in establishing the Estero lodge. She signed up more than enough members by herself to meet the minimum number of 40. As I write this note they have 75 members. I would say that she is in the running for the 2010 Recruiter of the Year.

Districts are reimbursed up to \$3,000 for each new lodge they start. Each of our new lodges had at least one organizational meeting plus the Institution. Atlanta, Raleigh and Charlotte had one additional visit as the District had a Representative at the local Scan Fest where we found enough Norwegians to start a lodge. The organizational meetings included presentations from District Officers, Zone Directors, International Officers and Financial Benefits Counselors. Many of these Officers also participated in the Institution ceremonies which were very moving and helped set the tone for the new lodge to follow.



The District Board also helped two lodges get back on their feet. The Oslo lodge had been removed from SON web site when Zone Director Arnold Johnson went to work on reestablishing the lodge. Today they have close to 50 members, sending delegates to the convention and having a good time. Vice President Gail Ekloff and Zone Director Judy Mack recently visited the Dovre lodge to offer their help. At that time Dovre was down to 7 members. Today they are up to 24 members and were a \$500 winner, along with the Gateway to Florida lodge, in the recent fall membership contest.

These are nice stories but we have lost some lodges. It is sad to see these lodges fold after great runs. Our new lodges are bringing a breath of fresh air and enthusiasm that helps cushion the loss of these lodges. We need to continue to seek out new members and new leaders and present good programs. Some of our lodges have folded because of the lack of leaders. We can and will do better.

Our convention is drawing near. Not all the delegate names are in yet but we are seeing some lodges reporting in that have been missing for some time. If your lodge has any questions about the convention please contact one of the District Officers or the Convention Chair, Kathy Dollymore. We are looking for a big crowd. Check the web site for the latest info. See you there.
Fraternally,

Ralph Peterson, President
District Three, Sons of Norway



April 2010
Third District Today



Fra Vise Presidenten Gail Ekloff

Springtime---the time when most Zones are having their Memorial Service---Have you gone to one? If not, you are missing one of the nicest ceremonies Sons of Norway offers. It is a time when members can reflect on the memory of departed brothers or sisters whom we have lost in the past year. Being surrounded by others who have known our friend or loved one helps ease the loss. Family members who are invited to share in this experience are always appreciative and moved by the lovely service.

Each zone celebrates in its own unique manner — tolling of bells, candle extinguished, flowers placed in the memory of each member, beautiful psalms sung in both English and Norwegian, by an individual or a choir, speakers eulogize those we have lost.

This is the core of Sons of Norway — fraternalism — offered to our members at a time of need or loss. Please consider going to your Zone Memorial Service. You will not regret it and feel proud to be part of this celebration remembering those who were part of our order.

Alt for denne gangen,

Gail

ICELAND Volcanic Activity has been in the news, but there is so much more to see, so we bring you this in April.

One of Seven Great International Coastal Drives



Coastal Drives: Iceland's Ring Road

Reykjavík to Vík, 80 miles

Iceland's Ring Road—the island-circling, 830-mile Highway 1—offers plenty of glorious photo ops of a landscape literally formed by fire and ice. For an abbreviated version of the drive, hit the wild southern coast: From the capital city of Reykjavík, head southeast on Highway 1 toward Dyrhólaey. There, jagged blades of basalt rise from the ocean, providing nesting space for puffins, razorbills, and other seabirds. The road turns away from the coast at Vík, but if you have a sturdy vehicle, it's worth continuing on another 80 miles to Skaftafell National Park for a glimpse of Europe's largest glacier, Vatnajökull.

<http://www.bing.com/travel/content/search?q=Coastal+Drives%3a+Iceland's+Ring+Road>

Of the seven International coastal drives listed, three are from the Nordic countries. We will bring you Norway in May and Sweden in June.

“Where the Home Fires Died” Video

Did you enjoy the March video? Thanks to the efforts of Janet Brown, we have learned how you can obtain your own copy of “Where the Home Fires Died” video. This awesome video is described by the Scandinavian Channel: “On the west coast of Norway, situated on the ledges high above the beautiful Storfjord and Geirangerfjord, some 60 solitary farms are found. Although entirely abandoned, see how people once survived on these awesome crags fighting the forces of nature.” The video is \$20 and you must include shipping of \$4.95 per video. For complete details, please contact The Scandinavian Channel c/o The Garkie Group, 4700 Sterling Drive # H, Boulder, Colorado 80301. Or call them directly at 1-303-581-7906. Please allow 6-8 weeks if payment is made by check or 3-4 weeks if payment is made by credit card.

Is Norway looming in your summer plans? Then read more about the Sons of Norway District 3 - 2010 Group Cruise or log onto www.3dsofn.org
7-day Norwegian Coastal Voyage - July 17. Price starts at \$2,040/person.
12-day Norwegian Coastal Voyage - July 17. Price starts at \$2,915/person.
 JENSEN TRAVEL at 1-866-552-0371 or email: USBooking@hurtigruten.com

News from Norway via websites!

- www.aftenposten.no/English
- www.aftenposten.no/webcam
- www.NorwayPost.no
- www.norway.org

Check out these sites as well:

- Sons of Norway www.sofn.com
- Third District www.3dsofn.org

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Land of the Vikings
 Sherman, Pennsylvania
**Sons Of Norway Third District
 Cultural & Recreational Center**
Phone: 570-461-3500
Fax: 570-461-7500
Email: vikingland@tds.net
Beverly & Rick Budrick, managers

family times
 The Parenting Guide of Central New York

We are an award-winning magazine with staff-written news, feature stories and artwork that inform and inspire Central New York parents and their children.

A comprehensive calendar highlights the best in family-friendly events throughout the area. With verified circulation of more than 26,000 copies throughout Onondaga County, *Family Times* is essential reading for parents who want to be up to date and involved with the issues affecting their families and communities. Look for a new issue the last Friday of every month in more than 500 locations. **Call 472-4669 for the location nearest you! We deliver. For subscription information, call 422-7011 and ask for circulation.**

Financial Benefits Counselor Contact Sverre Aasgaarden for a complimentary financial review. Call 1-800-314-2955 or email: aasgaarden@cs.com

