

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

Special New Year's ISSUE

Something for Everyone!

Events for 2010, page 2

Oslo Lodge News, page 4

New Year's Resolutions, page 5

Diary of a Snow Shoveler, page 6

Norway by Train, page 7

3rd District Convention & News, 7-9**Oslo Lodge Officers****President: Bjorn Solli**president@oslolodge.org**Vice President: Jim Mostrom**vicepresident@oslolodge.org**Secretary: Marsha Roseen**secretary@oslolodge.org**Social Director: Mike McCadam**social@oslolodge.org**Cultural Director: Karin McCadam**culture@oslolodge.org**Counselor: Fred Watt**counselor@oslolodge.org**Newsletter: editor@oslolodge.org****Web: webmaster@oslolodge.org**

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

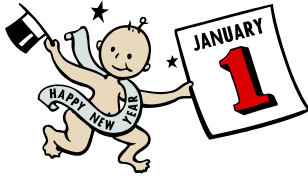
www.oslolodge.org**From Oslo Lodge President Bjorn Solli:****Happy New Year or Godt Nytt år**

I hope that everybody had a good, long, relaxing, enjoyable holiday season. I had both kids home from college and due to their age (20 and 24) it is not as hectic as it used to be.

We have a very good opportunity for anyone that has an interest in how the **Sons of Norway** is working. The leadership training that is scheduled for **January 17** will inform you how things are done and why.

As of today we have several officers that are wearing several hats. The duties for any one position is usually not that much work, but when you are taking on several more it turns into WORK. One reason we all joined the Sons of Norway is to get together once a month and have a good time, If we at the same time get to learn more about the **Scandinavian countries** and their culture well that is a plus. To be able to do this every month we need things to happen and as of right now we have a few (too few) people who are doing the WORK. The leadership training is a good time for you to learn how some of the work is done and to find out that if we each have one little thing to do it will not be WORK, but a hobby. I hope to see as many as possible there.

Bjorn Solli, President
438 Oslo lodge

2010 Coming Events

Jan. 17 Leadership Training 2010
Please read the **details on the right**. No programming for children in January.

February 14 – Valentine’s Party Hear and Share Heart-touching Stories.
Come for a few laughs and a few tears at an old-fashioned Valentine’s Party. Also fun games and activities for the kids, so bring them! And, it is good for them to learn about the love in their families.

Feb. ?? Cookbook Committee meeting
Join the Oslo Lodge cookbook team. Email your intent: editor@oslolodge.org.

March 14 Where the Home Fires Burned
One hour video of life above Geiranger Fjord. **Business Meeting follows.**

April 11 Special Comedy Event with our guests Ole, Lena and Friends. So bring your friends! Third District President Ralph Peterson, our special guest, will share 3D highlights. Ralph is a native North Dakotan (and retired Navy). He is a visionary on the 3D team, much like Leif Erikson who lead many Viking men and women to new adventures as well as safe harbors!

April 24 Zone 4 Scholarship Dinner & Dance, LOV. Reservations are required (\$25/person) by April 1st.



Sat. May 1 St Olaf’s Chapel, Inlet, NY.

Oslo Lodge hosts the Zone 4 Memorial

Service. Come for the

day or plan an overnight. Info on lodging/dinner available February 1st.

January 17 1:00 pm – 2010 Leadership Training
Please come meet Arnie Johnson and his wonderful wife, Ragnhild (originally from Trondheim, Norge). We will have a wonderful hot soup lunch (2 kinds) with open-faced Jarlsburg sandwiches. **(Reservations required for the catered soup lunch at \$5 per person – please email editor@oslolodge.org.)** Lunch begins at 1:00. A short business meeting (less than 30 minutes) will take place also. Then Arnie will facilitate the third in a series of Leadership trainings. (There is no prerequisite training, so please come!) You’ll learn more about the role you play in keeping Oslo Lodge a vibrant Viking gem, while also furthering our mission! This training is open to any member interested in Oslo Lodge. **Please note: we will meet in the Church’s Library – follow the signs. Also there is NO January programming for children.**

2010 - More Coming Events

Sunday May 16 – Syttende Mai – see page

June 9-13 61st 3D Third District Convention Join the family fun in Harrisburg PA. Details page 7 .

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

August 13-15 Summer Picnic & tentative Oslo Lodge weekend at LOV. Swim, hike, relax, bonfire, games, Norsk, scrapbooking! We will hold the picnic but also hope to hold the weekend. It is also a great place to hold your weekend family reunion as your family can join in with all the Oslo Lodge activities. We can have a weekend if enough lodging rooms are booked for the weekend.



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

September 12 Cultural Skills & Planning 2:00

October 17 Membership Dinner – Can we out-do our 2009 Central New York Scandinavian Day?

November 14 Elections for 2011 – 2012 Officers

December 5 Juletefest – FUN! FUN! FUN!

2009 Juletefest a Success!



The Christmas spirit was certainly in the air at our annual Juletefest! There were good-looking Nordics in bunads, Nordic sweaters, and festive colors.

We began with an hour of socializing and delicious refreshments. Members browsed the Viking Butikk and also picked up their Nordic calendars and food orders.

There was singing around the Christmas tree and a visit by JuleNissen. There was special fun for the younger members with a coloring contest and a tree decoration detail.

Two events really made the day special. The first was the celebration of the Nordic Festival of Lights better known as the Sankta Lucia celebration. Rachel Haynes, who joined Oslo Lodge in October, was a beautiful Sankta Lucia. Our own Star Boys were Brenden McCadam, and the brothers Barbuto.

Continuing an Oslo Lodge Holiday tradition, we have the Children's Story Time with Christine Dunagan reading another Jan Brett book, this year it was "The Wild Christmas Reindeer". A wonderful time was had by one and all.

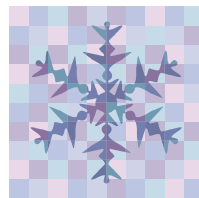


Viking Butikk – January sale!



So Don't forget ~ to bring a piece of the Nordic experience home, visit our Viking Butikk for Nordic Christmas décor, cards, books, Nordic golf balls with national flag decals & much more.

The Gift of Membership



It is not too late to give the gift of Sons of Norway Membership! It is the gift that keeps giving for a whole year. It is the passport that opens the door to history, language, rich Nordic culture, artisan crafts and much more!

Every month your gift will bring a Viking magazine to the home of the new member. Every month brings an invitation to a local lodge event. So why not see any Lodge Officer in January or February? And give an awesome gift for Valentine's Day, a birthday or an anniversary for someone you care about! **See Jim Mostrom, Oslo Lodge Vice President or Janet Brown, Membership Secretary if you would like to join Oslo Lodge or sponsor a new member.**

Online Norwegian Classes??? We have learned that Mette Andersen from Norsk Carolina Lodge is offering an online Norwegian class for beginners; the classes start Jan 17th. Details available at Oslo Lodge on Jan. 17th.

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**News from Norway via websites!**

[www.aftenposten.no/English](http://www.aftenposten.no/English)

[www.aftenposten.no/webcam](http://www.aftenposten.no/webcam)

[www.NorwayPost.no](http://www.NorwayPost.no)

[www.norway.org](http://www.norway.org)  
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OSLO LODGE NEWS

Zone 4 Scholarship Program is in its 38th year. This year \$500 scholarships will be awarded to 7 qualified Sons of Norway current members, their children or grandchildren. Applications and the Raffle Tickets that support the Scholarship Program are now available. Completed Scholarship applications must be postmarked before March 1, 2010. Details are included with the applications. See President Bjorn Solli for Scholarship applications and/or Raffle Tickets.

Oslo Lodge Treasurer

Nominations are open for Lodge Treasurer. If you have a talent for accounting, live in the Syracuse area and have been an Oslo Lodge member for one year, then you are qualified.

Oslo Lodge Greeter

We need a few new greeters at Oslo Lodge. You need to be a friendly member who is present at the beginning of events to welcome members, visitors and guests. Please state your willingness to be nominated.

BENEVOLENCES



“Pass the Piggy” funds are used for benevolences due to natural disasters or other traumatic events.



Tubfrim

Please bring cancelled stamps for Tubfrim to Oslo Lodge member Martha Williams.

MEMBERS' CORNER

Members on the Mend

Update on Oslo Lodge members. Rusty Roseen is on the mend and was singing up a storm over the holidays. However Marsha Roseen had hip surgery on December. If you would like to send a card, then please send Karin McCadam an email for the address. If you know of anyone who is ill, had surgery or needs a remembrance, please email secretary@oslolodge.org.

Oslo Lodge College Corner

We have several of our members who are away at college but who have an opportunity to be home again with family and friends. The College Corner is a simple way for us to catch up with our Unge Venner members away at college. We will hear from them again in February.

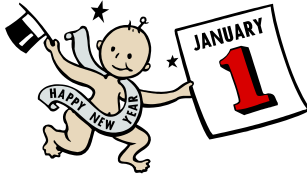
OSLO LODGE Vikings on the move



Some notes from our members are slow in coming, but this one was worth the wait.

“It was a balmy late September evening. Although there was some sighting of Canada geese, there was no harvest. Even so my two adult sons and I had enjoyed some great male bonding. With the duck boat close to shore and the boat trailer firmly attached to my truck, I slowly backed the truck into the water to load the boat. That is when the trouble started. Within a matter of minutes I found myself in deep water, literally! It all happened so quickly, yet there I sat with water pouring into the cab of the truck. Smart enough to not panic, I waited until the water was almost to my waist before I opened the door (equalized pressure). So, then I got out in shoulder deep water. The truck was totaled, the trailer ruined but the boat survived. Moral of the story: A true Viking always saves the boat!” Mike McCadam

NEW YEAR'S RESOLUTIONS



Okay, we have been down this road many times before. For some it is the resolution to quit smoking. Others are determined to lose weight, get in better physical condition. In fact, it is a proven phenomenon that Fitness Studios and Gyms are packed in January and almost deserted by February. So, what can be done about it? Here are some Oslo Lodge suggestions:

1. See [Mike McCadam](#) about earning a Sons of Norway Sports Medal via lifelong sports that can be maintained. Join the Oslo Lodge Sports Team and track your progress whether it is miles walked, laps in the pool or something else.
2. Find a hobby to substitute for TV and snacking. Participate in any of the Cultural Skills Programs: Norwegian Music, Nordic cooking (yes, there are light and healthy recipes ... it is we Nordic Americans and not the Nordic peoples who are overweight); handicrafts (knitting, embroidery, weaving); woodcarving, language. etc. And, did you know that your children and grandchildren can participate with you. Come look through the Cultural Skills binder in January and/or February and make a commitment that you can stick with.
3. Commit to Oslo Lodge and help on an event, project, or committee. We work smart and have lots of fun! "Many hands make light work"!

NEW YEAR'S RESOLUTIONS - continued

4. Some things shouldn't be delayed, dismissed or abandoned; and one of these is Financial Planning. Did you know you can provide for your family and also support Sons of Norway? We are very fortunate at Oslo Lodge to have a great connection with Sverre Aasgaarden, another Sons of Norway Financial Benefits Advisor who is low-key yet knowledgeable, and has great integrity.

Purchasing insurance and cash accumulation products from Sons of Norway helps both you and Sons of Norway. And, most importantly it will help you meet your future financial needs. By purchasing Sons of Norway financial products continues to grow as a Fraternal Benefit Society, enabling our members to take part in programs that keep them in touch with their Nordic heritage.

Sons of Norway offers a variety of insurance and Cash Accumulation products designed with you in mind. A Financial Benefits Counselor can meet with you to help you articulate your needs and put together a plan designed just for you, to help reach your financial goals. A Sons of Norway Financial Benefits Counselor can help you to determine which of financial products are right for you. *It's the kind of work we do.* Get your free Financial Review and get started toward a more secure tomorrow.

Sverre Aasgaarden is a pleasure to work with. Please feel free to contact him for a complimentary financial review. Contact Sverre at 1-800-314-2955 or by email at aasgaarden@cs.com.



*** Diary of a Snow Shoveler ***

December 8: 6 PM - started to snow – the 1st of the season. The wife & I took our cocktails and sat for hours by the window watching the huge soft flakes drift from heaven. It looked like a Grandma Moses Print. So romantic we felt like newlyweds again. I love snow!

December 9: We woke to a beautiful blanket of crystal white covering every inch of landscape: a fantastic sight! **Can there be a more lovely place in the world?** Moving here was the best idea I ever had. Shoveled for the first time in years & felt like a boy again after the driveway & sidewalks. Later the snowplow came by - covered the sidewalks & blocked the driveway. So I shoveled again - a perfect life.

December 12: The sun has melted all our lovely snow. Such a disappointment. Bob, my neighbor, says not to worry: we'll definitely have a white Christmas. No snow on Christmas would be awful! He says we'll have so much snow by the end of winter, that I'll never want to see snow again - that's not possible. Bob is such a nice man: so glad that he is our next door neighbor.

December 14: Lovely snow - 8" last night. Temperature dropped to -20. The cold makes everything sparkle. The wind took my breath away, but I warmed up by shoveling the driveway & sidewalks. This is the life! The snowplow returned to bury everything again. Never knew there'd be so much shoveling, but I'll get in shape now. Wish I didn't huff & puff so

December 15: Forecast: more snow. Sold my van & bought a 4x4 truck. Got snow tires for the car & 2 extra shovels. Stocked the freezer. Wife wants a wood stove in case we lose electricity but that's silly. This isn't Alaska!

December 16: Ice storm this morning. Fell on the ice while putting down salt. My rear hurts!! Wife laughed for an hour, which was cruel.

December 17: Way below freezing. Roads are way too icy to go anywhere. Electricity off for

5 hours & had to pile on the blankets to stay warm. Nothing to do but stare at the wife and try not to irritate her. Guess I should've got a wood stove. Won't admit it - hate when she's right. **Dang it, I'm freezing to death in my own home.**

December 20: Electricity's back on, but had another 14" of snow overnight - shoveling took all day. Dang snowplow came by twice. Tried to hire a neighbor kid to shovel, but they're too busy playing hockey. I think they're lying. Called the hardware store to buy a snow blower - they're out but might have a shipment in March. I think they're lying. Bob says I have to shovel or the city will have it done and bill me. He's lying.

December 22: Bob was right about a white Christmas because 13 more inches of it fell today - it's so cold it probably won't melt 'til August. Took me 45 minutes to get all dressed to shovel and then I had to use the toilet. By the time I got undressed, used it and dressed again, I was too tired to shovel. Tried to hire Bob who has a plow on his truck for the rest of the winter; but he says he's too busy. I think he is lying.

December 23: Only 2" of snow today. And it warmed up to 0 degrees. The wife wanted me to decorate the front of the house this morning. What is she nuts!!! Why didn't she tell me to do that a month ago? She says she did but she's lying.

December 24: 6". Snow packed so hard the shovel broke – I thought I was having a heart attack. When I get that snowplow driver, I'll drag him through the snow by his beard! He waits 'til I finish shoveling, then he drives 100mph throwing snow where I've shoveled! Then tonight the wife wanted to sing carols and open gifts, but I was watching for the dang snowplow driver!

December 25: **Merry Christmas.** Snowed in with 20 more inches! The idea of shoveling makes my blood boil. I hate snow! And then, the snowplow driver came by & asked for a donation. Asked for a donation, mind you, so I hit him in the head with my shovel. Wife says I have a bad attitude. She's an idiot! If I have to watch "It's a Wonderful Life" again, I'll

December 26: Snowed in. What possessed me to move here? It was all HER idea. She's gets on my nerves.

December 27: Temperature dropped to -30. Pipes froze.

December 28: Warmed up to a little above -5. Still snowed in. The WIFE is driving me crazy!!!!

December 29: 10 more inches. Bob says "shovel the roof or it could cave in". Ridiculous! How dumb does he think I am?

December 30: Roof caved in. Snowplow driver is suing me for a million dollars for the bump on his head. The Wife left me.

December 31: Set fire to the house. No more shoveling.

January 8: I feel so good. Love those little white pills they give me. Why am I tied to the bed?

Contributed by Oslo Lodge member Paul Dussere, who lives in snowy Oswego, New York. Edited for all audiences by Newsletter Editor.

"EXPLORE YOUR HERITAGE" at the 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. Learn about the roots of our Fraternal Aid Society and why we have quality insurance and financial products available to our members.

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. And, 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 convention.
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.

See Norway by Train (from your laptop)!

By [Chuck Squatriglia](#) December 21, 2009



Photo: A train stops at a station on the Bergensbanen. Flickr/[abbilder](#)

The Bergensbanen is an amazing stretch of rail linking Bergen on the west coast of Norway with the capital city of Oslo. The tracks are the highest in all of Northern Europe, crossing the Hardangervidda plateau some 4,060 feet above sea level. It's a spectacular ride with spectacular scenery. And now you can take it without leaving home.

But you'd better have a really fast internet connection. About 1.4 million people tuned in last month to see "Bergensbanen," a documentary about the 126-year-old rail line. It clocks in at almost 7.5 hours. It was a big hit, with more than 1,000 Tweets as it was broadcast. Now NRK is offering the film for download free of charge under a Creative Commons license. They had to do a little editing - not for length, but for content. The film featured interviews with passengers, background music and shots from both sides of the trains. Copyright issues required ditching the sound and some video, so they've opted to offer "a clean front-camera version." The original file was 165 GB, so they coded a smaller 1280x720 version. It's still a huge file at 22 gigs. For more info, go to [NRK2 which broadcast the film \(http://nrkbeta.no/2009/12/18/bergensbanen-eng/\)](http://nrkbeta.no/2009/12/18/bergensbanen-eng/).

Find this article at: <http://www.wired.com/autopia/2009/12/bergensnanen-free-download/> And for a 10 minute video, from Finse where the scenes from Hoth in Star Wars Episode V: The Empire Strikes Back were filmed. http://www.youtube.com/watch?v=Ql2qXpNVTjw&feature=player_embedded#



January 2010 Third District Today

Godt nytt år!

I hope that you all had a great Christmas. For many of you it was a white one and I think that's the only time of the year when I can handle a bit of snow. I used up my quota for snow during my 21 years in ND, 10 in NJ and 4 in Norway.

November and December have been great months for **new members**, 102 so far. Gateway to Florida with Ken Larson leading the way picked up 18 new members and Nansen Lodge was right behind with 15 new members. I am writing this on 18 December so we have a few days left in December. Forty Seven of our lodges signed up at least one new member this year.

November was our web sites busiest month this year with over 97 visitors a day. We need more lodge pictures and lodge events posted on the site. <http://www.3dsofn.org/home.html> The information on the D3/Hurtigruten trip is now on our web site.

We will be instituting the New Bern NC lodge, Drammen 3-682 in February. Please check out the web site for the exact date and location. I hope that we can have a large crowd on hand for the event. While this is our 4th new lodge in a short period of time we should not slow down. If you are aware of any location that looks like it can support a new lodge please notify Vice President Ekloff.

January will see a lot of Lodge Office installations up and down the coast. I

want to thank and congratulate all the new officers for taking on their new positions. I am sure that they will find it rewarding. For some it may be a bit intimidating to start. There are a lot of people that you can go to for guidance. There are past lodge officers, your Zone Director and the District Board to call on for help. There is a lot of written guidance available as well; the leadership manual (if you can't find one call supply at Headquarters and ask for one), your own bylaws, District bylaws, The SON Constitution, Roberts Rules of order and the SON web site which contains a multitude of information like available programs, Viking resource and your local lodge membership information.



This is also the month when Lodge of the Year forms are being filled out. I was disappointed last year when 20 lodges failed to submit their forms. There are at least 3 reasons why you should fill out the form. You might win. One lodge who did not fill out a form last year probably would have won the Family Lodge of the Year based on what I saw in their newsletters. Even if you have no chance of winning your members have worked all year and their efforts should be recognized. They can be recognized by achieving Gold, Silver or Bronze status. Finally, it is important for the Sons of Norway to be able to document all the activities our lodges participate in to ensure our non-profit status remains intact.

I want to thank all of you for what you did for the Sons of Norway last year and in past years. I am looking forward to working you again this year and I have great faith that we will have even greater success in the years ahead.

Med vennlig hilsen,

Ralph Peterson, President
District Three, Sons of Norway



January 2010
Third District Today



Fra Vise Presidenten Gail Ekloff

A New Year — The opportunity for all members, officers, and lodge to try NEW programs and events. Use the 3D website to advertise your lodge events and meeting. Publish your events in the local paper or local TV. Outreach to the neighborhood; let them know that Sons of Norway is involved in the community. (With all the budget cuts, this might be the time you could get into an Adopt-A-School program).

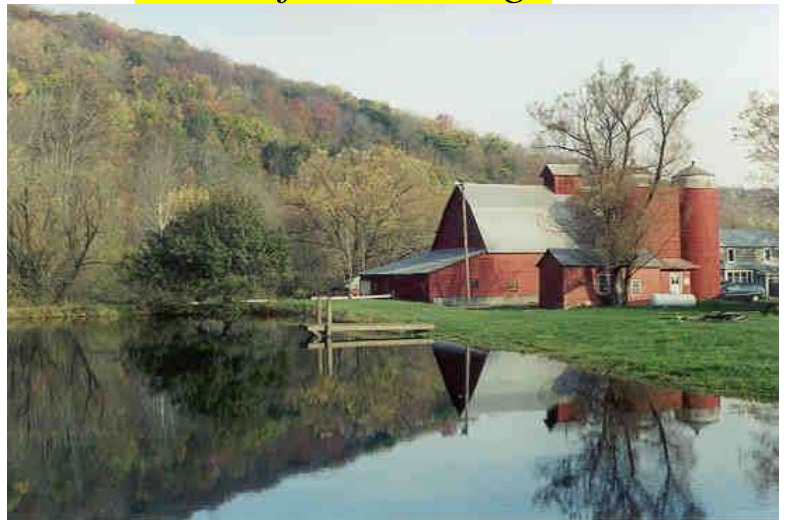
Get ready for the Convention — Prepare resolutions to present. Review the Bylaws, the Charter and Constitution. See if there is a way to clarify an issue that is important in the running of Sons of Norway – as a whole, the District or your Lodge.

Be a delegate to the Convention — Time to think about it. While there is Convention business to attend to, there is also the opportunity to get to know other lodge members throughout the District and exchange information on ways to enrich your lodge's cultural

programs. Attending the breakout sessions is informative and beneficial for you and your fellow lodge members. This is the time for you to voice your thoughts and let the leaders of the organization know your ideas and thoughts on the future of the Sons of Norway. Hope you want to attend and represent your lodge at the Convention.

Alt for denne gangen,
Gail

Land of the Vikings



Land of the Vikings (LOV) is located on 150 acres in a peaceful valley in Northeastern Pennsylvania, 35 miles east of Binghamton, NY, and is surrounded by 5,000 acres of state game land. Land of the Vikings offers fun for everyone: hunting, fishing, swimming, golf, cross-country skiing, snowmobiling, and hiking are just some of the activities available on the premises or nearby.

Land of the Vikings is open year round and has all-inclusive packages at reasonable rates and is ideally suited for group retreats such as sports clinics, seminars, family reunions, weddings, or anniversaries, providing privacy in a relaxed and comfortable setting. **LOV** also offers cultural and fitness programs such as rosemaling, folk dancing, wood carving, children's summer camp, Ski for Light, and Sports for Health.