

New York - The Empire State

Oslo Lodge in the heart of Central New York



Sons of Norway Third District
Oslo Lodge 3-438

** 2009 Small Lodge of the Year **
** 2007 Small Lodge of the Year **

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Oslo Lodge meets monthly. Please check calendar for event locations.

Dear members and friends

July is here and with that the summer. I know everyone is involved in a lot of things in the summer, but I'm just asking for a few hours of your time for Sons of Norway at Oslo Lodge.

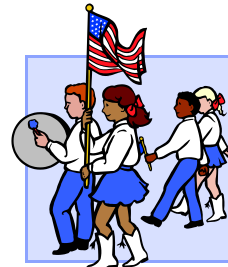
We will have a booth during the Scottish Games on Aug. 13th and we need your help. We will only need you for a few hours if we get volunteers. Please contact Karin McCadam: she will be more than happy to hear from you.

I would like to thank all the members that made it to the picnic at my house. We had a very nice day and a lot of people ate a lot of good food.

I hope we will have a nice summer and that on August 13th you will spare a few hours for the good of Oslo Lodge and enjoy a great day.

Bjorn Solli,
President Oslo Lodge

“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.”



Happy 4th of July!

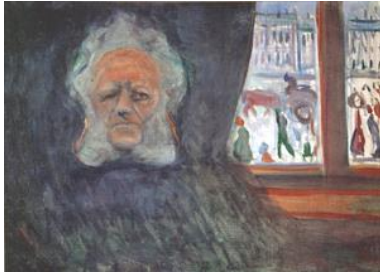
Oslo Times Newsletter July-August 2011

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

Drama worth seeing!

Friday July 22nd

Henrik Ibsen's The Wild Duck



Please contact Karin McCadam a.s.a.p. if you are interested in seeing this great play at the Fischer Center for the Performing Arts at Bard College, Annandale-on-Hudson (Hudson Valley area). Tickets are \$45, but with 10 or more, we'll get a 20% discount.

Saturday July 23rd 12:00 pm

Zone 4 Annual Picnic



All friends and members of Oslo Lodge are encouraged to do what the Norwegians do – ta liten tur til hytte (take a little trip to the cabin). In this case it is to Elvedal. The McCadams and the Sollis have made the trip in one day before and enjoyed it. So will you!

Hudson Valley Lodge hosts this picnic. It is a beautiful drive to their camp. Bring lawn chairs for all day comfort and invite your friends. Children and adults will enjoy swimming. Delicious hamburgers, hotdogs, salad, chips and beverages for a modest price are available, so need to cook, chill & carry food. Zone 4 meeting follows lunch. **Directions to Elvedal, Saugerties, NY:** New York Thruway north to Exit 20, after paying toll, turn left onto Rt. 212 (west). Drive for approximately 1.5 miles to Fish Creek Road. Make a left onto Fish Creek Rd., go about ¾ mile. After crossing a small bridge you will come to Patch Road on the left side. Bear left onto Patch Rd. until you see a small sign "Elvedal" on the left. Take the gravel road to the parking lot.

2011 Calendar

Mark your Calendar & Save these Dates!

Sat. July 23 Zone 4 Picnic, info at the left.

July 25 St. Olav's Day.



Vikings Kids Klubb - meet us in the park!

Please email Sarah at youth@oslolodge.org or Karin at editor@oslolodge.org for details.

Sat. Aug. 13 Scottish Games, Syracuse, NY.

More about Oslo Lodge participation below.

Sun Sept. 11 Nordic Roots, where you from?

Pin the flag on the map and tell family stories.

Sat. Oct. 15 Annual CNY Scandinavian Day

Changed to **3rd Saturday** this year.

Sun. Nov. 13 Nordic Christmas

Sat. Dec. 12 1-5 pm **Juletefest, your Christmas Party!** Please note change to the **2nd Saturday**.



Saturday August 13th - Scottish Games

Join Oslo Lodge at the Scottish Games & Celtic Festival on Saturday August 13th at Long Branch Park in Liverpool. We will have a booth on clan row to promote Oslo Lodge as well as Viking history in Scotland. (Some Oslo Lodge members have Scottish/Celtic ancestry, too.) We can purchase a block of pre-sale tickets at a reduced price. Order tickets via Oslo Lodge so the Scottish Games organizers know that we are there! Make checks out to Oslo Lodge. Send to Mike McCadam, 103 Simmons Terrace, Syracuse, NY 13219 by July 20th. Oslo Lodge will submit one check for the tickets. Presale prices are: adults, \$8; seniors, \$6; Kids 5-12, \$3; under 5, free. <http://www.cnyscottishgames.org>

Oslo Times Newsletter July-August 2011

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OSLO LODGE

Summer Birthdays: Gratulere med dagen

July

11 Christopher Mosbo
18 Judith Watland McIntyre
19 Elizabeth Dougherty
26 Sally Dussere
26 Janet Mostrom
30 Charles Bentley



August

9 Karin Heiberg Richards
15 Deidre Solli
24 Robert Mostrom

Helen C. Johnsen, 95, passed away on June 18th at home with family in DeWitt. She and her husband Allen, a former Lodge President, were active in Oslo Lodge for many years. She was involved in various organizations through the



years. Sister Helen was instrumental in getting new members, including Lorraine Bentley. She will be sorely missed by all who knew her. Several Oslo Lodge members attended calling hours and the funeral to pay their respects. In lieu of flowers Helen's request was a donation to her church. The Lodge has made a donation in her memory.

God Bedring

Mike M. is scheduled for knee replacement in August. Several of our members are under the weather (Janet B., Marsha R., Karin M. and others). We wish everyone health, rest and recovery this summer. Do you know if someone needs some cheer? Email Marsha at secretary@oslolodge.org



Sons of Norway Sports Medal can be earned simply by recording your swimming, skiing, walking, running, etc. How about you? Come learn more about it. Our youth bowled for the Third District Bowling Trophy!

Sons of Norway's Cultural Skills Program



Rosemaling (meaning "rose painting") is the name of a form of decorative painting that developed in Norway around the 1700s. The first rosemalers were inspired by artists from continental Europe, but over time developed their own unique styles. Most painters were poor, traveling artisans that would go from farm to farm painting rooms and furniture for comparatively wealthy landowners. Over time, different regions of the country developed their own distinctive styles. Style differences became so obvious that the origin of each rosemaled piece often could be identified on sight. Styles sometimes overlapped as artists moved from one district to another, and a few painters ventured from floral motifs to people, landscapes, biblical scenes and animals.

Are you interested in getting together for Rosemaling? Are you a 1st time rosemalar, or an experienced rosemalar? Please email Karin at editor@oslolodge.org.

Bunad Exchange

Do you have a bunad or festdrakt packed away in a box or hanging in a closet? Has it seen better days but you just cannot part with it? Well, please consider loaning it or selling it to someone in Oslo Lodge. We are looking for boys" and girls bunads as well as adult sized bunads. We would like to know as we have people interested. Please email editor@oslolodge.org



**Scotland:
Land of Beauty and History.**

Several Scottish clans trace their genealogy back to Viking forefathers and foremothers. The Viking men and women who settled in Scotland found a beauty and a people who reminded them of home.



Read the June Oslo Times online at www.oslolodge.org to learn more about Scotland and the Vikings.



14th century Flateyjarbók image of Harald Hårfagre, who took control of Hjalmland ca 875. http://en.wikipedia.org/wiki/Shetland_Scotland

SoN International: Minot Flood Relief

Minot, ND is experiencing historic flooding of the Souris (Mouse) River, which has displaced thousands of citizens. The Sons of Norway Foundation has been in touch with district and local lodge (Thor 4-067) leaders in Minot. They have reported that up to 75 Sons of Norway families may be faced with major damage to their homes due to this catastrophe.

The **Sons of Norway Foundation**, a 501 c 3 charity, has a Humanitarian Fund from which \$1,000 Helping Hands to Members Grants are awarded to aid members who are victims of natural disasters. The grants assist Sons of Norway members in their time of great need, helping them purchase items, like bottled water, groceries and other severely needed supplies to keep them going during the clean-up and re-build.

In true fraternal spirit, the Foundation is calling on all Sons of Norway members and lodges who can help with this relief effort to make a tax deductible donation* to the Humanitarian Fund. This will ensure that the Fund stands ready to help with current and future disasters. You may donate on-line or send your checks with "Minot" in the memo line (no cash please) to

Sons of Norway Foundation
Attention: Minot
1455 West Lake Street
Minneapolis, MN 55408.

Please accept our heartfelt thanks on behalf of the victims who will benefit from your generosity.

Fraternally,

Dan Rude
International President

Cindy Olson
Foundation Director

* Only donations of \$100 or more will receive tax deductible letters

Trekking the Trail of Norse Kings (part 1) by Brandon Wilson



Brandon Wilson from Hawaii made his pilgrimage to Nidaros in 2004. His account is found at <http://www.yakbutterblues.com>.

"I couldn't believe what confronted me as I crested the rise. Two moose, a mother and her calf, blocked my pathway. Slowly I lowered my pack and attempted to free my camera. But before I could capture them on film, they set off on an ethereal lope into the surrounding pine forest.

Surprising, yes? But that incident was typical of the adventure and super-natural surprises I discovered on my recent 400 mile (643 kilometer) trek along the **St. Olav's Way in Norway**.

Stretching from Oslo, Norway's capital, to Trondheim nearly on its north-western shore, St. Olav's Way offers an intriguing way to discover this country of natural superlatives.

Originating back in 1031AD, the trail traces the early Norse pilgrims' route as they travelled to Nidaros to pay homage and pray for miracles at the grave of King Olav, who is credited with spreading Christianity in the country. For which, he was granted sainthood.

For nearly 500 years, the faithful followed this same rugged route along Lake Mjøsa, up into the pine-draped hills, through ancient Bronze Age

settlements, across fog-cloaked valleys, up over the frigid tundra with its Stone Age reminders, and back down to the azure fjord. This they did (under certainly more difficult circumstances) in devotion,



penance, or to seek miracles at the cathedral in Trondheim where St. Olav was reputedly interred.

However, in 1603 pilgrimages were banned. The trail fell into disuse until 1997 when the Norwegian government spent millions of kroner to map, clear and mark the pathway and reclaim a unique chapter of their heritage.

Today this trail, or pilgrimsvegen as it is called, is being re-discovered by modern Norwegians, adventurous world trekkers, pilgrims, and those simply seeking solitude and peaceful contemplation."

Excerpted: Brandon Wilson's account of his journey.



Nidaros Cathedral, Trondheim, Norway

The Pilgrims' Way to Nidaros<http://www.pilegrim.info/en/>**The pilgrimage**

Not long after the Saint King, Olav Haraldsson, fell in battle at Stiklestad in 1030, Nidaros became a popular goal for people seeking to redeem their souls at his shrine. Olav became Norway's patron saint, and his reputation shone far beyond the borders of his country.

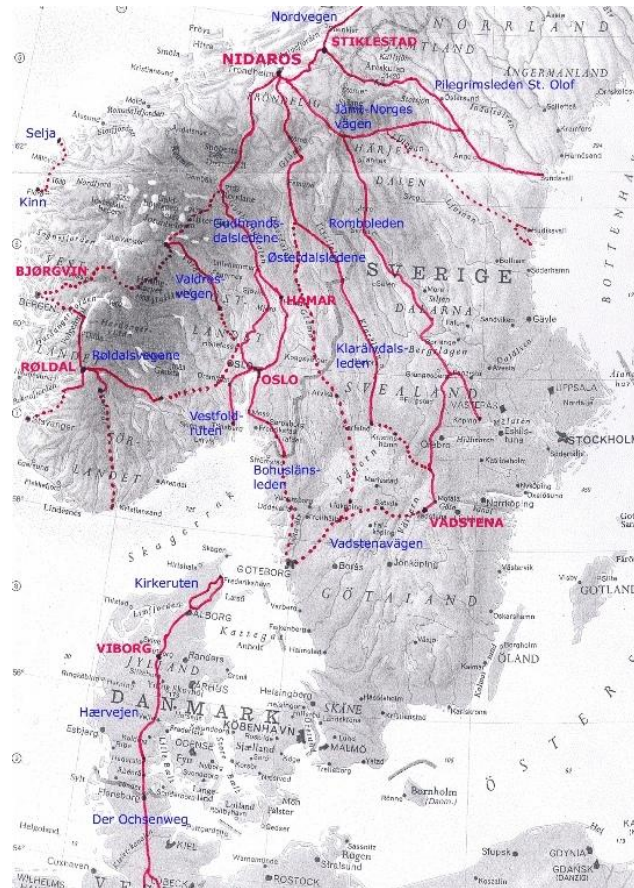
Along paths and vestigial roads, through wild country and through high mountains people wended their way to Christ's Church in Nidaros, where the shrine of Olav was venerated. A substantial number of people felt the beckoning of the shrine, and pilgrimages continued there until 1537, the time of the reformation, and perhaps even beyond that.

Today we cannot pinpoint with certainty where the medieval pilgrims made their way. The trails they followed were the contemporary highways. The common road - the "people's road" - threaded along the hillsides in the valleys which had been settled first.

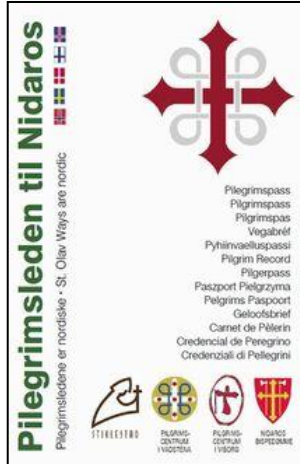
The road would be for walking and riding. Single-minded in its intent on reaching its destination, the road would climb up and wind down steep hills, disdaining detours around marshes or other obstacles. In hilly terrain, traffic, weather and precipitation would cause the dissolving earth and clay to seep away, leaving a distinct furrow, a sunken road. On marshy ground the road might be paved with logs, called a kavlebru - a log bridge.

Pilgrims would normally travel in companies. A day's journey might stretch up to 30 kilometres for those hardy souls who could manage to hike that far. Every 8 to 10 kilometres there would be places of rest with grazing for horses. Such pastures were called "Olav's fields". Along the way there would be inns and lodgings. The oldest places for accommodation were the simple sælehus - houses of rest - where lodgers would have to cater for themselves. Tradition also tells us of roadside crosses, pilgrims' chapels and sacred wells along the road.

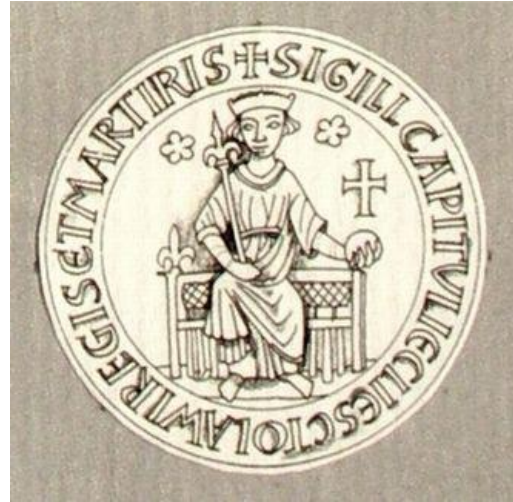
Through the centuries, the old roads have been replaced by newer ones, the soil has been tilled or the trails have become overgrown. When reviving the path, it has been necessary to consider the changes that have occurred, but the landscape through which the pilgrims walked remains largely the same.



From <http://www.pilegrim.info/en/>



The tradition of the pilgrim's pass comes from the Middle Ages. The pass was to prove that the bearer was a genuine pilgrim when he/she arrived as a stranger. This tradition of the pilgrim's passport has been updated and the pilgrim can use it as a record of his/her pilgrimage with stamps from places along the way. If you have walked the last 100 kms to Nidaros you are obliged to the pilgrim's certificate or the 'Olavs document'. The text in the pass is written in Norwegian and English.



Ca1225 Nidaros Cathedral Chapter's seal: St. Olav sitting on the throne with crown.

The text in the Olav Letter is in Norwegian & Latin. English translation:

We declare that to this Cathedral built over King Olav the Holy's grave and dedicated to God's glory and the honour of King Olav the Holy (pilgrim's name) has devoutly walked the pilgrims' way. Nidaros (date)

Må vegene åpne seg for deg, min venn,
og vinden blåse bak deg.
Må solen skinne på ditt ansikt
og regnet falle mykt på dine marker.
Inntil vi møtes igjen
må du hele tiden være
i Guds hånd.

Gammel keltisk bønn for pilgrimen

May the roads rise up to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields, and
Until we meet again,
May God hold you
in the palm of His hand.

Old Celtic prayer for the pilgrim

pilegrim.info
pilgrim.info
peregrino.info

06-2007 Den norske kirke
Pilegrimskontoret i Trondheim

TESTIMONIUM
PEREGRINATIONIS PERACCAE
AD LIMINA SANCTI OLAVI

En gule hjert at et
dove stambret egg
get oed kong Olav
den helliges gite
og oed Olavs stte
og kong Olav den
helliges heber her

gullfættig vandet
pilegrimsveien
Nidaros

PROCORDI FACIENDIS
PATE. COLLEGIANDI
CACTHONALGOS
JANUS SANCTI OLAVI
REGIS CORPUS
ACRIFICIARUM AGRI
AD SUI QUORUM
ET IPIUS SANCTI
OLAVI REGIS PD -
FROGEO. SUCACARI
ONOS

PISCACE. GEMERAC
PEREGRINATIONIS
VERACCAE

DACCOS. FIDROSSA

Oslo Lodge Members' Travel Log

Each fall Oslo Times carries the travel adventures of its members. Where will you be this summer? Whether you travel to Norway, elsewhere or stay right in New York State, we'd love to hear from you. Please send your short narrative (2-3 paragraphs at most) along with a photo. We look forward to hearing from you.

More chances to tour Norway free!

Get your raffle tickets for a cruise on the Hurtigruten along the beautiful Norwegian coastline from Bergen to Kirkenes. Two winners will be drawn in July at LOV, with each one winning a cabin for 2. Benefits Third District. See Bjorn Solli or Karin McCadam for tickets or more information. Deadline is fast approaching.

Norwegian Experience 2011

Sons of Norway has partnered with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience. All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2011 Norwegian Experience Recruitment Contest.

The trip includes airfare, meals, travel opportunities and accommodations! Imagine a 10 day land-tour of Norway with some of the most beautiful scenery in Scandinavia! And the winner chooses their own adventure! Whether you prefer an active trip of sight-seeing and touring, or a more laid-back vacation, it's up to you! To enter this year's Norwegian Experience Recruitment Contest recruit one new, dues-paying member with your name listed in the "Referred By" field on the application. Entries are valid on new members recruited Jan. 1 – Dec. 31, 2011. Enter often.

**Can you picture yourself here in Norway?****Have you been to Geirangerfjord?**

Here is an advertisement from one hotel as listed on visitnorway.com.

Hotel Union Geiranger is located at the very heart of Norway's most beautiful landscapes

There is plenty of room for all at Hotel Union. The lounge offers magnificent views of Geirangerfjord, the most beautiful fjord in the world and now inscribed on UNESCO's World Heritage List.

We all need a little time to ourselves. Pay a visit to the spa and experience total well-being. At Union Spa, you can soothe the mind, reduce stress levels and gather inspiration. Authentic, pure and alternative water experiences, purification and treatments.

Special offer this summer: rate includes dinner,



breakfast and one activity. Activities to choose from: entrance to Union Spa, 1 1/2 hour fjord cruise with MS Geirangerfjord, kayaking on the famous Geirangerfjord, a visit at Westerås Farm including a old-fashioned lunch (rommegrot), and hiking whichever direction the path leads.

Basic Clothesline Use**(Yes, these are the rules. Read on):**

1. Wash the clothesline before use - walk the entire length of each line running a damp cloth around the lines.
2. Hang clothes in order: 'whites & lights' first, and then the 'brights & darks' as the lights dry first as these are usually of a thinner material.
3. Never hung a shirt by the shoulders, but always by the tail or there will be clothes pin marks along the shoulder seams. What would the neighbors think?
4. Wash day is Monday. Never hang clothes on the weekend, or Sunday, for Heaven's sake!!!
5. Hang the sheets and towels on the outside lines thus hiding your 'unmentionables' in the middle -- perverts & busybodies might see, don't cha know?
6. Hang clothes in all seasons; even subzero temps as clothes 'freeze-dry'.
7. Always gather the clothes pins when taking down dry clothes. Pins left on the lines are 'tacky'!
8. Tip for efficient use: line the clothes up so that each item does not need two clothes pins, but share the clothes pins between garments.
9. Clothes must be taken down before dinner; neatly folded in the basket, and ready to be ironed.
10. Ironed? Well, that's another topic.
11. Tip: clothes poles are used to push the clothes lines higher so heavy lines do not touch the ground.

A Poem

A clothesline was a news forecast,
to neighbors passing by.

There were no secrets you could keep
When clothes were hung to dry.

It also was a friendly link
For neighbors always knew;
If company had stopped on by
To spend a night or two.

For then you'd see the "fancy sheets"
And towels on the line.

You'd see the "company table cloths"
With intricate designs.

The line announced a baby's birth
From folks who lived inside;
As brand new infant clothes were hung,
So carefully with pride!

The ages of the children could
So readily be known;
By watching how the sizes changed,
You'd know how much they'd grown!

It also told when illness struck,
As extra sheets were hung.
Then nightclothes, and a bathrobe, too,
Haphazardly were strung.

It also said, "Gone on vacation now"
When lines hung limp and bare.
It told "we're back!" when full lines sagged
With not an inch to spare!

New folks in town were scorned upon
If wash was dull and gray;
As neighbors carefully raised their brows,
And looked the other way.

But clotheslines now are of the past,
For dryers make work less.

Now what goes on inside a home
Is anybody's guess!

I really miss that way of life,
It was a friendly sign.
When neighbors knew each other best
By what hung on the line.....



Hope you have enjoyed this refreshing remembrance shared by Lorraine Bentley (adapted from an email she received).

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Oslo Lodge membership

When you aren't at Oslo Lodge we miss you! You are a vital link in the fraternalism of the Lodge. Oslo Lodge is blessed with warm, gregarious and interesting people who gather to share Nordic culture. Whether your interest is in history, genealogy, cooking, sports, travel or just being a part of a fun group, you belong. Come on out and meet others and share your interests. Kom snakker på Engelsk, Norsk, Svensk eller Dansk.

The goal of Oslo Lodge is to preserve the wonderful NORDIC heritage we share while maintaining our unique cultural identities. Whether Norwegian, Danish, Swedish Icelandic or Finnish, all contribute to the fabric of Oslo Lodge. You don't have to be of Nordic descent to belong, just have an interest in Nordic culture! We have activities for all ages. Children are always welcome. Join us!

SUPPORT OUR YOUTH

It is never too early or too late to contribute to the Zone 4 Scholarship Program. This year seven \$500 scholarships were awarded at the Zone 4 Scholarship Dinner. Every \$5 helps and we do accept donations. Please consider making another donation to the Scholarship Fund. You can do so in honor or in memory of someone you love. Also remember that this is considered a charitable donation, so make certain you keep accurate records for 2011.

ADVERTISEMENTS

Land of the Vikings
**Sons of Norway Third District
Cultural & Recreational Center**

Sherman, Pennsylvania

Phone: 570-461-3500

Fax: 570-461-7500

Email: vikingland@tds.net

Beverly & Rick Budrick, managers

Nordic Art

Original Art & Prints

Milton Norman Franson



**Prints of Viking Ship
available from artist**

127 Sagamore Dr. S.

Liverpool, NY 13090

315.622.7211

mfransonart@yahoo.com

**For your skin care, cosmetic, nutritional needs,
contact Karin at HealthHopeBeauty@yahoo.com**



Contact Sverre Aasgaarden Financial Benefits
aasgaarden@cs.com
1-800-314-2955

Allow me, Thor, to offer tips and suggestions as you navigate your way through this sea of Financial Products!

