

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

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From Oslo Lodge President Bjorn Solli:

Dear members and friends,

First, I would like to thank everybody who attended the Valentine’s Party. It was very interesting and fun. As I write this letter, I’m sitting down after several hours of shoveling snow: it is not as much fun as it used to be, but that is Central New York for you. The good news is that I have been watching the Olympics and between USA and Norway they are cleaning house.

We will kick off March Madness on March 14th with a program that you do not want to miss! This is a one hour video that will bring us back to how our forebearers lived on small treacherous precipices. You will also see some spectacular scenery.

I would like for everybody to also mark April 11th on your calendar, We have a very good program and Third District President Ralph Peterson will be joining us. Ralph is the President for all the lodges on the east coast from Maine to Florida. He has heard about how our lodge came out of the ashes and how we are getting stronger every day, and now he want to see it himself. I would like to encourage all the members to make an extra effort to be there that day.

Finally, a couple more things. We still have FEW scholarship raffle tickets left, so please see me. We are also still looking for a few good men and women, to fill some positions in the lodge

I hope to see most of you guys in March and April

Bjorn Solli, President
3-438 Oslo lodge

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

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

Oslo Lodge 2010

Saturday, March 6th 10 am - 3pm Oslo Lodge Viking Club (Youth Club) has a booth at the 2010 Family Times Summer Camp & Activity Fair. Come visit us at Carousel Center commons level at the Carousel Mall, Syracuse NY

Mar. 14th – March Madness.



Bring friends and family in March (prize given to person who brings the most non-members) to watch **“Where the Home Fires Burned”**. With spectacular scenery, historical vignettes, it’s just an hour long. **Learn how some of our forbearers lived.** Don’t miss it or the refreshments. Please email editor@oslolodge.org

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. This year 7 \$500 scholarships will be awarded. Come enjoy a delicious dinner and support our youth. Where else can you have so much fun for only \$25? Reservations by April 1st. Scholarship Program Raffle Tickets available at Oslo Lodge.

Sat. May 1 Syracuse, NY. Oslo Lodge hosts the Memorial Service for Zone 4. Due to circumstances beyond our control we will not be meeting at St. Olaf’s Chapel in Inlet. Final details will be available by the March 14th.

May 16 “Syttende Mai (17th of May) Parade” COME March with Oslo Lodge

in Brooklyn (site of 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 info see Mike or Karin McCadam

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

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 Membership Dinner – 2010 Central New York Scandinavian Day

Nov. 14 Oslo Lodge Officer Elections, 2011–12

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

OSLO LODGE NEWS

An announcement from Sons of Norway
International, Feb. 18th

**Sons of Norway Viking Resource
January 2010**

*Membership Recruitment & Retention
Congratulations to Founders Award
Winners*

Sons of Norway lodges with a membership growth of 3% or more during 2009 will be awarded a Founders Award certificate along with a cash bonus at their district conventions this spring. Those growing 3% - 19% receive \$50 and those with the phenomenal growth rates of 20% or more will receive \$100. In 2009, we had 69 lodges qualify for Founders Awards. Unfortunately, this number is down from the total in 2008 of 101 award winning lodges and 121 award winning lodges in 2007. Let's reverse this trend and make 2010 a record shattering year for Sons of Norway recruitment and retention! **Congratulations to those lodges that experienced over 19% growth:**

1-193 Vinland, International Falls, MN 31%

1-464 Draxten, Minneapolis, MN 20%

1-680 Scandia, Waconia, MN 42%

2-030 Helgeland, Cathlamet, WA 45%

3-232 Dovre, Providence, RI 25%

3-438 Oslo, Syracuse, NY 33%

5-053 Valkyrien, Woodville, WI 23%

5-457 Solvang, Westby, WI 21%

6-150 Solskinn, Palm Desert, CA 24%



The Results are in! The exciting 2009 Sons of Norway Fall Membership Recruitment Blitz netted 1010 new members! And Oslo Lodge was an active participant. A huge thank you to the lodge members for their excellent work and on making guests and visitors so welcome at Oslo Lodge. Oslo Lodge added to its membership all year and grew by 33% in 2009. Job well done!

OSLO VIKINGS**Oslo Lodge Barnas Norsk Klubb**

February was a great month full of fun activities! We learned a lot of Norsk vocabulary words such as *elsker* (love), *mor* (mother), *far* (father) and made valentines in Norsk to give to our family members! Did you know that *Morsdagen* (Mother's Day) in Norway is celebrated on the second Sunday of February? This year it fell on February 14! Many of our kids chose to give their valentines to their mother in honor of this special day. We also had time to make and eat a special Norsk treat. It was delicious!

By participating in the Norsk cultural activities, kids have an opportunity to earn award pins. We will be learning more about how to do that. Join us in March for a Norsk movie (with Engelsk subtitles) and a scavenger hunt!

Youth Programming – Our Future

Oslo Lodge members support the mission of Sons of Norway and our lodge mission (see first page). We are reaching out to families with children, because they are our future. Think for one moment how lonely



rather than lovely our JuletreFest would be without children? How many remember our successful Central New York Scandinavian Day? Did you notice that the Swedish booth was manned by a 10 year old boy? Did you notice that high chairs were in use for the dinner? Did you notice the two little girls in their bunads? How about all the other children? We need members who will make families with children and teens welcome. Please lend a hand to assist the Youth Committee. **Please give Oslo Lodge youth a reason to belong!**

Tubfrim

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



Oslo Lodge MEMBERS' CORNER

Oslo Lodge Vacancies We are looking for availability. If you have abilities, that is even better. However we need members who will share some of their time and talent. Not a lot, just some! Are you willing to serve as a greeter, making members and guests feel welcome? Can you play an instrument and help us out a few times a year? Can you help chair the Social Committee? Or, are you the one we need to coordinate our publicity efforts? Please speak to one of the Officers soon. Remember it is not a lifetime commitment!

**Members on the Mend.**

Rusty and Marsha Roseen are doing better. Know of anyone on the mend, then please email secretary@oslolodge.org.

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.

**Oslo Lodge College Corner****From one of our Unge Venner members:**

“Luther College is great. I have been swimming and I joined a chess club and a fraternity. And all the work is keeping me busy. I have changed my major from Music to Philosophy although I am still in the ensemble Norsemen and am taking voice lessons. Norsemen is performing next week at a Choral Directors Conference meeting in Minneapolis.

Christmas at Luther College was a great experience to be a part of. When months of practice finally paid off, it was an amazing experience performing in the Center for Faith and Life (The Luther Church Auditorium).

It is finally getting warmer out here in Iowa. I haven't heard such luck is in order around the east coast!” Aaron Eddy

SCHOLARSHIPS

This month we bring great news for any member of Oslo Lodge. This pertains to you, your children and/or your grandchildren. Please read this news.

Foundation News Scholarship and grant season for the Sons of Norway Foundation is currently underway. The Foundation offers five scholarship categories and awards over 25 scholarships annually. Scholarship amounts range from \$1,000 to \$10,000, depending on the field of study. Three grant categories are offered, with 70 grants awarded annually. For more information and to download applications, then just log onto the following: www.sonsofnorway.com/foundation

Don't miss the deadlines:**Grant Application Deadline****General Heritage & Culture Grant April 1, 2010**

If you have a student, or have a child or grandchild enrolled in college, then check out this opportunity:

Nancy Lorraine Jensen Scholarship**Scholarship Application Deadline April 1, 2010**

Or these for next year (deadline was March 1, 2010).

Cates/Beinhauer Scholarship; King Olav V**Norwegian American Scholarship; Tronvold Folk****High School Scholarship; Oslo Summer School****Scholarship**

Check out www.sonsofnorway.com/foundation to download forms. Questions? Need more info? Email foundation@sofn.com or (800) 945-8851

**“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.

Skiing in Norway on February 25th, 2010.



Hafjell og Kvitfjell i Gudbrandsdalen i Norge. Site of skiing events for OL 1994 (Olympics Lillehammer 1994). Notice the “man on the far mountain”! Photo courtesy Jan Dokk

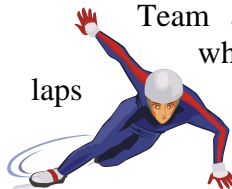
The gift of Sons of Norway Membership is a passport that opens doors to history, language, rich Nordic culture, artisan crafts and much more! Every month your gift will bring the Viking magazine to the home of the new member and an invitation to a local lodge event. Please chat with any Lodge Officer to give an awesome gift for Valentine's Day, a birthday or an anniversary.

Oslo Lodge, a Family-Oriented Lodge

Did you know that at Oslo Lodge we have something for almost everyone? Yes, there is always some delicious refreshments and it is good to catch up with our friends, but there is so much more. This year, we will be concentrating on members becoming more familiar with the **Cultural Skills Program** and the **Sports Program**, both of which members (Heritage, Unge Venner and traditional members) 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.

Sons of Norway Sports Medal

Come learn how to earn a Sons of Norway Sports Medal via lifelong activity that you can achieve and maintain. Join the Oslo Lodge Sports Team and track your progress whether it is miles walked, laps in the pool or something else.



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, both through their lodges or as individual participants. 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.

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.

Contact JENSEN TRAVEL Booking at 1-866-552-0371 or email: USBooking@hurtigruten.com

**Norwegian Immigration Association
Miss Norway of Greater New York- 2009 winners**



The 55th Annual Miss Norway Contest On Saturday March 27th contestants will be interviewed, and asked about their interests, their ambitions and how a Norwegian heritage has shaped parts of their lives. The judges will then choose Miss Norway of Greater New York 2010, who will ride in the **May 17th Parade on May 16th** and also **win a trip to Norway!** This is open to even our Upstate ladies. Download applications for the Miss Norway and Little Miss Norway contests at: <http://www.niahistory.org/miss.norway.application.pdf> If interested, please print and mail the application back by no later than March 22, 2010. **Learn more about the Norwegian Immigration Foundation at: niahistoryonline@yahoo.com**

News from Norway via websites!

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

Travel + Leisure 2010 Design Award

Burtigard, Gudbrandsjuvet, Norway 2008

Juvel Landscape Hotel

Photo: Jensen & Skodvin

“Juvel is a hotel in which the landscape is not a view but the theme of place” said renowned architect and jury member Rafael Viñoly.

Juvel Landscape Hotel designed by Norwegian firm Jensen & Skodvin Architects took home the Travel + Leisure 2010 Design Award for Best Small Hotel. "A series of glass-and-wood boxes scattered across a mountainside in northwestern Norway, the Juvel hotel looks to be the result of some sort of high-modern architectural airdrop maneuver. Each stand-alone guest room has floor-to-ceiling windows overlooking beautiful, rugged terrain and nothing else. The effect: total immersion in nature" writes Travel + Leisure Magazine.

"Basically each room is a detached small independent house with one, or sometimes two of the walls constructed in glass. The landscape in which these rooms are placed is by most people considered spectacularly beautiful and varied and the topography allows a layout where no room looks at another. In this way every room gets its own surprising view of a dramatic piece of landscape, always changing with the weather and the time of the day and the season."

http://www.norway.org/News_and_events/Culture/Architecture--Design/Travel--Leisure-2010-Design-Award-for-Juvel-Landscape-Hotel/

Bjørn Solli Group plays in New York

Okay, we have your attention! This is not our Bjørn Solli, President of Oslo Lodge! Although at times our Bjørn Solli may wish for a birth year of 1979, but then his wife and children would probably be against that (as well as his mother!). Anyway, read a little about a Bjørn Solli you do not know. Somehow, we doubt this younger Bjørn Solli has the dry sense of humor that we all love about our own Bjørn Solli!



Bjørn Solli is playing two shows in February and one in March together with his two bands, The Bjørn Solli 4 and The Bjørn Solli Trio, in New York. Bjørn Solli was born in Norway in 1979 and is now based in New York City. Voted "Young Norwegian Jazz Musician of The Year" in 2002, he has since won numerous awards throughout Europe, including soloist prizes in Belgium, Monaco and Spain, audience prizes in Switzerland and Spain, and a composition prize in France.

Make sure you don't miss their performances, on Friday at Smalls Jazz Club in Greenwich Village, a subterranean jazz dive with brick walls and wooden chairs, and of course world class musicians. On Wednesday the 24th at Fat Cat and on the 4th of March at The Bar Next Door (La Lanterna Caffè). Lean back, and let the sound of cool jazz take your mind away from the cold of winter. Check out the following: www.smallsjazzclub.com, www.fatcatmusic.org and <http://lalanternacaffe.com/> Article accessed from: http://www.norway.org/News_and_events/Culture/Music/Bjorn-Solli-Group-plays-in-New-York/

More JAZZ in the Big Apple March 31 at 8:30 pm

Pianist and composer Tord Gustavsen premieres music from *Restored, Returned*, his new release. His ensemble will be in concert at Merkin Concert Hall, Kaufman Center, located at 129 West 67 Street at Broadway & Amsterdam Ave.) Tickets \$25. Call 212-501-3330 or order online at <http://kaufman-center.org/merkin-concert-hall/event/tord-gustavsen-ensemble>. Also check out www.tordgustavesen.com

From www.norway.org

A perfect winter in Norway



Photo: Solvin Zankl/Tysfjord Turistsenter
It is possible to swim with the orca whales from October to January in Tysfjord.

Norway has much to offer tourists in the winter: snow, mountains, fjords and the unique culture of the Sámi people. We invited Audun Pettersen, one of the people most actively involved in Norway's tourist industry, to tell us about some of the activities he would recommend.

Audun Pettersen heads up efforts at Innovation Norway to promote Norway as a tourist destination, and he knows a lot about where to find the best Arctic adventures. When we asked him to choose his favorite place, he had no trouble answering:

"I think Northern Norway is the most fabulous place to see in the winter and it is different from other countries because the experience is more authentic," says Pettersen.

Igloo Hotel, Alta



Photo: Kenneth Bjerga/Sorrisniva
"I would start by flying to Alta and spending the night at the Igloo Hotel. It will be an experience you will not soon forget, and it is not actually as cold as you might think, considering that the entire hotel is made of ice. There is a special kind of stillness there due to the snow and ice, and I had an unbelievably good night's sleep when I stayed there."

Sámi culture The next day I would travel to Karasjok and Kautokeino to get a taste of our unique Sámi culture."



Photo: Terje Rakke/Nordic Life/Innovation Norway
The population of Kautokeino is 3,000 people and 100,000 reindeer.

King crab fishing

The next stop would be Kirkenes. "This is a great area to go on a king crab safari and Kirkenes is probably the best place for this. Sometimes you can dive to catch the crabs yourself and other times they catch the crabs for you," explains Pettersen.



The Lofoten Islands The Lofoten Islands are the next place on Pettersen's list for several reasons. "There is so much to do in Lofoten. I would spend the night in one of the cabins by the sea and begin my stay with a fishing trip. Something I would especially recommend is to take a boat excursion to view the sea eagles."

What and where is this? First one to email the Editor gets a chocolate in March at Oslo Lodge!



Read more at:

http://www.norway.org/News_and_events/Culture/Travel/perfect-winter/



March 2010 Third District Today

Hei alle sammen,

Well I guess that we have all tasted a bit of winter this year. Some of us (read the DC area) probably tasted a bit more. But then again we are **VIKINGS**. Having said that, even many Vikings looked to the South which is a practice still carried on here in the USA. It is a practice I will continue this March as AnneGrete and I make our annual pilgrimage to Florida. We will be there for the St. Augustine regatta.

If you haven't voted on your convention delegates I hope it's on your agenda for your next meeting. Our District Convention is one of our most important events of our two year cycle. We do have business to conduct and your lodge needs to have their voice heard and counted. In addition to the business, there will be great fraternal events and even some educational events so please make sure your lodge is represented. Perhaps the biggest event will be to meet old friends and make new ones. There is information about the convention on our blog and the web site and more is coming.

February 20th will see the 4th new lodge in District 3 that has been instituted in the past 4 years. In addition to New Bern, there is a new lodge starting in Estero, FL. They already have over 40 members without holding an organizational meeting and they are on line to be instituted in March of this year. These new lodges are something that District 3 can be very proud of. Let's keep the pattern going.

The number of daily visitors to our web site continues to grow. Since November we have had monthly daily averages of 97.7, 92.1, 134.2 and in mid February we

are over 154. Many of you are visiting the new blog and the convention news. The "What's the Buzz" section also gets a lot of traffic and that is the section where you will find the latest District and LOV news. Thanks to all of you who are contributing information and posting to the site. We are a bit late in publishing our District goals for 2010 but here they are:

Reduce the number of members leaving voluntary by 10% (845 to 760), Increase the number of benefit members by 75, Increase convention attendance by 5% (134-141) and Increase the number of local lodge membership committees to 55 % (17-27). We can do it!!

For a couple of years our District 3 membership has been below 8,000. The new lodge in Estero just brought in over 40 new members to the District and pushed us back close to the 8,000 mark. I am told they have about 10 more applications ready to go. With those 10 and help from you we can get back over the 8,000 mark. **Let's make this a big membership month and get back over the 8,000 number**

Med vennlig hilsen,
Ralph Peterson, President
District Three, Sons of Norway

Support the Sons Of Norway Foundation!
"Pass the Piggy" funds are used for benevolences related to natural disasters or other traumatic events.





March 2010
Third District Today



Fra Vise Presidenten Gail Ekloff

March Membership Madness is here - I can't wait to see how many lodges participated in this membership drive. What was your lodge's program about and how many members did you get? Hope the ideas and pictures are posted on the 3D website for all the District lodges to see how creative every lodge can be. It will be interesting to see the Membership Activity Report for SON for the month on March.

An excellent resource to show off our Scandinavian lifestyle is Land of the Vikings (LOV) and your support is a vital key to its continued success. I hope all the lodges get to visit the facility in Sherman, PA. Supporters of LOV have seen many changes take place during its first 30+ years. We are concentrating on making it the "Cultural Center" for the Third District. Our hope for the future is to have it represent all that is "good and noble" in the Sons of Norway. Like to see what the place looks like? Visit the 3D website and click on to the LOV link. Be sure and check out the calendar of events.

Another way to get involved with the SON is the Annual Convention. All lodges should have elected their delegates for the convention and forwarded the names and resolutions to Sister Marci Larson so she can start putting together the Resolution Book. June will be here before you know it! Be nice to see if we have more lodges represented than at the 2008 convention. Brother Ralph will keep me informed of this, he loves to do statistics. Also, in

March, our Irish friends celebrate Saint Patrick's Day—a culture intertwined with Norway. The largest find of Viking ships were uncovered in Ireland! After all, we did give you your national dish, Lutefisk! Erin go bragh!!! Alt for denne gangen, **Gail**

ADVERTISEMENTS

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



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

