



North Carolina Vikings



APRIL 2011

<http://www.northcarolinavikings.org>

Sons of Norway

Vol. 5, No. 3

NC Vikings Lodge 3-675

PRESIDENT'S MESSAGE

Lodge Officers 2011-2012

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(919) 460-9214

**Vice President and
Secretary**

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(919) 554-0747

Treasurer

Kjell Ottesen
innorsk@hotmail.com
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Cultural Director

Open – we're looking for
someone to fill this
position

Social Director

Kari Crenshaw
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(919) 781-0302

Membership Secretary

Frank Bell
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Newsletter Editor

Cory Quammen
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We had a very successful March meeting with Laura Wiik, a former college art professor and a lifelong artist, explaining why she chose her style of art and then describing (slides and articles she brought with her) her unique form of art. My thanks go out to Laura for putting her presentation together and offering us an insight to a very “creative” art form. I would also like to thank Kari Crenshaw for again organizing the wonderful refreshments and those other members who brought the goodies.



Now that spring has sprung, the azaleas & spring foliage is blooming, we can enthusiastically turn our thoughts to Easter, our next meeting and Syttende Mai. Our April meeting will feature John Felicione, a “retired” Physicians Assistant who will talk to us about health, exercise, vitamins, etc. On May 14th, we will join the Friends of Scandinavia for the traditional Syttende Mai celebration (see enclosed article) but not have our normal lodge meeting.

Please share your commitment and presence at these meetings as you are what make the North Carolina Vikings Lodge!
Never forget to promote the Sons of Norway membership to

friends and associates. Involvement in the lodge will certainly be worthwhile for you and your families but it is truly all about what “we make of it for us and each other”.

I'm looking forward to seeing you all at our next meeting.

Hilsen fra,
Mike Tilder, President
North Carolina Vikings Lodge 3-675

SYTTENDE MAI CELEBRATION

Please join us as we celebrate Syttende Mai with the Friends of Scandinavia. Everyone will begin to assemble at 11:00 am in the Apex Community Park to celebrate Syttende Mai, the date that commemorates the anniversary of Norway's newly adopted constitution in 1813. There will be time for socializing and enjoying the folk music by the Spelmanslag as we organize for the parade. Then the flag bearers and fiddlers will lead everyone along the lake and back as we all join in. Keep in mind the Syttende Mai parade should include the children, so bring them all along. To add to the festivities please remember to bring your own Norwegian flags and wear your national costumes. We'll have flags for the children. If you don't have a costume, we encourage you to include the colors red, white and blue in what you choose to wear. We also ask that you bring flowers from your back yard to help decorate the tables. Following the parade and the singing of our national anthems we'll enjoy a picnic lunch together. You are asked to bring two dishes: a main dish and a salad or dessert. Single persons may bring one dish to share. Friends of Scandinavia will provide a sliced ham as well as plates, flatware and beverages. Please remember to bring a generous amount of food, since we've invited the musicians and dancers as our guests. Following the picnic lunch the Spelmanslag will entertain us with their music, the Scandancers will perform Norwegian folk dances in costumes.

The address of Apex Community Park is 2200 Laura Duncan Rd, Cary. To get there, take US 64 to Laura Duncan Road and turn right if coming from the east, left if coming from the west. The entrance to the park is about ½ mile from US 64 on the right.

UPCOMING VIKINGS LODGE PROGRAMS AND EVENTS

Please join us as we celebrate the culture of Norway and meet with others who share an interest in all things Norwegian. A coffee and dessert social follows each meeting, so please bring a small snack to share!

April 28th

Lodge Meeting – 7:00 PM, Good Shepherd Lutheran Church, Underwood Hall

Guest speaker John Felicione, a licensed Physicians Assistant, will talk to us about health, aging, exercise, vitamins, etc.

May 14th (note the date change)

Friends of Scandinavia Syttende Mai Celebration– 11:00 AM – 2:00 PM, Apex Community Park, 2200 Laura Duncan Rd. Apex, NC 27523.

June 23rd

Lodge Meeting – 7:00 PM, Good Shepherd Lutheran Church, Underwood Hall
One-pound auction

GRATULERER MED DAGEN!

4/10 Mike Tilder
4/12 Norm Miller
4/17 Sonja Striplin

4/18 Jennifer Perugini
4/20 Jacqueline Sheffield



SUMMER CAMP



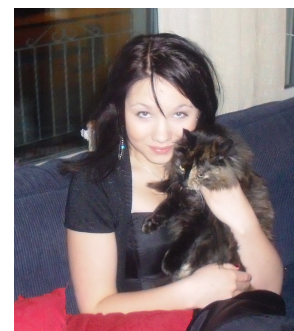
The SON 3rd District Summer Camp will be held at the Land of the Vikings in Sherman, PA, the 3rd District park and lodge. Camp for 12 to 15 year-olds will be held July 3–9 while camp for 8 to 11 year-olds will be held July 10–16. Application forms and other associated summer camp forms can be found on the District 3 website (<http://www.3dsofn.org/forms/>).

Several volunteers are still needed for the camp, including a Hardanger teacher for either or both weeks, a Language teacher for the first week (older group), a Nurse for either week or both weeks, and a Woodcarver for the first week.

If you are interested in volunteering, or need more information, email Evelyn Karpack, 3rd District Youth Director at farmoker@vorizon.net as soon as possible.

NORWEGIAN HIGH SCHOOL STUDENT LOOKING FOR A HOST FAMILY

A Norwegian high school exchange student is looking for a host family in the Raleigh area. Synne Martinussen is from Northern Norway, two hours north of the Arctic Circle. She will be going to a high school in Wake County during the 10 months of the exchange program. Michael Callis, a volunteer with a student exchange organization called Youth For Understanding, hosted her sister two years ago and had a terrific experience. Please contact Michael Callis if you are interested in possibly hosting Synne and would like more information about her.



NEWSLETTER ARTICLES WANTED

Do you have a news article, web site, or a story you would like to share with the lodge membership? Please send items of interest to editor Cory Quammen (cquammen@gmail.com) for inclusion in the newsletter.

FRIZEN'S FINANCIAL FINDINGS

Let's Understand the Facts about Fixed Annuities

Are you concerned about your financial future? Have you been riding the roller coaster of the stock market? It is easy to feel good about things when the market is going up as it has been in the last year or so after the crash in 2008. But have you been watching the market lately? World events can and do have an adverse effect on the markets of the world and Wall Street is not shielded from these effects. While it is true that the market offers the chance for higher interest rates on your investments, it is also true that it is not without risk. There is a chance that you may lose money as well. While we all want to maximize our investment growth, there is also a time when it makes sense to protect what we have accumulated. That's where a Fixed Annuity comes in! Let's look at the facts about a Fixed Annuity.



1. Fixed Annuities are protection products.

Are you at the point in your life where the need to protect what you have outweighs the risk for higher growth or loss? With a fixed annuity you cannot lose the money you have invested while still seeing a modest growth every year.

2. Fixed Annuities can Guarantee income.

An annuity is the only product that can guarantee you an income for the rest of your life. Do your current investments do that?

3. Fixed Annuities provide an opportunity for tax deferral.

Unlike some investments you may have, an annuity allows you to defer taxes on your invest gains until you are ready to start making withdrawals, and then it is only on the amount you take out. Not the whole investment. Most of us want to defer taxes to an age when our tax rates will be lower.

4. Fixed Annuities can offer a percentage of free withdrawals on an annual basis.

Some people think that once you invest in an annuity you can't touch it if you need. That is not true. Annuities generally allow for between 5% and 10% withdrawals each year penalty free.

5. Fixed Annuities can allow for beneficiary payment upon death.

Annuity investments transfer to your beneficiary upon your passing and generally avoid going through probate, which allows the transfer to happen faster than some other investments you may have.

The Sons of Norway has created very safe and sound products to meet your financial needs. Give me a call and we can discuss what makes sense for you.

Bruce Frizen
Sons of Norway
Financial Benefits Counselor
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HELP PLAN A MEETING

Can you invite a professional or line up an expert or even fun person to help us with cultural programs at our monthly lodge meeting? Call President Mike Tilder at 919-460-9214 to pick a month or activity you can line up for the lodge!

HØST FEST 2011 TOUR

by Ralph Peterson

District 3 has made arrangements for a limited amount of rooms to be made available to D3 members for the upcoming 2011 Høst Fest. There are few if any rooms available in Minot at this time of year so if you are interested sign up now. The District's involvement in this project has been limited to find a travel agent who could get us some rooms and the agent has been able to get 22 rooms set aside for D3. The name of the company handling the tour is A&B Tours. Phone numbers are (800) 440-2690 or (701) 852-8144.

You will need to find your own way to Minot although the travel agent will provide you assistance if you so desire.

AnneGrete and I have twice attended the fest for the entire period and had a great time. The entertainment is great and the exhibits special. Please check out the links below to get more information about this great Høst Fest adventure!

<http://3dsofn.org/blog/wp-content/uploads/2011/04/Hostfest2011Version2FlyIn.pdf>

http://3dsofn.org/blog/wp-content/uploads/2011/04/TourTerms_Conditions.pdf

MESSAGE FROM THE DISTRICT 3 PRESIDENT

Fra Presidenten Ralph Peterson –

It may be still snowing in North Dakota but in Virginia Beach the daffodils are out and the dogwoods are in full bloom. I am looking at the grass and wondering if the lawn mower should be started. I don't think so.

We had a very busy District Board meeting in March which was highlighted by a partial lease payment to 3D ltd from the LOV board. This was the first lease Payment in many months and was the result of hard work by many people. We have high hopes that these payments will continue as 3D ltd needs about \$28,000 annually to cover the taxes and the insurance on the property.



Don't forget to purchase your Hurtigruten tickets. I think our last year's winner's story is the best advertising that anybody could write <http://www.3dsofn.org/home.html>. We hope to put your story on the web this year.

Our web site hit an all-time high in February with 239 visitors a day. Perhaps you were reading about the District 3 super recruiters. <http://3dsofn.org/blog/?p=444> District 3 has had the top recruiter for the past 4 years including 2010 winner Terry Francis who signed up 85 members and Kent Larson who has been first or second for the past 3 years. Another new feature where you can find great ideas is the posting of local newsletters. http://3dsofn.org/blog/?category_name=lodge-newsletters&paged=2. I hope that all the editors will put their newsletters on line. Your District Board members will be putting at least 2 new articles a week on the blog. We also need your reporting there.

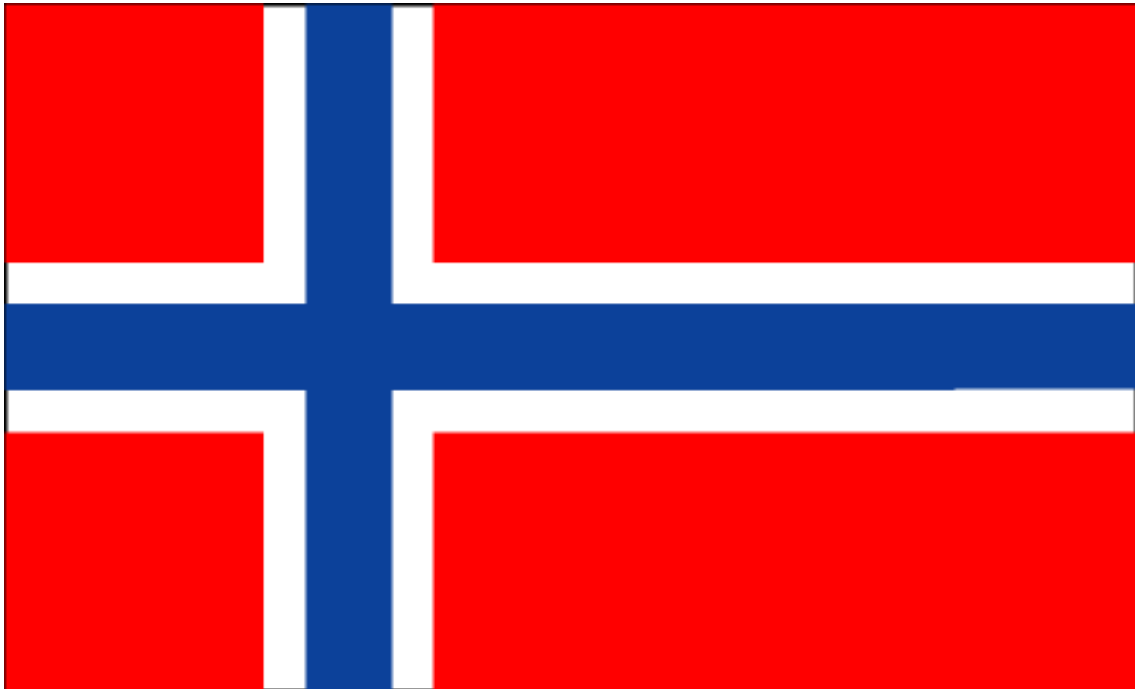
While the District lost members in 2010 some lodges grew <http://3dsofn.org/blog/?p=532> Dovre, Drammen, Southern Star, Gateway to Florida, Hudson Valley, Pleasant Point, Troll, Henrik Ibsen, Fram and Norsk Carolina all grew over 3 % in 2010. Nansen and Norumbega must have decided they wanted to be on the 2011 list as they have recently added several new members. Norsemen Harbor signed up 10 new Heritage members in February. Why don't you sign up your little Viking as a Heritage member? Congratulations to these lodges for their hard work. Remember VP Gail's words, ask and advertise and mentor and mingle. Let me add a couple more: "seek and keep". We can't afford to lose those members that we already have.

Thanks to those Lodges who completed their Lodge Achievement Forms. I am disappointed with the small number of D3 lodges who filed the form. I realize that only 2 lodges will win Lodge of the year but each lodge deserves to get credit for their work during the year. I hope more lodges will complete the 2011 achievement form and be

recognized for their hard work.

Fraternally,

Ralph Peterson
President
District Three
Sons of Norway



3D Lov Letter

This land is your land, this land is my land. Come and enjoy, bring your family & friends.
You don't have to be a member to enjoy all that LOV has to offer. March 2011

Be sure to check out Lov on the 3d web site www.3dsofn.org



Vesterheim comes East To LOV



Lois Mueller, Vesterheim Gold Medalist, teacher and writer, will be teaching the Telemark style of Rosemaling this September.

Call Vesterheim to reserve - as classes are limited
Diane Weston - 563-382-9681 dweston@vesterheim.org

September 12 - 3 day Beginner class \$250 for members
September 15 - 4 day all level class \$300 for members

Be sure to also call LOV to reserve your room 570-461-3500

Classes are 9 am -5 pm with an hour for lunch
There will be an additional materials fee for each class that will be paid directly to Lois



Students have the option to earn their Cultural Skills Medal for Rosemaling in these classes

Go to the 3D web site for more information



April 15th -17th
Zone 4 Scholarship Dinner
May 13-15 Adult Fly Fishing
May 20-22
John Karlsen Golf Week-end
5th annual Golf Tournament
Green's fee \$65
Contact Ken Gundersen by April 8th
718-761-2391
kengundersen@aol.com

Land of the Vikings 1st Lobsterfest
June 3-5, 2011

June 10-12 Omholt Reunion
June 17-19 Berntsen Reunion
July 4th -10th And 11th-16th
Youth camp

Applications on line <http://3dsofn.org/forms/documents/youthcampapplication.pdf>

July 18-23rd Fly Fishing Camp
July 24th -31st Sports for health
Check lov calendar of events for more

Would you like to learn Relief Carving?

High and Low

Coming in October

Thomas Cote from Maine

will be coming to
teach at LOV

Oct 9-15 and Oct 16-22

More details to come



Managers: Beverly and
Rick Budrick
457 Big Valley Road
Susquehanna, PA 18847
Phone 570-461-3500
<http://lov.3dsofn.org>



Would you like to discover your Norwegian Roots?

We have **Blaine Hedberg** coming to
LOV **November 10th -13th**

Check March Viking for more information on Blaine
Also

The same weekend we will have a
Norwegian Cooking Class
Come and learn how to be a good Norwegian
cook and work on your
Cultural badge for cooking

If you have information you would like to see in
future LOV letters for your event please contact me
Sally Abrahamson uffdamobile@yahoo.com