



LOYAL LODGE No. 252

Sons of Norway



President's Message

Loyal Letter

September 2024

Vol : XII Issue 9



Loyal Lodge's 100th Anniversary Dinner was truly a celebration! Wow, what a great event and a success! Our Viking Heritage would be proud – One Boat, One Stroke, and Loyal Lodge was rowing together! Special thanks go out to Loyal's Centennial Committee members. Reidun Rassmussen and Toril Stevens, led Loyal's gala for the enjoyment of over 120 Loyal members, other SoN members and guests.



In other events upcoming,


Our Family Day on Sept 6 at 5:00 pm is loaded with a BBQ of *'hams n hots'* to tickle your taste buds that will remind you that's it's still summer (*until the 22nd*). Activities for the young and old include Norske Cornhole and a challenging Kubb game. So come on out. Plan to attend with your family and friends. Please RSVP to me early to help plan the meal - 631 766-8571. Tack.

October is the time we get together to prepare for the upcoming annual Bazaar. We're cancelling the Oct. 4th meeting and having Fri, Sat & Sun as a Baking Weekend. . Join Baking Co-Chair Meredith on Saturday morning and afternoon to learn how to bake Cardamom Cake and Lingonberry Cake (using Monica's recipe and tips). Join Baking Co-Chair Bob (with friends Don and Oddvar) on Sunday to learn how to make Krumkake. Bob asks all attendees to bring your own Krumkake irons if you have one at home. Attend one, two or all three baking events and bring a friend – the more the merrier!

Come November 13th, the Heritage Club is planning a Lapskaus Making Party in support of the bazaar. Come on out and learn how its done . . . oh, and bring your own potatoe peeling knife.

Hilsen, Eric

All items submitted for possible inclusion in the Loyal Letter must be received by the Editor by the 15th of the preceding month.

Norway Hall	President	Secretary	Editor
201 Seventh St St. James, NY 12345 meets: 2nd Friday 7:30 Website www.loyallodge.org	Eric Johansson safemariner@me.com 631 766-8571  facebook Group Loyal Lodge #252 Sons of Norway	Barbara Brownworth bbrownworth@gmail.com 631 681-4726	Karin Ryan karinryan1@yahoo.com 631 862-8017 Eddress info@LoyalLodge.org

Calendar of Coming Events

Day	Date	Time	Event
Fri	Sep 6	5:00 pm 7:30 pm	Family Day - lawn games and BBQ Bring your family and friends. Meeting - <u>discuss</u> office nominations / annual year end donations consider an officer's position - your input is valued.
Sat	Sep 21	5:30 pm	Little Vikings - fun time for the kids Spaghetti Dinner followed by Bingo
Fri	Oct 4	7:30 pm	Meeting - cancelled
Fri	Oct 4	7:00 pm	Bazaar Baking - special feature tbd (<i>to be decided</i>)
S/S	Oct 5/6	- - - -	Bazaar Baking Weekend - 'baking and making' for the Bazaar
Sat	Oct 19	- - - -	3rd District Board meeting - planning for future events
Fri	Nov 1	7:30 pm	Meeting - Thanksgiving Dinner - tbd
Wed	Nov 13	- - - -	Lapskaus Making Event - for the Bazaar - at the lodge, come and learn.
Sat	Nov 16	11-3 pm	Annual Bazaar - mark your calendars now— details will follow. To help, call: Elly Supinsky 631 806-1596 Leif Easterson 631 637-2369
Fri	Dec 6	7:30 pm	Meeting - tbd
Sat	Dec 7	7:00 pm	Deck The Halls Glögg Party - details? kids? carolling?



Birthdays in September

1 Elaine Olsen	12 Kari Elfers
4 Richard Ohlsen	13 Kirsten Easterson
6 Torun Reduto	16 Elly Supinsky
7 Kenneth Skjeveland	18 Lucinda Berninger
8 Bob Johnson	21 Monica Carlsen



Gratulerer Med Dagen

22 Joanne Verdi
24 Nicole Pedersen
25 Patricia Baxley

More pictures from our 100th Anniversary



Lodge President Eric Johansson reads the historical overview of the lodge.



Oddvar Skadberg, whose been around for more than 6 meetings, hoisted the **Skal** !



Committee members enjoying the food as well as the fellowship.



Raffle Trip #1
Viking River Cruise
Won by Claire Rooney—a member of St. James Lutheran Church



Raffle Trip #2
Viking River Cruise
Won by John Barnett — a member of Loyal Lodge



Raffle Trip #3
Havila Coast of Norway Cruise
Won by Torun Reduto— a member of Loyal Lodge



Barbara Berntsen reading

Entertainment by Smörgåsbandet with PC showing history.

Torun Reduto reading



Til Minne

Condolences to Roy and Reidun
Rasmussen on the passing of their
daughter, Michele Barbera.



COFFEE COMMITTEE

Barbara Johnsen
Kirsten Johnsen
Bob Johnson

Sunshine Committee

God Bedring



Torun Reduto has been feeling under the weather
and the lodge wishes her a speedy recovery.



New 3rd District Officers

President	Steve Helmold
Vice President	Robert Johnson
Secretary	Karen Helmold
Asst. Secretary <i>new</i>	Kaite Brink
Treasurer	Diana Syvertsen
Charitable Trust Dir.	Leif Easterson
Sports/Recreation Dir.	<i>position dropped</i>
Cultural Director	Cheri Johnson
Publicity Director	Asbjorn Lageraaen
Youth Director	<i>position dropped</i>
Zone 1 Director	Elaine Breiland
Zone 2 Director	Peter Hanson
Zone 3 Director	Paul Kornbrekke
Zone 4 Director	Kaare Hansen
Zone 5 Director	Christine Taylor
Zone 6 Director	Linda Hestvik
Zone 7 Director	Bill Browning

Loyal Lodge Book Club

Meet at the lodge at 2:00 PM on Sept. 15th

BOOK: *Killing Moon*

AUTHOR: *Jo Nesbit*

Please RSVP to Kim Lakeman at 631 509-0392
or email her at klakeman27@gmail.com.
Refreshments will be provided.



(How about reading 50 Shades of Grey Hair)



We need volunteers to sign-up to clean Norway Hall.

Please contact John Barnett to say you'll help.

Corporation President

917 750-7054



Instructions
for basic
clean-up
are posted
on the utility
closet door.



**Loyal Lodge #252 is very proud
to have 3 Zone 1 Scholarship winners**

Katie Chuliver

Jackie Reduto

Jason Wolf



Exploring your Nordic Culture



Scandinavian Culture and Cuisine: Lingonberries

(Excerpt/revised from hello@lifeinnorway.net)

Known as 'tyttebær' in Norway, the lingonberry is famous around the world thanks to its use in IKEA. Here's the story of the berry and how it's used in Scandinavia.

An important element of Scandinavian cuisine, the lingonberry is a small, red berry known for its tart flavor and numerous health benefits. It is closely related to the cranberry and blueberry, both in appearance and nutrition.

Lingonberries are a key ingredient in Norwegian cuisine.

Thriving in the wild, cold climates of Northern Europe, these berries are integral to the region's food culture and have been harvested for centuries.

How are Lingonberries Used in Scandinavia?

In Scandinavia, lingonberries (tyttebær) are celebrated for their versatility and are used in a variety of dishes.

They are commonly served as a condiment, often in the form of lingonberry jam, accompanying meat dishes such as meatballs, game, and pork. This pairing of savory meats with the tartness of lingonberries creates a harmonious balance of flavors.

Beyond their use as a side dish, lingonberries are also incorporated into desserts, such as Norwegian trollkrem, and are used to make syrups and juices.

Their ability to grow in harsh climates also means that they are readily available and sustainably harvested, making them a cherished resource in Scandinavian countries.

In cooking a jar of lingonberry jam even the leaves have their use, harvested year-round to make a sweet tea after being roasted.

Are Lingonberries Healthy?

The popularity of lingonberries in Scandinavian cuisine is not only due to their unique flavor but also their nutritional benefits.

Rich in vitamins C and E, dietary fiber, and antioxidants, lingonberries have been linked to various health benefits, including anti-inflammatory properties, improved heart health, and a reduced risk of certain diseases.

Viking History of the Lingonberry

Although there is limited direct historical evidence about the specific dietary habits of the Vikings, we can make some educated guesses based on what we know about their environment and the resources available to them.

Lingonberries are known for their ability to be stored for long periods. This would have been advantageous during the long, harsh winter months in Scandinavia (and voyages).

They are rich in vitamins, particularly Vitamin C, which was crucial to stave off scurvy during the long winter months.

Lingonberries closely resemble cranberries.

We know that the Vikings were skilled at taking advantage of their natural resources, so it's reasonable to assume that they would have made use of lingonberries, not just for their nutritional value but also for their flavor.

The secret that helps lingonberries last longer than other berries is their high content in benzoic acid, a natural preservative. The antimicrobial property of this compound helps keep them fresh for long periods of time.

This makes it possible to store them for long periods, especially when simply submerged in water or honey. That's a method likely appreciated by the Vikings.

Interestingly, lingonberries grow in Newfoundland, Canada, at L'Anse aux Meadows. This is the site of a [confirmed Viking settlement](#). Here, locals know these berries as “partridge berries”.

This geographical coincidence adds weight to the theory that Vikings might have consumed lingonberries as a part of their diet.

Where can I find lingonberries?

Whether you are in the UK or the US, your best bet to get lingonberries is to find a Scandinavian specialty shop. IKEA sells lingonberry jam and so does our annual Lodge Bazaar in the fall!

News from Norway

Nyhet fra Norge

All five Nordic countries could finally take part in last week's NATO summit for the first time, and Norway, which was among NATO's 12 founders back in 1949, is now taking on a new strategic role. It's no longer alone in being NATO's “eyes and ears” in the Arctic, and can also provide a new transport corridor for the new NATO members Sweden and Finland.



Finland Pres. Alexander Stubb, Swedish Prime Minister Ulf Kristersson, and Norwegian Prime Minister Jonas Gahr Støre.



3rd District President's Message

Fall Edition 2024



It is hard to believe that summer is about over. I hope everyone had a great one and enjoyed it with picnics and vacation trips. Soon lodges will be starting to meet again, and I would like to bring you up to date on what has been going on in our Third District.

At the Third District Convention in Herndon, Virginia the delegates approved 10 resolution and 1 motion that have now been sent to the home office for recording. Washington Lodge was the host lodge, and they did a great job to make everyone feel welcome and making sure everything was perfect, which it sure was. They left nothing out. Every little detail was covered. The bus tour of Washington DC at night was fantastic. I want to thank Dave Brown and his entire committee for a job well done.

At the District Lodge meeting, we had election of offices for the 2024-2026 Third District Board. A number of our Board members choose not to seek reelection. I want to thank Audun Gythfeldt, Susan Olson, Andy Mathisen, who is running for a position on the International Board, Jeanne Addison and Michael Pedersen for all they have done for the Third District. I know they will continue to be active in their lodges and their zones.

I would also like to thank those Board members who have agreed to stay on the Board for another year. Some have changed positions. Diana Syvertsen will be our Treasurer, Elaine Breiland will be the Zone One Director, and Paul Kornbrekke will be the Zone 3 Director.

Karen Olsen-Helmold will remain as Secretary, and she will serve as our liaison to the Sons of Norway Foundation. Leif Easterson will remain as Charitable Trust Director Asbjorn Lageraaen as Publicity Director, Peter Hanson as Zone 2 Director, Kaare Hansen as Zone 4 Director, Christine Taylor as Zone 5 Director and Bill Browning as Zone 7 Director.

We also welcome a few new Board members. I really want to thank them for stepping up to the plate. Kaite Brink from Hampton Roads Lodge will fill the new position of Assistant Secretary. Our new Cultural Director is Cheri Johnson who is presently the President of Bla Fjell Lodge. They have both hit the ground running and have already been part of this year's youth camp and are planning the Cultural weekend for June of 2025. (Both events as discussed more in this letter). Robert Johnson from Loyal Lodge will be our new Vice President and Linda Hestvik from Washington Lodge will be our new Zone 6 Director. I am delighted to welcome them to the Third District Board. I am happy to see the lodges in the Southern half of the District having more representation on the Board. I have been working hard during my time on the Board to get more involvement from this area and from all lodges.

Youth camp this year went very well from what I heard from the camp counselors. For the children that did not go, they missed out on a great time. There were only 8 children this year, we were hoping for more, but we are going to advertise and push it for next year, so I hope if you have children and grandchildren of youth camp age (8 to 17 years old) you will encourage them to go to youth camp next year.

Next year there will be a Third District Cultural weekend from Thursday June 26th to Sunday June 29th in South Carolina. Third District Cultural Director Cheri Johnson and her committee are working on planning a fun weekend with cultural and more. The weekend is for members of all ages, families, couples and singles and for our friends. All are welcome. More information will be coming about it in the next couple of months, so if you are interested in going, please contact Cheri.

The Third District Board and its committees have been very busy planning the future of the Third district. The fall board meeting will be on Saturday October 19th and I will keep you informed of what has been planned after the board has met.

Until my next message, I hope you all have a great fall season.

Fraternally,

Stephen Helmold