



Loyal Letter

April 2026

Vol : XIV Issue 4

President's Message



“Hilsen”

Life has a way of balancing itself out. While I wrote last month of the severity of our winter, as I write this, just before St. Patrick's Day, the sun is shining, the temperature is 63 degrees, I've scheduled the “sprinkler guy”, the “air conditioning guy”, and the “lawn guy”. It appears that Spring has sprung (or until Mother Nature wishes to put me in my place). Now if only the crocuses and daffodils cooperated, we'd be on our way!

That all said, our next Business Meeting is scheduled for Friday, April 10th at 7:30 PM. This is, as you may know, a change in deference to Good Friday, which is on the 3rd. It will be preceded by a Potluck Ham dinner to celebrate Easter! Donna Gianelli has graciously taken on the task of preparing the Easter ham. And for those who plan on joining us for this delicious meal, you may do so under two conditions:



1. Dinner, dessert, coffee (and beverage) is FREE for each guest bringing a side dish or dessert.
2. \$10 for all others.


We will have our dinner, as we have over the past three months, upstairs (suitably decorated). This provides a cozy, warm and relaxing atmosphere and easily segways into our regular Business Meeting beginning at 7:30 PM.

Our Business Meeting will include regularly scheduled financial updates, committee reports, May's Cultural Dinner, Fall Bazaar November 14, 2026, Corporation Report, the June Convention, proposed activity dates as well as items discussed at our monthly Executive Board Meeting.

Plan to join us for this pleasant winter/spring interlude. Wonder which season will win out for the night!

“Mid venlig hilsen,” Bob

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 201 Seventh St St. James, NY 11780 1st Saturday @ 1 pm	President Robert Johnson princip12@aol.com 631 942-6844	Secretary Barbara Brownworth bbrownworth@gmail.com 631 681-4726	Editor Karin Ryan karinryan1@yahoo.com 631 862-8017
Website www.loyallodge.org	 facebook Group Loyal Lodge #252 Sons of Norway	Address info@loyallodge.org	

Calendar of Coming Events



Day	Date	Time	Event
Wed	Mar 25	3:00	Loyal Knitting Club - bring your project, a sandwich/snack, and a friend.
Sat	Mar 28	2:00	The Crowning of Miss Norway of Greater New York - to be held in Brooklyn at the Norwegian Christian Home - see the flyer on page 8
Fri	Apr 10	6:30	Loyal Lodge - Ham dinner - followed by our regular meeting at 7:30 All members / guests pay \$10 pp Free if they brought a side / dessert.
Wed	Apr 15	----	Tax Day . . . and the due date for applications for the scholarship program that is sponsored by the Norwegian Children's Home in Brooklyn (info went out via email)
Fri	May 1	6:30	Loyal Lodge Cultural Dinner hot & cold smorgasbord \$10 p/p - meeting to follow Please RSVP to Elly Supinsky at 631-654-9353 by Sunday, April 26th
Sun	May 17	1:00	Syttende Mai Parade - celebrating Norwegian Constitution Day Starts at 3rd Ave. at 85th street - wear your colors!

DATES TO REMEMBER - mark your 2026 calendars

June 4-7th	Sons of Norway Third District Convention	Virginia Beach, VA
June 27th	Norden Lodge - Whaling Museum trip	see flyer
July 26-Aug 1st	3rd District Youth Camp - Koinonia	Highland Lake, NY
August 23rd	Henrik Ibsen - Fishing Charter	see flyer
September 13th	Ducks game - Sunday afternoon	
November 14th	Loyal Lodge - Fall Bazaar	



Stick 'em up!

Hundreds of thousands of Norwegians indulge in crime fiction novels and Nordic noir TV and film every Easter and its known as Easter crime — påskekrim

Birthdays in April	Gratulerer Med Dagen
4 Judy Regulinski	12 Toril Stevens
6 Michael Pedersen	16 James Baxley
7 Liz Skadberg	21 Don Reinertsen
8 Lou Sandhop	28 Lori Mahoney
11 Inga Johansson	

March 1st St Pat's Corned Beef Dinner



Leif and Ken worked the kitchen for a few hours to bring you this meal. But it was Leif who ended up doing the cleanup solo - Takk



We welcomed the following guests: Nancy & Bill Phillips & Dennis Moran who are friends with Reidun Rasmussen and Pat Westlake, director of the Smithtown Food Pantry.



The Five Days of Easter in Norway.

Wednesday before the weekend is a major shopping day when folks stock up on food, alcohol and Kvikk Lunsj bars.

Skjærtorsdag - Maundy Thursday

A public holiday to kick off the 5 day weekend. Families are busy with crime stories and skiing.

Langfredag - Good Friday

Families color eggs, decorate birch branches

Påskeaften - Holy Saturday

Families color eggs, decorate birch branches

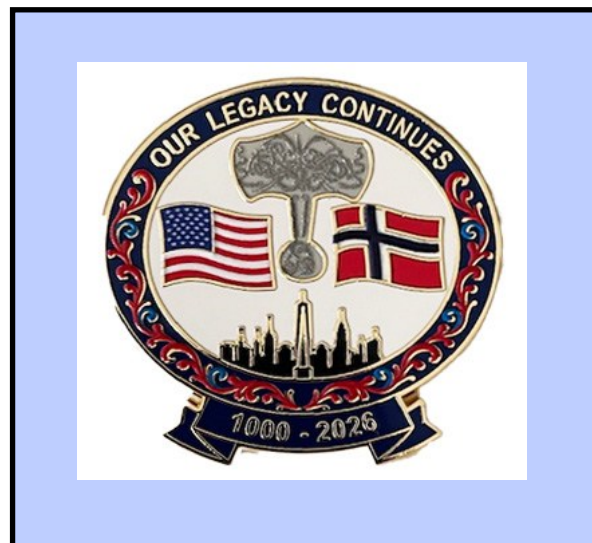
Første påskedag - Easter Sunday

Families celebrate the resurrection of Jesus.

Andre påskedag - Easter Monday

A public holiday that provides a relaxing end to the holiday weekend.

Note: the 5 days are consistent with the other Scandinavian countries



Syttende Mai Parade Pins

The 17th of May parade pins for 2026 are available for \$6. If you would like to purchase one, please see Karin Ryan at our April lodge meeting.

NORWEGIAN DAY PARADE FUNDRAISER

SATURDAY, APRIL 11, 2026

GJOA CLUB •

850 62nd STREET, BROOKLYN

4-8 PM • \$25 PER PERSON
LIGHT REFRESHMENTS • CASH BAR



Loyal Lodge Knitting Club

Meet at the lodge: **Wed Mar 25 3:00 pm**

Bring your project - **Show & Tell**

Bring a sandwich, a smile, and a friend



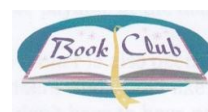
Loyal Lodge Book Club

Meet at the lodge: Sun Apr 26th 2:00pm

BOOK: Hidden In Memories Åre Murders

AUTHOR: Viveca Sten (book 3)

Åre Ski Resort in Jämtland County, Sweden



More from the Winter Olympics

Final Olympic Medals

1: Norway

- 🥇 Gold: 18
- 🥈 Silver: 12
- 🥉 Bronze: 11
- **Total: 41**

2: United States

- 🥇 Gold: 12
- 🥈 Silver: 12
- 🥉 Bronze: 9
- **Total: 33**

7: Sweden

- 🥇 Gold: 8
- 🥈 Silver: 6
- 🥉 Bronze: 4
- **Total: 18**

23: Finland

- 🥇 Gold: 0
- 🥈 Silver: 1
- 🥉 Bronze: 4
- **Total: 5**

25: Denmark

- 🥇 Gold: 0
- 🥈 Silver: 1
- 🥉 Bronze: 0
- **Total: 1**



Norway has once again topped the Winter Olympics medal table, surpassing countries with far larger populations.

The Scandinavian country won more gold medals (18) and more total medals (41) than the US, who came second in both categories (12 golds and 33 total medals). Norway's 18 golds were the most by a country in Winter Olympics history, while their cross-country skiing hero, Johannes Høsflot Klæbo, accounted for six golds on his own, more than all but seven other countries at this year's Games.



Watch the historic 50km finish where Norway came in 1st, 2nd and 3rd to sweep the event. **Relive** Klæbo's unbelievable 11 mph burst up hill to win the gold. <https://www.youtube.com/watch?v=qD-h1uj0gcY>

Women's Normal Ski Jump

In a shocking upset, Norway's Anna Odine Strom leapt to 101 meters in her second jump to win her 2nd Olympic gold and unseat the world champion, Slovenian Nika Prevc.



Norway dominated the Winter Olympics because unlike America, they have the perfect youth sports system. Despite their population of 5.5 million (about the same as South Carolina), Norway led the world in Winter Olympic medals. And it's not just that the country is in a cold climate because recently they have performed very well in the Summer Olympics too. No, their actual secret is that in their youth sports, it's mandatory that they focus on fun. Up until age 12, no Norwegian sport keeps score. And there are no league standings. So there's no pressure to specialize in a single sport to get ahead of your peers because there is no competition. Being able to freely try many sports without pressure is how some athletes do well in multiple sports and achieve greatness in one or two.

See the **Nor Way** approach to youth sports in action: <https://www.youtube.com/watch?v=Ali6lqP7-bM>

This Side 

That Side 

Norwegian Constitution Day

The 2026 Syttende Mai Parade in Bay Ridge, Brooklyn, will be held on Sunday, May 17, 2026, starting at 1:00 PM. The parade route traditionally marches along 3rd Avenue from 85th Street to 67th Street, celebrating Norwegian heritage with music, costumes, flags and, of course, local Norwegians.



Sunshine Committee

Torun, We hope that this newsletter brings a little sunshine into your day. The members



OK, so Norway didn't fair too well in hockey, but it would be an injustice if we don't give kudos to our American men's team who earned a gold medal for beating their arch rivals from Canada—a 46 year drought since the Miracle on Ice in 1980. One couldn't help but notice the grim, unhappy faces on the Canadian team members as they were awarded the silver.

Norway Wins The Oscar

The Norwegian film *Sentimental Value* was awarded the golden statue for the Best International Feature Film at the 98th Academy Awards which will take place on March 15th in Hollywood. It's Norway's first Oscar win but . . . it won't be their last.



<https://www.youtube.com/watch?v=Re3G5H7Py-A>



Happy Birthday to Norway's King Harald!

February 21 — the King turned 89. Loyal Lodge offers congratulations and hope he had a truly wonderful celebration. The photo of the line of succession shows the King with Crown Prince Haakon and his daughter, Princess Ingrid Alexandra. It was taken in January in connection with the celebration of the Princess's 22nd birthday.. Absent from the photo are Harald's daughter-in-law, Crown Princess Mette-Marit, and her son Marius Borg Høiby, both of whom are currently under intense public scrutiny.

The Lady of the Lake

IMDB stated the original title was: *The Lady of the Lake: The Legend of Lake Ronkonkoma*



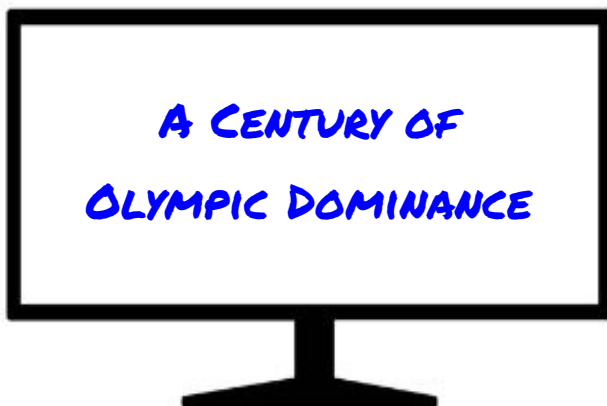
Our own Bro. Leif Easterson contributed to the production of this film and allowed the use of his lakeside home. And so this renowned legend has been re-told . . . again, and we enjoyed a showing of it after our March meeting.

My understanding was that Leif played in a starring role . . . but I blinked and missed it.



The Lady of the Lake is a haunting legend tied to **Lake Ronkonkoma**, Long Island, New York, rooted in Native American folklore and passed down through generations. The most widely told version dates back to the 1600s, centering on a **Setauket Indian princess**, often named **Tuskawanta** or **Princess Tongawanga**, who fell in love with a white European settler, **Hugh Birdsall**. Forbidden by her father, the princess is said to have sent love letters across the lake for years, floating them on bark. When the relationship was severed, she rowed to the center of the lake and either **drowned herself or stabbed herself in the heart**, dying in despair.

Since then, her spirit—known as the **Lady of the Lake**—is believed to haunt the waters, taking **one young man each year** as a form of vengeance or mourning for her lost love. Local lore claims that over **160 men** have drowned in the lake since the mid-1800s, with only a handful of female victims, reinforcing the legend's specificity.



One final item about:

Norway's Nordic Dynasty

This is the complete story from Norway' first skis to their excellence at the Milano—Cortina games

Extremely interesting historical perspective:

Check it out!

Copy this link (url) to a Google home page to watch the video

<https://www.youtube.com/watch?v=4WjxNb0m2Ls>



Exploring your Nordic Culture



<https://loyallodge.org>

 Loyal Lodge #252 Sons of Norway



Crown Princess Victoria of Sweden is undergoing intensive, multi-year officer training (begun Aug 2024) at the Swedish Defense University to prepare for her role as head of state. The 20–25 month program includes specialized training across all armed forces branches, including the Swedish Air Force (where she flew in a JAS 39 Gripen) and Navy, with Army training scheduled for 2026.

(Scandinavian principle: nobody is better than anyone else—hence, just another student)

The Crown Princess learning ground combat from the Swedish Army:

<https://www.youtube.com/watch?v=6YINUwP-2Yw>

The Crown Princess learning air combat from the Swedish Air Force:

<https://www.youtube.com/shorts/CBDo77XPfgc>



Spring 2026 Third District President's Message

Spring is almost here and I hope the winter we had is over, and everyone can enjoy nice spring weather for a change. Lodges will be celebrating spring with St. Patrick's Day corn beef and cabbage dinners and Easter dinner celebrations.

The Third District is getting ready for the district convention in Virginia Beach, Virginia June 4th to 7th at the Holiday Inn and Conference Center. I hope your lodges will send your full delegation to the convention so they can hear and vote on resolutions and other matters that come up. Remember your delegates are your lodge's representatives to the district meeting (convention), so if you want a say in what is happening at the convention, you should be sending delegates.

Going forward after the convention is the Third District Youth Camp which is from July 26th to August 1st, so if you have children that would like to attend camp, please send in an application which can be found on the Third District Website or contact District Vice President Katie Brink.

Following Youth Camp, there is Cultural Camp September 16th to 20th. For more information, contact Third District Cultural Director Cheri Johnson.

Speaking of Cheri Johnson, as I have done in some of my past president's messages, when I highlighted some of the Third District Board members, I am introducing Cheri Johnson to everyone now. Cheri has been a member of the district board since the 2024 convention and has been the perfect person for the Cultural Director's position. Here is what she has to say about herself in her own words.

It is my pleasure to be involved in the Sons of Norway as Cultural Director of the 3rd District and President of Bla Fjell Lodge in Salem, Va. near Roanoke. When I was a teenager, in a suburb of Chicago, I wanted to be an archeologist because I loved studying cultures of people. I ended up as a Special Needs teacher for 38 years, a profession I loved very much.



During those years I was fortunate to be an exchange teacher through our United States Gov't to Russia, Sweden, Costa Rica, New Zealand, and The Netherlands. At night I taught classes at Roanoke College, UVA, and Radford University in Special Education and Global Studies. My Lutheran church needed a missionary, so I made 7 trips to Central and South America to teach children alongside a medical team. 20 years ago, I became interested in my ancestry. My Norwegian and Austrian grandparents shared their past with me, and I found myself tracing my roots to Telemark, Norway, the Heddal Church, and Vienna, Austria. Deep down I knew I had the "Viking Spirit" to travel.

I feel very blessed because my wonderful husband, Don of 45 years, and my 3 children, Theresa, Scott, and Tiffany have supported these endeavors. I loved having my youngest daughter, Tiffany, accompany me on several exchanges and missionary trips.

continued on next page

I love my position as Cultural Director in SON. I work with wonderful and talented people and can share in the joy of learning about our Nordic countries. Our Bla Fjell Lodge has 2 Adopt-a-Schools, where I share lessons on the Vikings, Sami of the Northern Cap, and all the Nordic Countries. This is my 20th year at Bla Fjell Lodge, and I love sharing Cultural programs with fellow members, colleagues, and our satellite lodge, Hardrada, in Charlottesville, Va. My Virginia friend, Katie Brink, and I have worked with the Youth Camp at Koinonia in New York and started a Cultural Camp in Isle of Palms, SC for adults and children. We are all learning from each other and enjoying our love of Norway. I love doing research on many countries, reading, and trying cultural recipes to share with my 74 Cultural Studies students at Cornerstone Classical Academy one day a week. They love it too.

Thank you, Stephen Helmold, for giving me this opportunity to share my cultural experiences with 3rd District, all my Nordic friends, and fellow lodges. Please consider coming to our Cultural Camp in Isle of Palms, SC for fellowship, fun, the beach, and the "joy" of learning with each other from talented instructors in September 2026.

Thank you, Cheri. Karen and I and the rest of the district board are very pleased to have the opportunity to work with Cheri. She has been tremendous in her position, and is always willing to step up to the plate and lend a hand to help out.

Until my next message in May, Karen and I and the rest of the district board would like to wish you all a Happy St. Patrick's Day and a very Happy Easter.

Fraternally,

Stephen Helmold

President, 3rd District

Sons of Norway Youth Camp at Koinonia in Highland Lake, NY

Email Katie Brink or call her to ask for information and an application.

uyakkm27@outlook.com

614 202-5964

July 20 - August 1 2026

For ages 8 — 17



Did you know?

2026 population of Norway is 5.7 million.

(78% native . . . 22% foreign)





When recognizing Swedish contributions to the early development of the United States, especially as the nation approaches its 250th anniversary, one of the earliest and most meaningful examples comes from the colony of New Sweden, established along the Delaware River in what is now parts of Philadelphia, Pennsylvania, Delaware, and New Jersey.

Swedish immigrants were among the earliest European settlers in the region around the Delaware River. In 1683 they established the colony of New Sweden, bringing with them practical skills that helped shape early life in North America. One of the most lasting contributions was the introduction of the log cabin. Swedish and Finnish settlers were experienced in building homes from interlocking logs, a technique well suited to the heavily forested American frontier. These sturdy, efficient homes could be built quickly using local timber and provided warmth during harsh winters.

The log cabin design proved so practical that it was soon adopted by other settlers and eventually became a defining symbol of early American frontier life. From the Delaware Valley to the expanding western frontier, the log cabin became associated with independence, self-reliance, and opportunity; values that later became deeply connected with the American identity.

Although the colony of New Sweden was absorbed by the Dutch in 1655, the Swedish settlers remained, and their building techniques, farming knowledge, and cultural traditions continued to influence the region for generations. Their legacy is still remembered today as an early Scandinavian contribution to the foundation of what would become the United States.

By Monica Carlsen, Ch.

Lindbergh Lodge No. 505



Norwegian cabin design was primarily overlapping boards, lapstrake (similar to basic longboat design) but also included logs. Sometimes Norskes can be very creative using logs to build a home or hytte. →



Norskfolkemuseum i Bygdøy



Norwegian cabin from 1905





**2026 Henrik Ibsen Fishing
Members, Family and Friends Welcome**

Sunday August 23rd 2026

1:00pm – 5:00pm (BOAT LEAVES AT 1 PM SHARP)

\$65 per person (includes gratuity)

\$50 per child (12 & under)

RAIN or SHINE

This is a private Charter aboard the Capt. Eddie B III

You may bring your own food/beverages

We must give a final count so PLEASE send names and payment

▶ NO LATER than August 1st 2026

Make checks payable to: John Kern

and

Mail to: John Kern

1498 Brightshore Blvd Bay Shore NY 11706

**Questions? Please contact John Kern, Sports Director
cell/text 631 636-2035**

NORDEN LODGE

Visits Whaling Museum and Education Center

301 Main Street, Cold Springs Harbor, New York 11724

Come join fellow S/N members as we come together to cultivate knowledge & celebrate creativity through the arts, science, and history of Long Island's whaling heritage.



Saturday June 27th @ 11am

Cost: \$8/person & \$6/Senior

RSVP and payment due by May 16th

Please make checks out to Kristin Gottilla or Venmo @kgottilla

Kindly state the names of participants and phone numbers in case I need to contact you.

Contact: Kristin Gottilla: 516-521-3190
642 Grand Ave, Lindenhurst, NY 11757
Kgottilla@hotmail.com

Directions:

Take the LIE to exit 49N (Rt 110N, which will become New York Avenue). Continue North for about 6.5 miles. Make a left on Rt 25A and continue west for 1.5 miles; museum will be on right. Note: While this is a direct route, Route 110 is full of street lights!

Parking:

- Street parking (unmetered) is typically available by the museum. The Museum does not have a private parking lot.
- Guests are welcome to park in Cold Spring Harbor's free town lot, a 5 minute walk away located between 90-126 Main Street, next to the Cold Spring Harbor Post Office.

Afterwards, we are going to walk down Main Street and see all the beautiful shops, and you can stop for a bit of lunch.

continued on next page

Eat at:

Sandbar
Grasso's Restaurant
Sweetie Pies on Main
The Gourmet Whaler
Cold Spring Harbor Plaza Delicatessen

You can also visit along main street:

- **Firehouse [Museum](#)**. Exhibit about the local fire department. \$2/adult
- **Picnic or Hike in Cold Spring Harbor State [Park](#)**. Picnic near the [shoreline](#), or hike hilly terrain in a hardwood forest that offers scenic vistas of the Cold Spring Harbor. Excellent birdwatching. The park serves as the northern trailhead of the Nassau Suffolk Greenbelt Trail that extends to Bethpage State Park. Pets are permitted on leash only. Free parking. Use restrooms in the Cold Spring Harbor [Library](#) (check library for hours).



Take me out to the ball game

Sunday afternoon at the ballpark... what could be better!

September 13th 25 tickets will become available - stay tuned.

