



THE LAUDERDALE VIKING

Lauderdale Lodge #3-475 www.geocities.com/lauderdalelodge March 2007, Issue



ANIMAL AWARENESS

2007 Schedule of Events

March 24: Cultural and Animal Awareness dinner
 April 14: National Day of Climate Action meeting
 April 22: Sunday Picnic/BBQ at Heritage Park in Plantation.
 May 12: 17-Mai BBQ/pool party at the President's house
 September 22: Cod Fish dinner and toy drive
 October 27: Halloween/Breast Cancer Awareness dinner
 November 17: Thanksgiving dinner
 December 15: Christmas dinner

Next Board Meeting

Wednesday, March 28th at 7 pm at President Karen Engebretsen's office at 1876 N. University Drive, 2nd floor, Plantation (N.E. corner of University and Sunrise). **Everyone is welcome!**



See pictures and board meetings minutes from past meetings: www.geocities.com/lauderdalelodge/past_events.html

Please contact the editor of this newsletter, Laila Fosse at 954-925-3359 or lailanorway@hotmail.com to submit your photos to the newsletter or website, to get newsletters by email in color or if you have comments or questions.

From the Lauderdale Lodge President:

Dear Brother and Sisters:



Last month, February, is the month associated with Valentine's Day and as tradition would have it, the Lauderdale Lodge social committee did a great job of creating an atmosphere of friendship and love. To encourage interaction among members, a really fun game was played whereby those who wished to participate could anonymously write something nice about another person in the room. The accolades and comments were read aloud by the president and it was fun to hear the creativity expressed throughout the room. Think about whom you would have acknowledged and what you would have written to them if you had the chance.

I offered to prepare the salmon and cook the potatoes for this event. Feedback from those who attended gave many compliments about the food but since we had overestimated the number of people attending THERE

WAS A LOT LEFT OVER! A special thank you goes out to Willy Hansen, Aage Halvorsen, Jan Nataas and Else Springer for keeping a watchful eye over the salmon as it was being cooked and everything else. Thank you's also go out to those volunteers, John Slone, Judy Montgomery, Ernesto Garcia and Olga Lopez, for pitching in and giving us a hand.

Since we are also honoring the life and work of Edvard Grieg, a power point presentation, created by our very own Editor Laila Fosse, was shown. She did a great job of capturing the essence of this man as she outlined the highlights in this presentation. Thank you, Laila! You did a great job. John, thanks for your expert tech support with the audio video equipment too! We could not have done it without you.

As mentioned at the last meeting, the Lauderdale Lodge decided to participate in several community events this year with the goal of obtaining visibility for our lodge and increasing the membership. The first of these events took place on March 3rd in downtown Fort Lauderdale. The start and end point of the 1.25 mile walkathon for the Humane Society took place at the Esplanade Pavilion. Dogs, dogs, and more dogs in every shape, color and breed provided a colorful array of canine diversity! Pet owners and dogs got into the spirit and it was a very successful event. Thank you to Susan Van Handel and her husband, Jan Nataas, Irene Whist who all joined me at the park. We proudly waved the Norwegian flags and those who were familiar, cheered us on. We actually got a new member from the crowd!!! Next year, won't you bring your dogs and children and join us in walking?

Our next community event is on April 14th, which is National Day of Climate Action. Join us to show your support for the environment and gain exposure for Norway and Lauderdale lodge!

At the Board of Director meeting, we also discussed ways to increase attendance at the socials. To gain feedback and ideas for more fun times, we are going to offer a "Suggestion Box" at the registration table. Please feel free to offer any suggestions. Parents, we would also encourage you to bring your children and invite your ideas on how to keep the children entertained while the adults "play." In the fall we are planning on bringing in someone to teach us some traditional Norwegian Folk Dances.

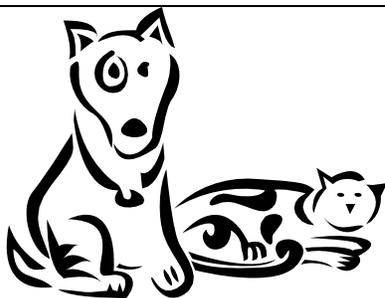
Our next social meeting is going to be at the VFW on March 24th. Come out and join us for an evening of fun and fellowship.

Fraternally,
Dr. Karen Engebretsen
President of Lauderdale Lodge 3-475, SoN.

****CULTURAL AND****
****ANIMAL AWARENESS****

**BRING YOUR FAMILY AND FRIENDS FOR A PRESENTATION ABOUT
CULTURAL AND ANIMAL AWARENESS!**

IF YOU BRING A NEW GUEST WE WILL GIVE YOU 3 FREE RAFFLE TICKETS!
FOR THE KIDS WE WILL HAVE A COLORING CONTEST ABOUT ANIMALS AND A PRIZE FOR THE
BEST DRAWING!



Saturday, February 24, 2007

Time: 7:00 p.m.

Location: VFW Hall, 350 SW 25th St. (State Road 84 and SW 4th Ave.)
Fort Lauderdale.

Menu:

Norwegian open sandwiches with all the toppings!

Please bring dessert to share!

\$15.00 per person, children under 12 are free.

Raffle items are greatly appreciated.



Please call Else Springer at 954- 235-3067 with your reservations
so that we will know how much food to make.

Do you need a pick-up? If you do not have a car or would rather not drive after
dark, please call our President, Dr. Karen Engebretsen at 954-779-2855.

2007 Lauderdale Lodge Officers

President:	Dr. Karen Engebretsen, (954) 779-2855, drkaren@earthlink.net
Vice President:	Leif Kristoffersen, (954) 430-0441, kristofl@bellsouth.net
Counselor/Trustee/Sports Director:	Aage Halvorsen, (954) 581-6627, agehalvorsen@earthlink.net
Financial Secretary:	Peggy N. Ellefsen, (305) 931-0975
Treasurer/Historian:	Liva Willemesen, (954) 785-3121, livandy@comcast.net
Secretary:	Suzan Van Handel, (954) 561-8131, suzkvan@yahoo.com
Editor/Webmaster/Publicity Director:	Laila Fosse, (954) 925-3359, lailanorway@hotmail.com
Marshalls:	Gerd Foss, (954) 522 3464, gerdfoss@aol.com Irene Whist, (954) 726-8855, inewhist@cs.com
Foundation Director:	Jan Natås (954) 319-6690
Social Director:	Else Springer (954) 720-3617
Indoor Guard:	Ingrid Fine, (954) 720-3617



HURRA!

Torill Kove (born in 1958) is a Norwegian-Canadian film director and animator. **She won the 2007 Academy Award for Animated Short Film for the film *The Danish Poet*.** Born in Hamar, Norway, Kove has lived in Montreal, Quebec since 1982, when she moved there to continue academic studies in urban planning at Concordia University, where she changed her major to animation. Her first academy Award nomination was for *My Grandmother Ironed the King's Shirts* (2000), inspired by the story of her own grandmother who actually ironed the shirts for Norway's King Haakon VII for many years. In addition to directing several animated shorts, she has also illustrated several children's books.
(From www.wikipedia.org)

Boosters

It's easy to be a booster! We need your support - just \$ 10.00 per year helps to cover the expense of publishing your newsletter.

Boosters, mail or give your check to
Peggy Ellefsen
2460 NE 214 Street
Miami, FL 33180

Aage Halvorsen - 4/07
Roy Olsen - 2/08
Shirley H. Meucci - 2/08
Ruth Eikevik - 2/08
Peggy Ellefsen - 2/08
Dr. Karen Engebretsen - 2/08
Toralf Lea - 2/08
Liva and Andy Willemesen - 2/08
Frances and Roy Olsen - 3/08

Get to know Financial Secretary Peggy Ellefsen



Peggy is usually the first person you'll meet when you come to the meetings at Lauderdale Lodge. Her job is to collect the money for the evening and to make everyone feel welcome. She always does a great job and is such a pleasure to be around.

Peggy was born in Brooklyn, New York and was raised in the Bronx, New York. Her father, mother, brother and she moved to Florida in 1952 where she went to work at the First National Bank of Hollywood in 1953. She worked herself from the bottom to the top as an Auditor of Holding Company of First National Bank. When the bank was sold to SunBank, she became a Branch Manager. She retired in 1991. Her interests are gardening and all kinds of sports. She is an ardent

Miami Dolphin fan. She enjoys playing golf and traveling and she belongs to two clubs; Circumnavigators Club (where she is Treasurer) and Travels Century Club. Peggy has traveled to 160 countries in the world and she joined the Sons of Norway in 1998 to learn about her Norwegian heritage. She became financial secretary in January 2003.

Lauderdale Lodge's Norwegian cloth flag has been lost for some time. If anyone knows where it might be please let us know!

Win a Norwegian trip of a lifetime sponsored by Borton Overseas by recruiting new members. For more details go to www.sofn.com/highlight/Norwegian_Experience.html

Lauderdale Lodge would like your input about our lodge activities. Maybe having a live band or go ballroom dancing. Do you have any talents? Maybe singing, dancing or playing an instrument? Would you like to participate in a play? If you have any ideas please let us know!

The Land of the Vikings (LOV) invites you to their 2nd Annual Golf Tournament May 4-6!
 A \$40 deposit will hold your room and there is an additional \$60 fee for golf expenses. Make your room reservations early by calling 570-461-3500 or e-mail vikingland@tds.net



In Memoriam		New Members	
Carol Halvorsen (by Aage Halvorsen)	4/07	Nancy J. Demarchi	10/06
Hans G. Engebretsen (by Dr. Karen Engebretsen)	2/08	William Demarchi	10/06
Sylvia Thorbjørnsen (by Liva Willemsen)	2/08	Ann-Mari Bardal	1/07
Shirley Engebretsen (by Dr. Karen Engebretsen)	2/08	Bruno Scharer	1/07
Eric Engebretsen (by Dr. Karen Engebretsen)	2/08	Tor E. Skroder	1/07
Shirley Wiersema (by Jerry Wiersema)	3/09	Reidar Bakken	2/07
Sheryl Wiersema (by Jerry Wiersema)	3/09	Solveig Emilie Bakken	2/07

WALK FOR THE ANIMALS



On March 3rd President Dr. Karen Engebretsen, Secretary Suzan Van Handel, Marshall Irene Whist and Foundation Director Jan Natås participated in the Walk for the Animals with the Humane Society of Broward County in Esplanade Park in Fort Lauderdale. To see all the pictures click here:

http://www.geocities.com/lauderdalelodge/past_events_20070303.html . This organization provides shelter, aid and responsible adoptions to animals entrusted to their care, and educates the community about respect and kindness to all animals. Each year they receive thousands of animals who can no longer be cared for by their owners and in 2005 they placed 9,518 animals into new homes; no other source in South Florida placed so many dogs and cats. The Humane Society of Broward County relies 100% on funding from individuals, like you, who care. Every dollar is carefully spent to help the unwanted animals. Adopt a friend for life or donate to a good cause! For more information, visit www.humanebroward.com .





April 14 is National Day of Climate Action

This is a day of rallies across the country to urge Congress to impose an 80 percent reduction in carbon or global warming pollution by 2050. The Broward Environmentalists Network invites you to attend an environmental film festival and social from noon to 5pm at the marina area of Hugh Taylor Birch State Park.

Location is 3109 E. Sunrise Blvd. Fort Lauderdale, FL 33304 or I-95 to Sunrise Blvd east over the intercoastal waterway bridge. Various groups will be present to provide information about topics of concern, and participating groups are invited to make short presentations between movies.

If you would like to participate call Editor Laila Fosse's cell phone number at 954-993-7737 to find out where we are. For more information go to www.stepitup2007.org.

Steps you can take to reduce global warming pollution

1. Change to compact fluorescent light bulbs
2. Drive less
3. Recycle more
4. Check your tires for correct air pressure
5. Use less hot water
6. Avoid products with a lot of packaging
7. Adjust your thermostat just 2 degrees
8. Plant a tree
9. Turn off electronic devices when you are not using them
10. Watch the documentary "An Inconvenient Truth" or go to www.climatecrisis.net





Time is running out for polar bears. Scientists warn that rising Arctic temperatures may cause nearly all of the summer sea ice that the bears depend on for survival to vanish by 2040. Polar bears are already suffering the grim effects of global warming: birth rates are falling, fewer cubs are surviving and more bears are drowning. With more than 25 percent of the world's polar bear populations already in decline, further warming could drive this beloved animal to extinction by the end of this century!



Without federal protection, the polar bear could become the first mammal to lose 100 percent of its habitat to global warming. And global warming is the leading threat to our planet as a whole. A rise in global temperature of one degree Fahrenheit has already caused the polar ice cap to shrink, malaria and other illnesses to afflict more people, and heat waves, wildfires, droughts, and hurricanes to intensify. Allowing temperatures to rise more than another 2 degrees Fahrenheit threatens to trigger the irreversible melting of the Greenland ice sheet, a 20-foot rise in sea levels, and the extinction of species, including the polar bear.



Our only chance to avert such catastrophic outcomes is to act now to reduce global warming pollution. Stabilizing the world's climate demands that the United States cut its carbon emissions 25 percent by 2020 and 80 percent by 2050. The Polar Bear needs more friends like you....

The April 9 deadline for official comments is approaching quickly, so **we need your help to reach our goal of 500,000 pro-bear comments** -- to counter fierce industry opposition and the reluctance of the Bush Administration to take decisive action to address the global warming pollution that is literally melting the polar bear's critical habitat. **Please spread the word to your friends and family!** When they take action -- and then ask their circle of friends to do the same -- we can create an even bigger outpouring of support for protecting the polar bear under the Endangered Species Act.

Watch our our ad on CNN TV (Eastern time):

Mon, 3/19 6:55am, 12:10pm, 8:05pm

Tue, 3/20 8:15am, 12:15pm, 7:05pm

Wed 3/21 6:25am, 10:35pm

Thu 3/22 1:25am, 6:35am, 7:55pm

Fri 3/23 6:55am, 12:25pm, 7:25pm



Visit www.polarbearsos.org or ask Editor Laila Fosse for help to send your official comment.

To help protect other wildlife or places go to www.savebiogems.org .

(954) 491-4871

E-mail: gaylebythesea@aol.com

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(2 blocks N. of Oakland Park Blvd. and 1 Block W. of A1A)

This advertisement expires May 2007

E-mail: drkaren@earthlink.net

Website: www.drkaren.com

Karen E. Engebretsen, Psy.D., P.A.
DABPS, DNBAE, DAPA, FACAPP, FAAIM, DAC, CHT, CST, DABS
Licensed Psychologist, FL Lic: PY5409

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