



## A Proud Heritage...

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries and to provide quality insurance and financial products to its members.

*Sons of Norways mjon er å fremme, ivareta og på lang sikt verne om norske og andre nordiske kulturtradisjoner samtidig som organisasjonen får vokse og utvikle seg som en broderskapsforening med maximal help og stottle til alle medlemmer.*

Sons of Norway has close to 70,000 members across the United States, Canada and Norway. Members can celebrate their Scandinavian heritage through local, district and international lodge activities.

From Viking Feasts and Potluck Dinners gently mixed with a little Scandinavian history, language, culture and lots of fun, lodge activities make the Scandinavian heritage come alive!

Sons of Norway members believe tradition and heritage are worth preserving for the future.



## Our Local Story...

Suncoast Lodge #562 celebrated its 30-year Anniversary in 2007. The Lodge was organized on March 5, 1977 to support Pinellas County, Florida. We have an outstanding record of achievement, including being voted the "District Lodge of the Year" several times in our 30 years of service.

A spirit of cooperation, enthusiasm and dedication to the preservation of Nordic culture is the earmark of Suncoast Lodge and makes us a proud part of the Sons of Norway family.

Through dedication and service, our Members have made Suncoast Lodge the strong lodge that it is today. It is through this continued commitment that we will remain forever "united and true".

Suncoast Lodge holds its Social Meetings at the Prince of Peace Lutheran Church Meeting Hall at 455 Missouri Avenue in Largo, Florida on the 3rd Friday of each month at 7:30 p.m. Refreshments are served during the meeting and children have an area to themselves.



Anyone interested in finding out more about our Lodge is encouraged to attend one of our Social Meetings. Additional information can also be found at our website: [www.suncoastlodge.com](http://www.suncoastlodge.com)

## Fun for the Whole Family...

The Members of the Suncoast Lodge are involved in a wide variety of social, cultural, charitable and special events throughout the year, featuring both traditional and contemporary programs. We also participate with other Lodges in local, district and international programs.



Members have the opportunity to participate in:

-  Viking Regattas
-  Scandinavian-inspired Dinners
-  Monthly Bowling
-  Nordic Crafts
-  Conventions
-  Fishing
-  Rosemaling
-  Community Service
-  Dinner & Theatre Outings
-  Third District Golfing Tournament
-  And much more!



**ESFTAN**  
"Our Northern Way"

## BECOME A MEMBER!



Are your ancestors from Norway, Sweden, Finland, Denmark or Iceland and you have an interest in preserving the culture and history of your past?

Or, do you have friends or family of Nordic descent and would like to be a part of a fun, active local Lodge?

If so, you are invited to join our "Nordic Family" now to enjoy the many benefits of being a part of the Sons of Norway, including participation in all of our Lodge's local and district activities, a subscription to "Viking" monthly magazine, exclusive insurance offerings to Sons of Norway Members, and much more!

Many of our group activities are family-oriented, permitting even young children to participate. What better way to share your heritage with the next generation?

To find out more about what joining the Sons of Norway can mean to you and your family, visit our website at:

[www.suncoastlodge.com](http://www.suncoastlodge.com)

Interested persons may also contact:

**Peggy Brown**  
**Membership Coordinator**  
**(727) 796-4090**  
**[tpbrown38@hotmail.com](mailto:tpbrown38@hotmail.com)**

*(A Membership to the Sons of Norway makes a great gift!)*

*The mission of Sons of Norway is to promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members.*

[www.suncoastlodge.com](http://www.suncoastlodge.com)



**SONS OF NORWAY**  
Suncoast Lodge #562



**VELKOMMEN  
TIL  
SUNCOAST!**



**Suncoast Lodge**  
**#562**

*Serving Members of  
Pinellas County, Florida  
for over 30 Years*

PLACE  
POSTAGE  
HERE