



**SONS of
NORWAY**

District 1

Nyhetsbrev

District 1 Newsletter July 2021

*Welcome
Back*





SONS of NORWAY

Sons of Norway Headquarters

1455 West Lake Street
Minneapolis MN 55408-2666
Phone: (612) 827-3611
Toll Free: (800) 945-8851
Website: www.sofn.com

District 1 Website:

<http://sofn-1.org> OR sofn-1.com
[either address will bring you to the website]

Like our Facebook page: Sons of Norway District 1

Sons of Norway Mission Statement

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

Contact Information for Officers 2018—2022

Executive Officers

| | |
|-----------------------------|--|
| President, Dennis Rusinko | dennisrusinko@aol.com |
| Vice President, Mark Haugen | mhaugen_architect@msn.com |
| Secretary, Diane Halvorson | dshanokason@gmail.com |
| Treasurer, Claudia Bomier | cebomier@gmail.com |

Directors

| | |
|--------------------------------------|--|
| Sports/Rec Director, Ronald Stow | stowronald@gmail.com |
| Social/Culture Director, Karen Aakre | kaakre@hotmail.com |
| Youth Director | OPEN |
| Publicity Director, Gina Pockrandt | gigipockrandt@msn.com |

Zone Directors

| | |
|------------------------------|--|
| Zone 1, Paula Leland Garnett | paula.s.leland@gmail.com |
| Zone 2, Chris Elwell | cae1261@gmail.com |
| Zone 3, Jim Strandlie | jimstrandlie@mncable.net |
| Zone 4, Jerry Wright | wrightsj@charter.net |
| Zone 5, Gloria Coulter | gcoulter6367@gmail.com |
| Zone 6, Sherry Stilley | stillnord@mitchelltelecom.net |
| Zone 7, Keith Jorgensen | kjorgensen@cfu.net |
| Zone 8 | OPEN |
| Zone 9, Jan Osmonson | josmonson@comcast.net |
| Zone 10, Norm Carlson | norsknorm@aol.com |



Fra Presidenten

Lodges are slowly coming back to life socially. Hopefully lodges will be gearing up for the fall and look to getting things back to normal.

To the lodges that have not sent in their updated bylaws asked by the Home Office, and if you haven't, please do so before the end of the year.

We are still planning to hold a District Convention next year. Those lodges that elected delegates for the 2020 convention you are encouraged to check with them to see if they are still interested in being a delegate and or alternate. Also, if your lodge will not be meeting over the winter months you will need to make sure you have your delegates and alternates elected before you break for winter.

If any member of the 1st District interested in running for a District Board Officer position, please contact our Nominating Committee so they can send you an application form. The convention is scheduled for June 2nd thru 4th at Cragun's Resort in Brainerd, Mn. Look to the District website for further information regarding the convention.

Please stay healthy and enjoy the rest of the summer.

*Tusen Takk,
Dennis Rusinko*





Vice President

Greetings.

We continue to, thankfully, receive online membership sign-ups. I call or, when available, email provided with “New Member from Sons of Norway Online Signup.” This signup information comes from “Corporate”. I receive a copy of what is sent to the lodge officers. It is extremely important for the lodges to contact these members to welcome them and offer them a lodge environment.

There is some returning to in-person meetings and events... THANK GOD! Please make sure precautions are being taken gathering in groups. I won't list what, but please let common sense override any of the stubbornness we Norwegians are known for.

Tubfrim continues to be a busy endeavor. I am receiving phone calls, as well as delivery of stamps. I shouldn't be receiving stamps at this point. A committee has been established to determine the role District 1 will have with Tubfrim, since corporate will no longer have any involvement or appropriate any funds for its activities. The chairpersons for this committee are District 1 board members Gloria Coulter, Zone 5 Director and Sherry Stilley, Zone 6 Director. Your ideas and input are encouraged.

Please – PLEASE! – send me your lodge efforts. Let me know what you have been doing and what your upcoming plans are. It's important to us! And let me know how the District can help you.

Membership summary, June 30, 2021:

District 1 Membership: Year to Date = 15.9% gain

District 1 Membership (including 000 and 999 members): March 31, 2021 = 10, 179

International Membership: Year to Date = 14.0% gain (District 3 = 45.2% gain – WOW!)

Total Membership: June 30, 2021 = 47,790

Respectfully Submitted, Mark A. Haugen



District 1 Convention
June 2-4, 2022
Cragun's Resort, Brainerd, MN



International Convention
August 30—September 2, 2022
Omni Viking Lakes Hotel, Eagan, MN

Secretary



The Fall D-1 Board Meeting has been scheduled and the Contract signed for October 7 and 8th, 2021, at the St. Cloud Holiday Inn Hotel and Suites. [75 So 37th Ave (Division Street & 37th Ave), St Cloud, MN, 56301]. Mark your calendar now.

Reservation cut-off date for the District is September 7th. I will need to know of your intentions to come to the meeting by that date so that I can reserve a room for you and also know how many will be attending for meals. A tentative daily schedule will be sent to the entire Board. The Board will pay for meals for you and one guest. The Hotel does have meal service on site which is one reason this hotel was selected.

Just as an early reminder, Reports by each Board member and Officer will need to be submitted to me by September 30th, so that I can send them out to the rest of the Board. Thank you.

During a recent District Secretary Zoom call, we were asked about the Viking Magazine and how it is received by the members in our Districts. A couple of the secretaries stated that the Publicity Directors are having a hard time getting photos each month from the lodges. Are you reminding the lodges in your Zone to send photos to the D-1 Publicity Director, Gina Pockrandt? Now that some lodges are gathering to meet in open spaces, there should be more opportunities to highlight the members and lodge activities. Send out a reminder with your next newsletter.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022 in Minneapolis, MN. The convention will be held August 31th to Sept 1st 2022, with first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September. Here is the information about the venue, be sure and watch the virtual tour of the site! (<https://youtu.be/S7TljcinVCU>) - Omni Hotels and Resorts, Omni Viking Lakes Hotel, 2611 Nordic Way, Eagan, MN 55121

If you are interested in helping HQ with the 2022 International Convention activities, please contact Connie O'Brien (COBrien@sofn.com). There are several committees that will need volunteer help.

Hope that you are enjoying your summer and that there are some Sons of Norway activities happening in your area.

With warm regards, Diane Halvorson

2022 District 1 Convention

Pre-Convention Preparation

The District 1 Convention is sponsored by Sagatun Lodge #18 in Brainerd, Minnesota and will be held at Cragun's Resort on Gull Lake. Cragun's Resort will be handling delegate registration and resort reservations. Reservation information and links will be posted on the District 1 website once they are available.

August—September 2021

Lodges should start having discussions about resolutions they wish to bring forward at the District Convention and ask their lodge members to consider being a delegate. All resolutions pertaining to the District or International Lodge must be voted on by delegates attending the District Convention.

Each lodge is entitled to have two (2) delegates and 2 alternate delegates and 1 additional delegate for every 100 lodge members or fraction thereof. Keep in mind that because there was no convention in 2020, new lodge delegates will need to be elected, however, delegates who did not get to attend in 2020 are welcome to become lodge delegates in 2022.

In particular, lodges that do not meet in the winter months should select their delegates and alternate delegates **before their winter break** in order to meet the cutoffs. Delegate and alternate delegate names must be submitted to the District Secretary **NO LATER THAN MARCH 1st.**



Treasurer

The deadline for lodges applying for the \$ 500 pandemic grant has past and we had 49 lodges take advantage of this offer. We saw many creative ideas on how lodges enhanced their lodge or contributed to their community. We all hope that in 2021 that many lodges will be able to resume their scheduled meetings and welcome back in person meetings.

All lodges in District 1 have completed the paperwork (ACH forms) for receiving dues directly except for the 2 lodges that International was working with. I hope that is helpful for lodges to receive dues directly in a timely manner.

District 1 has a healthy financial situation. We have had a reduction in the number of youths attending camps this summer due to Skogfjorden being mainly virtual. The good news is that we had an increase in the number of 4-week campers this year, the only ones able to attend in person. Masse Moro had a waiting list to attend, and they were hoping that some restrictions were lifted so they could increase the number of campers. By 2022, camps should be back to "normal" whatever that will mean.

Enjoy the remaining summer!
Claudia Bomier, Treasurer

Sports/Rec Director



Summertime and the listening is WDGY. Oops that's not what this is about. This article concerns the activities which Sons of Norway members in the 70 lodges of District 1 have been doing this summer. Some of you may have been keeping up your walking activities, probably during the cooler time of day. Have you tried Nordic Walking? It's amazing how those sticks help take the pressure off your knees. And, the arm motion benefits the upper body.

Perhaps you have been able to do a lot of swimming this summer. Besides the fantastic benefits to the whole body, including cardio conditioning, swimming helps you cool off during these hot days that we have been experiencing. Whether in a pool or at the lake, swimming is a great summertime activity.

Have you participated in a biking event? Whether sponsored by an organization, such as your local Sons of Norway Lodge, or on your own, biking provides whole-body exercise. A family "tur" would be fun now that we are allowed to be together again. There may be bike trails in your area that make it easier to ride separate from car traffic and on an even surface.

General physical fitness exercises can be done in the comfort of your home or out in the fresh air, "friluftsliv". Got a lake handy? Try kayaking. Pretend you are paddling across the "fjord". Or you can do weight training. Envision yourself "Going for the Gold" at the Olympic Games. Maybe even playing in a pick-up game of soccer. General fitness includes a wide variety of physical exercise. Pickle Ball anyone?

Remember to record your sports and recreation activities and apply for Sons of Norway sports and recreation medals.

Whatever you chose to do for sports and recreation, would you, as individuals or groups, please send me a photo and/or a paragraph to share with the rest of our membership in the next District 1 newsletter. Send to stow-ronald@gmail.com

Ron Stow, Sports and Recreation Director
District 1 Sons of Norway



Social/Culture Director

Keep an eye out for information about Cultural Skills competition at the Conventions in upcoming newsletters. Hope everyone is working on their Cultural Skills pins or projects to display in the District 1 and International Conventions next year.

*Tusen Takk,
Karen Aakre*

Youth Director—open position

Publicity Director



WANTED: PICTURES!

There are many lodges who have not had a photo included on our District 1 page in the Viking Magazine for a long time. If it's been more than 3 or 4 years, please consider asking a member or two to take pictures of members at your gatherings. Current model cell phones take excellent pictures these days. It doesn't have to be a special event, a smiling happy face (or faces) make great photos! There are lots of opportunities to take pictures besides lodge meetings and events. Does your lodge have young campers? Are there members working on Cultural Skills? Sports Medals? Visiting a Nordic themed place? Participating in a Nordic or Viking themed event? Going Nordic hiking? Does your lodge have special groups like dance club, book club, knitting club, ski club, walking club, biking club? Do some members gather before or after a meeting at a local destination? Do members support a local Nordic themed business? Are members volunteering in the community? Is your lodge collecting items to support a cause in your community? Get out those cameras or cellphones and email your photos (as email attachments) to me at gigipockrandt@msn.com.

Keep those cameras handy! Gina Pockrandt

ESSENTIAL RULES



BASIC PHOTOGRAPHY

Photography is less about what you capture than how you capture it. With these four photo composition techniques, you can transform something mundane into a visual masterpiece.

Rule of Thirds

HOW TO DO IT: From the settings menu, turn on the grid that divides your camera's frame into thirds — nine equal segments with two vertical and two horizontal lines — and position key objects at the points where the lines intersect.

TIP: Frame your image with the subject off-center — it's more pleasing to the eye and appears more natural than placing the subject in the center.



Spacing

HOW TO DO IT: Create a sense of movement by adding active space (the area your subject is facing) and eliminating dead space (the area behind your subject).

TIP: Leave ample space in the direction your subject is looking, otherwise the photo could feel uncomfortable and confined.

Simplicity

HOW TO DO IT: Declutter the background, zoom in tight to eliminate background "noise," or change your angle so your subject remains the focus of the image.

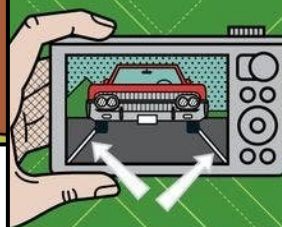
TIP: Offset a plain subject with textures, patterns, and other "busy" backgrounds to emphasize its simplicity.



Leading Lines

HOW TO DO IT: Use architectural lines — walls, fences, roads, telephone wires — to lead the eye through the photograph and draw attention toward the main subject.

TIP: Use lines to tell a story, place emphasis on a subject, or draw a connection between two objects.



Zone 1 Director



Breezy Summer Greetings to All District One Friends,

Finally, an awakening of dormant memories for all: sweetly fragranced air from gardens, sizzling barbecue aromas from the grill, the first unforgettable in person family and friend gathering, the first hug in what seems to be forever...paradise emerging from the pandemic! A craving, gnawing awareness of what we've missed...Lodges have felt it, too, but no more! Here is a bird's eye view of lustrous lodge landscapes.

Haarfager: Experiencing a lovely afternoon picnic with family, friends, great food, and of course, a game of Kubb; Lapskaus supper; Hostfest and meatball dinner with bazaar; the Viking parade ship with Captain Ron and First Mate Phyllis, cruising in summer parades; providing academic scholarships; saving stamps for Tubfrim which provides assistance to those with handicaps; and contributing funds for the SON Foundation.

Heimsyn: Donating to the many and various nonprofits they have supported through the years such as the Cloquet Education Foundation, the Cloquet Public Library, and the Esko and Moose Lake Historical Societies, among others; a picnic celebration of family and friends in the great outdoors; learning more about Crown Princess Martha of Norway and her appearance in Duluth in 1939; and sharing yummy recipes like Nettle Honey Oat Bars (Havrebar med Brennesle). Stinging nettles are among the first wild edibles to appear in the Spring, and cooking with them is rather adventurous!

Nortun: Presenting a program of the development of folk music from Nordic countries by Arna Rennan, local artist and singer; a field trip to Noatun ("boat enclosure" or "boat home" in Old Norse) Community Wooden Boat Works/Duluth Faering Project; reading *Growth of the Soil* by Knut Hamsun by the Nortun Book Club; and learning about Norway's self proclaimed "Time-Free Zone," a publicity campaign generating conversation and tourism.

Sagatun: Learning more about Syttende Mai, Norway's Constitution Day, along with an awards ceremony, recognizing members' accomplishments, and yes, featuring delicious polse wrapped in lefse and pickled herring; staying abreast of Nordic headlines from Norway, Denmark, Iceland, Finland, and Sweden; and continuing the growing excitement for the Crow Wing Viking Festival entitled, "Real Vikings, No Horns!"

Zone One's Midnatsolen, Nordstjernen, Skogvannet, Terje Viken, and Tusenvann are also contributing to their communities and each other.

THANK YOU LODGE MEMBERS, YOU ARE ALL AMAZING!

~ Paula Leland Garnett

Zone 2 Director

Greetings from South Twin Cities Zone

Oslo 2, Minneapolis, MN Draxten 464, Minneapolis, MN Vonheim 108, Minneapolis, MN
Nordmarka 585, Northfield, MN Hjemkomst 599, Hastings, MN Vestland 601, Minnetonka, MN
Norsota 602, Apple Valley, MN Scandia 680, Waconia, MN

Be Safe, Chris Elwell

Zone 3 Director



Bemidji Lodge mentioned that Minnesota dropped its mask mandate just in time for our Syttende Mai celebration. We had rented a large venue with lots of space for social distancing. We had a catered dinner and music on May 16, 2021. On June 24, 2021 we had our first monthly lodge meeting back at the old venue. Attendance was roughly half pre-pandemic levels but we hope that will pick up. In July we have an outdoor picnic planned. The board continues to meet monthly via ZOOM, largely for convenience. Most of our members are vaccinated and we plan to resume a normal schedule from here on out.

Fosston Lodge had their first meeting in April which was catch up on a lot of business and a show and tell program, cultural projects during COVID lock down. We canceled the May meeting because of a local COVID uptick. We met again in June and July, playing a bean bag corn hole game for both programs. Winners got 100 grand candy bars and losers got butterfingers, even our 95 years old members played, we counted in Norwegian. We will be submitting pictures to the Viking.

Snorre Lodge has started having meetings again, including a bonfire with S'mores last month. We also held a drive-up dinner where the members could come and pick up a Norwegian themed Sunday dinner. We will not be presenting our Norwegian Day at the Pennington County Fair this year, but will continue on with in-person meetings and programming. Along with Syttende Mai last May, we had Leonard Furuseth Day, honoring Leonard and his close relatives concerning a book written by Grethen Beito about his involvement in the 99th Battalion, separate.

The Detroit Lakes Sons of Norway Lodge 1-495 worked our way through the Covid-19 restrictions by Zooming our meetings with an average attendance of about 40 members, which was only slightly lower than our "normal" meeting numbers. We are now back to meeting in person outside at the City Park. We have participated in the Pelican Rapids and Perham city parades with our Sons of Norway float and will also have out float in the Detroit Lakes Water Carnival Parade. In May we had a plant sale fund raiser to raise money for local nonprofit organizations. On October 1st we are having Scott Wolter – geologist and television host from the History Channel speaking at the Historic Holmes Theatre in Detroit Lakes. In September, our new meeting location will be: First Lutheran Church in Detroit Lakes.

Regards, Jim Strandlie, Zone 3 Director

Zone 4 Director



In May, some Lodges had their first face to face gatherings. Mjosen Lodge 1-175 held their annual memorial service in early May with masks on Fron Lutheran Church and in June held their annual Midsommarfest in Barsness Park with coronation of their junior King and Queen.

Fedraheimen Lodge 1-59 from Willmar did an excellent job in hosting monthly Zoom membership programs this past winter and now are holding both in-person along with Zoom. Leif Erikson hosted a Zoom and in-person gathering in early May at Henning Landmark Center.

Fedraheimen Lodge participated in the annual Syttende Mai parade at Sunburg, MN. Norskfødt Lodge and Heimskringla Lodge held Syttende Mai dinners for their membership. Leif Erikson hosted a membership pie and coffee gathering to celebrate Syttende Mai. Mjosen Lodge delivered rosettes to all the senior assisted living facilities in Pope County.

Most lodges are busy planning their fall programs and looking forward to back to normal gatherings. Two Lodges have submitted their revised By-Laws to Headquarters and a few others are looking into revising their By-Laws.

Tusen Takk, Jerry Wright

Zone 5 Director



It has been so fun to see folks enjoy getting together once again. Invitations to lodge “get togethers” has revealed how much we have missed gathering together.

Program committees are meeting to line up programs for next year, while some are finishing this year with planned activities from “before Covid”. Some are still meeting with Zoom or together in “outside” spaces. Creative ways to serve food have allowed meals to be enjoyed together also.

Newsletters are still the best way to let our membership know we are still active and looking forward to activities in 2022.

Ha det, Gloria Coulter



Zone 6 Director

Greetings from South Dakota Zone

Gjoa 065, Sioux Falls, SD Odin 368, Webster, SD Viking 463, Watertown, SD
Kong Olav V 483, Canton, SD Fjordland 508, Brookings, SD Borgund 532, Rapid City, SD
Grieg 578, Aberdeen, SD Fedrelandet 579, Mitchell, SD Hovedstad 597, Pierre, SD
Lillehammer 633, Yankton, SD

~ Sherry Stille

Zone 7 Director

Hello from Iowa Zone

Nordic 502, Forest City/Lake Mills, IA Valdres 503, Decorah, IA Solglint 547, Waterloo/Cedar Falls, IA
Restauration 548, Cedar Rapids, IA Storelva 655, Davenport, IA

~ Keith Jorgenson

Zone 8 Director—open position

Hello from Texas, Arkansas, Oklahoma and Louisiana Zone

Nordtex 594, Dallas, TX Palmedal 644, McAllen, TX
Northern Lights 653, Tyler, TX Hundreårsjubileum 671, Oklahoma City, OK

Zone 9 Director



Greetings!

"What a year it's been!" It is hard to remember back to this time last year...with all the lock downs and restrictions we were experiencing. I think this past year pushed all of us beyond our limits in ways we didn't know were possible. Now as we move forward in the months ahead, we have a renewed feeling of hope and optimism.

Zone 9 Lodges have been keeping in touch with their members using video and teleconferencing, phone calls, sending cards and outdoor gatherings. Some lodges have had programs on Zoom for their monthly meetings and it has worked out wonderful for their lodge members.

District 1 "2022" Sons of Norway Convention will be held May 31 – June 5th at Cragun's Resort on Gull Lake in Brainerd, MN. Now is the time for all the lodges to start thinking about who they will elect as delegates to represent their lodge at the District Convention. If you did not send a delegate to the last District 1 Convention that was held in Rochester, MN... you missed out of having your voice heard on important issues that are pertinent to your lodge. Also, if your lodge would like to submit a resolution for the convention, now is the time to start planning and working toward that goal.

The "2022" Sons of Norway International Convention will be held at the Omni Viking Hotel in Eagan, MN— instead of in Norway as was planned for the "2020" Convention. The dates are August 22-26th. There will be more details coming to the lodges about both conventions in the coming months as the plans evolve.

Hopefully, all the lodges will be busy with activities again in the near future...but we must not forget to keep working on growing our "2021" lodge membership. Now is a great time to call new and old friends and tell them about the benefits of being a Sons of Norway Member.

I am here to support you with any questions or concerns you may have...so feel free to contact me at anytime. Best wishes and good luck to all the lodges as you start to meet in the months ahead.

*Tusen Takk,
~ Jan Osmonson*



Zone 10 Director

As with many lodges, most Zone 10 lodges have been having virtual meetings, usually with Zoom. During our first Zoom meeting I could see and hear the excitement of members when they could finally see and hear each other from the safety of their own home. As things progress, some lodges have recently had their first in person meetings while being socially distanced from other members. Some lodges will continue with virtual meetings for a while as the locations where they have been meeting are not letting them enter the building until the pandemic has diminished to a greater extent. It is very important that lodges remain in contact with their members.

Stay Healthy, Norm Carlson



The Sons of Norway Foundation is here for you . . . and it is here for good!

The mission of the Foundation is to share and preserve Nordic heritage, to positively affect our members' lives, and to make Sons of Norway communities better places to live.

Since 1966, staying true to this purpose, the Foundation has been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

In 2020 the Foundation provided \$10,742 in camperships for youth to attend Norwegian culture camps in the USA.

In 2020 the Foundation provided \$3,800 in humanitarian aid to members and children in need.

In 2020 the Foundation provided \$23,530 in grants for Nordic culture and heritage programs.

In 2020 the Foundation provided \$17,170 in scholarships for American students studying in Norway.

In 2020 the Foundation provided \$89,100 for students to study in the United States and Canada.

To quote Foundation Development Manager Emily Stark, "First and foremost, I would like Sons of Norway members to know that the Foundation is **a great resource for our members**. We provide grants to our lodges and other partners to advance our core values, scholarships to members and their children and grandchildren, and the opportunity to achieve philanthropic goals that reflect your interests and passions."

As of December 31, 2020, the net assets of the Foundation were \$9,864,547. Most of these assets are in scholarship endowments.

For more information about grants and scholarships, go to the Sons of Norway website and click on Foundation. And remember . . . the Foundation is here for you . . . and it is here for good.

Thank you for your continued support, Karl Hella

Thank You Sons of Norway
leaders for all you do and
keeping Sons of Norway Strong!