



Happy New Year, we hope 2019 is an exciting year for you and your lodges. Sons of Norway is a wonderful organization that embraces Nordic culture and heritage. With the 2018 International Convention behind us, the District 1 Board has been focused on looking for ways to improve communication to our lodges and to find innovative ways to provide helpful resources for our lodges.

Let's kick off this year in high gear - here are some deadlines to remember:

January

- 1-31 Installation of Lodge Officers
D17 and 990 forms are mailed out to Lodge Presidents and Secretaries
- 15th Scholarship applications for educational opportunities due to Sons of Norway
(Check www.SOFN.com/foundation website for scholarship details)

February

- 1 Lodge Officer will be listed on Sons of Norway online directory
- 1 LAF reports are due to Sons of Norway Membership Services
- 1 AFA Community/Fraternal event and hours total due to Sons of Norway
(either by AFA form or online through Fraternalsgive.org)
- 15 D17 forms are due to Sons of Norway
- 28 Applications for Skogfjorden, Massa Moro and Norwegian Folk High School are due to The District.

March

- 1 LAF Reports are due to Sons of Norway
- 2 Scholarship applications due to Sons of Norway Foundation
(Check www.SOFN.com/foundation website for scholarship details)

April

- 12-13 District 1 Board meeting
* Lodges are welcome to give Tubfrim stamps to District Board members to deliver to District meeting.

May

- 15 IRS Form 990 Must be submitted.

December

- 31 Community Partnership Grant Application due
Helping Hands to Children Grant Application due
Lodge Culture and Heritage Grant Application due
Lodge Vitality Grant Application due

If there are any questions or concerns regarding these deadlines or forms, please refer to www.sofn.com or consult with your Zone Director.



SONS of NORWAY

Sons of Norway Headquarters

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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—2020

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, Maureen Aakre	maureen.aakre@gmail.com
Publicity Director, Gina Pockrandt	gigipockrandt@msn.com

Zone Directors

Zone 1, Paula Leland Garnett	paula.leland@isd709.org
Zone 2, Chris Elwell	celwell@farmington.k12.mn.us
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 Alan Beck	alanbeck@verizon.net
Zone 9, Jan Osmonson	josmonson@comcast.net
Zone 10, Norm Carlson	norsknorm@aol.com



District Board—Fall 2018 Meeting

Front Row (left to right): Claudia Bomier, Dennis Rusinko, Mark Haugen and Diane Halvorson
Middle Row: Gina Pockrandt, Norm Carlson, Maureen Aakre, Jan Osmonson and Gloria Coulter
Back Row: Ron Stow, Jim Strandlie, Karen Aakre, Kookie Satrang, Jerry Wright and Alan Beck

Fra Presidenten



As I write this, the Holiday Season is upon us. And as you read this we will be in the New Year.

Many of us are busy finishing our Christmas shopping or just beginning like me. I never know what to get people I may resign myself to sending Christmas Cards with money for the kids to buy themselves something. Whichever I choose I will be ready by Christmas. Speaking of the holidays I hope everyone has a joyous Christmas and a Happy New Year.

Speaking of a new year I would like the board members and any lodge members who read this to dedicate this year to do their best to improve their lodges and the District. We have some special projects that have been assigned to us and we need to complete them by the Spring Board meeting.

Happy Holidays
Dennis Rusinko



Vice President

Happy New Year!

We have had a Sons of Norway Vice Presidents Teleconference this Fall. Great discussions, lots of continued support, and goal setting. The goals are not surprising: More members and more for the membership. We need to give people reason to join and to stay. I know the Chairwoman of the Germanic American Institute and in November I met and had lunch with the President and CEO of the American Swedish Institute. We Norge are not alone; they have the same discussions, concerns, and goals.

I am working on a special project for the District 1 Executive Committee, which involves marketing and membership growth opportunities for the lodges directly. Jim Strandlie, Zone 3 Director and Jerry Wright, Zone 4 Director and have been very active and communicative. I do not hear much from the others (hint!). I will be making a much better effort to reach out to the zone directors and lodge vice presidents this coming year. I've heard from some lodges and we're going to act on your concerns. They're NOT going to "die at District." I also hear the enthusiasm. I'm looking forward to this year!

Mark A. Hugen, Assoc. AIA, LEED AP, ASHE, CSI, ICC, NIBS
Cell: 612.850.3312

Secretary



After the District #1 Convention it was apparent that communication is on everyone's mind. This can be done in any ways – website updates, newsletters, email 'blasts', Lodge meetings, etc. What is the best way for you to receive information? Feel free to let us know what works best for you, as we are exploring new and innovative ways to ensure that each lodge feels included.

All of the District Secretaries have a quarterly teleconference call with International Secretary Marci Larson. One of the top priorities will be the drafting a template for standardization for submission of a Resolution at the District level and International level. Resolutions and Bylaw Changes are business documents and should be presented as such. The plan is to have a guideline and a sample template.

If any of the D-1 Convention delegates from your Lodge did not get the Official Minutes of the Meeting, please give them my email address and I will forward them to the delegate by email or USPS. **Or** if any of your 2019 officers have a new email address, mailing address or phone number, please email changes to fraternal@sofn.com. Takk. You should always feel free to contact your Zone Director or anyone on the Executive Committee to share your concerns/successes or if you just want to express your views.

Some deadlines worth noting: Dec. 31st – update D-63 at fraternal@sofn.com so that the 2018 online officer directory can be completed; supplies ordered for Barneløpets; Helping Hands to children Grant and Lodge Vitality Grant applications due; and Tubfrim cards postmarked by the 31st.

SAVE the DATE: April 12 and 13, 2019 Spring Board Meeting for all Officers & Directors. Location TBD.

My parting words: "Be a 'ship builder'; build friendships that lead to relationships, which will produce partnerships and sponsorships; these lead to Leadership." Robert Schlichte

Have a safe winter & may your time be well-spent in leading your Lodge to a very exciting year.

~ Diane Halvorson
dshanokason@gmail.com



Treasurer

My hopes are that all the lodges consider a MAP events this year. It is an exciting time to kick off the year with a good program, invite the public and see if you can interest friends in joining you in Sons of Norway. We have seen that several lodges have been very successful in attracting a sizeable number of new members at their MAP events. I hope you also have the same result.

Also consider a lodge event with 3 lodges working together -and receive \$ 200 from the District. Use the initiative program for your lodge working on an event in your community that is **sponsored by another organization** and one your lodge has not done before. This amount can be for up to \$ 500. Check out events in your community, see what you can participate in and increase your visibility. I also have seen that Diane has sent out opportunities for grants, etc. from the Foundation and the dates for application. See if your lodge can make use of many of these opportunities.

We, as a District, are still losing about the same percentage of members as we have in the past few years. When I became Treasurer – in 2014, we were **"Marching to 10,000"** and now we will have to try to crawl back to 8,000. We all need to share any successful ideas for sharing our vision, love of culture and heritage with the larger community.

Have a great winter!
Claudia Bomier, Treasurer

Sports/Rec Director



Godt Nytt År! Happy New Year!

As I write this, snow is finally falling in measurable amounts, especially in South Dakota and Minnesota. This should make those doing any x-c skiing events, especially Barnelopet, very happy this season. It was interesting to see that the weather radar showing this storm pretty much matched up with the map of Sons of Norway District 1. Let's hope there is no damage caused by this storm and that all will be safe.

It's New Year's Resolution time. Why not set some goals involving the Sons of Norway sports medals programs. Ask your lodge sports director for the appropriate form to keep track of your times and distances in skiing, walking, swimming, biking and general physical fitness, including bowling, golf and tennis, etc. If your lodge has no sports director, check with your lodge president for the forms.

Recreation is also part of the position of director of sport. This would include activities that aren't mentioned above. Several lodges play the lawn game Kubb. Perhaps there can be tournaments established. Table games are popular for many, including cards, Viking chess, and others. I would like to know what games are played in your lodge. Please contact me at the e-mail address given below.

Please let me know of any changes in the sports director position at your lodge. Thank you to those who have already replied. I am still waiting for responses from some lodges to establish communications. Please reply to the email address below.

Ha det bra! All the best!

Ron Stow, District 1 Sports and Recreation Director
email: sondistrict1sportdirector@gmail.com



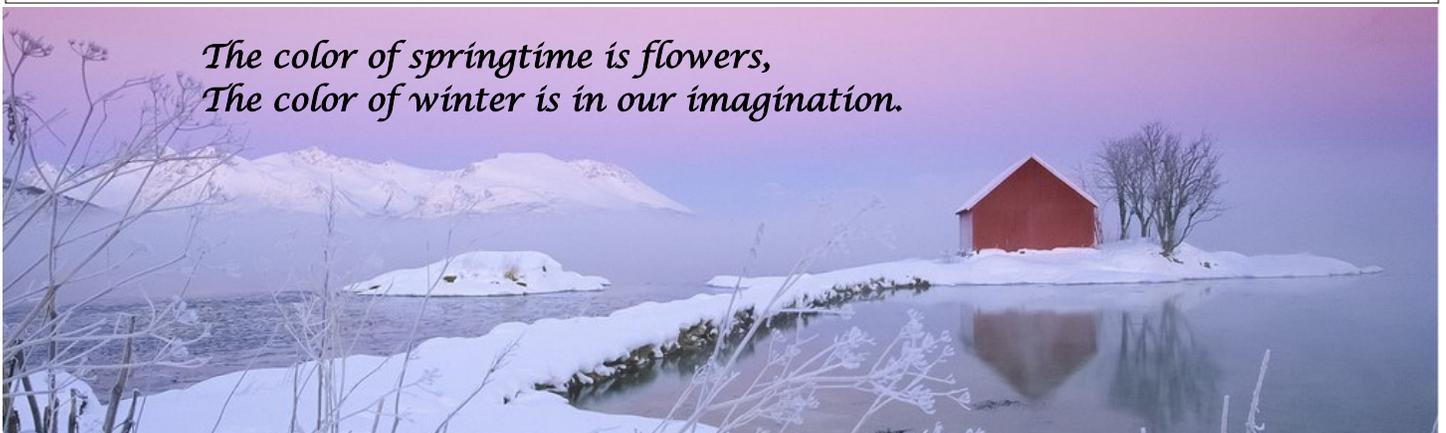
Social/Culture Director

HAPPY NEW YEAR

Looking forward to a great
year for Social and Culture
Opportunities.

Karen Aakre
kaakre@hotmail.com
Phone: 218-731-0072

*The color of springtime is flowers,
The color of winter is in our imagination.*



Youth Director



Hei Lodges! A New Year already.....and plenty to do. Now that the elections for the year ahead have happened, it is imperative that I know who the Youth Directors are and have their contact information.

A popular request has been to identify your events for the quarter ahead, to encourage additional participation for each other's Lodges. I would like to post them quarterly through NYHETSBREV and the District Website. Please forward your January – March events asap. The next quarter's schedule should be forwarded to me by March 10, June 10, Sept 10, and Dec 10.

Naturally, I would like to invite you to the first Norwegian Film Fest as part of our annual Ole and Lena Days in Granite Falls on January 27. At Noon you will be able to meet Elsa and take pictures, then watch **Frozen** at 1pm. Then, the well regarded Indie Film, **The Lutefisk Wars**, will be shown at 3:30, and finally the Norwegian "horror" film, which is dubbed in English, **Ragnarok**, will be shown at 6pm. The site is the newly developing community site, The YES! House, on Main Street.

For more information, please contact me at BarneNorsk@gmail.com

~ Maureen Aakre



Publicity Director

We've been able to share some neat pictures in the District Happenings page for District 1 in the Viking Magazine. We would love to see more of our lodges in District 1 represented. The new smartphones these days take excellent pictures that can be submitted along with those taken with a good camera. Just make sure that the settings on either device is set for quality pictures rather than quantity. (You can usually set a camera to store a certain number of pictures on a memory card, you want the lowest number of pictures in order to get the best quality outcome).

TIPS FOR TAKING PICTURES:

- ⇒ Always stand still and hold the camera or smartphone steady
- ⇒ Stand close to your subject matter and make sure the subject is centered, slightly off center is okay
- ⇒ Take time to focus the picture, then gently click to take the photo
- ⇒ Many cameras have a display that shows the picture you just took, take a quick peak at it and look for sharpness, facial expressions, eyes open or closed as appropriate. Make sure that the head is not cut off. Check these pictures right away so that you can do them over if you need to. Always, always make sure People are smiling.

There are many, many excellent opportunities to take pictures. Is your lodge involved with community events? Are members reading books to students? Are children from the lodge participating in a Barneløpet? Is there a Nordic or Scandinavian Festival members are working at or participating in? Are members dressed in bunads for a special event? Is the lodge hosting a membership dinner? A Celebration dinner? Is the lodge receiving a check from their Financial Benefits Consultant? Or from Sons of Norway Headquarters? Are they participating in a particularly fun program? Are they walking in a parade or riding on a float?

Also, are members being recognized for something special? Is the lodge celebrating a member's 80th birthday? 90th? 100th? How about members celebrating a long membership with Sons of Norway—50 years or more? These are great pictures to include for a Member Profile on our District Happenings page.

Now let's see every lodge submit pictures for us to include on our District Happenings page. We have many lodges from Minnesota all the way down to Texas doing wonderful things, let's see them in the Viking Magazine!

Tusen Takk, Gina Pockrandt, District 1 Publicity Director

Zone 1 Director

A very Merry Christmas and Happy New Year from all of the Zone One Lodges: Heimsyn, Nortun, Terje Viken, Sagatun, Haarfager, Midnatsolen, Vinland, Nordstjernen, Skogvannet, and Tusenvann.

Most members have been busily occupied with family and friends this holiday season, pausing occasionally to re-fuel energy levels! Gathering for Sons of Norway lodge activities and Christmas dinners served at individual lodges have also been a priority. Some lodges, like Heimsyn in Cloquet, are celebrating in between Christmas and the new year, a Jul Fest, with a delicious pork roast and fish cakes dinner for members on December 30th. My husband and I can hardly wait to attend---but oh, oh---we see more calories than exercise around the corner! We both received Fitbits as gifts this year; hint, hint to us! ☺

We in Zone One hope everyone reached by this newsletter will experience a healthy and prosperous new year with many joys, new memberships, and great ideas for expanding the growth of Sons of Norway.

Zone One Members
Paula Leland Garnett, Director

Zone 2 Director

Welcome from Zone 2!

Over the summer it was a pleasure visiting Northfield and our members there. The outdoor music along the river was awesome! Norsota continues to offer cool programs too and being the president, I try to attend most meetings there.

Being zone director is fun because I love meeting folk at the various lodges, however, my body is falling apart and I'm too young for that stuff (genetic disposition to arthritis)!! I've scheduled two joint replacements within six months (Jan 29/hip and June 7/knee) and need to bow out of my responsibilities this year. Mark Haugen has offered to cover my duties for now. When I can walk and enjoy mobility again I shall return!

Enjoy 2019. Think about creative events or programs you might share with another lodge to keep new folk coming into our meetings and learn about what our organization has to offer. There are so many wonderful people!!

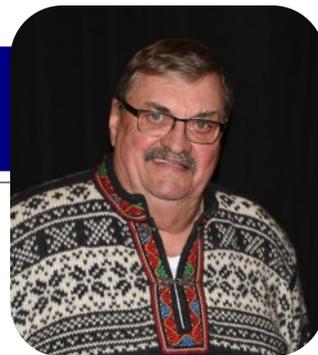
Chris Elwell

Best wishes to Chris as she goes through hip surgery in January and knee surgery in June. We hope your recovery goes well.

~ District 1 Board



Zone 3 Director



How many lodges participate in the “Adopt a School” program? Snorre Lodge has adopted the 5th grade class at Newfolden as their “Adopt a School” program, and representatives of the lodge visit the school to present an hour long program on Norway. We talk about the history, geography, government, traditions and immigrant tales. They learn to count in Norwegian, and sing a Norwegian Song. This will be a good topic for the workshop scheduled during the month of February.

Speaking of workshop, Bemidji Lodge has offered to host the first Zone 3 workshop of the year for new officers and interested members. It will be held at Calvary Lutheran Church on Saturday, February 9 from 1 – 4. There will be no cost for the participants attending. Current officers will be doing the presentations regarding their office in breakout sessions. Other topics will be given at the general meeting. We would like to encourage every lodge in Zone 3 to send representatives to the workshop. A notice will be sent to each lodge regarding the workshop.

Other topics participants could discuss at the workshop are scholarships, membership dinners, and currently, Christmas dinners. Sharing methods and practices by lodges can only be helpful to others. If a lodge wants more information concerning a special topic, they can contact me after they receive the initial invitation.

~ Jim Strandlie

Zone 4 Director



Eight of Zone 4’s nine Lodges sent delegates to the 50th District #1 convention in June. Sixteen out of 26 allowed Lodge delegates represented Zone 4 at the convention.

Maureen Aakre, Ann Day and Jerry Wright represented Zone 4 at the International Convention in Bloomington. Zone 4 Lodge Elvidal 1-509 from Granite Falls, MN was recognized by the Int’l Sons of Norway as the 2016 “Small Lodge of the Year”. Pictured below with Elvidal Lodge member Maureen Aakre are newly elected International Sons of

Norway president Rob Stubbings and past president Jon Tehven.

Mjosen Lodge in Glenwood hosted in late July a Norwegian Storyteller Anne Elisabeth Skogen’s from Stavanger who shared a fascinating story about the first emigrants’ journey to America. Over 165 folks enjoyed the evening.

This past fall, two 3-Lodge gatherings with District 1 multiple lodge grant support each hosted a fun and festive event. The Lodges (Norskfodt 1-590 Morris, Bjorgvin 1-10 Benson, Mjosen 1-175 Glenwood) hosted Ole-Bjørn Tobiassen to share his research story about the early Vikings settlements in Norway, Iceland, Greenland & America (book “Thorhilde the Viking Queen”) in Morris on a Sunday afternoon. In the southern area of Zone, Lodges (Vennskap 1-554 Canby, Elvidal 1-509 Granite Falls, Nornen 1-41 Madison) hosted a successful Scandinavian Concert (Entertainers from Norway) in partnership with Dawson-Boyd Arts Association in mid-October with over 175 attending. For these group events, the Lodges’ advertised thru the Senior Perspective’s monthly regional newspaper to get the word.

All Lodges have their 2019 officers in place and looking forward to their coming monthly programs.

Tusen takk. Jerry Wright, Zone 4 Director, [wrightsj@charter.net](mailto:wrights@charter.net)



Zone 5 Director



As I write this report, it is a very cold December day and I am enjoying a cup of coffee and a mincemeat bar. Yes, it is very delicious!

Some of the news from Zone #5 includes silent auctions, bake sales and the final performance and program from the Jorgensens. Many have enjoyed the music of Theodora Cor-montan performed by Dr. Michael & Bonnie Jorgensen. They are professors at Gustavus Adolphus in St. Peter, MN and both will be retiring and moving to warmer climates.

Newsletters from Zone #5 have been slim this quarter, mine included. Many lodges enjoyed the "Taste of Norway" as a program in October and November for new member meetings, a great way to let folks sample the good food of the Norsks. One man commented, "Your ads should include food as the 4th F. Financial, Foundation, Fellowship and Food!!

The newest game among Norsks is Norwegian Bingo. It's easy and lots of fun. If anyone wants the rules of the game, let me know.

Hoping to grow our membership in 2019. Happy New Year!

~ Gloria Coulter
Zone #5



Zone 6 Director

New year greetings to all. I am writing this fra Oslo Norway where I am visiting my daughter and family for a month. This is strange keyboard for me with norske letters like ø,æ,å. So if I could <i> would write this in Norwegian. I will be back just in time to do the officers installation in Canton SD in Jan.

Weather here is mid 30s with icy sidewalks and a little snow, but it is hyggelig inside!

~ Sherry Stilley
stillnord@mitchelltelecom.net

Zone 7 Director

Best wishes for a Happy and Prosperous New Year.

~ Keith Jorgensen
kjorgensen@cfu.net



Zone 8 Director

Happy New Year from sunny Texas.

~ Alan Beck
alanbeck@verizon.net

Zone 9 Director



Happy New Year to everyone and I hope 2019 is a happy and healthy year.

I would like to introduce myself as your new Zone 9 Director. My name is Jan Osmonson and I am a member of Vennekretsen Lodge 1-559 in Anoka, MN, where I also live. I have been an active member in Sons of Norway for 44 years and have served in many positions for my lodge.

I grew up in Gonvick a small town in Northwestern Minnesota where almost everyone was Norwegian. All four of my grandparents emigrated from Norway, so I have strong Norwegian roots.

Goals for 2019:

- Establishing a line of communication with the newly elected 2019 officers of the lodges in my zone.
- Planning a Zone 9 training session to be held in the next few months. The training session would consist of providing the newly elected lodge officers of Zone 9 with updated materials, new ideas and support to take back to their respective lodges.
- Plans to visit all of the lodges in Zone 9 at least once in the New Year and attend functions that they have planned.
- Keep lodges informed about news from the Sons of Norway Headquarters, International and District 1 that would be pertinent to the members of the lodge.

Starting with a new year is always a time to reflect on the previous year and to make new commitments for fresh ideas, new challenges and opportunities for us to pass on to the lodges.

I have eight lodges in my zone and I am proud to represent them as their Zone 9 Director. I look forward to working with all of the lodges and I am ready to help in any way possible.

~ Jan Osmonson Zone 9 Director
josmonson@comcast.net

Zone 10 Director



God Jul og Godt Nyttår to the Zone 10 lodges. As the new Zone 10 Director I have been able to visit three of the five lodges in Zone 10, and hope to visit another lodge in mid-January. As soon as your lodge has elected your officers for 2019, please submit them soon. Some lodges have already enjoyed their Christmas program with a variety of activities.

Fraternally,
Norm Carlson 515-238-4244 cell
norsknorm@aol.com

Thank you for taking time to read the Nyhetsbrev, questions or concerns can be sent to the Publicity Director—Gina Pockrandt at gigipockrandt@msn.com. One of District board's primary goals is to find ways to communicate with our lodges. We welcome any thoughts or suggestions on what information would be helpful to you and how we can share it. What information would you like to see in a future Nyhetsbrev newsletter?

*Tusen Takk,
Gina Pockrandt, District 1 Publicity Director*