



Sons of Norway to celebrate 125 years in 2020

Sons of Norway turns 125 in 2020. Sons of Norway Headquarters, the International Board and your District 1 Board have been busy planning for the 125th celebration in 2020. Be on the lookout for some exciting news and announcements in upcoming issues.

2020 is a great year for your lodge to get out there in your communities and create visibility for Sons of Norway. Big or small, every bit helps. It can be as simple as wearing the Sons of Norway logo or planning a visibility event with your lodge. The key word is visibility. Does your lodge have picnics at a local picnic area? If so, be sure to display your Sons of Norway banners. Are you volunteering at a local charity? Wear your Sons of Norway logo (pin, button or clothing). Parades are a great way to be visible in your communities, be sure to participate in events in towns nearby too!

Let us know what's happening!

How do you plan to celebrate our 125th in 2020? Start planning now! We challenge you to participate in an event that brings visibility to your lodge and the Sons of Norway organization. Be sure to have members take pictures and send them to Publicity Director, Gina at gigipockrandt@msn.com. Qualifying pictures will be submitted to the Viking Magazine for our community page and others may appear in the Nyhetsbrev.

2020 District 1 Convention

Robert Nelson from Sagatun Lodge/Brainerd, MN, host of the District 1 Convention being held at Cragun's Resort on Gull Lake gave a presentation to the District Board at their Spring District meeting. He showed the logistics and layout of the various aspects of the convention and talked about the various things his Lodge is planning. Cragun's Resort will be handling delegate registration and hotel reservations. Each hotel-style room will have a fireplace and a view of the lake. Due to the popularity of Cragun's Resort, reservations/registrations will be accepted up through April 20th. Visit www.craguns.com for more information about the resort.



Note, there will be a special caucus before the District 1 Convention to be held by each Zone in their area. Your Zone Director will be reaching out to you regarding this special caucus. It is important for your lodge to have your delegates designated prior to the special caucus and be prepared to attend. The special caucus is likely to be held sometime between late March and mid April next year.

Thank you Sagatun Lodge for hosting the 2020 District 1 Convention and for all of the hard work you are doing. The District 1 Board is excited about it and look forward to our continued partnership for a great event.



Sons of Norway Headquarters

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Minneapolis MN 55408-2666
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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—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.s.leland@gmail.com
Zone 2, Mark Haugen (interim)	mhaugen_architect@msn.com
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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



2019 Spring District Meeting



Left to Right: Jan Osmonson; Keith Jorgensen, Gloria Coulter, Jerry Wright and Diane Halvorson



Left to Right: Diane Halvorson, Claudia Bomier, Mark Haugen, Dennis Rusinko, Gina Pockrandt and Karl Hella Photo Credit: Norm Carlson

Fra Presidenten



A summer of activities is now taking shape. Districts, Zones, Lodges are planning their summer events. To the membership get involved volunteer where ever you can to support Sons of Norway and your community. I am sure if you ask any of your lodge officers about volunteering they will be more than happy to assist you.

As a member of the Viking Age Club/Sons of Norway we will be participating in such events as the Isanti County Fair in Cambridge, Mn. July 27th, Aug 24th we will be in Nisswa, Mn. for the Viking Fest sponsored by Sagatun Lodge, Sep 7th Scandic Music Festival in Victoria, Mn. and Sep 14 at a Viking Event in Granite Falls, Mn.

You need to become a part the Sons of Norway Fraternity. And what a better way to spend your summer by getting out in the community and participating.

Dennis Rusinko, President
District 1 Sons of Norway



Vice President

Busy!

We have a year to date District 1 growth of 10 (0.1%). The total membership of District 1 is 7,935 at the end of May, 2019.

I have been contacting new online sign-ups by telephone and email when that information is available.

We are working on the District 1 and International Conventions next year. Remember, 2020 is our 125th year! Plans are being made to celebrate and grow.

History:

We have begun collaborating with a fascinating and enthusiastic group called, 99th Battalion Separate Educational Foundation. They are promoting the history of this special infantry battalion in World War II comprised of over 1,300 American soldiers of Norwegian ancestry from Minnesota, eastern North Dakota, and western Wisconsin. They are generating interest at the national level.

<https://99battalion.org/index.htm>

Today:

The American Institute of Architects is interested in collaborating with us to present the current and future emphasis of climate change influencing building and urban design to the design and construction professions, as well as the public. The breakthrough design examples used are in Norway. Who better than us to help promote the Norse connection and how they're on the leading edge of climate studies and its impact!

<https://www.21stcenturydevelopment.org/case-studies/pilestredat-park/>

I've been serving as Zone 2 Director in the interim and talking with other Zones. As a District 1 lodge, if your lodge needs help with ANYTHING, let me know. I – we - are here to support you and will take the time to listen and do what we can. There are many resources available that I can reach out to depending on what is needed. Let me know.

Mark A. Haugen, District 1 Vice President
Cell: 612.850.3312
mhaugen_architect@msn.com

Secretary



The Executive Committee (EC) continues to meet monthly either by teleconference or face to face. The International President, International VP, and International Secretary all hold quarterly teleconference calls too with their respective officers. This helps us all keep abreast of what is happening throughout Sons of Norway.

125th Anniversary: Headquarters has established a committee and they are asking all Districts/Lodges to consider doing something significant within their communities to promote this celebration. What do you think you would like to do in your Lodge? Celebrate by doing something just for your members, something for your community or something within the District with other lodges? Maybe form a partnership with 3 or 4 nearby lodges and do something at a Festival? Have a discussion with your other board members or Zone Director... let's get noticed for this wonderful milestone.

At a recent workshop I attended, a group of Secretaries had a round table discussion. Some helpful hints for those of you who serve as secretary:

- A printed agenda for your board meetings – President or other board members can help with this task. Agendas help ensure continuity.
- Taking minutes: use of the acronym MMSP (motion made, seconded, passed). Names are no longer essential to the minute taking process. Broad statements are also acceptable - such as: "Discussion held", then state the Motion, Passed or Failed.
- Keep a separate list of Motions that affect governance made from meeting to meeting, year to year. This is done at the District level. It is called a "Motion List".
- Meeting minute 'book': the minutes can be kept on a 'thumb/flash' drive. Make sure that you have shared the password to access the information. Make 2 copies – maybe give the second copy to the president at the end of the year. *Just be aware that media changes.* Paper copies are still appropriate – but finding storage may be a burden.

Do you have something you wish the Board to discuss? Notify President Dennis or me. Thank you.

District Secretary, Diane Halvorson



Treasurer

The second quarter is completed and the change in the dues structure has made a positive impact for District 1. Our general fund is much stronger than it was a couple of years ago and that was also a non-convention year.

Weather had an enormous impact on activities last winter and spring with winter storms and flooding in parts of the district. We have not seen as many MAP events so please remember to schedule a District 1 MAP event/s this year. For a District MAP event, you just must tell us the date, what event you have scheduled and get the Executive Committee to approve before your event. You will receive \$ 20 per new member that joins. This does NOT have to include a meal.

We are looking forward to hearing about what events lodges are planning for the 125th Anniversary of Sons of Norway. 125 years is quite an achievement.

I would also like to pass along a thank you that I received from Tove Dahl, the Dean of Skogfjorden Language immersion camp. She asked me to thank District 1 for all their support and also mentioned that the camp was built by Sons of Norway 50 years ago. She stated we were able to have best location for the Norwegian Camp since we were the first that built at the camp site.

~ Claudia Bomier, Treasurer

Sports/Rec Director



Nordic Walking

Congratulations to our members who are working on or have achieved sports medals in walking (Gangmerke). If you aren't yet among these, it's never too late to get started on them. Perhaps you have been avoiding it because of stress on your joints, or because of your age.

It may be time to consider Nordic Walking with poles which is great for people who are looking for a smart physical activity with maximum health benefits, combined with fun and convenience.

Nordic Walking is great for people of all ages. You can walk anywhere, anytime, as fast as you want, as far as you want. The use of walking poles reduces stress on your joints. I was surprised how much pressure it took off my knees when I first started to use poles.

Because Nordic Walking works all major muscle groups in the body, it is a very effective cardiovascular workout. Recent studies showed that Nordic Walking burns more calories, increases oxygen consumption, and is up to 46% more efficient than normal walking.

This is a time efficient activity. Three hours a week will achieve your health goals as well as accumulate points toward a Sons of Norway sports medal. I'm sure you will want to do more hours as you realize the benefits of this exercise. Nordic Walking poles are available at sport stores or online for about \$30 a pair. The telescoping models adjust to your height and stride and are easily transported, even in your suitcase.

For more details about Nordic Walking and its benefits, check out the website for the American Nordic Walking Association www.americannordicwalking.com.

[Walk like a Nordic.](#)

Ron Stow, District 1 Sports/Recreation Director



Social/Culture Director

This summer bring many fun learning activities. I was at the Nisswa Stammen this last week end and the music was super. Next weekend I am trying kohlrosing at Milan Folk School. Then we have the Hjemkomst Festival in Moorhead, Minnesota. That is only June and the rest of the summer has the festival in Decorah, Iowa and a fabulous class at Vesterheim. I will teach Skinfell mittens at Watertown, South Dakota in September. Followed by music food and culture at Hostfest in Minot, North Dakota. Then I travel to North House folk school for Sami embellishment class. There are language classes at Bemidji for young and old and classes at Norway House so I recommend getting out there and enjoying your summer cultural experiences.

~ Karen Aakre, District Social/Culture Director

Lodge Newsletters

In the spirit of fraternal brotherhood and sisterhood, it's a good idea to include other lodges especially those located close to your lodge on your newsletter email distribution list. Many Sons of Norway members are happy to help other lodges stay strong and relevant in their communities and may not be aware of the Nordic programs/events happening close to them. Your Zone Director should always be on your newsletter distribution list so that they are aware of what your lodge is up to. It's also a good idea to include the members of the District Board, they are engaged and want to know what is happening. If your lodge does not have a newsletter and is interested in getting one started, reach out to your District 1 Publicity Director, Gina at gigipockrandt@msn.com and she will be happy to get you started.

Youth Director



Happy Summer to all of you! These are busy times for families, so I hope you will find a little time to be a VIKING! I will be sending ideas along to Youth Directors as I find interesting items for July through September. I hope you will use these ideas and plan to attend the 1st Annual Second Saturday in September (Sept. 14, 2019) Elvidal Viking Fest on the Minnesota River in Granite Falls, MN!! Other Youth Friendly events this summer include the Scandinavian Hjemkomst in Moorhead, MN June 21-23, and the Nordic Fest in Decorah, Iowa July 25-27, 2019.

Speaking of Youth Directors, I have to wonder why nearly every District 1 Lodge has a Sports Director indicated, but only 25 lodges have an identified YOUTH Director. I congratulate Nortonna 1-638 on electing THREE (3) Youth Directors! Way to go! I think we can expect big things out of Owatonna this year. Out of the 27 Youth Directors, five do not have email addresses. I would ask that, for ease of communication, Lodges please consider this for the future. Our youth, 3-23, rely heavily on Social Media for their information and therefore, we rely heavily on you to encourage their participation through this medium.

Finally, I look forward to visiting with you and your Lodges in the year ahead. Please contact me at Maureen.aakre@gmail.com or barnenorsk@gmail.com with your ideas, events, comments, or questions.

Mange Takk!

Maureen Aakre, District 1 Youth Director



Publicity Director

What an exciting spring it's been and summer is off and running. It's been fun receiving pictures from the various lodges celebrating Syttende Mai. Several have turned in pictures of their lodges participating in town parades and celebrations. How wonderful to see many of you doing things that bring visibility to your lodge and the Sons of Norway organization. I would like to encourage lodges that haven't submitted pictures for the Viking Magazine for some time to go ahead and send them in, we'd really like to see you featured on our community page. Every lodge, large and small matter. Because of you, our Nordic culture and heritage is visible in communities across the U.S., Canada and Norway and you deserve to be represented on our community page.

I would also like to ask ALL lodges in District 1 to share your lodge programming and events with us to put on the District 1 Happenings page in this newsletter. I think it's a nice tool for everyone to see what all the lodges are up to. Be sure to check out that page for happenings near you and feel free to join in on the fun.

Publicity for your lodge is important. Make sure to take advantage of all mediums available to you to publicize your lodge happenings in your community. Put up flyers in your local library, coffee shops and community bulletin boards. How about your church? Does your city have an electronic bill board or website that displays local events? Contact them and find out how you can list your event. Does your community have a local cable channel? Does your local newspaper allow local groups to list their programs and events in a Community section? Be sure to support your local newspaper by purchasing ad space for your bigger events. Does your newspaper have an online digital version where you can list your events and programs? How about the local Chamber of Commerce? Do they have a visual or digital medium that is available for you to advertise your event or program? Keep in mind that you may need to give several month's advance notice in order for your event to be advertised at the appropriate time. Do you have a unique way to advertise your event? Drop me a line, I'd love to hear it and share it with other lodges.

Yours Fraternally,

Gina Pockrandt, District 1 Publicity Director

Zone 1 Director

We finally made it through one of the longest, snowiest winters in recent years! Finally, on to summer, at least according to the calendar! Once again, we can turn to Sons of Norway to keep everyone's sails heading toward balmy breezes.

Near the end of May, I hosted a Zone One workshop in Hibbing that was well attended by zone members. Many thanks to Dawn Schafer, Midnatsolen Lodge President, and its members, for reserving the Hibbing Memorial Building room and kitchen for us. It was great seeing so many lodge representatives, and we definitely had fun talking with each other about the variety of activities being pursued by all. We covered an immense amount of information included in a booklet I created so each person could take one back to their home lodge. Bob Nelson, Brainerd's Sagatun Lodge President, presented a wonderful powerpoint regarding the District One Convention being held during the summer of 2020. It will be hosted by yes, you guessed it, the Sagatun Lodge! Thank you so much, Bob, for a very comprehensive look at the many activities to come and for answering questions from the floor! We appreciated everything!

Some of the activities shared by attendees at the workshop comprised recounting many Syttende Mai celebrations to promote Norwegian heritage, including banquets and parades. Cultural programs also included interesting books presented by the respective authors as well as learning more about family histories and how to do it through genealogy experts. All bring in interested members and guests.

Food and hardanger lace demonstrations with the opportunity to take part, designing and building custom furniture and woodwork pieces with options to buy items, membership dinners, community cleanups, and attending a lecture about a secret World War II concentration camp diary are only a sample of the many activities sponsored by Sons of Norway lodge members. The goal of gaining new participants is always "at the top of the list," and continuing with interesting learning connections such as these will, no doubt, further this goal.

I believe all lodges, no matter the location, generously support great programs open to the community. Our collective imaginations regarding programming will make the "Growing to 2020" goals established by the Sons of Norway International Board of Directors for 2019 a distinct reality!

~ Paula Leland Garnett, Zone 1 Director

Zone 2 Director

Zone 2 Lodges	No.	President	Meeting Location	Meeting date
Oslo	1-02	Louise Bakken	Danish American Center; Minneapolis, MN	4th Saturday; noon
Vonheim	1-108	Merle Tinglestad	Norway House; Minneapolis, MN	2nd Saturday; 1 pm
Draxton	1-464	David Glennen	Contact David @ dglennen@hotmail.com for location & dates	
Nordmarka	1-585	Charles C. Hellie	St. Peter's Lutheran Church; Northfield, MN	2nd Sat.; 5:30 pm
Hjemkomst	1-599	Terrance Flower	Our Savior's Lutheran Church; Hastings, MN	2nd Sunday; 3 pm
Vestland	1-601	Lori Ahmad	Minnetonka Comm. Center; Minnetonka, MN	3rd Tuesday; 7 pm
Norsota	1-602	Chris Elwell	Heritage Lutheran Church; Apple Valley, MN	2nd Saturday; 7 pm
Scandia	1-680	Ross G. Hanson	Island View Golf Club; Waconia, MN	Contact officers

Best wishes to Zone Director 2, Chris Elwell as she recovers from her knee surgery. We hope her recovery goes well and she will be up and dancing before too long. Please reach out to District Vice President, Mark Haugen if any questions or concerns come up (refer to the Vice President column for contact information).

* Note: Always check with the lodges for upcoming meetings and/or events as some lodges do not meet in winter and/or summer months.

Summer Time



Zone 3 Director



Not too much to report from the Zone 3 Director. We returned from Florida on April 6. The weather caused us to miss the District 1 Board Meeting in Eden Prairie. There was no way we were going to attempt to travel in that storm.

Snorre Lodge did Bingo day at Greenleaf Assisted Living residence in Thief River Falls, and I assisted with the program. We called the numbers and gave out prizes.

I attended Snorre Lodge Norwegian Day at the Fair committee meeting. Plans were made for our day at the Pennington Co. fair. We have vendors and demonstrations in the morning, serve Norwegian type foods for lunch, and have entertainment in the afternoon.

May was devoted to Norwegian Heritage Week, and your Zone Director was very much involved. There were programs, entertainment, food, and fun for the residents of Thief River Falls and surrounding area. There was a good turnout for each event.

On June 6th, I attended the Lodge meeting in Park Rapids. They have a membership problem. My wife and I presented a program on our visit to Norway followed by discussion on how the Lodge could increase membership. We appreciate and give our thanks to Wayne Olson for trying to keep this ship afloat.

~ Jim Strandlie, Zone 3 Director

Zone 4 Director



Most Lodges in Zone 4 were involved in some type of gathering during the week of Syttende Mai and several are getting organized for an event related to Midsommarfest.

On the 1st of June Mjosen Lodge from Glenwood hosted their newly purchased Viking boat at the city's annual Kiddies' day. Many of the youth checked out the coloring page table and others had pictures taken with Viking caps by the boat.



*Ha en fin
sommer*

Jerry Wright, Zone 4 Director
wrightsj@charter.net



Zone 5 Director



I just returned from a stay in Tucson, Arizona to be with my brother who was diagnosed with Leukemia. He lives alone, so I was able to help with some of the first procedures. It's amazing how much happens while a person is gone!

The Nortonna Lodge is planning a new endeavor for celebrating 125 years of Sons of Norway. They plan to do a program in Central Park in Owatonna with Norwegian music, dances, singing, storytelling and games. The Chamber of Commerce will be working with them on this project.

Zone #5 had a record number attending our Spring Workshop. There were many new officers who were anxious to get more information about their responsibilities.

Many lodges are planning picnics and ice cream socials for the summer months. On Saturday, July 6 there will be a celebration of the renovated Sons of Norway building in Lanesboro (200 Parkway South). Parking is available in the Sylvan Park parking lot.

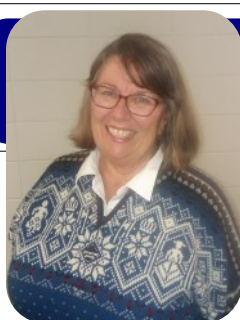
2 PM: Door open with tours of the building renovation

3 to 3:30: The Nordic convention of 1936 has been revived complete with a convention scene, men's choir, women's drill team, and the actual short Norwegian play (translated). It's a charming vintage play within a play.

5-7 PM: Music by the Rutabaga Brothers (outside near the SON building in Sylvan Park. Bring your own lawn chair.)

I'm looking forward to this.

~ Gloria Coulter, Zone #5 Director



Zone 6 Director

In keeping with our Mission to: "celebrate our relationship with other Nordic countries" the Sioux Falls and Mitchell lodges did a road trip to the Swedish Midsommar Celebration at Dalesburg on Friday, June 21. It is held on the grounds of the Dalesburg Lutheran Church out in the country north of Vermillion, SD. This year was the 150th anniversary of this Swedish festival. The Smorgasbord featured Swedish meatballs and potatis korv, a Swedish potato sausage, among other delicacies. There will also be entertainment by Chuck Suchy, dancing and a country store.

Congratulations to the Aberdeen Grieg lodge 1-6-578 for voting to continue despite some who did not wish to. I am proud of your Viking spirit. Congratulations to the Brookings Fjordland lodge on their fantastic dance group, Newsletter, and Bunad Parade!

I hope everyone is carrying around the new member applications and sharing them with friends. Have a joyful summer!

Sherry Stilley Zone 6 Director stillnord@mitchelltelecom.net

Zone 7 Director

Greetings from the Iowa, Nebraska, Kansas and Missouri Zone

Zone 7 Lodges	No.	President	Meeting Location	Meeting date
Nordic	1-502	Kermit Singlestad	Fireside Room; Forest City, IA	1st Monday; various
Valdres	1-503	Sharon Rossman	Vesterheim; Decorah, IA	3rd Tuesday; 7 pm
Solglimt	1-547	Keith Jorgenson	Cedar Falls Woman's Club; Cedar Falls, IA	3rd or 4th Tuesday; 7 pm
Restauration	1-548	Barbara Erickson	Our Savior's Lutheran Church; Cedar Falls, IA	2nd Tuesday; 7 pm
Storelva	1-655	Sylvia Martin	St. Paul Lutheran Church; Davenport, IA	3rd Monday; 7 pm

* Note: Always check with the lodges for upcoming meetings and/or events.

~ Keith Jorgenson, Zone 7 Director



Zone 8 Director

Greetings from the Texas, Oklahoma, Arkansas & Louisiana Zone

Zone 8 Lodges	No.	President	Meeting Location	Meeting date
Nordtex	1-594	Matthew Barstad	Wooden Spoon; Plano, TX	2nd Sunday, 3 pm
Palmedal	1-644	Roberto Lindemann-Castillo	Gatti's Pizza; McAllen, TX	2nd Saturday, noon
Hundrearsjubileum	1-671	Randall Ice	Oklahoma City, OK	*

* Place & time varies—contact RDICE@UCO.EDU for information

~ Alan Beck, Zone 8 Director

Zone 9 Director



Greetings!

Hurra, Hurra, for the Syttende Mai! That was the sound that was commonly heard from the lodges in Zone 9 as they celebrated their Syttende Mai festivities with flag parades, dinners and entertainment planned for the special day of May 17th.

As I reflected on the wonderful celebration my lodge (Vennekretsen) had experienced it served as a great reminder to me, about how fortunate we are of having the freedom to celebrate these special occasions, which are part of our great heritage. During World War II when Norway was under Nazi occupation they were definitely not allowed to celebrate their special day in any manner. So in Norway today the Norwegian Constitution Day is celebrated with great pride and joy.

The 125th Anniversary of Sons of Norway will be celebrated in 2020. It would be great if every lodge would plan some special event or project in honor of this big milestone. Now is the time to start brainstorming and setting up committees to accomplish these goals. All of our ancestors would be so proud of everyone for the dedication and hard work it has taken to keep the Sons of Norway in existence for 125 years.

Have a wonderful summer and keep working on the Sons of Norway - "New Member Recruitment Campaign for 2019."

~ Jan Osmonson, Zone 9 Director



Zone 10 Director

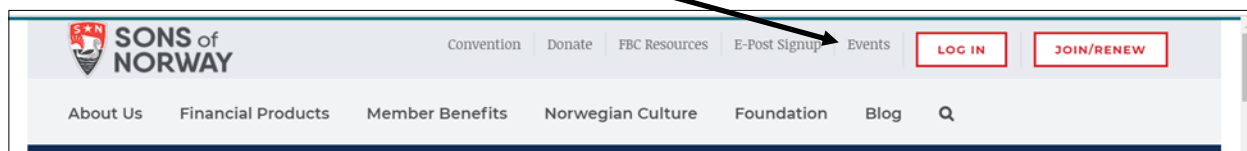
Greetings from the new Zone 10 and Zone 10 Director Norm Carlson.

As we begin to enjoy summer activities, lodges should keep in mind that Sons of Norway will celebrate its 125th Anniversary on January 16, 2020. There are many ways in which a lodge may celebrate this special occasion by giving to others, and in doing so, promote their lodge in their own community. Keeping 125 in mind, they could collect 125 items for the needy, collect 125 pounds of food for the food bank, and so on. Lodges can determine what would work best for them, and enjoy helping others.

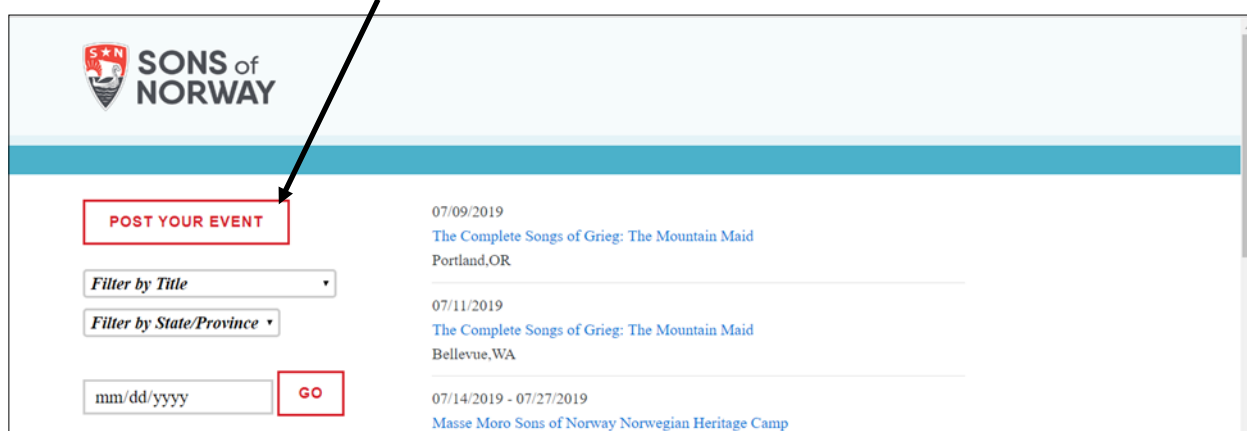
Happy 125th Anniversary Sons of Norway!

Advertising your Lodge Event

Did you know that there is a place on the Sons of Norway website to add your lodge event? Non-members looking for Nordic activities in their community may look for them here. It's very simple. First go to www.sofn.com, then click on **Events** in the upper right hand corner of the screen:



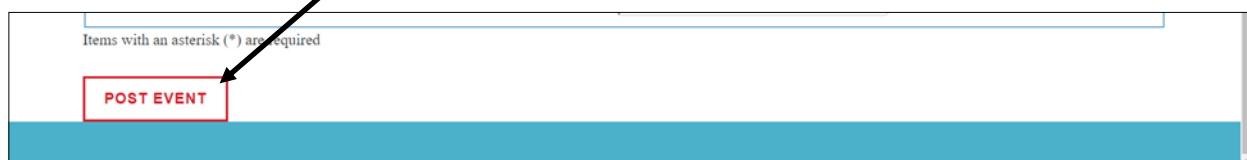
Then, click on **POST YOUR EVENT**:



A screen will pop up that you can complete. A Sons of Norway staff member will review the entry and post it within 2 business days. Be sure to include your contact information so that they can contact you if there are any questions.

A screenshot of the event submission form on the Sons of Norway website. The form is titled 'Event Information' and includes a text area for 'Description: (Tell us about your event, any costs involved, etc.)' with a rich text editor toolbar. To the right of the description field is a text input field labeled '* Event Name:'. Above the form, there is a note: 'If you know of a Norwegian event happening in your community, please submit your event to us by filling out the information below. A Sons of Norway staff member will review your entry and post it within 2 business days. We may contact you if we have questions about your submission. If you have questions, please contact the Sons of Norway Webmaster.' Below the note, it says 'Items with an asterisk (*) are required'.

Once you are finished, be sure to click on **POST EVENT** at the bottom of the screen.



Don't forget to send your event to District 1 Publicity Director to include on the District 1 Happenings page in this newsletter too! Be sure to take advantage of any local newspapers or newsletters that publish event notifications for free.

District 1 Happenings

Check out what's happening in District 1. All are welcome.

September 9th 6:30 pm Anoka, MN

Vennekretsen Lodge #1-559

Program: Minnesota from the Road (rescheduled)
Doug Ohman, famous photographer and storyteller will share many of Minnesota's most interesting landmarks and icons and why they are so famous.

Location: Zion Lutheran Church
1601 4th Ave; Anoka, MN

September 14th 10 am—7 pm Granite Falls, MN

Elvidal Lodge #1-509

Event: Elvidal Viking Fest
Sword fights, food, drink, traditional game competitions, black smithing, axe and knife throwing, shield making, storey tellers, Rune readers and more.

Location: Memorial Park
Highway 67; Granite Falls, MN

September 16th 6 pm Owatonna, MN

Nortonna Lodge #1-638

Program: Half Pint Brewing, Mike McQuery, speaker
Half Pint Brewing (named for Laura Ingalls Wilder's nickname) is a "farmhouse brewery" that grow many ingredients for their beer on their farm as they can.

Cost: \$8 for dinner
Location: Elks Lodge
126 East Vine St; Owatonna, MN
Contact: loribuegler@gmail.com

September 17th 6:30 pm Morris, MN

Norskfodt Lodge #1-590

Program: Norwegian genealogy & heritage
Jean Knaak will talk about Norwegian genealogy and heritage, research skills and Bygdelags.

Location: First Lutheran Church
200 East Fifth St., Morris, MN

October 20th 2 pm Morris, MN

Norskfodt Lodge #1-590

Event: Lefse Catechism & Musical Saw
Dan Bowman will present the Lefse Catechism and play songs on his musical saw.

Location: First Lutheran Church
200 East Fifth St., Morris, MN

October 21st 6 pm Owatonna, MN

Nortonna Lodge #1-638

Event: The Waffle Queen / Membership Dinner
Stine Aasland, the Waffle Queen brought her Nordic Waffles from Norway to Minnesota. She sold Nordic Waffles at the Minnesota State Fair in 2018.

Cost: \$10 for dinner *
Location: Elks Lodge
126 East Vine St; Owatonna, MN
Contact: loribuegler@gmail.com

* Prospective members who sign up that night will receive a free meal.

If your lodge would like to include their special event or program in the Nyhetsbrev, send your information to Publicity Director, Gina at gigipockrandt@msn.com. Please include lodge name & number, date & time, cost if any, event title, one sentence description of the event, location address and provide a contact name along with either their phone number or email address. Next Nyhetsbrev issue will feature November, December and January events. Information will be forwarded to the webmaster for District 1 website for possible inclusion.

Even though you may not be in the neighborhood to attend these events, it's fun to see what our lodges are up to!



Thank you to all the lodges in District 1 for what you do to keep our Nordic culture and heritage alive and well. Many of you did wonderful things to celebrate Syttende Mai and many are doing fun and interesting things this summer. Continue to share your Nordic culture and heritage within your communities and bring visibility to your lodges and Sons of Norway. Don't be afraid to share your passion and excitement for all things Nordic with those around you. Who knows—you may soon meet your next prospective member. People are often drawn to things that bring excitement to those they meet.

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