

COUNTDOWN TO 2020 DISTRICT 1 CONVENTION JUNE 4-6

This is a general timeframe of what lodges should be doing in each month leading up to the convention, specific dates will be provided in the next Nyhetsbrev. The District Secretary will also be sending communications with specifics.

November/December

- Select your 2 delegates
- Select 2 alternate delegates (this is important)
- Depending on number of members as of 12/31, your lodge may be eligible to send additional delegates.
- Discuss resolutions your lodge would like to present at the District Convention

January

- Each lodge needs to submit the names of their delegates and alternate delegates to the District Secretary
- Delegates and non-delegates can go to www.craguns.formstack.com/forms/norway20 to register for the convention.
- Resolutions need to be voted on by the lodge, then submitted to the District Secretary

March

- Delegates participate at their special Zone Caucus. Caucuses are expected to occur late March or early April. Zone Directors will contact their lodges and let them know when and where it will be held.

April

- April 24th is the deadline to register with Cragun's resort, unbooked rooms will be released and made available to the general public. (Cragun's is a very popular resort, so it is important to reserve your room before the rooms are released).
- Non-delegates and family members are encouraged to join us at Cragun's Resort. Go to www.Craguns.com and check the resort out.

May

- Registered delegates will receive the District 1 Proposed Resolutions via email (U.S. mail if no email from the District Secretary).
- Delegates should read the materials and become familiar with convention protocol and the proposed resolutions.

June

- June 4-6 Attend District 1 Convention
- If selected delegates are unable to attend, lodges should send their alternate delegates and notify the District Secretary.

The District Board is looking forward to seeing everyone at the 2020 District 1 Convention during Sons of Norway's momentous 125th Year Celebration.

Let's Kick Off Sons of Norway's 125 Years in January!

Sons of Norway was founded on January 16, 1895. Kick off your first meeting of 2020 with a special celebration celebrating Sons of Norway's 125 year anniversary.

- Order a special cake, get some balloons and hang up banners
- Throw a big bash and have members invite their friends and family.
- Have a movie night, play the "History of Sons of Norway" video. (<https://www.youtube.com/sonsofnorwayhq>)
- Make a time capsule
- Have a Lodge Open House. Invite members of the community to come learn about Sons of Norway and what being a member is all about.
- Have a bake off! Have members bake their favorite Nordic treats and invite friends and family to enjoy.

These ideas and more can be found on "10 Ways to Celebrate the 125th Anniversary at your Lodge" document that can be found on the Sons of Norway website. Go to www.sofn.com, then click on 125 Years on the upper right hand corner of the screen. Scroll down to the document titled "10 Ways to Celebrate the 125th Anniversary at Your Lodge" and click on "See Celebration List". Continue to celebrate through out the year.



SONS of NORWAY

Sons of Norway Headquarters

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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

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President, Dennis Rusinko	dennisrusinko@aol.com
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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
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2019 Fall District Meeting



Fra Presidenten



Lodges are now in full swing holding their lodge meeting and planning events for the winter and spring. Lodges need to make they are also electing their officers for the coming year.

The District has been updating our website with information for lodges to keep them informed of the latest programs and monies available to them for some support. It also has information about the District convention at Cragun's Resort next June. If you are planning on being a delegate to the convention make sure you place your name into your lodge to be a delegate or alternate. There is an early deadline for registration and you will need to check with your Zone Directors for the critical dates. Also The International Convention will be held in Aug of 2020 in Ringsaker, Norway. But in order to be a delegate to the International Convention you must be a delegate to the District Convention.

Don't forget about the District's Membership Assistance Program (MAP) where you can get money back based on the number of new members you sign up in your lodge up to 15 members each year. Also there is potential money available through the Insurance Department as long as you meet the requirements.

Pay attention to our newsletter and our District Website for further information.

Dennis Rusinko, President
District 1 Sons of Norway

Vice President



I apologize to you all, but August and September turned into a scramble for my time and efforts. While I attended Executive Committee meetings and some Zone 2 lodge and officer meetings, my focus was elsewhere: I got laid off and then, landed the dream job in September. Ironically, the company I now work for, Ryan A+E of Ryan Companies, immediately put me in a role of assisting the construction of a project called "Daymark", the new campus for Sons of Norway. I also find myself consulting on the new expansion for Norway House. I'm now in the midst of construction for Norway in Minnesota. One of the important issues in my interviewing with Ryan is that they want me to continue to give time and effort to Sons of Norway and to let Ryan know what they can do for us. This could be a great collaboration (they - I should say we - have marketing resources we - Sons of Norway - do not). Ryan's joke is, I'll need to wear different hats to know which side I'm coming from.

Mark A. Haugen, District 1 Vice President
Cell: 612.850.3312
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Let's Celebrate!



2020 Is going to be a great year!

The Sons of Norway website has many media graphics and materials available for lodges to use as they celebrate Sons of Norway's 125th Year. It is easy to get to, just go to www.sofn.com and click on "125 Years" located on the bar in the upper right hand corner of the screen. Then scroll down to see the variety of media materials available.

Secretary



The District #1 Convention as you know by now will be at Cragun's in Brainerd and hosted by Sagatun Lodge, on June 4-7. Many have expressed interest in attending as a delegate... wouldn't it be wonderful to have a full delegation? ***It can happen.*** If your lodge has not sent a delegate(s) to the D-1 Convention for several conventions, you may be eligible for a \$125 Scholarship. The Convention Registration form is online at the Cragun's website. The fee includes 2 nights lodging and 7 meals. One delegate in a room is \$525 and if 2 delegates share a room, the cost is \$385 per person.

If you are chosen as a Lodge delegate, you must let Headquarters and the D-1 Secretary (me) know when you Register online with Cragun's. The date for preferred room consideration is April 20, 2020. The suggestion is to select your delegates early – and plan on attending an exciting 3 days in the Northwoods of Minnesota. We will also be in on the 125th Anniversary celebration of Sons of Norway.

Two anniversary celebrations that I have heard about: Vikingland Lodge in Detroit Lakes will celebrate 50 years on October 8th, and Valheim Lodge celebrates 90 years as a lodge on November 17th, in Spring Grove MN.

I mentioned in the last newsletter there was to be a new format for writing Resolutions for conventions. International President Stubbings recently launched the new format. He stated *"Generally speaking, writing a resolution has been a difficult and somewhat mysterious process with each lodge or district using their own method. We would like to standardize and streamline this process by having all resolutions submitted using the same form. The form is available to use now It is in "Lodge Leadership Resources, Governance" section of the SofN website."*

The 125th Anniversary online store has been launched and from what we hear from our new Director of Fraternal Development & Marketing, Connie O'Brien, they have some new and exciting items for sale. Do not just check it once, but do so often, as they will continue to add new items to celebrate the accomplishment of 125 years that you helped create. <https://sofn.logoshop.com/ProductResults>

May you have an Autumn filled with wonderful Lodge programming, relishing the crisp air, and have a chance to soak up some sun before the winter chill. Keep in touch – it is a pleasure to hear from YOU!

Fraternally, Diane Halvorson

Treasurer



The third quarter has been quiet for the District. This is usually the case during the summer. We are working on the District 2020 convention which is being held at Craguns Resort in Brainerd, MN and I think it will be one of the best. There are several additional fun events being planned as well as the 125th Anniversary celebration.

The youth that were fortunate enough to attend either Skogfjorden or Masse Moro camps have been sending back glowing reviews. We will receive final numbers from CLV (Concordia Language Villages) at the end of September but Masse Moro had 10 District 1 campers. Masse Moro had added some cultural and heritage events that were big pluses. You will notice from the financials that we have not paid the District portion of the scholarships yet but will be doing so soon as well as awarding the Draxton monies to the campers.

District 1 awarded one initiative grant of \$ 500 to Rumelva Lodge in Cambridge for participating at the Isanti County Fair. We still have \$ 500 available this year for any lodge participating in an event ***sponsored by another group and one where they have not participated before.*** If you know of any lodge meeting this criteria, please make them aware of the grant or have them contact me.

Have a great fall!

~ Claudia Bomier, Treasurer

Sports/Rec Director



“When you are sitting in silence, you open the door to a deeper wisdom – the knowing of the ages. When you are walking, with the path to that wisdom already carved anew by your daily practice, you find that an idea, a thought, a notion, comes to you, and you have the solution to a problem that seemed insoluble.” – Jacqueline Winspear, author

Dear members of District 1, whether you are walking to seek a solution to a problem or simply walking for relaxation, I urge you to keep a record of the number of miles you go, and to participate in the Gangmerke Walking Medal Program sponsored by Sons of Norway.

This program rewards members for living an active lifestyle. Simply by getting out and walking, you can earn bronze, silver, gold and enamel medals. Ask your lodge sport director for the Gangmerke card (form #813R) to keep track of your mileage. If your lodge has no sport director, contact the Cultural Director at Sons of Norway headquarters 612-821-4642 or email culture@sofn.com and ask that the form be sent to you.

As an example, someone who is over age 70 can earn the bronze Gangmerke by walking 100 miles. Get yourself a pedometer to help keep track of those miles. Or walk a measured distance, if you don't have a pedometer. Walking on a treadmill will also give you that information. Establish the habit of keeping a record of what you may already be doing.

If you aren't already doing such walking on a daily basis, it is recommended that you start now. In the spirit of the Norwegian wellness movement Friluftsliv (outdoor life), make use of the remaining days of fall to establish a routine of walking for the health of it.

~ Ron Stow, District 1 Sports/Recreation Director



Social/Culture Director

This last week I was able to both teach a class on skinfell mittens at North country fiber fair and also give a talk on skinnfellers to the Watertown SD sons of Norway lodge. I also took a Grenada weaving class at vesterheim and in June attended Hjemkomst festival in Moorhead MN and Nisswa stamen , and take a kolrising class in Milan folk school. This next week is host fest in minot with music food and Scandinavian culture abounds. I have called many on our speaker list and many are willing to speak a few Can not continue as life has given them challenges that limit them.

~ Karen Aakre, District Social/Culture Director



Sons of Norway Online Store

In commemoration of Sons of Norway's 125th Year, Sons of Norway has released a variety of Sons of Norway branded items including shirts, backpacks, socks and the commemorative 125th anniversary pin. Also available in the online store is the annual Sons of Norway Christmas ornament. Go to www.sofn.com, click on "125 Years" in the upper right hand corner, scroll down the page until you see Online Store, then click on "Shop Now" to see the items available online. Take advantage of this unique opportunity to purchase some Sons of Norway brand items.

Youth Director



Hilsen and Fall greetings! "Where did the summer go?" is on everyone's lips and now that school is back in session, it is a great opportunity for Youth Directors to interact with teachers and School Districts.

By now, Youth Directors and Zone Directors should have received a youth specific contact list for each lodge as well as a re-send of the summary outline for the months of October – December from the **Barne Norsk** handbook. It provides wonderful source material if you run out of your own ideas. The original is on its way home to Cindy Olson, by way of President Rusinko.

As I send information out, I would like (and expect) the Zone Directors to forward it to each of their lodges. Only 24 of our District Lodges have a Youth Director.

October – December, communications from me will center around the holidays of course.

The focus areas for the next quarters are as follows:

Jan-Mar 2020 – Sports in Norway in tandem with the Lodge Sports Directors

Apr-Jun 2020 – Vikings and their traditions

Jul-Sep 2020 – Literature and Music

Oct-Dec 2020- Sami Life

Important. Please forward your youth event schedule (including sports activities) to me as soon as possible. I want to be able to attend as many of your events as I can, but I need lead time to get them in my schedule. Thank you!!

Mange Takk!

~ Maureen Aakre, District 1 Youth Director



Publicity Director

I've enjoyed reading the various newsletters from the lodges in District 1. Many lodges have had great programs and have been sending me pictures of the fun and interesting things happening. Please continue to send pictures to me for submission to the Viking magazine for our Community page. Make sure to send your pictures attached to an email to me (gigipockrandt@msn.com) so that I can easily retrieve the picture and forward them on.

As our organization celebrates its 125th Year in 2020, I'd like to encourage all lodges to celebrate this achievement in large and small ways. Spread the word, have someone in your lodge write a short article and submit it to your local paper. Talk about your lodge, mention some of the things your lodge is involved in and also the fact that we are celebrating Sons of Norway's 125th Year. Include the bit about how Sons of Norway was founded. If your lodge is planning any celebration or event, include it in your article and be sure to mention that everyone is welcome to join in on the celebration. Encourage them to come and check us out!

Get out into your communities. Participate in parades, festivals and special local events. Contribute to local charities, donate your time, your hands or provide funding or items needed. Tie it into the theme of 125 Years. Donate \$125, or 125 hours, or 125 items (such as socks, mittens, food shelf items). Be creative! Have fun with the theme.

And take pictures!! Lots and lots of pictures! Send the pictures to me for inclusion in the Viking magazine, the District 1 website or even future Nyhetsbrev issues. We want to see you and your lodge in pictures!!

Also, lodges with historical records, be sure to include record of your 125th Year Celebration for future Sons of Norway members to enjoy.

~ Gina Pockrandt, District 1 Publicity Director

Zone 1 Director

Memorable Autumn 2019 Greetings from Zone One Lodges! They are creating their own sunshine with a variety of memorable events, while maintaining community relationships as the vanguard of their lodges.

Cloquet's Heimsyn Lodge offered their community a musical evening entitled "Autumn Voices Sing," indicating not only their ages but their seasonal appropriateness. Nortun Lodge of Duluth helped with the community's CHUM Rhubarb Festival and hosted a creative art activity using rhubarb! They also organized the Enger Tower picnic with games; an excursion to Minneapolis to tour "The Vikings Begin;" held a catered meal while spotlighting the Two Harbors Ukulele Group; and will present "The Lutefisk Wars," a comic 'mockumentary' presenting mystery, mahem, and misadventures galore!

Haarfager Lodge in Virginia is community minded as well. Their comprehensively advertised October Fest will highlight a Norwegian meatball dinner, rosemaling, a Scandinavian specialties bake sale, gifts, and even take out meals! Their Lapskaus supper was fabulously delicious, and a silent auction will occur in November. Brainerd's Sagatun Lodge, after a successful Viking Festival and Crow Wing County Fair, continues to meld community and lodge through meetings at senior living facilities and area churches. Programs featured story tellers and authors, literature study groups, and an introduction to Swedish folk painting. Continuous planning for the 2020 District Convention has generated even more excitement! Midnatsolen Lodge in Hibbing has always emphasized its involvement in and inclusion of community. After another parade float and trophy and a community walk event involving area children, they advertised an auction and are hoping for future inclusion in area craft sales. Moreover, this lodge, like all others in Zone One, invites individuals from outside the area to share their expertise while experiencing an evening with Sons of Norway members and thereby, hopefully engaging new ones.

All District One Sons of Norway lodges forge community relationships and want participation to be a two-way street. They give generously and live generously. There is no better way!

~ 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.

2020 District and International Convention Dates

District 1 Convention June 4-6, 2020 Cragun's Resort on Gull Lake; Brainerd, MN
International Convention August 16—20, 2020 Scandic Ringsaker Hotel; Furnes, Norway

Zone 3 Director



My wife and I attended the membership dinner at Detroit Lakes Vikingland Lodge on Tuesday, October 8th. It was their 50th anniversary celebration, and they are a very active and vital Lodge in Zone 3. The executive Board of Directors was represented by President Dennis Rusinko and Karl Hella, International Director. A certificate and plaque was presented to the Lodge from District 1. I spoke on the Vikings, (Vikingland Lodge) with some little known facts. I also emphasized the 125th Anniversary of Sons of Norway. Lodges should celebrate in some way to observe that milestone. The Sons of Norway website has some very good suggestions. I also mentioned that the District 1 Convention is going to be at Cragun's Resort near Brainerd on June 4 – 7. The lodge members going should register on line by April 20th. Also, lodge delegates should be selected soon. It was also mentioned that the International Convention will be held in Norway in 2020.

I attended the membership dinner at Fosston Granlund Lodge on Thursday, October 10th. I repeated my speech given in Detroit Lakes with the exception that I also spoke on insurance. They have a problem with their insurance advisor who hasn't been around for a few years. The advisor for that Lodge should be the same one that serves other Lodges in Zone 3. Therefore, they do not have the possibility of receiving financial aid from Sons of Norway for their membership dinner, since no one gives any insurance info.

I also attended the Fall District 1 Board of Directors meeting at Cragun's Resort on October 18 and 19. We met as committees on Friday afternoon, going over items of discussion, especially the anniversary celebrations. On Saturday the meeting started at 8:30 with reports and a representative from the host lodge spoke to us about the upcoming convention. The board heard the committee reports, and reports from all officers and directors. The board went over each of the resolutions that will be presented at the convention. The next board meeting will be in Eden Prairie, MN. It will be my responsibility to meet with each of the convention delegates and alternates prior to the convention. This is going to take some planning.

~ Jim Strandlie, Zone 3 Director



Zone 4 Director

Summertime brought many Local Lodge activities into the areas. Lodges created events for celebrating Syttende Mai in their community such as Scandinavian Bake sales; sharing rosettes with seniors in assisted/nursing home facilities; Brunch and Potluck dinners featuring Scandinavian foods. The most unusual event was the Elvidal Lodge in Granite Falls, MN hosting a "Syttende Mai Lutefisk Banquet" in partnership with the local Prairie's Edge Casino and their cafeteria chef and showing the movie "The Lutefisk Wars".

Midsummer celebration likewise brought more exciting cultural programs and picnics to area communities. Events included junior king/queen coronations; picnic, Viking Age Club sharing the lives of early Vikings; and ice cream in the park with music. Other June/July events included Mjosen Lodge attending the annual Kiddie Day with their new Viking boat float sponsored by the Glenwood Chamber of Commerce; Mjosen Lodge booth at the Pope County Fair; and the Bjørgvin Lodge, from Benson hosting a presentation by Irene Thomas- Little Norway and the D-Day Anniversary and a few weeks later sponsoring a 2-Day Rosemaling Workshop with Master Rosemaler, Clarice Dieter.

September brought some lodges hosting MAP events along with their scheduled fall cultural programs ranging from Scandinavian genealogy; Elvidal 509 hosting their first annual "Viking Festival!" along the Minnesota River for the community with several youth workshop tables related to the Viking Ages; and Leif Erickson hosted a readers theater for guests and members

~ Jerry Wright, Zone 4 Director

Zone 5 Director



Greetings from Zone #5:

I love writing about all the programs that are scheduled in the fall. They sound so “hyggelig” – (cozy). Many are having their “Taste of Norway” this month and that always sounds ‘delicious’! Of course, Lutefisk Dinners are beginning to crop up - ☺ and new officers are taking their place in whatever roll they are in.

Many lodges are planning special programs for our 125th year celebration in 2020. I’m encouraging lodges to let me know about the celebrations they have planned so I can get the news out to other lodges. Several are close enough in location to attend several events.

I plan to visit several lodges where I missed last year. I’m thankful for all the newsletters I receive. I hear from most of the lodges and that is helpful for communication between Zone Director and lodges.

~ Gloria Coulter, Zone 5 Director



Zone 6 Director

Good Greetings!

It’s been a summer full of fun events for Sons of Norway lodges in South Dakota. The last one I attended was in Sioux Falls where the chapter there hosted a Lag group of 19 Norwegians on a tour in September. They enjoyed seeing the Rolvaag writing cabin and other buildings at the Heritage Park in Sioux Falls and then a potluck dinner complete with lefse to make them feel right at home.

I went on another trip to Norway to visit my daughters family in Oslo and traveled up north to the Lofoten Islands, took the Hurtigruten south to Bergen and then drove to Stavanger. I returned just in time for the District 1 fall meeting in Brainerd.

Congratulations and best wishes to our lodge in Aberdeen as they work to regroup and continue on the Viking path. We look forward to sharing special Scandinavian God Jul events, foods and traditions as the holiday season approaches.

Best Wishes to all,

Sherry Stilley, Zone 6 Director

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.	Meeting Location	Meeting date
Nordtex	1-594	Wooden Spoon; Plano, TX	2nd Sunday, 3 pm
Palmedal	1-644	Gatti's Pizza; McAllen, TX	2nd Saturday, noon
Hundrearsjubileum	1-671	Oklahoma City, OK	*

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

~ Alan Beck, Zone 8 Director

Zone 9 Director



Summer is winding down and fall is in the air. I think of apple pie at this time of the year like I think of rubararb pie in the spring. Fall is such an exciting time of the year when all the lodges are starting to meet on a regular basis and member's friendships are renewed.

The lodges in Zone 9 have had a busy spring and summer with many wonderful events taking place. Some have worked at festivals, county fairs, heritage fests, picnics, lodge fund raisers, parades, sporting events and special dinners.

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. Thank you to the lodges I know of who have already started their planning of an event. It is never too early to start setting up your committees to accomplish these goals.

2020 District 1 Convention is being held at Cragun's Resort on Gull Lake in Brainerd, MN on June 4-7th. Now is the time for all the Zone 9 lodges to start thinking about who they will elect as delegates to the District Convention. If you did not send a delegate to the last District 1 Convention in Rochester you have missed out of having your voice heard on important issues that are pertinent to your lodge. I will be in contact with all of the Presidents in my Zone 9 to remind them about the delegates that need to be elected in a certain time frame. Also, if your lodge would like to submit a resolution for the convention, now is the time to start thinking and working toward that goal.

The 2020 International Convention will be held in Ringsaker, Norway on August 16 - 20th. There will be more details coming to all the lodges in the near future.

Keep working on the "New Member Recruitment Campaign for 2019." Zone 9 Lodges we have until December 16th to be the number one recruiters for District 1. Tell everyone you meet there is no other organization that you can join that will give you more "bang for your buck" than having a membership in Sons of Norway. Folks, we can attain this goal by December.

I am here to support you with any questions or concerns you may have, so feel free to contact me at anytime. Keep up the good work - we have wonderful lodges in Zone 9.

Tusen Takk!

~ Jan Oslmonson, Zone 9 Director

DISTRICT 1 MAP GRANTS

District 1 offers MAP grants to lodges. Lodges can schedule a MAP event where prospective members are invited. The lodge will receive \$20 for every new member that joins (up 15) within 45 days after the MAP event. Go to www.sofn-1.com and click on "Information and Forms", then click on MAP Event Application. Fill it out and send it to the District President 60—90 days before your scheduled event. The District Executive board will review and approve the application at their next monthly executive committee meeting. MAP events do not have to include a meal and does not apply to transfers from other lodges.



Zone 10 Director

Greetings from Zone 10.

We look forward to various lodge activities that have taken place this year, or are soon to occur. Some lodges have celebrated, or will soon celebrate their anniversary.

The Zone 10 Workshop is scheduled to take place on October 26, hosted by Elveby Lodge 1-604. This will be a good opportunity to share ideas on how each lodge will be celebrating Sons of Norway's 125th Anniversary on January 16, 2020. We will also share program ideas and individuals who provide unique and entertaining programs. The Fall Board Meeting will take place at Cragun's Resort on Gull Lake in Minnesota. Since this will also be the site of our June 5-7, 2020 District 1 Convention, I will be able to provide some information about the convention location at our workshop.

~ Norm Carlson, Zone 10 Director



District 1 to celebrate Sons of Norway's 125th Year

District 1 has many things planned in order to commemorate Sons of Norway's 125th Year and hope all lodges will join us as we celebrate. There is a planned Sons of Norway Day with the Minnesota Twins at Target Field in Minneapolis, Minnesota. The District board has also planned some special things for the 2020 District 1 Convention. Keep an eye out for communications from the District board, the District 1 website as well future issues of the quarterly Nyhetsbrev.

Fall District Board Meeting Highlights:

- Full District Meeting was held at Cragun's Resort on Gull Lake in Brainerd, Minnesota on October 18th and 19th
- Committee meetings were held Friday afternoon. Financial/Publicity-Newsletter-Website/Membership-Long Term Goals/Scholarship/Zone Directors/Advertising-Marketing. In addition to ongoing business within each committee, committees were tasked with coming up with 125th Anniversary celebration ideas.
- Meeting attendees were given a tour of the various rooms and areas where the 2020 District Convention will be held in
- Full board meeting began Saturday morning. All district officers and directors except two were in attendance.
- Committees provided short summary of their meetings and shared their thoughts and suggestions on ways to celebrate or observe Sons of Norway's 125th Anniversary celebration
- Officer & Director reports and updates
- Zone Caucuses will occur March or April for delegates from each lodge. Caucus can occur via Teleconference if desired. District President will email caucus information to the board members.
- Convention Chair person Robert Nelson provided a update on the 2020 District Convention.
- There will be various things happening at the District 1 Convention in honor of Sons of Norway's 125 Years
- Sons of Norway Day at the Minnesota Twins is a go. Discussed potential game days
- Review Lodge Program and/or Marketing forms, will have quarterly deadlines (end of each quarter—March 31st, June 30th, September 30th and December 31st). Executive Committee will review applications at the first monthly Executive meeting following quarter end.

Full meeting minutes are on file with the District Secretary. Please contact Diane Halvorson if you and your lodge would like a copy.

Is Your Lodge Struggling? If your lodge is struggling, please reach out to your Zone Director for help and guidance. If needed, the Zone Director will involve the Executive Committee. Every lodge matters and each member is important as they contribute to the preservation of Nordic Heritage and Culture. If you are unable to reach your Zone Director, feel free to reach out to Dennis Ruzinko, District President or Mark Haugen, District Vice President.

District 1 Happenings

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

November 11th 6:30 pm Anoka, MN

Vennekretsen Lodge #1-559

Program: Nordic Waffle

Stine Aasland, owner of Nordic Waffles and author of a cookbook called "We Love Waffles" will talk about waffles, share her life story and why she came to Minnesota.

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

November 11th 5:30 pm Vining, MN

Leif Erikson Lodge #1-32

Event: Maggie Jennings Music Program

Maggie Jennings of Clearwater is a musician who recently returned from a trip to Norway. She plays the guitar and sings in many languages including Nordic languages.

Location: Vining Community Center
211 Soule St; Vining, MN

November 17th Owatonna, MN

Norskfodt Lodge #1-590

Program: Folk High School in Norway.

Frank Haynes from Trollheim Lodge will talk about his daughter's Folk High School experience in Norway.

Location: First Lutheran Church, Fellowship Hall
200 East 5th St; Morris, MN

November 17th 3:00 pm Spring Grove, MN

Valheim Lodge

Event: 90th Anniversary Celebration

Join Valheim Lodge as they celebrate 90 years. Entertainment will be provided by the Lauren Singers from Decorah, IA. Delicious Norwegian snacks will be served.

Location: Trinity Church
Spring Grove, MN

December 3rd 5:30 pm Vining, MN

Leif Erikson Lodge #1-32

Event: Jul Dinner with Entertainment

Entertainment includes Jul Musik played by a Bell Group, Group singing, Haiti Mission update and more.

Lutefisk & Meatball dinner catered by Hans Hus/Elbow Lk

Cost: \$20

Reservations by 11/25 to 218-282-0332 or
218-282-0406

Location: Vining Community Center
211 Soule St; Vining, MN

December 8th 12:30 pm Morris, MN

Norskfodt Lodge #1-590

Event: Christmas Dinner

Location: 412 Atlantic Ave; Morris, MN

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 February, March and April events. Information will be forwarded to the webmaster for District 1 website for possible inclusion. Be sure to also submit your event to the main Sons of Norway website (www.sofn.com). Check out what our lodges are up to!



Thank you for taking time to read the quarterly Nyhetsbrev. We hope we have provided you with information about what is happening in District 1 and what will be happening in the future. We look forward to hearing from you and your lodges as we go into 2020 and celebrate Sons of Norway's 125th Year. Please share this issue with your lodge members.

Tusen Takk, Gina Pockrandt, District 1 Publicity Director