



**SONS of  
NORWAY**

*District 1*

# Nyhetsbrev

*District 1 Newsletter January 2020*



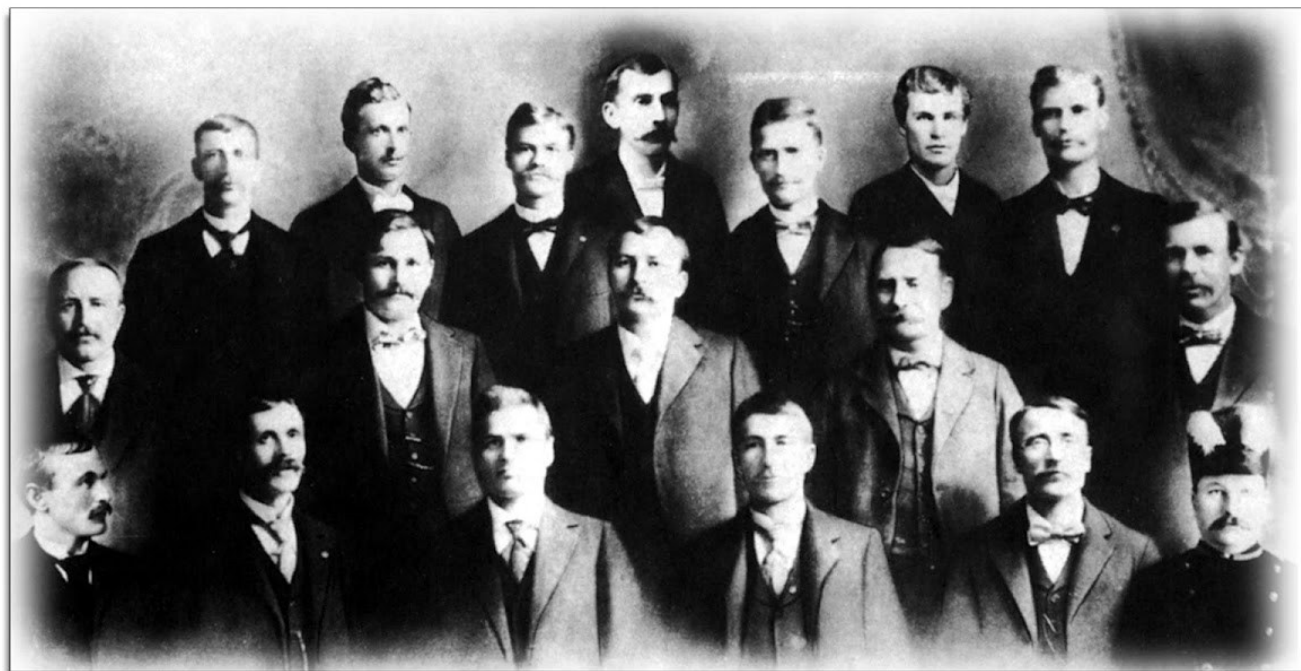
**SONS of  
NORWAY**

**Celebrating 125 Years**

**1895-2020**

# 2020

H A P P Y N E W Y E A R



## Sons of Norway Celebrates 125 Years in 2020

### 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



# SONS of NORWAY

## **Sons of Norway Headquarters**

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

### **District 1 Website:**

<http://sofn-1.org> OR [sofn-1.com](http://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	<a href="mailto:dennisrusinko@aol.com">dennisrusinko@aol.com</a>
Vice President, Mark Haugen	<a href="mailto:mhaugen_architect@msn.com">mhaugen_architect@msn.com</a>
Secretary, Diane Halvorson	<a href="mailto:dshanokason@gmail.com">dshanokason@gmail.com</a>
Treasurer, Claudia Bomier	<a href="mailto:cebomier@gmail.com">cebomier@gmail.com</a>

### Directors

Sports/Rec Director, Ronald Stow	<a href="mailto:stowronald@gmail.com">stowronald@gmail.com</a>
Social/Culture Director, Karen Aakre	<a href="mailto:kaakre@hotmail.com">kaakre@hotmail.com</a>
Youth Director, Maureen Aakre	<a href="mailto:maureen.aakre@gmail.com">maureen.aakre@gmail.com</a>
Publicity Director, Gina Pockrandt	<a href="mailto:gigipockrandt@msn.com">gigipockrandt@msn.com</a>

### Zone Directors

Zone 1, Paula Leland Garnett	<a href="mailto:paula.s.leland@gmail.com">paula.s.leland@gmail.com</a>
Zone 2, Mark Haugen (interim)	<a href="mailto:mhaugen_architect@msn.com">mhaugen_architect@msn.com</a>
Zone 3, Jim Strandlie	<a href="mailto:jimstrandlie@mncable.net">jimstrandlie@mncable.net</a>
Zone 4, Jerry Wright	<a href="mailto:wrightsj@charter.net">wrightsj@charter.net</a>
Zone 5, Gloria Coulter	<a href="mailto:gcoulter6367@gmail.com">gcoulter6367@gmail.com</a>
Zone 6, Sherry Stilley	<a href="mailto:stillnord@mitchelltelecom.net">stillnord@mitchelltelecom.net</a>
Zone 7, Keith Jorgensen	<a href="mailto:kjorgensen@cfu.net">kjorgensen@cfu.net</a>
Zone 8, Alan Beck	<a href="mailto:alanbeck@verizon.net">alanbeck@verizon.net</a>
Zone 9, Jan Osmonson	<a href="mailto:josmonson@comcast.net">josmonson@comcast.net</a>
Zone 10, Norm Carlson	<a href="mailto:norsknorm@aol.com">norsknorm@aol.com</a>



## **Countdown to District Convention**

### **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 15th 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](http://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.

**Delegates: Don't Forget to Register for the District 1 Convention**  
at <https://craguns.formstack.com/forms/norway20> (no later than April 15th)

Lodges: Don't forget to provide names of delegates and alternates to District 1 Secretary, Diane Halvorson.

# Fra Presidenten



I hope everyone had a wonderful Christmas and New Year, enjoying you time with family and friends. We are now a new decade as well as a new year. It is time to make a renewed commitment in making 2020 a wonderful year.

You may also know that this is also a convention year. Our District convention will be June 4-6, 2020 in Brainerd, Mn. at Craguns' Resort, and our International Convention will be in August 20-22 in Rinsaker, Norway.

If you are planning on being a delegate you will need to hold your lodges' elections by April 1, 2020. Make sure that once all of your delegates and alternates are elected send the list to Diane Halvorson District 1 Secretary.

If any delegate is interested in running for a District Officer/Director position please contact Gloria Coulter of the Nominating Committee. There will be an application available for you to fill out and send in.

A list of the District Officer positions as well as International Director Position will be found on the District 1 Website.

Stay active with your respective lodges and enjoy 2020.

Fraternally,  
Dennis Rusinko, District 1 President

# Vice President



## District business:

The focus has been on the upcoming District 1 Convention this Spring. Notices have been sent to lodges for the need to select their delegates.

Tubfrim processing, as well as stamps our Corporate office has received, has transferred to me, the VP. All stamps from District 1 should now be sent to me. Updated information is on our website. You can also call me with questions.

## Lodge business:

Be aware of deadlines for various forms required to be completed and submitted. This information was sent to each lodge in the District.

Haven't heard from Hjemkomst if they are planning to merge with Norsota, or if disbanding is their choice. Please know there are options for lodges who are struggling with filling leadership positions or facing other struggles.

*Mark A. Haugen, District 1 Vice President*  
Cell: 612.850.3312  
mhaugen\_architect@msn.com

**Cragun's**  
RESORT ON GULL LAKE

*Check it out!*

2020 District 1 Convention will be held  
At Cragun's Resort on Gull Lake  
[www.Craguns.com](http://www.Craguns.com)

# Secretary



Have you checked out the Sofn-1.org website lately? Carolyn Townsend, has been updating the site and adding some helpful documents to enable our leaders to find what they are looking for faster. There is a convention header so that you can register for the District Convention at Cragun's. One deadline you do not wish to miss is registering for attending the convention. For best hotel room placement, be sure and make your reservations by April 15<sup>th</sup>. Get your lodge representatives-delegates elected as soon as you can – then send their names to Headquarters <https://www.fraternal@sofn.com> and to me.

Lodge and District Language Camp Scholarships will be awarded soon to those youngsters wishing to attend a Nordic language summer camp. Your lodge president and secretary receive the number of eligible weeks.

The District Zone Directors will be holding Zone Caucus meetings for the delegates. This meeting held in March or April may also be conjunction with a Leadership Workshop. Keep in touch with your Zone Director for any and all updates on what is happening near you.

Is your lodge contemplating submitting a Resolution to be brought up at the Convention? There is a new format for submitting a Resolution at the District level and International level. If you need a copy of the template, be sure and ask your zone director, me or President Dennis. Resolutions and Bylaw Changes are business documents and we are being asked to present them as such.

How are you celebrating the Sons of Norway 125th Anniversary in your lodge? Do you need any ideas? Many ideas have been coming in – from celebrating in the community with an open house, to collecting items for food shelf and shelters. January 16<sup>th</sup>, 2020 is the exact date.

Some deadlines worth noting:

- **January 15, 2019:** Scholarship applications for educational opportunities due to SofN Foundation. Check online for scholarships if you are interested: [foundation@sofn.com](mailto:foundation@sofn.com)
- **February 15<sup>th</sup>:** D-17 financial form due to SofN Headquarters; Lodge Achievement & Family Lodge of Year forms due at [fraternal@sofn.com](mailto:fraternal@sofn.com). Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at [Fraternalgive.org](http://Fraternalgive.org), are due to Membership Services at Sons of Norway Headquarters

**SAVE the DATE: April 23-25, 2019** Spring Board Meeting for all Officers & Directors. Location: Hilton Garden Inn, Eden Prairie. Written reports also due by all officers & directors.

~ *Diane Halvorson* [dshanokason@gmail.com](mailto:dshanokason@gmail.com)

# Treasurer



The fourth quarter, and year end is almost here. This is a time of Jul celebrations in most of our lodges. It is a special time for most of our lodges.

As 2020 approaches, we look forward to celebrating the 125<sup>th</sup> Anniversary of Sons of Norway. Each lodge will probably be doing something special to mark this milestone. When you plan your celebrations, please look at the new Advertising or Program grants for lodges.

The letter explaining these programs should have been sent to you by our Vice President. Both programs were put in the budget so we would like to see lodges take advantage of the programs.

The District 1 MAP (Membership Assistance Program) is a very easy for lodges to participate. You can apply, 30 to 60 days in advance, for 2 separate events and your lodge can receive up to \$ 300 per year, that is \$ 20 for each new member recruited at the event.

I have been receiving some Thank you notes from campers after we sent the Draxton monies. They are so special and most of them say they are saving the money for next year and want to go for a longer session. They also comment on how great the food is – good Nordic food. I know that our scholarships make a big difference for many families in affording camp! Thanks to all our members and lodges for being generous.

Let's have a wonderful New Year.

~ *Claudia Bomier, Treasurer*



# Sports/Rec Director



**GODT NYTT ÅR! HAPPY NEW YEAR!**

As I write this, there seems to be more than enough snow around for winter sports. This should make those doing any x-c skiing events, especially Barnelopet, very happy this season. Last year, the St. Cloud-Anoka Barnelopet was the only one which contacted me about their ski plans. Please contact me, telling about your lodge's ski program. Let me know if District 1 can help support your lodge event.

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](mailto:sondistrict1sportdirector@gmail.com)



# Social/Culture Director

Halo from your District 1 Social/Culture Director. If you've been practicing your Folk Art skills and talents, we'd love to see your work at the Nordic Folk Art Exhibit & Competition at the upcoming District 1 Convention in June. Judges from the community will be judging the entries and awarding ribbons in each category.

There will be five primary categories:

- Rosemaling
- Fiber Arts
- Wood Working
- Optional
- Genealogy (for display only)

There are several sub-categories under the Fiber Arts, Wood Working and Optional categories. Within each category, there will be three levels of competition: Amateur/Intermediate/Professional. Youth entries will be judged separately from the Adult Folk Art Competition. In addition, there will be a "BEST OF SHOW" Award selected by the Judges and a "PEOPLE'S CHOICE" Award selected by visitors to the exhibit.

In light of the 125th Anniversary of Sons of Norway, we'd like to make this an extra special event. During the three days of convention, delegates will be able to enjoy seeing all the beautiful Nordic Folk Arts on display in the exhibit room.

Details regarding the District 1 Nordic Folk Art Exhibit & Competition have been sent along with this newsletter.

*~ Karen Aakre, District Social/Culture Director*

Phone: (218) 731-0072

Email: [kaakre@hotmail.com](mailto:kaakre@hotmail.com)

# Youth Director



## *Welcome to the new decade!*

Welcome to a new decade and also the quarter to focus on winter sports!! Do you know that little ones in Norway start skiing as soon as they can stand up?? Substantial time is also spent playing learning games in the woods, mountains and snow. It reminds me of my childhood when I couldn't wait for my mother to layer me up in a shirt and pants, then snow pants with straps and a sweater over that. Then 2 pair of socks, snow boots, a jacket with hood, a hand knit snow cap all the way from Norway, and finally the mittens with the knit strap looping through the sleeves. Yes, I could barely move, but mom taught me snow angels, and dad would step out the circle game for "Rev og Gas" (Fox and goose) on our big front lawn! Such good memories. Let's replicate those for our young ones!

*2020 Blessings from  
Maureen Aakre,  
District 1 Youth Director*



International Secretary Elaine Nelson welcomes youth members of all ages!!

# Publicity Director



I hope everyone had a wonderful Holiday season with their loved ones. Seems like the holidays came and went so quickly, but I enjoyed every minute of it!

2020 is going to be a great year! Sons of Norway is celebrating its 125 Year milestone with special things planned by the District Lodge, International Lodge and Sons of Norway Headquarters. What an achievement that began when 18 Norwegian men gathered to form an organization that would provide financial security to their members.

This is a great time to capitalize on Sons of Norway's achievement. Plan or participate in special events and take pictures! Lots and lots of pictures! Send them to me for inclusion on our District 1 page in the Viking Magazine, our District newsletter, our District 1 website or other sources. Be sure to send event information to me for inclusion in future District 1 newsletters. No event is too small—we want to see what our lodges are up to and members nearby may want to participate.

If your lodge does not have its own Publicity Director, members should feel free to take pictures and give them to the Lodge President or Secretary to submit to the District Publicity Director. We want to make sure that ALL lodges are featured on our District page in the Viking magazine. It's not necessary to focus on events and happenings, pictures of happy members are fun to look at regardless of the occasion. Have your Publicity Director or someone bring their digital camera or cellphone (newer ones) and spend some time just taking pictures of their members in the meetings.

Keep an eye out for communications in the near future about the District 1 Convention in June and special events and happenings related to the 125th Year Celebration.

*~ Gina Pockrandt  
District 1 Publicity Director*

# Zone 1 Director

There are many wonderful lodges comprising Zone One, and all of them are keeping members occupied with interesting programming including fun games and activities, a delightful array of Norwegian treats and the momentum building up to the District Convention! Our own Sagatun Lodge members are steadily preparing for this tremendous event as well as hosting their monthly meetings. Never a dull moment for any of our friends steeped in a variety of cultural pursuits!

Speaking of Sagatun Lodge, they, along with most if not all District One lodges, hosted Jul Fest programs, dinners, carol singing, lefse baking, and more during this Christmas season. They are even looking ahead to their second annual Viking Festival at the Crow Wing County Fairgrounds on August 22nd. That is thinking and planning ahead!

Nortun Lodge is planning a special scavenger hunt, called a Characteristic Hunt, in January. Members will be discovering what Norwegian roots like foods, places, clothing, and music members will have in common with one another. No doubt, much good food will not only be talked about but tasted throughout the afternoon!

Members of Heimsyn Lodge, among others, learned about Julebukk, or Yule Goat, a Norwegian Christmas symbol stemming from pre-Christian times. The last sheaf of harvested corn was made into a festive goat for Yuletide to keep evil spirits at bay.

Always wanting to learn more, the members of Haarfager Lodge learned many Christmas words in Norwegian and what they meant. From Kakelinna to juleevangeliet to rommegrot, members also concentrated on such projects as the Nordic Center Pepperkakebyen, their raffle, bazaar, foundation donation, and stamps for Tubfrim.

Members enjoy learning the Norwegian word of the month at Midnatsolen Lodge. They then try to "best" one another by finding the most Norwegian words in word searches. Most assuredly, they all came out as winners! Making Scandinavian fabric hearts was highlighted, too. The 10th annual Sons of Norway Christmas Ornament interested members in the return of the traditional Telemark style. Skol to tradition! Skol to all in 2020!

*~ Paula Leland Garnett, Zone 1 Director*

# Zone 2 Director

*Greetings from the South Twin Cities area*

*~ Chris Elwell, Zone 2 Director*

Phone: 651-688-0698

Email: [celwell@farmington.k12.mn.org](mailto:celwell@farmington.k12.mn.org)

## A message from the District 1 Convention Chair

Happy New Year! As we approach the 125th Anniversary of Sons of Norway and our District Convention in Brainerd, we are providing information on Folk Art Exhibition (as an attachment to the Nyhetsbrev). Please feel free to print this information for members of your lodge who may want to exhibit or compete for ribbons and recognition of their Nordic folk art.

If you have any questions, please contact the contacts listed on the registration form and information sheets or listed below:

Karen Aakre, Social/Cultural Director: [kaakre@hotmail.com](mailto:kaakre@hotmail.com) / 218-731-0072

D-1 Secretary, Diane Halvorson: [dshanokason@gmail.com](mailto:dshanokason@gmail.com) or 612-840-2051

Nick Reindl, Sagatun Lodge Convention, 8101 Buffalo Creek Road, Brainerd MN 56401

General questions can be directed to: Robert Nelson, Convention Chair - [robertnelson97@gmail.com](mailto:robertnelson97@gmail.com)

Remember to select delegates early and register for the event on Cragun's website at <https://craguns.formstack.com/forms/norway20>, then inform the District Secretary of your delegate selections and alternates. Thank you.

We are looking forward to a great event! See you there!

*~ Bob Nelson, 2020 District 1 Convention Chair*



## Zone 3 Director



Not much to report. Lodges are busy with projects and programs.

I attended the Snorre Lodge meeting in Thief River Falls on November 25. The meeting was devoted to youth. There were holiday crafts to complete, and the young people that attended got ice cream sundaes to enjoy. Let me know if anyone is interested in the type of meeting that could be used for possible future programs in your lodge.

I met with the Granlund Lodge board members concerning the District 1 convention in 2020. The deadline for choosing delegates was explained, and the caucus prior to the convention was mentioned. Information was given on the number of delegates they could have, the time and place of the convention, and the registration expense to attend.

The District scholarship (campership) information has been received. It will be my responsibility to contact each lodge to ascertain that they understand the entire procedure to obtain the scholarship for youth to attend either Concordia Language camp near Bemidji or Masse Moro in Wisconsin. There is a deadline to inform the District 1 Scholarship Coordinator who will be attending.

Our Lodge pays in full for one young person to attend the Concordia Language Camp. The District 1 scholarship helps with this expense. Others that may apply for the scholarship, but do not get the assistance from the Lodge, can still get the district 1 scholarship since we have three allowed.

*~ Jim Strandlie, Zone 3 Director*

## Zone 4 Director



Late fall brought on Zone 4 Lodges seeking new members by enticing them with creative cultural monthly programs and awesome fellowship. Most Lodges were also actively seeking some new officers/directors with success for some position and getting organized for a new year with several great slate of new programs.

December brought most Lodges into celebrating their Scandinavian Christmas heritage with special fellowship gatherings for their membership and friends. Some Lodges hosted special food with home-made rømmegrøt, lefse, numerous sweet treats like rosettes, and couple participated in their local community Christmas/Holiday lighted parade.

*~ Jerry Wright, Zone 4 Director*





## Zone 5 Director



### God Jul!– Godt nyttår!

Christmas is such a favorite and happy time in our Norwegian culture. There were so many celebrations – Julefests – Julebords – Juletrefest - Lutefisk dinners and Nordic Bake Sales. What fun!

Our Valheim Lodge in Spring Grove, MN celebrated their 90<sup>th</sup> Anniversary on November 17<sup>th</sup> and they did it in style with a performance of the Luren Singers. Fantastic!! Bob and I enjoyed the day and met some new friends.

We also visited the Kenyon Lodge in November and heard some folk tunes on the Nyckelharpa. It's always an enjoyable visit to this lodge. They are small, but determined!!

We drove to the cities in October to get a head start on enjoying Lutefisk dinners. The Glee Club there sang while we were eating. They were fun and the fish was excellent.

We planned to visit Mankato Elvesvingen lodge and (along with business) hear Andrea Een play her Hardanger violin, but the weather did not cooperate – icy roads. (Andrea didn't get to the meeting either.) ☹

I didn't get to attend the Fall District Meeting in October, as we had a death in the family and the funeral was on the Saturday of the meeting at Cragan's Resort.

This is such a special year for Sons of Norway. Let's celebrate with vitalitet, vigør and "entusiasme" our 125 yrs. of existence.

~ Gloria Coulter, Zone 5 Director



## Zone 6 Director

### Greetings from the Zone

~ Sherry Stilley, Zone 6 Director

Phone: 605-996-3595

Email: illnord@mitchelltelecom.net

## Zone 7 Director

### Greetings from the Iowa, Nebraska, Kansas and Missouri Zone

~ Keith Jorgenson, Zone 7 Director

Phone: 319-277-1537

Email: kjorgensen@cfu.net



## Zone 8 Director

### Greetings from the Texas, Oklahoma, Arkansas & Louisiana Zone

~ Alan Beck, Zone 8 Director

Phone: 972-527-2825

Email: alanbeck@verizon.net

# Zone 9 Director



To help take on the cold Minnesota winter...that is coming, I'm sending warm, cozy, greetings to all of you to have a wonderful New Year.

All of the lodges will be busy with many activities that start in the New Year...but we must not forget to keep working on growing our lodge memberships in 2020.

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. Thank you to the lodges that have plans already underway.

2020 District 1 Convention will be held June 4-7th at Cragun's Resort in Brainerd, MN. I hope all Zone 9 Lodges will be sending delegates to this convention. If you did not send a delegate to the last District 1 Convention in Rochester- you missed out of having your voice heard on important issues that are pertinent to your lodge. Also, if your lodge would like to submit a resolution for the convention, now is the time to start thinking and working toward that goal.

## Goals for 2020:

- Establishing a line of communication with the newly elected 2020 officers of the lodges in my zone.
- Plan a Zone 9 caucus session to be held in early April for elected lodge delegates attending the District 1 Convention on June 4 -7th at Cragun's Resort in Brainerd.
- Visit all of the lodges in Zone 9 in the New Year. Plans to assist each lodge with membership recruitment or fund raiser project.
- 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.

Congratulations to Trollheim Lodge in St. Cloud for attaining their "2019" Recruitment Goal. They increased their membership by 21 new members. The lodge had reached this goal by August.

Working with the lodges in my zone this past year on various projects has been a wonderful experience. I feel grateful and proud to represent all of you as your Zone 9 Director. I look forward to working with all of you in 2020 - and I am ready to help in any way possible.

*Tusen Takk! ~ Jan Osmonson, Zone 9 Director*

# Zone 10 Director



## ***Greetings from Zone 10.***

As we start the New Year, we have many things to keep us busy. Lodges please remember to send your list of officers to the District Secretary. Also remember to submit the new President and Secretary names along with their contact information to your Zone Director so they are able to communicate with your lodge. The deadlines to submit lodge financial information will be soon be approaching. Last, and certainly not least, January 16 is the 125<sup>th</sup> Anniversary of Sons of Norway. There are many ways to help celebrate our anniversary. If you have not already found it, the Sons of Norway website has a link to a 20 minute video showing the history of Sons of Norway. Open the website, click on ABOUT US, and click on the link to the video.

*Fraternally,*  
***Norm Carlson, Zone 10 Director***  
[norsknorm@aol.com](mailto:norsknorm@aol.com)

# Important Reminders:

D-17 Lodge Deadline: February 15, 2020. Sons of Norway requires 100% compliance with the filing of this Form. To avoid penalties, all filings must occur on a timely basis. Lodges: Upon completion of this form, print a copy, obtain the required signatures, retain a copy for your records and send a copy to Headquarters at [taxinfo@sofn.com](mailto:taxinfo@sofn.com). Form may be accessed online at [www.sofn.com/local\\_lodge](http://www.sofn.com/local_lodge)

D-63 – Lodge Officer Update **No Changes for 2020?** Please still visit the Officer Update section on our website or check the 'no' box near the top of the form and mail it in to Sons of Norway Headquarters. **Questions:** Contact Membership Services at Sons of Norway Headquarters by phone at 1-800-945-8851 extension 4643 or by email at [fraternal@sofn.com](mailto:fraternal@sofn.com).

American Fraternal Alliance Year End Report (Volunteer Hours). Sign and date at the bottom and submit to Sons of Norway Headquarters by February 15, 2020. Mail to: Sons of Norway, Attn. Lodge Achievement, 1455 West Lake Street, Minneapolis, MN 55408 Fax: (612) 827-0658 OR Email: [fraternal@sofn.com](mailto:fraternal@sofn.com)

Please complete the Lodge Achievement Form by February 15, 2020. This can be done online. If you complete the survey online, you do not need to submit a paper version of the form. <https://www.surveymonkey.com/r/5CPPWJ2> or PDF copy: [https://www.sofn.com/wp-content/uploads/2019/08/LAF\\_19\\_US.pdf](https://www.sofn.com/wp-content/uploads/2019/08/LAF_19_US.pdf)

All lodges should elect their delegates & alternates before **March 1, 2020**. Notify Fraternal Dept at headquarters and D-1 Secretary, Diane Halvorson.

Notice to all Delegates the deadline for making reservation **will be April 15, 2020**. All reservations will be made online at: <https://cragunsformstack.com/forms/norway20>.

The deadline for accepting applications for a district Officer Position is May 5, 2020. All positions on the D-1 Board are open for application. Obtain Application: <https://www.sofn.com/wp-content/uploads/2019/06/Candidate-Leadership-Application-DISTRICT-effective-6-21-2019.pdf>. Submit to Pres Dennis @ [dennisrusinko@aol.com](mailto:dennisrusinko@aol.com) OR Gloria Coulter [gcoulter6367@gmail.com](mailto:gcoulter6367@gmail.com) OR Dawn Shafer [dcshafer@gmail.com](mailto:dcshafer@gmail.com). The District Policy and Procedure Manual has the Board Job Descriptions for your review. Contact the Nominating Committee or the District Secretary of a copy.

Stamps for Tubfrim: submit cards to Dennis Rusinko or Mark Haugen. Bring stamps to the Spring Board Meeting or D-1 Convention in June.

If you receive funds from any District fund such as Marketing, Programing, MAP grant – you MUST submit a report to the Board. Failure to write a report could result in not receiving further funds.

Are you planning a celebration in your community for Sons of Norway 125<sup>th</sup> Anniversary? Please let your Zone Director know of your plans.

Notice: The following lodges are eligible to receive \$125 grants to send a delegate to Convention: Zone 1, Lodge 563, Grand Rapids; Zone 3, Lodge 626, Park Rapids; Zone 6, Lodge 578, Aberdeen; and Zone 7, Lodge 655, Davenport.

As always, if you have any questions or concerns, please feel free to consult with your Zone Director and they will assist you.

*Tusen Takk!*



*2020 is going to be a great year! We hope that every lodge is able to send at least one delegate to the upcoming District 1 Convention. It is going to be extra special in honor of Sons of Norway's 125th Year. My goal for the current and upcoming newsletters is to provide essential information for the convention and that you and your lodges feel well informed of what's happening. Please reach out if you have any questions or concerns. Your Zone Director should be able to help.*

*~ Gina Pockrandt, District 1 Publicity Director*