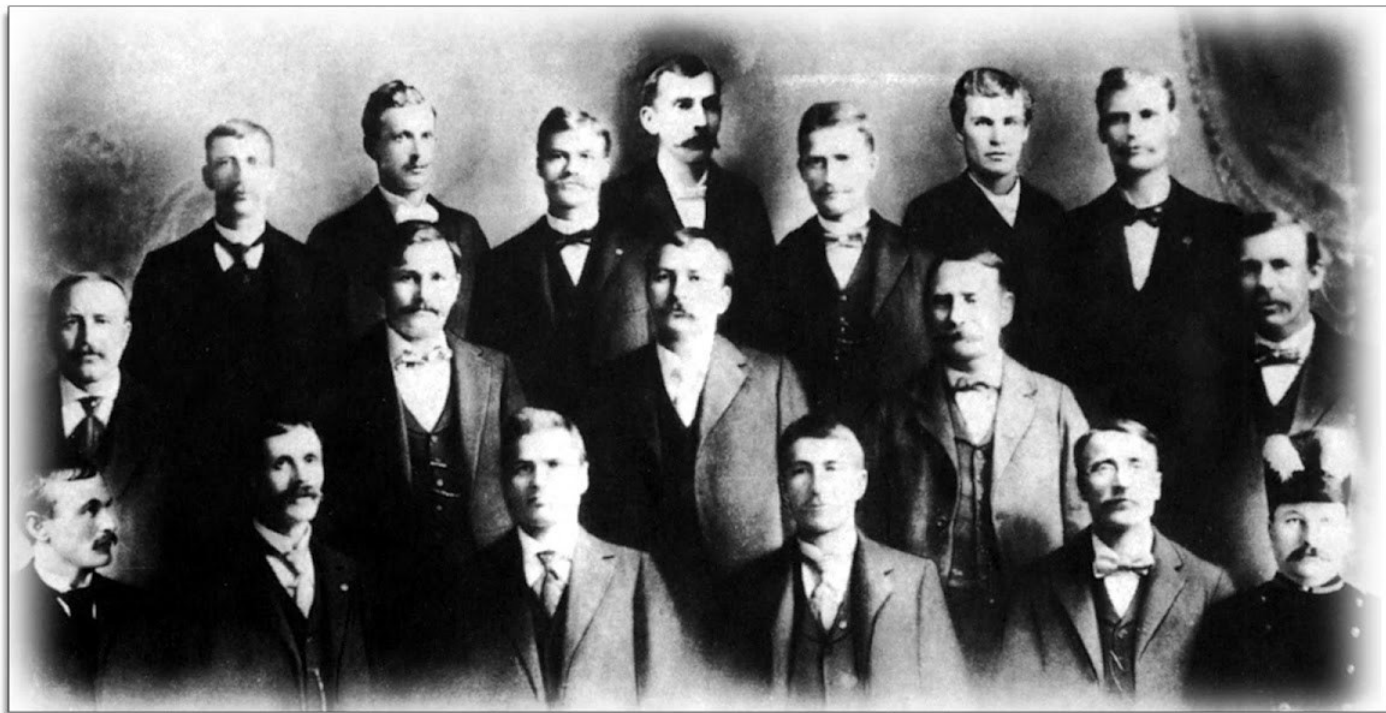




SONS of NORWAY

Celebrating 125 Years

1895-2020





SONS of NORWAY

Sons of Norway Headquarters

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Minneapolis MN 55408-2666
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Website: www.sofn.com

District 1 Website:

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

Like our Facebook page: Sons of Norway District 1

Sons of Norway Mission Statement

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

Contact Information for Officers 2018—2022

Executive Officers

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

Directors

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

Zone Directors

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



Fra Presidenten



While we are isolated physically because of this pandemic, we are not without the ability to communicate with each other. We live in the 21st Century. We have the all forms of internet capabilities, telephones, and even the ability to mail letters.

To the lodge officers teleconferencing and video conferencing can be used to hold meetings with your board. Many lodges are using the videos to hold virtual meetings. Now is the time to go to the Sons of Norway website and learn what it has to offer members and officers, also a good to learn how to navigate the web.

District Officers use the internet to stay in communication with the lodges in your zone. We need to get creative people, in our forms of communication.

These are trying times and we need to stay diligent to our elected duties and find ways to accomplish our duly elected positions.

Now more than every we need to head from the lodges when you are asked by the Zone Directors how you are handling things in your lodge. If we don't hear from you we can't help you.

Stay safe and healthy.

*Fraternally,
Dennis Rusinko, District 1 President*



Vice President

Hope everyone is
having a safe and fun summer!



Mark A. Haugen, District 1 Vice President

Cell: 612.850.3312

mhaugen_architect@msn.com

Secretary



2020 – A very momentous year for Sons of Norway and all the Districts – little did I know how momentous it was going to turn out to be! The 125 year Anniversary for SofN; a new building on Lake Street; a new CEO, Chris Pinkerton; no Conventions being held and who can forget, COVID-19?!

All lodges most likely have not met since sometime in March – how are you and your lodge handling keeping in touch? Video conferencing and teleconferencing has become very easy to facilitate for meetings of lodge boards and groups. Hopefully your lodge is embracing the new tools to stay in touch. Let me know if you need some help in find out where to get the information. Or ask a 7th grader as I am sure they had to do it for their school work.

With there being no conventions to hold elections of District 1 Board Officers & Directors, many volunteered to continue in their position until elections in 2022 at the next Convention. Thank you everyone! Whether you chose to stay on, or have 'retired' – we in D-1 appreciate your service to the organization. Tusen Takk for all you continue to do and have done!

Due to the continued COVID-19 concerns, many lodges are not meeting this summer – and we wait to see what autumn will bring. I hope that the lodges in your area and zones will be keeping in touch with their membership by newsletter, phone and email blasts, maybe even a picnic in a park with a boxed lunch. Keeping in touch shows we care about one another in all times of life. That is why Sons of Norway was founded – to help our neighbors and family. Summer time....it will be especially welcome this year... getting together will be looked forward to with great anticipation!

Be well and be safe

~ Diane Halvorson dshanokason@gmail.com



Treasurer

looks extremely healthy.

This year has certainly been a challenge for all of us as we had the conventions postponed and then the protests in our area. But as lodges have curtailed their meetings due to covid19 we have seen extraordinarily little activity in the treasury. The memberships fees have been maintained or increased slightly so our revenue has been steady or slightly higher than prior years and our expenses are way down. As you have seen, our balance sheet

In addition, Masse Moro was cancelled for this year and now Concordia Language Villages are only doing virtual camps. They were trying to do some onsite and some virtual with spacing but the governors orders for no overnight camps make the onsite impossible. We will see a lot less campers with many not wanting to do virtual after completing the end of the school year doing virtual learning. We will be supporting with District money all of those attending virtual camps.

The District 1 MAP (Membership Assistance Program) is available when the lodges start meeting as well as the Marketing and Programing assistance programs. Please make use of these programs when they are applicable.

Our lodge held a 100th birthday party for one of our members – a drive by but it was terrific. We also had a virtual picnic this week in place of our usual potluck. We raised money for ACBC, our local food shelf. We had generous donations from many of our members and we have secured matching funds up to \$ 1250 in honor of the 125th Anniversary of Sons of Norway.

Stay safe!

~ Claudia Bomier, Treasurer

Sports/Rec Director



Hallo alle sammen! Hi everybody! Midsummer greetings to all in Sons of Norway District 1. Yes, even though June 20th is the first day of summer, the celebration of Hansaften on June 23rd is considered the Midsommer Fest. Check out some of the YouTube videos that show the fantastic bonfires in Norway, especially the world's tallest at Ålesund.

If you did not read the wonderful article in the April Viking Magazine about "Friluftsliv", I suggest you do so. It will perhaps give you some ideas about exercising and inspire you to set up your own program of walking, running, swimming, biking, hiking or general physical fitness. As the term "Friluftsliv" suggests, these are to be done outdoors. I think we can include gardening in this.

Given our current circumstances, being outdoors with others is safer than being indoors. Please remember to keep your six feet social distance. Did you hear that Sven and Ole are looking to the day when they can return to their normal social distancing of ten feet, sideways?

I do have a request of each lodge sports director, or representative, that you inform me of sports and recreation activities in which your members have been participating during past three or four months. Also let me know if your lodge has had to cancel any group sports and recreation events. Please send your information to me, Ron Stow, at stowronald@gmail.com. Mange takk.

Did you miss the district convention as much as I did? The 2020 international convention will be just a wishful thought as well. Let us all dedicate ourselves to keeping up our Sons of Norway activities as much as possible until we can all gather together again.

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



Social/Culture Director

In these changing times learning new Norwegian cultural skills we turn to technology to help us. With you tube and zoom we can learn in the comfort of our homes and lodges can meet and encourage each other. For rosmalling you can follow step by step instruction thru Vesterheim and many other venues. For carving Harley Retslaff can walk you thru the steps also. As many teaching places are adjusting to our needs just do a search and begin to explore. You can learn about music, Stamps, genealogy and many different areas. Many of my opportunities to teach and speak have been canceled but we can still expand our learning. There is a knitting group started by Arnie and Carlos from Norway called quarantine knitting. And I have a notebook full of patterns shared from all over the world. We can make and do what ever we are challenged to try.

~ Karen Aakre, District Social/Culture Director

Phone: (218) 731-0072

Email: kaakre@hotmail.com

Youth Director—open position



Publicity Director

It's been a pleasure to see the creative solutions lodges have come up with to stay connect-ed with each other and their communities in spite of the COVID 19 pandemic challenges to social gatherings.

- Hosted a drive thru fundraiser for the local foodshelf
- Had a Drive by parade for a member who is celebrating a special milestone birthday
- Challenged members to observe Syttende Mai at home and share photos
- Hosted a social distance picnic
- Hosted a drive by fundraising dinner

At the beginning of this year, lodges were challenged to find ways to honor Sons of Norway's 125th anniversary. There are many ways lodges can still participate—challenge members to collectively spend 125 hours knitting (or crocheting) hats for preemies for local hospitals and charities in the safety of their own homes. Or 125 collective hours making lap quilts for local nursing homes and group homes. Raise \$125 to donate toward a worthy cause or organization. Collectively gather 125 pounds of food and donate to local foodshelves. Walk 125 miles for fitness (apply those miles toward sports medals!) Take pictures!!

We also have a unique opportunity during these trying times to be a light by providing companionship to members of our community who may be feeling especially isolated during these times. Reach out to local nursing homes, group homes or similar places and ask if there are those that could use a friendly voice on the phone or a friendly little note. Get your lodge members to participate too—challenge them to spend 125 collective hours on the phone or letter writing. Once the social gatherings return to normal, encourage them to come to your lodge events and gatherings to continue your companionship.

Stay well and be safe dear friends.

~ Gina Pockrandt

District 1 Publicity Director



Zone 1 Director

Summer Greetings, Amidst the COVID, from Everyone in District One's Arrowhead Region!

CANCELED! CANCELED! CANCELED! Yes, unfortunately, this has been the theme throughout our lodges these past months. Syttende Mai celebrations, memorial remembrances, lodge picnics, regular meetings, musical events, Midsommer's Eve, and Viking Festivals have all joined the fate of the district convention. But wait---this is Sons of Norway, and we ALL know NOTHING keeps this organization from creating and executing plans to invite, participate, and volunteer... no matter what!

Visste du?/Did you know? Nortun Lodge offered free catered "Syttende Mai Drive By" breaded torsk dinners with all the trimmings to members and at a nominal fee for others (121 meals were served!) while Sagatun Lodge stayed connected with members through a Zoom meeting. I took part in both events! Wonderful! Sagatun, along with other lodges, provided a blog, E-Post, and/or Facebook groups. Many lodges have served their communities by making face masks and needed supplies and shipping them to other locations, preparing and delivering food for others, celebrating birthdays through patio doors and windows, taking Norwegian language classes, calling to check on one another and extending a helping hand when needed, and I could continue but really, there's no end to kindness unexpected in District One.

Relevant, vital, resilient, passionate, eager, and growing. We are Sons of Norway Strong---Always!

~ Paula Leland Garnett, Zone 1 Director

Zone 2 Director

Greetings from the South Twin Cities area

We hope everyone is safe and well.

~ Chris Elwell, Zone 2 Director

Phone: 651-688-0698

Email: celwell@farmington.k12.mn.org



Zone 3 Director



Not much to report with this pandemic in progress. I did contact all Zone 3 Lodges to determine any activity on their part, and then I shared the information received with the other lodges. Most of the usual meetings and projects had been cancelled or postponed. Some lodges are trying virtual meetings, or zoom meetings, of executives.

Snorre Lodge cancelled their big Nordic Fest annual event (formally known as Norwegian Heritage Week). The Nordic Fest committee decided to fly the Norwegian and other Scandinavian country flags in Thief River Falls, anyway. They were up over a week surrounding Syttende Mai which produced a holiday atmosphere at this trying time. They applied and received a \$250 Thrivent card to purchase the additional flags needed to represent Sweden, Denmark, Finland, Iceland, and 3 Sami flags.

Snorre Lodge is assisting with the construction and operation of a vegetable garden near the TRF Food Shelf, and will be sharing with them the harvest in the fall.

I did share with Zone 3 Lodges the article in the Minneapolis Star and Tribune written by Todd Nelson concerning the new Sons of Norway CEO Chris Pinkerton. He had covered nicely the information about Mr. Pinkerton, and the 125th anniversary of Sons of Norway.

~ Jim Strandlie, Zone 3 Director

Zone 4 Director



All Lodges were actively engaging their members in early winter until COVID-19 social distancing and no meeting rules became the norm starting in March. The March Leadership was the first to be cancelled just a few days before it was to take place.

In February at least 3 Lodges held a winter sports community program (cross country skiing; ice skating; and kick-sliding) that engaged many youth and family's (Fedraheimen 1-59 Willmar; Mjøsen 1-175 Glenwood; Leif Erikson 1-32 Vining, MN.)

In May, most Syttende Mai programs were cancelled, except many members and some businesses flew flags: some watched video streaming of the Mindekirken Norwegian Lutheran Memorial Church's Syttende Mai worship service in Minneapolis; and Mjøsen Lodge delivered rosettes to all nursing and assisted living homes in Pope County (rosettes made by Starbuck Pastry Shoppe).

A few of the Lodges took advantage of the Sons of Norway Insurance department offer to apply for a \$200 grant to use to assist local community services like the food shelf. In June Leif Erikson lodge conducted a roadside pickup with social distancing.

Zoom video conferencing has gained usage to assist some lodges' board members to stay engaged along with continued creation of local newsletters and personal calls for membership.

~ Jerry Wright, Zone 4 Director



Zone 5 Director



Keeping in touch – That’s what it’s all about and that’s what I’ve tried to do in these last months. A letter, a birthday card, a call or a note to some of the members has been added to my “to do” list.

I am concerned to hear from some of the Membership Secretaries that have sent reminders for paying dues. Some have made calls also, but they are not getting the response they’d hoped for. They express questions as to when the lodge will be able to meet and want to wait to see what’s ahead for their lodge.

As to the future of Sons of Norway lodges, I think we can be creative in getting the interest ‘sparked’ again and back on track as soon as possible. Many lodges will be renewing their plans for their 125th Anniversary celebration. Let’s get everyone involved!

~ Gloria Coulter, Zone 5 Director



Zone 6 Director

It’s a sad time not being able to meet and greet our friends through Sons of Norway gatherings. Some of our lodges are doing a super job of keeping all in touch with monthly newsletters and Brookings has even had zoom meetings. Rapid City is canvassing members about future activities.

When we were able to meet over the previous year and a half I attended a couple of meetings in Aberdeen where they voted to continue and were working hard to revitalize.

I have done several officer installations during the first part of the years. I also presented short programs on my fall trip throughout Norway in 2019. When we are safe to travel again, I highly recommend travel via the Hurtigruten ship lines up and down the coast of Norway. We also traveled via Iceland Air, Norwegian Airlines, trains, ferries, bus, trolley, taxi, rental cars, borrowed car, and Tesla. A highlight of the trip was island hopping in the Lofotens, seeing the northern lights and a visit to an ice pub for cloudberry wine in a glass made of ice.

I have attended meetings in Sioux Falls, one of which they hosted a busload of tourists from Norway.

Last October’s board meeting at Cragun’s Resort was interesting and it is too bad we missed having this summer convention there! Hopefully we will eventually get there.

Keep communicating and sending members birthday cards to keep in touch.

Until we meet again...
~ Sherry Stille, Zone 6 Director

Zone 7 Director

*Greetings from the Iowa, Nebraska, Kansas and Missouri Zone
Keep safe and hope you and your loved ones are well.*

*~ Keith Jorgenson, Zone 7 Director
Phone: 319-277-1537
Email: kjorgensen@cfu.net*

Zone 8 Director—open position

Zone 9 Director



Greetings!

I always look forward to this time of the year. It is a renewal of life after a long winter. The air is fresh and the flowers start coming up and the birds are chirping. Great to be outdoors again.

So many of the Zone 9 Lodges have been busy planning celebrations and activities for the 125th Anniversary of Sons of Norway. Now with the COVID-19 virus – most everything in the near future has been canceled until a later date. As we reflect on what is going on at the present...we must remember we can celebrate this milestone of Sons of Norway throughout 2020.

All of our ancestors would be so proud of everyone for the dedication and hard work it has taken to keep Sons of Norway in existence for 125 years. We are so fortunate to be in lodges where we all work at promoting and preserving our Nordic heritage.

All of the lodges will be busy again in the near future...but we must not forget to keep working on growing our lodge memberships in 2020. Now is a great time to call new and old friends and tell them about the benefits of being a Sons of Norway member.

I will try to keep your lodges informed about news from Sons of Norway Headquarters, International and District 1, that would be pertinent to the members of the lodge. This is a time when we all need communication with each other.

All of us can unite in the hope that some type of “normal” will return one day soon. I look forward to working with all of the lodges in the near future. Keep up the great work – we have wonderful lodges in Zone 9.

~ Jan Osmonson, Zone 9 Director



Zone 10 Director

With the Covid 19 pandemic and the summer approaching soon, most Zone 10 lodges have not been meeting. Marsteinen 1-596 of Des Moines has had virtual meetings for the months of April and May, and will have another virtual meeting in June. As Zone 10 Director I have encouraged my lodges stay in communication with their members. When Marsteinen had their first virtual meeting the members who joined that meeting were very pleased to see and communicate with fellow members from the safety of their own home. Marsteinen President Sue Givant gave some practice sessions with Zoom to members so they were able to become involved in the meeting. They also enjoyed programs provided by the Social Director.

As an encouragement to stay in communication with their members, Marsteinen President Givant has offered to allow members from other Zone 10 Lodges to join in the Marsteinen June Virtual meeting on June 16. As Zone 10 Director I contacted the Zone 10 lodges and extended the invitation to join the Marsteinen June meeting. This will hopefully encourage the other lodges to use Zoom or other communication methods to stay connected with their members.

Since it is unknown how long the Covid 19 pandemic will last, It is wise for all lodges to stay in communication with their members. Zoom is a free download. Members are sent a meeting number and a password by the lodge host to allow the member to become involved with that meeting. Only members receiving the invitation can join the meeting.

*Fraternally,
Norm Carlson, Zone 10 Director*

District 1 Board
3430 Rum River Drive
Anoka, MN 55303
July 7, 2020



Dear D-1 Lodge Leader,

The coronavirus has played havoc with many of our meeting, programs and celebrations. It is a time to get creative and strengthen our lodges, stay connected and support our members.

The way to do this varies with each lodge throughout District 1. With that in mind the District Board voted during their Spring Board meeting to offer \$ 500 to each lodge in the District to be used to strengthen their lodge during the pandemic. All that is required is that you request the money from the treasurer, Claudia Bomier. With the request, please tell us how you used the money or plan to use it to strengthen the lodge. We will then share the ideas throughout the District so that other lodges will use the ideas to strengthen their own lodge.

Some tentative ideas are:

- have a special program,
- use the money for virtual meetings,
- provide food for a physically distanced picnic,
- have a fundraiser for a local charity,
- or, have a Nordic meal and do it as curbside pickup and invite the community.

Each lodge will know what will work best for their lodge. We encourage you to use the guidelines for meetings, physical distancing, etc. for your state.

Again, the only requirement is that the lodge request the money from the treasurer, Claudia Bomier. You can send the request to cebomier@gmail.com or mail a request to Claudia Bomier, 3430 Rum River Drive, Anoka, MN 55303. Please let us know how you plan to use the money so we can share that with other lodges.

We all want to remain vibrant and relevant as well as celebrate the heritage, traditions and culture of the Nordic countries. Let us show how we care about our members and our community!

Respectfully,
District 1 Board of Officers & Directors