



District 1 Awards Grants to Lodges

Many lodges in the district received \$500 Grants funded by **District 1** to support and strengthen their Lodge during this pandemic. All that was required was for Lodges in District 1 to contact their District Treasurer, Claudia Bomier to request the grant and provide an explanation of how they plan to use it to strengthen their lodge. To date, 39 lodges have been awarded the grant and have used it in a variety of creative and interesting ways. Check out the Treasurer's Report on page 4 to see the various ways lodges used their grants. Lodges that have not yet taken advantage of this opportunity and would like to do so can send an email to Claudia at cebomier@gmail.com.

Why celebrate SN Foundation Month in October?

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members and make Sons of Norway communities a more vibrant place to live. Be it through a student's scholarship for study, a cultural exchange experience, or assisting lodges to provide quality programs and community events – the Sons of Norway Foundation is true to its mission. Established in 1966, our focus and offerings have grown to include several categories of scholarships and four categories of grants. Our passion is focused on the following areas- creating opportunities for higher education as a means for success, showcasing our unique Norwegian heritage to wider audiences, exploring cross-cultural exchanges, providing humanitarian support to Sons of Norway members who are victims of natural disasters. We have awarded \$1,375,000 in scholarships, \$390,000 in grants and more than \$500,000 in humanitarian aid. Take a closer look at our efforts, the results, and opportunities to get involved by visiting <https://www.sofn.com/foundation/>. Do you have someone in school who might qualify for a scholarship? Are you involved in a lodge or other group activity that may want to apply for a grant? There is also a membership-wide fundraising campaign for the Sons of Norway Foundation. In coordination with Foundation Month in October and continuing through the end of the year, the Foundation aims to raise \$100,000 or more to support its programs. In just five short years, the Sons of Norway Foundation has granted more than \$730,000 to lodges, members, students and organizations around the country and world to promote and preserve Norwegian culture and heritage and provide higher education and humanitarian aid. We now have an opportunity to replenish what we have given so that we can continue to help others in the future. In that vein the theme for the fundraiser is "Together We Are the Future." You will also find a donation envelope in the next issue of The Viking magazine. We are currently reaching out to leadership to make commitments for matching funds for the end of year campaign. We hope your lodge will participate. To learn more about the Foundation and all it offers, please visit <https://www.sofn.com/foundation/>.



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District 1 Website:

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[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
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Youth Director	OPEN
Publicity Director, Gina Pockrandt	gigipockrandt@msn.com

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Zone 5, Gloria Coulter	gcoulter6367@gmail.com
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Zone 8	OPEN
Zone 9, Jan Osmonson	josmonson@comcast.net
Zone 10, Norm Carlson	norsknorm@aol.com



Fra Presidenten

I want to congratulate all the lodges in District 1 who have utilized inventive ways to keep in contact with their members. We need to stay together and overcome this pandemic.

Lodges have been concerned about how they will be able to hold election of officers in their lodges, the International Board presented a referendum to deal with this issue by giving lodges the ability to virtually elect their lodge officers. The International Board voted to accept the referendum.

I hope that the lodges are contacting elderly members who are shut ins by contacting them from time to time to see how they are doing.

I know we are all anxious to meet face to face again, but we need to be patient and listen to our medical leaders and hopefully we will be together soon.



*Stay Safe,
Dennis Rusinko, District 1 President*



Vice President

Stay well and be safe.

Mark A. Haugen, District 1 Vice President

Cell: 612.850.3312

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Secretary



The October Board Meeting for all the officers and directors of the District is soon upon us. It will be interesting in the time of COVID to have this meeting as it is a “hybrid” version with some of the board convening virtually and some in a meeting room for the October 23 and 24th Board meeting sessions. Those of us meeting in person will be in a large meeting room at the Hilton Garden Inn in Eden Prairie. The room can accommodate the 11 of us safely as the 6 foot spacing is observed. Masks are required & food catered.

This newsletter article also serves as a reminder to all the Committees to meet, send in their report, as well as all the officers and directors to send in a report to the secretary (me) so that I can send all the reports to the entire board. The Agenda will be your guide as how to collate them in your report book that will be used in our discussions.

Each week I receive a link to the District 5 website. On this website there are now 18 different programs online. These can be downloaded for a virtual lodge meeting use. The D-5 website link is: http://www.sonsofnorway5.com/programs/speakers_bureau.php. The presentations work best if you are hosting a meeting in Zoom. Use these as your guest lectures for your meetings. “Share Screen” in Zoom for everyone to see what is being presented. The programs vary in time length.

The International Convention delegates to the 2018 Convention have been voting on Resolutions initiated by the International Board for more efficient Corporate Matters and Governance for Sons of Norway lodges on all levels. Recently the Delegates passed an amendment to the Charter & Constitution that votes can be done electronically as well as USPS. The Policy & Procedures have also been amended by the International Board to allow elections, referendums, meetings to be done electronically to make decisions in a timely manner when meeting in person is restricted. David Crabb, Fraternal Engagement Manager shared the recent changes on September 29th. Check out the video - it is about 5 ½ minutes in length, and is helpful for all leaders, local and district level.

Headquarters and your district Directors and officers are available resources should there be questions or concerns. Do not hesitate to reach out and ask. And thank you for all you are doing to keep in touch with your own lodge members, as well as keeping information flowing to your community and other lodges.

Are your lodges’ continuing to celebrate Sons of Norway 125th Anniversary in any way? Let others know of what is happening with the Grant Funds too... this helps other leaders with their planning.



Be well, stay safe and stay connected!

~ Diane Halvorson dshanokason@gmail.com



Treasurer

This is still unrepresented times. As we struggle to get over the pandemic, we have had some exciting things happening in our lodges. As you know, we offered \$ 500 to early lodge to use in any manner that they thought would strengthen or invigorate their lodge or community. I think the most important message I can relate is some of the ways the lodges are using this grant.

- Replace fundraisers that were cancelled
- Building repairs for Heavener Runestone Park - a Viking History museum
- Nordic catered meal in October & Collect for food bank
- Virtual presentation by Dr. Mark Saftstrom on Scand. Pietism
- Catered picnic and Fundraiser for Hope4Youth
- Scholarship for 2021 high school senior
- Professional help with website and zoom membership & lefse to homebound members. Many professional Zoom memberships
- Drive by birthday for member, plants to isolated member, rebate of membership renewal
- \$250 to Ronald McDonald House & \$250 to MN Adult & teen challenge – Many lodges making donations
- Free public program on Music and poetry outdoor event
- Drive up meal including face mask with Nordic logic & treat, handmade cards
- Advertising on Facebook site, drive by Nordic food
- Dinner and chairs for meeting place
- And many more ideas. The treasury is still healthy.

We had 16 youth attend virtual camp at Skogfjorden. The District paid the registration costs for all the campers this year. We wanted to encourage virtual attendance and support Concordia Language Villages. We heard great reports from those that attended. It also enabled youth to attend that would not have attended since the fundraisers from the lodges did not happen with the pandemic. We look forward to next year within person campers at both Skogfjorden and Masse Moro.

Stay safe!

~ Claudia Bomier, Treasurer

Sports/Rec Director



After sending a request to District 1 lodges asking them to share information about their lodge sports and recreation activities, I received a few replies. In this report I have condensed their information to give highlights of those activities.

Linda and Reg Shoesmith of Storelva 1-655 in Davenport Iowa offered that since they have had to stay home during the Covid-19 situation, why not work on the Gangmerke walking medals. Linda has used this opportunity to keep her knees fit after replacement surgery. She is now working on the enamel level medal. Reg has completed all four levels for Gangmerke.

Bob Hoover of Vikingland 1-495 in Detroit Lakes Minnesota reported that nine of their members have completed medals in general sports and fitness, with one each in skiing, bicycling, and swimming. Twelve had been working on walking medals, including 10 who completed the Virtual Pilgrimage.

An extensive report came from Ryan Riley of Maihaugen Lodge 1-665 in Kansas City Missouri. He stated that he has shaped the lodge sports programs around three priorities: sports presentations, which includes a lodge program about athletes from Norway; social and recreational activities, including a community activity called Noah's Crown Town 5k ; and Sons of Norway Sports Medals, with three members completing the enamel level for Gangmerke. He remarked that the Covid-19 crisis has caused most group activities to be cancelled.

I thank all for their replies, with a particular thank you to those who have assumed the position of sports and recreation director in their lodge.

For those members who have completed all four levels of a sports activity Sons of Norway is now offering two more levels of achievement. Information on this has been distributed through the home office website.

Ron Stow, District 1 Sports and Recreation Director



Social/Culture Director

Keep working on those Culture Skills!
~ Karen Aakre, District Social/Culture Director

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Youth Director—open position

Publicity Director



I am really excited about a new feature available for lodges to use in their newsletters. Sons of Norway now offers newsletter content in word document and Google doc format. They also offer Royalty Free images that can be used in your lodge newsletters. All can be accessed on the Sons of Norway website under Member Resources. From Member Resources, click into Lodge Leadership Resources, then click into Administrative Resources, from there scroll down and click on Communications Took Kit. You will see the Newsletter Service as well as several other communication tools available to you and your lodge.

Newsletters are a wonderful way for lodges to stay connected to their members especially during these pandemic times.

Lodges can stay visible in their communities through various social media platforms and websites. Make sure to keep content current and updated often so that people are engaged and interested. The more often your lodge website and social media platforms are updated, the more often people are likely to refer back to them and see what's happening. More hits might turn into engagement that may turn into new memberships.

Continue to send pictures for inclusion in the Viking magazine or other Sons of Norway publicity materials. Make sure to send raw photo files for the best quality resolution and to provide all the details regarding that picture. The following details must be included with each photo:

- Your Lodge Name, Number, city and state where you meet
- Date of photograph and brief description of the photograph
- Names of each person visible in the picture from left to right (must include at least one member from your lodge)

All photos should be submitted digitally via email to Gina at gigipockrandt@msn.com.

Tusen Takk!

Gina Pockrandt, District 1 Publicity Director



Zone 1 Director

Memorable Autumn Greetings from the Lodges in Zone One! Yes, quite memorable as we continue to maneuver the pandemic: when will we meet again? Well, the Arrowhead Region Lodges are proving their collective creativity, passion, and growth amidst these difficult conditions. Read on to see how they have garnered engagement among their members and their respective communities, while maintaining everyone's safety! And this is only the SHORT list!

Playing Cultural Solitaire on the Sons of Norway web page

Mailing and selling Raffle tickets for cash drawings done remotely

Earning next level sports medals

Involving children/youth with the Viking for Kids segments and becoming Heritage Members.

Socially distanced outdoor hosting of fun-filled evenings featuring music, storytelling, and poetry, highlighting Scandinavian heritage

Creating a cookbook including Scandinavian recipes, past and present, for the 2022 District Convention

Watching Norwegian movies like *Kon-Tiki* (Netflix) and *The King's Choice* (Amazon Prime)

Cooking great food like Beet Pickles, CrockPot Rice Pudding, and Rommegrot for One

Listening to Nordic Music on Youtube: *The Wolf Song* (Nordic Lullaby, Vargsangen) and *You Raise Me Up* (Nordic Tenors)

Hosting a drive-by membership dinner, with Norwegian meatballs, of course, and donations forwarded to the Duluth Viking Ship Project

Juletre Zooming with an area musician and creating Nordic wheat ornaments

Yes, Zone One comprises amazing lodges whose members live and give generously, are vital community members, and eagerly promote Sons of Norway's resiliency and relevancy, and I am fortunate enough to be among them! Thank you Zone One Lodges!

~ 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

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Zone 3 Director



Fosston Lodge sent a letter to all members to let them know that the board was thinking about them, and some thoughts about the future. I thought that was a good idea. Another thing they did was to have a meeting at the East Polk County picnic shelter. This was as close to a standard meeting as possible with the approval of meeting minutes from March and also the approval of the executive meetings from April, May and June, along with other Lodge business. The program for the evening was a short power point presentation about Stave Churches in Norway and then the trivia game provided by Sons of Norway with the 2020 Christmas Ornament as the door prize. According to President Wes, this was a very fun and educational activity and the members enjoyed it very much. At some point in the future they plan to have this program again. Fosston used their \$500 to help defray expenses for their annual Torsk and Meatball MAP dinner which will be held on October 15. It will be a drive through where you pick up your dinner all boxed and ready to go.

Bemidji President George Olson reported "There aren't too many highlights this summer as far as lodge activities, as our events have been cancelled along with meetings. We did have a member, Lois Egelhof, that wrote a weekly article called "Hilsen - Greeting" as a way to have contact with members. Our board has been meeting via Zoom monthly. On September 27th we will be having a car parade through Bemidji and around the lake, with a socially distanced get together at the end of the parade. We are hoping we would be able to have a regular membership meeting in November and our Christmas program in December. We will be planning our 50th anniversary party, which was cancelled twice this summer, for some time in 2021.

Snorre Lodge in Thief River cancelled all Lodge meetings for the summer. We are hoping to have a Lodge meeting on October 26 if all goes well. We have not determined a use for the \$500 yet. We still have time to make the application. Snorre Lodge members helped to remove items from the Rambeck Cabin at the Pioneer Village so it could be moved and a new foundation placed under it. This cabin is sponsored by the Snorre Lodge. One of the Lodge members built a Companion Garden used exclusively for the local Food Shelf. Members of the Lodge were involved in construction, and maintenance. All products this fall were given to the Food Shelf.

Detroit Lakes Vikingland Lodge met outdoors a few times this summer. Their next meeting for October will be indoors at the Odd Fellows Hall. They will be playing bingo with prizes at this meeting. Some are a little nervous about meeting indoors, but they plan to practice the rules that will keep them safe. They also are preparing a questionnaire that will be sent to their members regarding meeting during this pandemic. Answers will determine their future.

~ Jim Strandlie, Zone 3 Director



Zone 4 Director

After the recommended COVID shut-down for all Lodge gatherings, some lodges started up having Board meetings via Zoom and enhanced contact with membership thru their newsletter and setting up calling trees. Some lodges this summer moved their Board meetings outside to maintain social distancing.

Lodge Fedraheimen of Willmar, MN held a couple full membership Zoom meetings over the summer with speakers. In September Fedraheimen hosted a walk by parade for residents in senior assisted living facilities and a couple of their elderly members' home.

Leif Erikson Lodge from Vining, MN hosted a 'Conversation, Pie, Conversation, Coffee' outdoors gathering in September next to a local restaurant that supplied pie and coffee

Membership retention continues to be one of the Lodges' main goals along with discussion in how to host new and inviting cultural programs as COVID restrictions continue.

~ Jerry Wright, Zone 4 Director

Zone 5 Director



The newsletters from the lodges in Zone #5 have shown how creative they have been in this time of not meeting. It truly is a challenge, but they have “stepped up to the plate”.

One lodge has been updating their Yearbook for 2020-2021. This gives them a chance to contact all members for correct phone numbers and addresses. They are also selling 2021 calendars, so taking orders too.

Several Executive Boards have been meeting virtually, or in a park or a driveway. I have been so glad to receive the newsletters from the lodges.

One lodge has done a Member Appreciation Day by giving each member lefse! Hey, I say whatever works, correct? They are doing curbside lefse delivery - two packages to each member household. They will also deliver. I wonder if that pertains to a Zone Director?

There have also been a Norwegian Culture Quiz and great articles to enjoy reading. There was a wonderful presentation by one member using zoom for a virtual meeting.

I am trying to send greetings to everyone in our lodge on their birthdays. So far I've only been delinquent once (1 day late). Oh, to shake hands and give hugs again, when will that be?

~ Gloria Coulter, Zone 5 Director



Zone 6 Director

Greetings from Zone 6.

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



The circumstances of this year have changed all of our lives in profound ways. It is in times like this- that our Nordic Heritage shines through with our abilities of resilience and resourcefulness.

The lodges in Zone 9 have been keeping in touch with their members using video and tele-conferencing, picnics with social distancing, a drive-by for a 100th Birthday, one lodge during their zoom September Cultural Night, watched a whimsical program on what a typical grocery store in Norway looks like. This is only a few of all the wonderful ideas that have been presented by the lodges.

David Crabb, Fraternal Engagement Manager, each week has been offering virtual videos on favorite social, cultural and educational programs – that you can watch on the Sons of Norway website. This is something new and is a very interesting learning tool.

The Sons of Norway International Board announced the “2022” International Convention will be taking place in Minneapolis, MN – instead of in Norway as was planned for the “2020” Convention. There will be more details coming to the lodges in the near future.

Five lodges in Zone 9 have applied for the Pandemic Grant of \$500.00 – that was offered by the Sons of Norway District 1 Board. There is still time to take advantage of this grant. For details contact- District 1 Treasurer, Claudia Bomier.

Congratulations to Synnove-Nordkap Lodge 1-008 for being named the Large Lodge “Family Lodge of the Year for 2018.” This is a huge honor and requires a lot of hard work by all members of the lodge.

I have a bit of humor... I am sharing with you that was sent to me by a friend. This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!!

I look forward to working with all the Zone 9 Lodges when we return to what was called “normal” times. I am here to support you with any questions or concerns you may have- so feel free to contact me at anytime. Be healthy and safe!

~ Jan Osmonson, Zone 9 Director

Zone 10 Director



Greetings from Zone 10

The Covid 19 pandemic has created some interesting changes in lodge meetings. Most active Zone 10 lodges have created virtual meetings using Zoom or some other application which allows them to see and talk with others and watch interesting programs from the safety of their own home. President Sue Givant of Marsteinen 1-596 in Des Moines has extended an invitation to all Zone 10 Sons of Norway lodges to join the Marsteinen virtual monthly meetings. Anyone from Zone 10 lodges can contact Sue Givant or Zone 10 Director Norm Carlson to indicate that they would like to join their virtual meeting. Sue will then send them an e-mail with the information needed to join our meeting. Zoom is a free download for those who do not have it installed on their computer. Please send me your information when you schedule your next virtual meeting. I would enjoy visiting your lodge meeting...virtually.

Sons of Norway sent an e-mail last month requesting your feedback on your favorite social, cultural and educational programs that could be used as virtual programs that would allow lodges to have access to a full virtual programming calendar for 2021. If you haven't already sent them your ideas, you are welcome to send them to me and I will forward them to Headquarters.

Please wear a mask in public, and keep social distancing. The sooner we can get the pandemic under control, the sooner we can enjoy lodge meetings in person.

~ Norm Carlson, Zone 10 Director

Virtual Programming

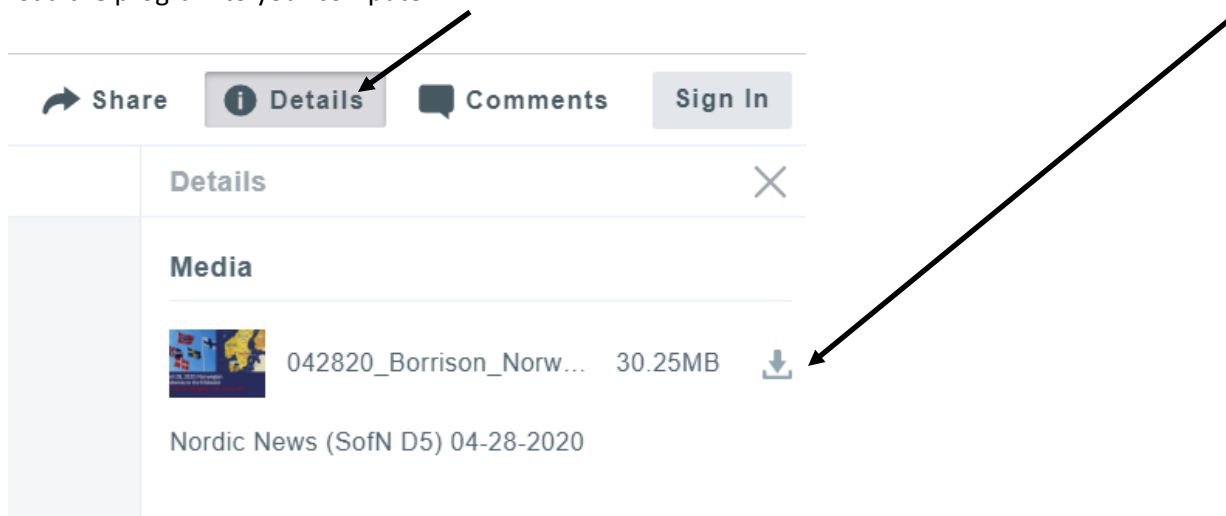
District 5's website now has 18 different programs online which you can download for virtual lodge meeting use. These presentations work best if you are hosting a meeting in Zoom. Use these MP4s as your "guest lectures" for your meetings. "Share Screen" in Zoom for everyone to see what is being presented. Program topics include Genealogy, Norway, Arts, Famous People, Norwegian-American and More.

How to download a file for virtual sharing with your lodge:

Copy the following link to your web search field http://www.sonsofnorway5.com/programs/speakers_bureau.php

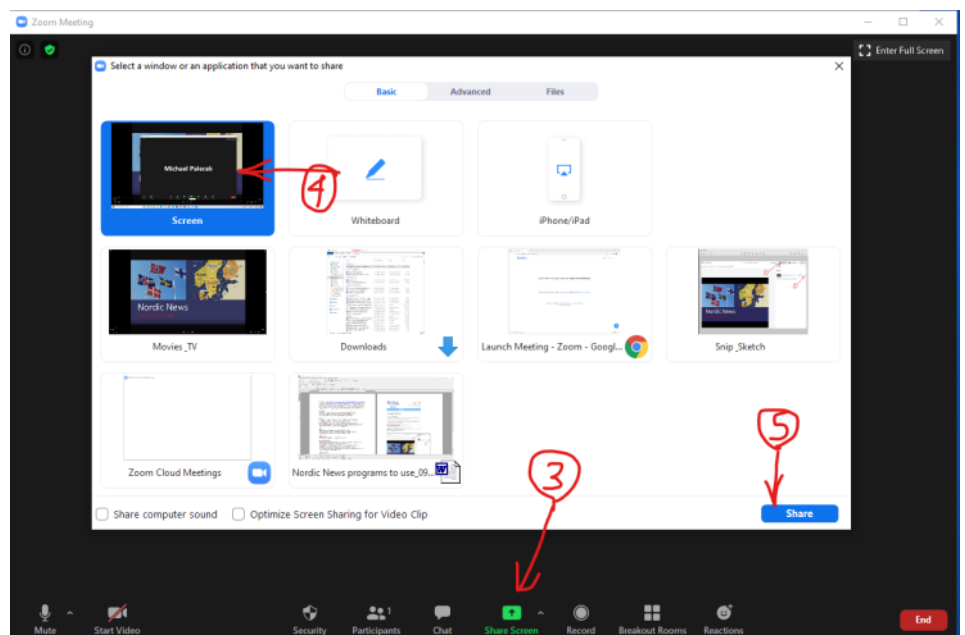
Once the website comes up, scroll down to the list of programs and click on the link to the program you would like to view.

Once, the program comes up, click on "Details" tab in the upper right hand of the screen, then click on "Download" to download the program to your computer.



To start sharing, start up the MP4 file that you downloaded and start Zoom.

- In Zoom, click the "Share Screen" button (refer #3)
- Click on the screen you want to share (refer #4)
- Click on the "Share" button (refer #5)



- Play the presentation, when you are finished, click the red "Stop Share" button at the top of the Zoom window.