

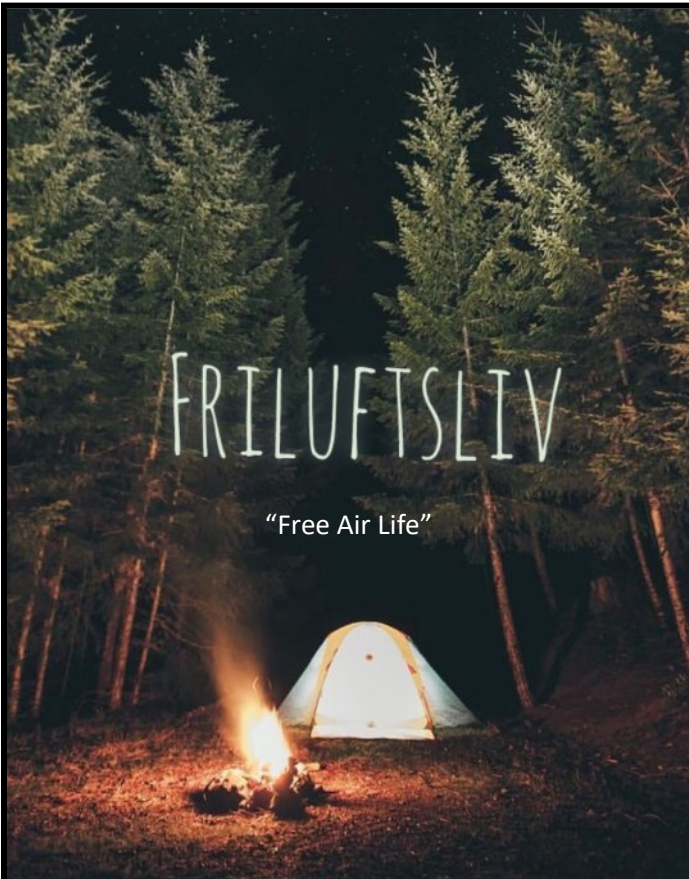


**SONS of
NORWAY**

District 1

Nyhetsbrev

District 1 Newsletter January 2021





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—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



Happy
New Year
2021



Vice President

Greetings -

As you well know, activity has been very light at the District level as well as throughout the lodges. Many lodges have had at least some video/virtual meetings, with many lodges having officer meetings via teleconferences (please, do NOT forget to take minutes of these calls and file these in your lodge records). Some lodges have had successful “drive-thru” events. Well done! There have been some new memberships resulting from these, as well as new memberships from online website signups.

The sad news: our membership numbers are second behind District 2, again. However, the good news is we are growing. District 1 membership numbers are: 8,617 total, which is a gain of 4.4% from the beginning of 2020.

Stay safe. Follow the protocols we’ve been given to deal with the pandemic and we’ll be able to gather together again soon!

*Fraternally Yours,
Mark A. Haugen, District 1 Vice President*

Cell: 612.850.3312

mhaugen_architect@msn.com

Secretary



It has been encouraging for the District officers and directors to hear from lodges about how they are coping with the Pandemic to stay in touch with their members, and still be a part of their communities. *Mange Takk to the lodge officers and membership for all the effort and commitment!*

Membership Recruitment into your lodge and Sons of Norway remains a goal for every lodge in the District. It is a big ask - we know – to have someone join you especially when we cannot meet in person. But that will change – and we still have *lots* to offer a new member. Friendship, involvement in the community, learning a new skill, working on medals for walking, skiing, biking, etc. Each lodge is unique to their community – focus on the positive and grow your lodge.

Some deadlines to consider:

- Due March 15: D-17; D-18 for lodges owning property
- April 1, 2021: SofN Foundation deadline for Nancy Lorraine Jensen Memorial Scholarship
- May 15th is another deadline for lodges: IRS filing deadline for tax form 990. The Lodge Treasurer needs to notify SofN Headquarters when 990 has been submitted.

Lodge Secretaries received an informative email from Sherry Gorse, Membership Services, on how to access the reporting forms. Please remember to submit the forms by March 15th. Need a refresher on how to obtain the forms? Feel free to send me an email. David Crabb, Fraternal Engagement Manager, sent an informative email to all lodge Treasurers &/or Financial Secretaries with reporting deadlines too. D-1 Scholarship Chair Townsend has included information on Language Camp 2021 Scholarships in this newsletter too – please check for any deadlines. Lots of “stuff” to do even when we do not meet!

Always remember that your District Officers & Directors are here to assist you, plus we like hearing from you in good times and challenging times.

I am sure everyone is looking forward to Spring and getting the vaccine! Until we meet again, be well, be safe, and reach out to a fellow member with a call or a note.

*Warm Regards,
~ Diane Halvorson dshanokason@gmail.com*



Treasurer

The books for 2020 have been closed and they are off to the auditing firm to do the tax forms and the compilation. I have also filed the sales tax form for Minnesota – we do not sell anything so we do not owe any sales tax but must still file the form each year. Since the dues for the District were held up due to a glitch at the home office, we will only see 11 months of dues in 2020 and 13 months in 2021. WELL – it was 2020!

This is still unprecedented 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 every 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 have used 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.

Drive by birthday for member, plants to isolate 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

We had 16 youth attend virtual camp at Skogfjorden last summer. The District paid all the registration costs for 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 COVID19. We look forward to next year with campers attending in person at both Skogfjorden and Masse Moro.

Stay Safe, Claudia Bomier, Treasurer

Sports/Rec Director



New Year's greetings to you all. For the most part, 2021 is starting out like the old year finished—the pandemic is still with us. However, the Covid vaccine is now available to more and more of us. This should eventually allow us to get more and more involved in sport and recreation activities.

Until then, there are activities which we can do to continue working on the sports medals in the Sons of Norway sports and recreation program. As the Sports and Recreation Director for District 1 would like to hear about the sport activities you have been doing during the past year.

Perhaps you are doing yoga or chair exercises with a TV program. Tell me about it. Simple stretching or calisthenics can be beneficial as a general fitness routine. Do you have a stationary bicycle? Keep track of how many miles you ride. If there is a YMCA or fitness club open in your area, you can consider a membership. Many of them are free through your health insurance.

Individual outdoor activities are usually not limited during the pandemic. Set up a walking routine or, if conditions are right, a jogging schedule. Winter activities such as cross-country skiing and snow shoeing are popular in the areas that have sufficient snow. Do you go ice skating or glide across the ice with a kick sled?

During outdoor activities, please wear your mask and maintain social distances. It will protect you during the pandemic even if you have gotten your Covid vaccination. In the cold weather your mask will also keep your face warm.

Please inform me about your activities in sport and recreation. stowronald@gmail.com

Ron Stow, District 1 Sports and Recreation Director



Social/Culture Director

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

Phone: (218) 731-0072

Email: kaakre@hotmail.com

Youth Director—open position

Publicity Director

We haven't been getting as many pictures from the lodges lately which isn't surprising considering that social distance limitations has prevented many lodges from gathering. However, many members are likely taking advantage of this down time to work on their Cultural skills, Sports medals or partaking in Norwegian style activities such as Friluftsliv and Hygge. I challenge you to challenge your members to come up with ways to show that they are still involved with their Nordic heritage and to take pictures. They should send their pictures to the Publicity Director of your lodge (or person who is designated to send pictures to the District Publicity Director). These pictures can then be forwarded to to me at the following email address: gigipockrandt@msn.com.



Please make sure that the following information is sent along with each photo. Lodge name & number, city & state the lodge is located in, names of everyone in the photo (from left to right), a one or two sentence description of the photo. The more information provided, the quicker the photo can be used. Also, please limit your submissions to 1 or 2 photos.

The pictures we have been receiving has shown the many wonderful unique ways our lodges are staying connected with their members. Keep up the good work!

Tusen Takk!

Gina Pockrandt, District 1 Publicity Director



Zone 1 Director



Dear Friends Throughout District 1,

When I last wrote, I posed the question, "When will we meet again?" Sadly, I am still wondering, yet my outlook for the months ahead flourishes with great hope. As lodges communicate their current and future plans with me, I marvel at their collective meticulousness and conscientiousness surrounding their members. Lodges continue to promote meaningful channels to engage and connect with their beloved members. Some, like Sagatun, have arranged virtual meetings via Zoom. I was there as one of seventeen members and had a great time with everyone! Nortun has inaugurated a Norwegian book group. I'm there, too, and it was really fun as we continue reading the book, *The Last Word on Lutfisk, True Tales of Cod and Tradition*. Also via Zoom, Haarfager is offering book and DVD loans to members and sharing pictures with commentary of what they are doing until gathering together in person once again.

Sometimes, the giving of one's heart and spirit through donations is the way to connect, not only with other members but also with the greater community at large: thanks to Heimsyn's generosity and the generosity of others, the Cloquet Ski Club has made Nordic skiing a staple in that community. Additionally, it is the third largest club in America! Not to forget about any members, lodges have formed "calling trees" to reach out to others, send regular emails, make periodic phone calls, send letters and cards, and connect through other online means.

Thank you, Zone One, for not only retaining lodge membership but garnering new members by your limitless acts of caring and consideration! Please continue exploring these and other ways to reach out and touch!

~ 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



www.travelpassionate.com

Zone 3 Director



There hasn't been much activity the last few months in our zone due to the Covid virus. This is what I have received from our lodges:

- The Granlund Lodge in Fosston reported that they have not met in regular meetings for the last few months. They worked on their bylaws and made some significant changes. The officers recently met in person to plan for the next few months. Once the members get vaccinated, more in person lodge meetings will be planned.
- The Vikingland Lodge in Detroit Lakes reported that they have a new slate of officers for this year with many staying on in their former positions. They do have a new President, Dean Johnson. They have been meeting as a board via zoom to plan for the new year. They conducted a parking lot bake sale in November and raised over \$500 for their lodge.
- The Bemidji Lodge seems to be functioning as best as they can. They are having a "show and tell" zoom meeting on January 31 at 2:00.
- Snorre Lodge from Thief River Falls last fall participated in the "Meals on Wheels" program for our community. There were new rules for meal distribution due to the Covid virus. They have not been meeting regularly, but for our annual Christmas party this year, they held a drive-thru dinner instead. It was a free meal for Lodge members, and all received a small gift. The Lodge held an in-person board of directors meeting recently to plan and move forward with lodge activities. They decided to hold a regular lodge meeting the end of February. Lunch will not be served at these meetings. The board also decided to give lodge members a refund of \$25 when they pay their dues this year. A newsletter is going out to the membership to explain these changes.
- I received no response from Morgensol Lodge in Crookston or Nordlys Lodge in Roseau.

*Regards,
~ Jim Strandlie, Zone 3 Director*



Zone 4 Director

With continued restrictions on large gatherings, all Lodge in person gatherings have been stopped. A few of the Lodges have continued to keep in touch with Board members via Zoom meetings. Fedraheimen Lodge 1-59 from Willmar has been doing a great job of hosting a monthly Zoom board meeting with membership invited and usually they offer a invited speaker for each event. Some Lodges supported their community holiday activities with a donation instead of face-to-face partnership.

Most lodges took up the offering from District 1 Board with a \$500 grant to enhance their membership communications. Mjosen Lodge in Glenwood, MN put their grant to enhance communication by sending colored monthly newsletter to non-email members instead of the normal black/white versions. Mjosen also in place of their annual membership Christmas gathering purchased Rosette Gift Boxes from the local Pastry Shoppe in Starbuck and distributed them to all members via a drive through pickup and for those unable to leave home delivered a box to their home/apartment. Mjosen reported they received several thank you notes and appreciation for thinking of them.

Some of Lodges have started revising their By-Laws and most Lodges are hopeful that they will be back to hosting some membership events in late spring and summer.

~ Jerry Wright, Zone 4 Director



Zone 5 Director



During this time of pandemic quarantine, the creative minds of these Scandinavians in Zone #5 have been working overtime. I'm amazed at the shared ideas, through newsletter articles, for keeping in touch with our members.

The newsletters have been filled with fun articles, recipes, news, stories of historical interest and more to help each member feel connected. Christmas cards and birthday cards were sent to each member in several lodges.

It was a good time to encourage learning the pronouncing of the words in the Norwegian National Anthem by including the phonetic transcription in the newsletter. Other language learning articles were included also.

Several lodges have used the benefits of Facebook to reach out to members with articles of interest. The hope of returning to the 2021 calendar of events, encourages each of us to stay focused on our mission.

May we keep this hope alive as we continue to connect with each other in various ways.

*Ha det,
~ Gloria Coulter, Zone 5 Director*



Zone 6 Director

Greetings from Zone 6.

*Until we meet again...
~ Sherry Stilley, 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



To help cope with the Minnesota winter that is coming and the pandemic that we have been in for months....I'm sending warm, cozy greetings to all so that you may look forward with a renewed hope for the New Year.

All of the lodges started out the year of 2020 with a lot of wonderful plans for celebrating the 125th Anniversary of Sons of Norway. When the COVID-19 pandemic hit it curtailed all of everyone's plans and it has not been the same for the lodges since. We can all hope that 2021 will be a more normal year where we can return to having monthly lodge meetings. Everyone will be so ready to meet, greet and share activities with their fellow lodge members.

The Zone 9 lodges have been keeping in touch with their board and lodge members, using video and teleconferencing, phone calls, sending cards, and meeting in parks for picnics using social distancing. All of us have learned a lot about using zoom and have found it to be a wonderful tool in keeping in contact with everyone.

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. Also, the District 1 Convention will be held in June 2022, at Cragun's Resort in Brainerd, MN. There will be more details coming to the lodges in the near future as the plans evolve.

The Pandemic Grant of \$500.00 – that was offered by the Sons of Norway District 1 Board earlier this year is still available and can be applied for by the lodges. For details contact – District 1 Treasurer, Claudia Bomier.

Throughout life, especially in times of hardships, we are definitely stronger together. I recognize this is unsettling times for everyone....so please try to stay healthy, safe and mask-up.

I look forward to working with all the Zone 9 Lodges in the near future when we can all be together again. I am here to support you with any questions or concerns you may have – so please contact me at any time.

~ Jan Osmonson, Zone 9 Director



Zone 10 Director

Greetings from Zone 10. The year 2020 brought many challenges to our Sons of Norway lodges. Fortunately, lodge officers have been able to provide entertaining virtual meetings, which help their members in many ways. Not only do the members continue to learn more about Norway and Norwegians, they have the opportunity to socialize with fellow lodge members.

Not all lodge members may be able to participate in virtual meetings due to a lack of equipment or a lack of knowledge. Please reach out to all of your members, especially those who haven't been able to meet virtually. Let them know that they are missed, and encourage them to participate whenever possible.

You may be amazed the knowledge members may provide. I recently learned that while sending a text or message, if you continue to press the letter "a" or the letter "o" on your cell phone, you can find variations of letters such as å, æ, and ø, which are the additional letters in the Norwegian alphabet. That is very helpful when communicating with someone in Norway.

~ Norm Carlson, Zone 10 Director

Summer 2021 Camp

Skogfjorden has not yet decided on their 2021 camp dates. Because of that, you have not yet received your usual scholarship packets. This article is to update you on the information we do have, and the changes that will be in place for the 2021 camp season.

1. District scholarships remain at \$150 per week per villager/camper based on the your lodge membership numbers as of December 31, 2020. The exact amount available to your lodge will be mailed to you as soon as we have all necessary information. If you need to know the exact amount your lodge has available to them, email me as I have those numbers ready. Skogfjorden information dates, when available can be found on <http://www.concordialanguagevillages.org>.
2. Skogfjorden has determined that it will have both virtual and in person sessions this year, and district scholarships can be used for both/either.
3. Masse Moro dates and costs are \$850 per session and camp dates are July 18 - 31, 2021. Registration is due by May 17th. Registration, required forms and additional information are available at <http://www.MasseMoro.org>.
4. District forms will be available on the District Website at: <https://district1scholarship.weebly.com>, or email me for any forms you need.
5. Mikal Kartvedt Skogfjorden Scholarship for Villagers requesting financial assistance and Information about Norwegian Folk High School Scholarships remains the same as last year. These forms should be submitted by April 1st. If this causes an issue, please email or call me and we will work with you to make these scholarships possible.
6. The Mikal Kartvedt scholarship is underused. Please encourage any campers you think would benefit from it, to apply for it.
7. **Normally youth must receive a lodge level scholarship in order to qualify for a district level scholarship.** Because of the inability of some lodges to meet and hold fund raising events this year, lodges are encouraged to give lodge scholarships as they can, but these are **not required in order for lodges to award 2021 district scholarships to qualifying lodge youth.** If you have questions about this, contact me!
8. If you have questions about the District 1 Scholarship program, please contact Carolyn Townsend, District 1 Scholarship Coordinator at cjtownsend@comcast.net or #763-434-5650.



Carolyn Townsend
District 1 Scholarship Coordinator
Sons of Norway
cjtownsend@comcast.net
763-434-5650



District 1 Convention
Spring 2022
Cragun's Resort on Gull Lake
Brainerd, MN



International Convention
Summer 2022
Minneapolis, MN