

**International
Convention
Summer 2022
Minneapolis
Minnesota, USA**

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



To members of District 1

In a little over a year's time many lodges will be sending delegates to the District 1 Convention to conduct District business and elect International Delegates. This is a wonderful opportunity to see the larger organization at work, make your voice heard, connect with other like minded individuals and bring back new ideas to your lodge. Delegates will be eligible to run for a District Office position as many of these positions will be open and need to be filled. This is an ideal opportunity for those who enjoy being involved with Sons of Norway and make new friends. It is important to keep our Sons of Norway organization thriving by having seasoned and fresh talent on the District and International Boards. That person could be **YOU.**



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

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, Chris Elwell	cae1261@gmail.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



It seems like I just wrote an article for the Nyhetsbrev. A personal COVID note – this past March, I received my COVID shots. I hope by no later than the end of summer all members will have received their shots, so we can meet normally. We just have to stick with it and be patient.

I have been receiving many of the lodge's newsletter and I am happy to learn they are doing their very best to stay in communication with their fellow lodge members.



Sons of Norway business still needs to be taken care of as best we can. There are some deadlines that need to be addressed by the lodges, such as, LAF reports, AFA Reports, Family Lodge of the Year Reports, D17's and D18's. If you haven't already accomplished them, please do so. In May lodges will need to submit their 990's to the IRS.

Hopefully by this fall lodges will begin meeting face to face again.

*Tusen Takk,
Dennis Rusinko*



Vice President



Happy Spring
Mark A. Haugen

Secretary



"Have you gotten your Covid vaccine?" This is a very common question these days... Everyone is anxious to return to being able to meet and greet our family and friends. Think we all miss those hugs!

The Executive Committee of the District Board has continued to meet via Zoom and hopefully all the directors have been receiving the minutes so that you can share information as you see fit.

May 6 & 7 Spring Board Meeting dates for all Officers & Directors. Location: Cragun's Resort in Brainerd. Reports will be due from each D-1 board member by April 27th, so that I can get them sent out to everyone. (early deadline is due to having second cataract surgery on the 29th.)

I will be sending you more detailed information as I get it from Cragun's and President Dennis.

Committees: Chairpersons, please schedule your committee meetings early enough to get me the information to send to the Officers and Directors ahead of the meeting. Use the April 27th deadline for getting me the reports – then you do not have to remember lots of different dates.

Tentative Schedule for Bd Mtg: Thursday afternoon 1-4:30 pm the EC only will meet. All other Directors should be to the Resort and check in between 4 and 5 PM. Supper will be served at 5:30 for all board members and spouses, with ENTIRE board to meet at 7 pm until 9 pm. Friday, May 7th convene at 9 am after breakfast, meeting until noon. Lunch service at 12. Should we have to meet for a couple of hours in the afternoon we will, otherwise you will be free to start home after lunch. Check out is 11 – so we give you time to do that at the morning break. Meals provided: Thursday – evening meal; Friday – breakfast and lunch.

As usual: you can bring 1 significant other and the District will pay for their meals. The Resort will also require you to give me the name of your guest when I make the final reservations for meals and rooms.

It has been a long 15 months – but we have learned much about how to cope, survive and even thrive. There is light at the end of the proverbial tunnel! Thank you for ALL the effort on behalf of your lodge, the District and the entire Sons of Norway organization. Without YOU there is no SofN!

Hope to see all the board officers and directors in Brainerd.

Until then, be well, be safe, *Diane Halvorson*



Treasurer

Our 990 (tax report) is completed as well as the audit and our D-17. Lodges should also have filed their D-17s and their 990's in May. If anyone needs assistance, give me a call.

We are still awarding the \$ 500 pandemic grants to lodges until June. One more lodge just applied for the grant and we are thrilled to see that the lodges are trying to stay in contact with their members and are also being a vital member of their community. We are all very anxious to be able to meet in person with our lodge members and with members of the District Board.

Camp this year at Skogfjorden is mainly virtual. They are only offering a 4-week, non-high school credit camp that is on site. All other camping experiences are virtual. Masse Moro is 2 weeks and that is on site. If you have any interested youth, please also make them aware of the Mikal Kartvedt scholarship which can be "Helpful" to the families and has been under used the last few years.

Enjoy spring and hopefully we see the light at the end of this tunnel.

Stay Safe, Claudia Bomier, Treasurer

Sports/Rec Director

Dear members of lodges in District 1, do you have any photos of sports and recreation activities that you, individually, participated in this winter? Perhaps you went skiing, like the Crown Prince of Norway. Please send photos to me at stowronald@gmail.com.



The transition from winter to spring has prompted a change in recreation for many of us. We will soon put away our kick sleds and hang up our skis and snow-shoes. Out will come our bicycles, both two- and three-wheeled models. Those of us who enjoy a walk or a hike might add Nordic walking sticks as well.

Whatever exercise preference you have, I encourage you to keep track of your hours and distances for participation in the Sons of Norway sports medals program. Please check with your local lodge sports and recreation director, or go to the Sons of Norway website for more information.

Let us all hope that our lodges will soon be able to meet face-to-face and get back to our regular lodge schedules. In the meantime, let us keep on keeping on.

*Fraternally Yours,
Ron Stow*



Social/Culture Director

List of Nordic Culture themed topics available on YouTube:

Subject	YouTube video link
Chip carving – Proper Technique	https://youtu.be/Gs-G-VdvA7I
Chip Carving Basics for Beginners	https://youtu.be/ljmo9qnjHcl
Beginning Hardanger	https://youtu.be/fYazqajqqJl
Rosemaling beginners Tutorial	https://youtu.be/ChgUmx1y71k
<u>Norsk weaving</u>	https://youtu.be/a19IGJGOZWY
<u>Norsk weaving dance</u>	https://youtu.be/6bm4SJb2-qQ
Weaving Hearts - Band weaving	https://youtu.be/d2A1K8oEWTU
Traditional Norwegian crafts	https://youtu.be/bvAskFTvgM
Tablet weaving	https://youtu.be/nrodHaTSSyw
10 Norwegian Foods	https://youtu.be/pq5PphWE4EM
Classic Norwegian Dishes	https://youtu.be/vsSJ_1quNYM
Norwegian music	https://youtu.be/XEfDYMngJeE
Knitting basics	https://youtu.be/U8CEU-VRXJo
Norwegian carving acanthus	https://youtu.be/vcj2oXsvAYl
Norwegian spoon carving	https://youtu.be/INs6kxw82eg
Norwegian Nisse carving	https://youtu.be/E0d-a7SCKfg
<u>Kohlrosing</u>	https://youtu.be/N157AvXcjMo
History	https://youtu.be/B25DbSNoyRs
Knitting - beginners	https://youtu.be/hM5M2Fu0RtY
<u>Skinfeller</u>	https://youtu.be/gOpTOaj3gGU https://youtu.be/q5Ngz4b7IhA
Viking knit jewelry	https://youtu.be/nZps2brv8h8
Nordic Ancestry	https://youtu.be/-tiq-uzHrHM
Ancient Norse Vikings	https://youtu.be/iZpT8v20Pc8
Knife Making	https://youtu.be/FlyfE4YB4ZE

~ Karen Aakre

Youth Director—open position

Publicity Director

I continue to receive pictures that show members of District 1 embracing their Nordic heritage by making lefse with children or grandchildren or enjoying the outdoors in winter in activities such as skiing. Encourage your members to take pictures of each other as they participate in Norwegian cultural or Sports Medal related activities so that we can include them in upcoming Viking magazines. With spring around the corner—members can go for hikes in the beautiful outdoors again. Take pictures and keep them coming!

Just a reminder that pictures should always include at least one member from your lodge and should be submitted in a raw file via email in the largest file format available. Pictures should not be cropped or edited in any way. Pictures should be attached as a file to emails and emailed to gigipockrandt@msn.com.



Tusen Takk!

Gina Pockrandt

Zone 1 Director



Greetings Friends Throughout District One,

As 2021 continues to unfurl, Zone One has unceasingly continued to retain membership and entice prospective members. Many, if not all lodges, have expanded their successful and ever growing Zoom gatherings. Nortun Lodge invited members and friends to kick up their heels with the internationally known Stoughton Norwegian Dancers, found on the Norwegian Dancer Facebook page. What fun everyone had! Their Norwegian book group, having devoured the lutefisk volume (yum, I think!?), has 'channeled' Carl Sagan for their next adventure, called *Kristin Lavransdatter* by Nobel Prize author Sigrid Undset. Sagan said, "To read is to voyage through time," and we were transported back to 14th century Norway! History has also been a theme of Heimsyn Lodge members as they look forward to the upcoming multi-part PBS special, *Atlantic Crossing*. It will encompass the anniversary of the German invasion of Norway through the end of the occupation, with dates of April, 1940 through May, 1945.

Historical themes were examined again by Heimsyn and many other lodges as members have remained fascinated with the discovery of an 8th century "godhouse," Norway's first, dedicated to the worship of old Norse gods. Furthermore, the "forbidden love story" of Prince Harald and Sonja has enamored members' collective imaginations. Sagatun members are taking history to the next level with their Viking Festival in August! Their slogan, "Real Vikings---No Horns!" will feature an historically accurate traveling Viking village, featuring professional reenactors demonstrating a variety of crafts. "Zooming" us into the future, they are already imagining the District One convention, hosting at Cragun's Resort for the rest of us to enjoy in 2022! From the depths of the past to a continued exciting future for Sons of Norway! There was never a doubt!

Skogvannet members will join other lodges in Zone One by applying for the COVID grant. One can only guess what additional great programs and activities they will produce to benefit members and friends! Like Skogvannet, all lodges in Zone One deserve tremendous accolades for all they have accomplished and maintained during this most difficult year. I applaud all for their limitless imaginations, generating inclusive acts of caring and consideration regarding their members. They never tire when it comes to reaching out and touching others with kindness!

THANK YOU, ZONE ONE MEMBERS! YOU ARE TREMENDOUS!

~ Paula Leland Garnett

Zone 2 Director

Although time passes and it's been a ridiculous year, folks have been meeting via ZOOM in some cases but everyone is bursting at the seams to be in person again. With the vaccines out and getting to more and more people every day, we are hopeful to be back in person by August when most of us resume after taking a couple months off in the summer.

Personally, I'm retiring from teaching in June so will have time to finally work more closely with Sons of Norway again. With that in mind, please update my email as the "farmington" one will no longer work after June 3. My email is: cae1261@gmail.com.

Thank you to everyone for their hard work keeping in touch with their lodges. I'll get back at it after mid-year.

Be Safe, Chris Elwell

Zone 3 Director

*Hello from Zone 3
Regards,
~ Jim Strandlie, Zone 3 Director*



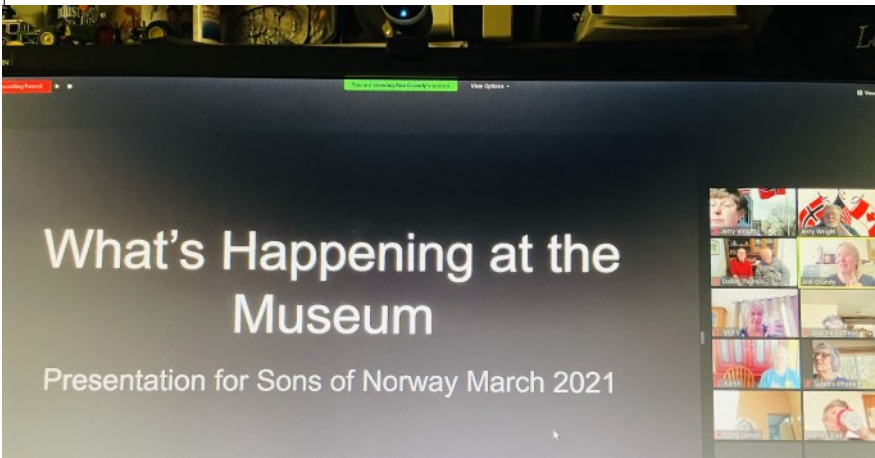
Zone 4 Director

All in person gatherings continued to be shutdown. Zoom has become the norm for some Lodges to keep their Board in touch and some for full membership participation. Likewise, newsletter and direct phone calls continue to keep in touch.

Fedraheimen Lodge 1-59 from Willmar has been doing a great job of hosting monthly Zoom membership programs the past few months with an invited program and afterwards a short business meeting.

Mjosen Lodge 1-175 from Glenwood hosted their first Zoom membership gathering in early March with a program speaker and a brief update on Lodge business. Mjosen has also held 2 Zoom Board meetings since the first of the year.

Some 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.



*Tusen Takk,
Jerry Wright*



Zone 5 Director



Many ideas for staying in touch with their members are the main order of business for lodges in Zone #5. Some are holding food give-aways, initiating virtual book clubs, sending notes/birthday greetings to members and, YES, newsletters.

Many newsletters I have received included stories of events in Nordic history, which makes interesting and educational reading. Also, including recipes of those Scandinavian favorites in newsletters has been inspiring for many of us as well.

As with most of us, I'm looking forward to the day when we can greet each other with the warm Nordic handshake and hug.

*Ha det,
~ Gloria Coulter*



Zone 6 Director

Greetings from Zone 6.

Until we meet again...

~ Sherry Stille

Zone 7 Director

There is little news from Zone 7. I have had minimal contact with my lodges. My own lodge is not yet meeting in any fashion, executive board meeting monthly only. I believe a couple are trying to use ZOOM to meet. I have no other information to pass along.

~ Keith Jorgenson

Zone 8 Director—open position



Zone 9 Director



Greetings to All:

Spring is in the air and the old saying, "March winds and April showers bring forth May flowers." I get excited to think maybe in the upcoming summer months we can start gathering with our fellow lodge members in some safe events. Folks, this has been way too long and we miss each other.

The Zone 9 Lodges have been keeping in touch with their board and lodge members using video and teleconferencing, phone calls, sending cards. Some lodges have had programs on Zoom for their monthly meetings and it has worked out wonderful for their lodge members.

As I have stated before, 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. He has done a wonderful job with this new program and it is a very interesting learning tool for the lodges.

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 early 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.

Sons of Norway District 1 Board in "2020" offered a Pandemic Grant of \$500.00 to all District 1 Lodges – it is still available until June 15, 2021 and can be applied for by the lodges. For details contact...District 1 Treasurer, Claudia Bomier.

Congratulations to Syttende Mai Lodge 517 – for attaining their "2020 New Member Recruitment Goal." They were the only lodge in Zone 9 to achieve this honor.

I recognize this past year has been one of the most challenging years most of us have ever encountered. We now have a renewed hope for the days ahead to returning to some type of normal...please stay healthy, safe and mask-up.

I look forward to meeting in person and working with the lodges in Zone 9 in the near future. I am here to support you with any questions or concerns you may have – so please feel free to contact me.

*Tusen Tak,
~ Jan Osmonson*



Zone 10 Director

Greetings from the Zone 10 Lodges. Most of the Zone 10 Lodges have remained active through virtual meetings and other forms of communication during this pandemic. It is very important to remain in contact with your lodge members, and to provide information about their Norwegian culture and heritage. I have seen the excitement in people's faces when they are able to see and communicate with friends using Zoom and other media.

During this time when people are limited on what they can do and where they can go, their mood can become very somber. One thing I have found that seems to brighten their day is humor. It is amazing what some well timed "Ole and Lena" humor can do to brighten someone's day. Try it, you may be pleasantly surprised.

*Stay Healthy,
Norm Carlson*

Sons of Norway Foundation - District 1



2020 was a great year for the Sons of Norway Foundation. It was a great year because our lodges and members responded throughout the year, but especially during the Together We Are The Future campaign. The Sons of Norway Foundation Board of Governors thank you for your incredible support.

Since 1966, our Foundation has supported our members and lodges through scholarships, grants, and humanitarian relief.

In 2020, our members and lodges donated \$391,615. This included a \$90,000 legacy, a \$20,000 memorial, and a \$53,000 addition to an existing endowed scholarship.

And in 2020 the Foundation provided \$108,270 in 26 scholarships and \$27,330 in grants.

Donations to the Together We Are The Future campaign were \$210,164:

- \$ 85,561 for endowed scholarships
- \$ 17,013 for the humanitarian relief fund
- \$ 106,590 unrestricted funds

Donations came from 721 members and 113 lodges. Our lodges donated \$29,585.

In District 1, 28 lodges donated during the Together campaign, with another 4 earlier in the year, for a total of 32 lodges during 2020.

Foundation Board of Governors will continue October as Foundation Month, extending it as the Together We Are The Future campaign through December.

As we move forward in 2021, here are some things we are asking our lodges to do:

- Consider appointing a lodge foundation director if you haven't done so,
- Publicize the purpose and benefits of the Foundation in your newsletters
- Encourage your members to apply for scholarships and grants
- Support the mission of the Foundation

Always remember: The Foundation is here for you . . . for good and forever.

FBG Lodge Donating 2021 Together (113)

District 1 (28)

1-008 Synnove Nordkap
1-010 Bjorgvin
1-018 Sagatun
1-032 Leif Erikson
1-040 Haarfager
1-041 Nornen
1-047 Kristiania
1-052 Normanna
1-058 Midnatsolen
1-059 Fedraheimen
1-070 Snorre
1-108 Vonheim

1-482 Kong Sverre
1-483 Kong Olav
1-487 Kenyon Viking
1-495 Vikingland
1-502 Nordic
1-503 Valdres
1-505 Nor Win
1-519 Storting
1-532 Borgund
1-547 Solglimt
1-548 Restauration
1-544 Vennskap

1-559 Vennekretsen
1-590 Norskfodt
1-638 Nortonna
1-665 Maihaugen

Other in 2020

1-511 Trollhiem
1-538 Stavanger
1-604 Elveby
1-667 Fyl Syn (Disbanded)

Thank You for Your Support, Karl Hella