



## Let us know what's happening!

Start planning now! We challenge you to participate in an event that brings visibility to your lodge and the Sons of Norway organization. Be sure to have members take pictures and send them to Publicity Director, Jeanne at [blackcat1957@netscape.com](mailto:blackcat1957@netscape.com). Qualifying pictures will be submitted to the Viking Magazine for our community page and others may appear in the Nyhetsbrev.



## 2022 District 1 Convention

The 2022 District Convention was held at Cragun's Resort on lovely Gull Lake near Brainerd, MN. The convention was attended by nearly 200 members and with 124 voting members as delegates and officers of District 1. Opening ceremonies were held on Thursday with Bob Schlicthe teaching us about ship building. President's reception was held with entertainment by "The Norman Bait & Tackle Choir Band". Friday was followed by a day of education and learning. Workshops of Weaving, Hardanger, Chip Carving, Nisse making, and Tour of the Minnesota Military Museum were the morning sessions followed by Information on Runes, Viking History and Norway Folk Schools. We capped off the evening with a Celebration of 125 years with Music by Skál Klubben. We concluded the convention on Saturday with a business session where officers for the organization were elected. Convention was adjourned after delegates to the International Convention were elected.

More convention photos on last page(19).





# SONS of NORWAY

## **Sons of Norway Headquarters**

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

### **District 1 Website:**

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

**Like our Facebook page: Sons of Norway District 1**

### **Sons of Norway Mission Statement**

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

## **Contact Information for Officers 2022—2024**

### **Executive Officers**

President, Mark Haugen	<a href="mailto:mhaugen_architect@msn.com">mhaugen_architect@msn.com</a>
Vice President, Jerry Wright	<a href="mailto:jerrywright1970@gmail.com">jerrywright1970@gmail.com</a>
Secretary, Carolyn Townsend	<a href="mailto:cjtownsend@comcast.net">cjtownsend@comcast.net</a>
Treasurer, Claudia Bomier	<a href="mailto:cebomier@gmail.com">cebomier@gmail.com</a>

### **Directors**

Sports/Rec Director, Ronald Stow	<a href="mailto:stowronald@gmail.com">stowronald@gmail.com</a>
Social/Culture Director, Karen Aakre	<a href="mailto:kaakre@hotmail.com">kaakre@hotmail.com</a>
Youth Director, Maureen Aakre	<a href="mailto:maureen.aakre@gmail.com">maureen.aakre@gmail.com</a>
Publicity Director, Jeanne Engelsmeier	<a href="mailto:blackcat1957@netscape.com">blackcat1957@netscape.com</a>

### **Zone Directors**

Zone 1, Robert Nelson	<a href="mailto:robertnelson97@gmail.com">robertnelson97@gmail.com</a>
Zone 2, Martha Balfanz	<a href="mailto:mjbalfanz@msn.com">mjbalfanz@msn.com</a>
Zone 3, Jim Strandlie	<a href="mailto:jimstrandlie@mncable.net">jimstrandlie@mncable.net</a>
Zone 4, Ann Day	<a href="mailto:reday@mvtvwireless.com">reday@mvtvwireless.com</a>
Zone 5, Open	Open
Zone 6, Sherry Stilley	<a href="mailto:stillnord@mitchelltelecom.net">stillnord@mitchelltelecom.net</a>
Zone 7, Keith Jorgensen	<a href="mailto:kjorgensen@cfu.net">kjorgensen@cfu.net</a>
Zone 8 Rita Carlson	<a href="mailto:ritann35@live.com">ritann35@live.com</a>
Zone 9, Jan Osmonson	<a href="mailto:josmonson@comcast.net">josmonson@comcast.net</a>
Zone 10, Norm Carlson	<a href="mailto:norsknorm@aol.com">norsknorm@aol.com</a>



## **2022 Fall District Meeting**



# Fra Presidenten



Greetings –

We're up and running in the 2022 to 2024 business term.

District 1 has been very active thus far. The Executive Committee has been meeting monthly. We had our Board of Directors virtual meeting on July 20 and the Fall District board meeting, scheduled for September 23 and 24, will be in person. For meeting minutes and agendas for future meetings, please contact our Secretary, Carolyn Townsend. You are welcome to this information and are encouraged to communicate with us for any questions, comments, ideas, or suggestions you may have.

The Sons of Norway Districts Presidents Council met virtually on August 1. I'm following in Dennis Rusinko's footsteps in being elected Chairman of the council. The presidents will meet the International Board in Minneapolis when they meet in person in November. The exact date is to be determined.

The goal for the next two years, four years, and beyond is to not only maintain but to strengthen the Fraternal role in the organization, increase the public's awareness of the Fraternal side of the Sons of Norway, and increase its membership. The strength of the Fraternal role is dependent on its members, their active roles in the lodges and districts, and let people know who we are and what we do.

It is an honor to serve as your President and I look forward to working with all of you.

Respectfully submitted,

**Mark A. Haugen**, District 1 President 612.850.3312

mhaugen\_architect@msn.com

# Vice President



Greetings – I am very honored to be serving on your District 1 Board for the next couple of years. I am looking forward to partnering with the other officers and directors in supporting excellent communication with the ten Zone Directors and officers of each Lodge. I served as Zone 4 director for the past six years and previously four years as alternate Zone Director. Attending lodge meetings, hosting lodge officer training workshops and participating in International and District

conventions provided me with many experiences and it heightened my interest to continue working with and for local Lodges.

In partnership with others, I hope we can see enhanced growth in local lodge's membership and more creative, exciting, and FUN cultural and service events by local lodge membership for their community. In my first of couple months, I have been reviewing my duties, examining past year's membership changes, reviewing the 1-000 Lodge membership (5,190), getting to know the Zone and lodge territories, listening for advice, and more listening.

I would especially welcome each lodge sending a copy of their most recent published newsletter to your respective Zone Director and me as well as all future issues. If you have a Facebook page or a website, please also let your Zone Director and me know their linkages. If you have a new Zone Director for the coming term, please invite them to visit one of your lodge cultural programs and/or board meetings this fall.

On August 8<sup>th</sup> I hosted an evening Zoom meeting with the Zone Directors and a couple of officers. We learned about the need for each Lodge to have a Sons of Norway Foundation Director position that would function as a local contact for the Foundation and be recognized as a member of the local lodge officer/director. **Jerry Wright** jerrywright1970@gmail.com 320-7606388



# Secretary



My thanks to all of the 2022 convention delegates who voted me in as District 1 Sons of Norway Secretary. I am thrilled to be able to be part of the District 1 team serving you and your lodges. I have been a member of Sons of Norway since 1977, and am currently president for my lodge, Nidaros 1-001. I previously held the District position of Youth Director and for the past several years have been managing the District 1 website, and the District 1 scholarship program.

Taking on the position of Secretary, I have a wonderful role model in our previous secretary, Diane Halvorson. Her organization and communication skills are something I can only hope to aspire to. I am sure that I speak for all of us when I thank her for the excellent work she has done on behalf of the First District.

Upcoming News: **September 23 and 24, 2022** Fall Board Meeting for all Officers & Directors. Location: DoubleTree by Hilton in Roseville, MN. Do you have a concern or information to share? We want to hear from you. **Carolyn J. Townsend**, Secretary [cjtownsend@comcast.net](mailto:cjtownsend@comcast.net) 763-434-5650



# Treasurer



I have been District Treasurer for eight years and have certainly enjoyed meeting others interested in Nordic Heritage and Culture and working on District events. I am a member of Vennekretsen Lodge in Anoka. I am serving as temporary treasurer while we continue the search for a new treasurer. If any member

knows of someone that would like to fill this job or someone you think would be good at it, please give Mark Haugen or myself their name. We would love to visit with them.

District 1 is still offering \$500 grants to all District 1 lodges in 2022. So far, we have had 34 lodges take advantage of the grants. They can use the grant for any purpose that will strengthen their lodge, recognize their members or support their community. All they have to do is request the funds from me at [cebomier@gmail.com](mailto:cebomier@gmail.com) and state how they plan to use the funds. Last year, 43 lodges took advantage of these grants. Make sure your lodge does not miss this opportunity.

We continue to have healthy earnings each month and about half of the revenue from dues payments is from the 1-000 lodge. Central Lodge 1-000 is from insurance sales or online registrations that do not specify a lodge or are not near any lodge. This is what makes the balance sheet look so healthy.

We still offer MAP events for lodges. A lodge that has a membership event and signs up new members, receive \$20 per adult member who submits a membership application. Now is a good time to start planning an event to invite people who may be interested in joining your lodge.

The Convention at Cragun's was highly successful and we have been receiving many wonderful comments about all of the cultural and heritage events. We will be having 27 members from District 1 that attending the International Convention which is virtual at the end of August.

I hope you have all enjoyed the summer and are looking forward to a good fall.

**Claudia Bomier**, Temporary treasurer

**Announcement: New Treasurer -Connie Chrissis 651-276-7226**

## Sports/Rec Director



Greetings from Sports and Recreation!

Hallo alle sammen! Hello everyone! The daylight hours have slightly decreased, but we can be outdoors, with time for what Norwegians call *friluftsliv* or outdoor life and recreation. There is still time to work on our sports medal programs, and time to reward healthy habits at every age, activity level and exercise preference. Login to the Sons of Norway website ([sofn.com](http://sofn.com)), and search Sports Medal Program for specific information and forms.

You can also ask your local lodge Sports Director for information and forms to keep track of your activities, and to apply for your sports medals. It's actually quite simple and naturally rewarding. Get started now.

If your lodge hosts a Barneløpet, or perhaps a Folkemarsj hike, Kubb tournament, or other group recreational event, please inform me about it ([stowronald@gmail.com](mailto:stowronald@gmail.com)). Sharing this information, along with photos, will help promote similar activities at other lodges.

By the way, did you know that the wonderful program for walkers/hikers, *Norway's Virtual Pilgrimage*, is still available on the SofN website? You can learn about historic landmarks and tourist destinations along the network of routes called; St. Olav's Ways. Simply get out and walk around your neighborhood and follow the journey online.

Fraternally,

**Ron Stow**, District 1 Sports/Recreation Director [stowranld@hmail.com](mailto:stowranld@hmail.com) 651-439-7255



## Social/Culture Director

Our convention had many entries and many ribbons were awarded. Quilts, carving, rose-maling, fiber weaving, etc. I was excited to work with the convention committee from Brainerd they handled the event beautifully. I traveled to Norway this summer to visit my husbands roots and my Viking heritage. We are both international delegates and report back on that. Recently attended Viking gathering in Brainerd and did nalbinding there. Also spinning buffalo and angora goat, at Itasca tractor show, with Rolag and Dalton show to

come. I will speak at Detroit lakes lodge in November on Scandinavian musical instruments and look forward to also teaching a class at North House Folk School. I taught at Milan Folk School in April and next year's classes will be, hats, mittens and boots. Please contact me if you have cultural skill questions and share newsletters and speaker ideas and suggestions.

**Karen Aakre** [kaakre@hotmail.com](mailto:kaakre@hotmail.com), Phone: 218-731-0072

## Lodge Newsletters

In the spirit of fraternal brotherhood and sisterhood, it's a good idea to include other lodges on your newsletter email distribution list. Many Sons of Norway members are happy to help other lodges stay strong and relevant in their communities and may not be aware of the Nordic programs/events happening close to them. Your Zone Director should always be on your newsletter distribution list so that they are aware of what your lodge is up to. It's also a good idea to include the members of the District Board, they are engaged and want to know what is happening. If your lodge does not have a newsletter and is interested in getting one started, reach out to your District 1 Publicity Director, **Jeanne** at [blackcat1957@netscape.com](mailto:blackcat1957@netscape.com) and she will be happy to get you started.

# Foundation Director



I bring you greetings from the Sons of Norway Foundation Board of Governors. With this greeting comes a huge 'thank you' for making our 'Together We Are The Future' so successful in 2020 and in 2021. But, before we get to the recap of past years, let's look at 2022.

We begin our 2022 'Together We Are The Future' campaign in October - Foundation Month - and it will continue through January 15, 2023. Why into 2023? To allow for IRA contributions.

Here are our goals:

Lodges and members will donate \$175,000.

This represents an increase of 10% in the number of lodges and members donating.

What can you do?

Dedicate October as 'Foundation Month' and share the success of our Foundation.

Celebrate any grants and scholarships your lodge has received in the past . . . or present.

Encourage your lodge and members to join all tSON members by making a donation, thus ensuring the future of our Foundation.

What will the Foundation do?

Submit a Foundation article in the October *Viking Magazine* about the 'Together . . . ' campaign.

Include an envelope for you to make your donation.

Send periodic reports on our success to our lodges.

So, how has our District 1 benefited from the Foundation?

District 1 Lodge grants in 2020 were \$5,300 and scholarships were \$71,280.

District 1 Lodge grants in 2021 were \$3,800 and scholarships were \$75,289.

District 1 Lodge grants in 2022 were \$14,700 and scholarships were \$45,000.

In 2021, 137 SON lodges donated \$68,657. In District 1, 28 lodges donated \$9,100.

Here is a brief 'Together We Are The Future' recap:

In 2020 our goal was \$100,000. Our lodges and members donated \$137,000.

In 2021 our goal was \$150,000. Our lodges and members donated \$164,607.

And how have our lodges and members benefited:

Lodge grants in 2020 were \$27,330 and scholarships were \$119,012.

Lodge grants in 2021 were \$30,990 and scholarships were \$119,767.

Lodge grants in 2022 are \$33,329 and scholarships are \$140,000.

Remember . . . the Foundation is here for you . . . and it is here for good!

**Karl Hella Foundation Director**  
khella@outlook.com



# Publicity Director

This is my first newsletter as the recently installed Publicity Director.

We've been able to share some wonderful pictures in the District Happenings page for District 1 in the Viking Magazine. We would love to see more of our lodges in District 1 represented. The new smartphones these days take excellent pictures that can be submitted along with those taken with a good camera. Just make sure that the settings on either device is set for quality pictures rather than quantity. (You can usually set a camera to store a certain number of pictures on a memory card, you want the lowest number of pictures to get the best quality outcome).

## TIPS FOR TAKING PICTURES:

- Always stand still and hold the camera or smartphone steady
- Stand close to your subject matter and make sure the subject is centered, slightly off center is okay.
- Take time to focus the picture, then gently click to take the photo
- Many cameras have a display that shows the picture you just took, take a quick peak at it, and look for sharpness, facial expressions, eyes open or closed as appropriate. Make sure that the head is not cut off. Check these pictures right away so that you can do them over if you need to. Always, always make sure people are smiling.

There are many, many excellent opportunities to take pictures. Is your lodge involved with community events? Are children from the lodge participating in a Barneløpet? Is there a Nordic or Scandinavian Festival members are working at or participating in? Are members dressed in Bunad for a special event? Is the lodge hosting a membership dinner? A Celebration dinner? Are they participating in a particularly fun program? Are they walking in a parade or riding on a float?

Also, are members being recognized for something special? Is the lodge celebrating a member's 80th birthday? 90th? 100th? How about members celebrating a long membership with Sons of Norway—50 years or more? These are great pictures to include for a Member Profile on our District Happenings page.

Let's see every lodge submit pictures for us to include on our District Happenings page! We have many lodges from Minnesota, all the way down to Texas, doing wonderful things, let's see them in the Viking Magazine!

Let me know if there is anything else I can do for you and your lodge.

Thank you for your patience and I look forward to hearing from you and your lodge!



**Jeanne Engelsmeier**

email: [blackcat1957@netscape.com](mailto:blackcat1957@netscape.com)

763-258-9093





## Zone 1 Director

Greetings!

I was elected to be the Zone 1 Director. I am a member of Sagatun Lodge 1-018 in Brainerd, and currently serve as President. My wife, Shari and I co-chaired the 2022 District Convention at Cragun's Resort. We have three sons; Chad works for Best Buy Corporate Offices, and is a member of our lodge. Eric and James are

both serving in the Air Force and have been for nearly 20 years each.

Shari and I have traveled to Norway three times spending time with family throughout central and southern Norway. We are currently planning to return in 2023 to visit family and friends.

My goal is to visit every lodge in Zone 1 this year. I have visited Grand Rapids and Virginia lodges so far and look forward to visiting the rest of the lodges in the Arrowhead region of Minnesota. Membership increases in encouraging younger members to join and help revitalize our lodges by encouraging participation in the language camp programs.

**Robert Nelson**, Zone 1 Director   bobsonzone1@gmail.com   218-829-9095

## Zone 2 Director



Hilsen!

Your new Zone 2 Director is Martha Balfanz! This is my first time serving at the District level in Sons of Norway. I am a member of Vestland Lodge 1-601 in Minnetonka, Minnesota since 2007. It has been my privilege to serve as Social/Cultural Director for many years and at the same time, as President for two years and Secretary for the most recent four years and at present. My contact information is below.

My husband, Bruce, and I have been married for 50 years and have lived in Eden Prairie, Minnesota for 43 of those years. We have two awesome adult children, Katie and Greg who are Korean-born. Katie and her husband, Russell Anway are parents to Arlo (3) and live in Pasadena, California. Greg is a Data Consultant with an insurance claims provider, and, part-time Tae Kwon Do Karate Instructor and lives in Chanhassen, Minnesota.

My fulfilling working career was as a Legal Administrative Assistant in two large law firms and one very small law office and spanned over 49 years. Now, as a recent retiree, I feel ready to focus on visiting and assisting Zone 2 Lodges in any way possible. This will, no doubt, be a learning experience for all of us!

Johan Petterson Hegge, (my Grandpa) the eldest of five children, at age 18 immigrated in late 1920 from Hundorp (Gudbrandsdal Valley), Norway and after attending school in Fergus Falls, married a Norwegian girl from Maddock, North Dakota. Grandpa was a long-time member of Sons of Norway and, I believe, read the Viking Magazine to learn about the new language camps sponsored by Concordia College. Grandpa thought it would be beneficial for his granddaughter to learn some Norwegian so off I went to Skogfjorden in the 1960's and it literally changed my life! The present camps were built in the early 1970's; the Campers, from the 1960's, are warmly referred to as "Pioneers".

Almost 30 years ago, I was fortunate to travel with my Dad, (also named, John Hegge) to Norway where we met relatives, visited the saetre in the mountains where Grandpa was born and the Olympic sites, just prior to the 1994 Olympics in Lillehammer. My second trip was in May of 2022 with a small group from Norway House.

I am just getting started with this new position and anticipate visiting lodges this Fall and Winter. Two of the Lodges hold meetings on the same 3<sup>rd</sup> Tuesday of the month, which is the same evening as my Lodge, so that presents a unique situation. Please add me to your Newsletter or Meeting Notice list!

Oslo 2, Minneapolis; Vonheim 108, Minneapolis; Draxten 464, Minneapolis; Nordmarka 585, Northfield; Vestland 601, Minnetonka; Norsota 602, Apple Valley; and Scandia 680, Waconia.

Tusen takk!

**Martha J. Balfanz**   mjbalfanz@msn.com   612-508-9049



## Zone 3 Director



This will be my second term of office for Zone 3. Most of the Lodges in my zone know me, by now, so no letter of introduction was needed. My objective is to make sure that I have a current list of Zone 3 lodges, and the contact person for each Lodge. The goal again for me, as Zone 3 Director, will be to visit each lodge at least once during the current year. One of the items to be emphasized this year is to encourage the lodge officers to inform their membership about the Sons of Norway summer camps, particularly Skogfjorden in Bemidji. Once I get the scholarship information from the district, it will be my responsibility to encourage Zone 3 lodges to assist with sending someone to camp with a campership or scholarship.

I would like to organize a workshop for the Zone 3 lodges this fall, as I did in Bemidji in 2019. It will be for new and old members alike. The agenda will include a welcome speech by one of the District officers, district news, and the duties and responsibilities of lodge officers. I would also plan to allow time for networking about ideas for programming, fundraisers, membership dinners, and recruiting new members. Notes from this discussion could be forwarded to all the lodges for further consideration.

I will report to the District, before each District meeting, the activities of each lodge in my zone through the course of the year. Most of the lodges are returning to normal activities, now that the pandemic is almost over.

Finally, I will keep abreast of current happenings in our District, and also Sons of Norway headquarters. It will be my responsibility to pass this information on to the lodges.

**Jim Strandlie**, Zone 3 Director jimstrandlie@mncable.net 218-686-0205

## Zone 4 Director



I have contacted someone from each of the lodges in Zone 4. I have an appointment to visit the Benson lodge meeting on September 15<sup>th</sup>. I plan to contact two more lodges to set times for a visit within the next month. My goals are to visit all lodges in Zone 4 within the following 12 months. I have given my contact information to each lodge and have invited them to contact me with comments or concerns. I have also contacted editors of newsletters for copies to be forwarded to me. I plan to forward the newsletters to each lodge president.

To introduce myself, I live in Willmar with my husband, Ray, on a 17 acre hobby farm. I enjoy running, biking, skiing, reading and music. I work two days a week in family practice for a clinic serving uninsured and under-insured persons. We travel to Arizona for the winter months, and I enjoy being active in the warm weather.

**Ann Day** reday@mvtvwireless.com 320-894-8347

## Zone 5 Director



Open—need a Director for Zone 5

Are you interested in volunteer to be the Zone 5 Director?

**Gloria Coulter** is the Acting Zone 5 Director

gcoulter6367@gmail.com 507-676-6537



## Zone 6 Director

Autumn Greetings from South Dakota Zone 6 lodges,

Now is the time to gear up for Sons of Norway activities. Summer was quiet with many lodges taking time off, celebrating the Friluftsliv: outdoor lifestyle, or reading good books. One I recommend is: "Dear Unforgettable Brother" The Stavig Brothers, by Rasmussen, about Norwegian settlers.

The District One Convention, at Cragun's Resort in Brainerd, was a wonderful success. However, only two lodges from Zone 6 were able to send delegates. Those lodges received \$125 for sending a delegate. The cultural classes, events and programs were very informative. A reminder that there are still \$500 grants available to lodges to be used for a special event.

I am encouraging lodges to elect a SON Foundation Director so we have more opportunities to donate and also receive benefits in the form of grants and scholarships for children and adults. Some lodges are celebrating big birthday's and anniversaries in a big way.

Tubfrim stamp shipments to Norway are alive and well in District 1 thanks to Mark Haugen and our new District 1 Vice President Jerry Wright, who is making the arrangements and seeing to it that they get sent to Norway. It's a good thing to do to help disabled children in Norway.

Borgund Lodge in Rapid City has a torsk dinner scheduled for Oct 7 and they have a current 6 week session of classes meeting Monday nights offering folkdance, hardanger, rosemaling, and wood carving. They are gearing up for their annual "Lille Norge Fest" to be held Sat. Nov. 19<sup>th</sup> from 8 to 1. In 5 hours, they sell 3000 rounds of lefse, 200 dozen rosettes and krumkake. There will also be 8 vendors, entertainment, dancers and food.

Kong Olav V Lodge received a \$750 grant for a youth program which was very well received which was a dance demonstration and class by the Brookings lodge. They are doing a food demo at the library featuring rosettes and flatbrod. A Nov. program will feature a member who has just returned from touring with a band in Europe.

Gjoa Lodge in Sioux Falls featured a Syttende Mai Dinner for members catered by a local restaurant with entertainment, and displays and demonstrations. They will have a free Membership dinner in November. They hold their officers meetings via zoom.

Fedrelandet Lodge held a community service project with disabled adults, building birdhouses.

I appreciate receiving SD lodge newsletters whether via email or print. My current goal is to get updated officer phone numbers, emails and addresses for all SD lodges. Please send me your info.

Takk, **Sherry Stilley** Zone 6 director for SD

605-999-4394, [stillnord@mitchelltelecom.net](mailto:stillnord@mitchelltelecom.net)

## Zone 7 Director



There is little to report at this time for the lodges in Zone 7. Most lodges are in summer mode and only beginning to become active again in late August or September. With the exception of the Quad Cities lodge, each lodge had representatives at the June District Convention. It is my intent to visit each lodge this fall. More information should be available by the next newsletter.

**Keith Jorgenson**, Zone 7 Director [kjorgensen@cfu.net](mailto:kjorgensen@cfu.net) 319-277-1537



## Zone 8 Director

I am the newly elected director for Zone 8 of Sons of Norway District 1. This is the second time for me as I had this position during 2012 – 2014. So, it is nice to reconnect with the lodges, although I have kept up with Nordtex Lodge in Dallas since my membership is there, even though I live in Central Texas. In the past, I held positions of lodge president and secretary in Austin, Texas. I enjoyed being a delegate to the Brainerd district convention, previously attending those in St. Cloud, Duluth, and Iowa.

The challenge for the Zone 8 director has always been the great distances between lodges in Texas and Oklahoma! In the past, I was able to visit each lodge once during my tenure; which is great, but not always possible. A plus now is that during the past two years we have become more comfortable with virtual meetings, so I foresee being able to keep connected in a way we couldn't a few years ago.

**Rita Carlson Zone 8 Director** ritann35@live.com 512-658-4285

## Zone 9 Director



Greetings to all!

Wow, what a beautiful summer season we have had to enjoy. The excitement to meet with family, friends and fellow lodge members in safe events these past months has been wonderful.

Zone 9 lodges have had a busy spring and summer with many exciting events taking place. Members have worked at heritage festivals, county fairs, picnics, lodge fundraisers, parades, sporting events, special lodge dinners and attending the Sons of Norway District 1 Convention at Cragun's. Some members will take part in the virtual Sons of Norway International Convention by zoom in late August. January 1, 2022 – Sons of Norway District 1 Board offered a "Special Events Grant" of \$500.00 to all District 1 Lodges. It is at the discretion of the lodges on how they would like to use this grant. There is still time to take advantage of this great opportunity. For details contact...District 1 Treasurer, Claudia Bomier.

Thank you to Sagatun Lodge in Brainerd for hosting the Sons of Norway "2022" District 1 Convention in June. This was one of the best conventions ever and it was enjoyed by all the delegates and guests. Fantastic job... Bob Nelson and Sagatun Lodge!

Zone 9 had five out of seven lodges with representation at the District 1 Convention in June. It was wonderful to have five lodge presidents serve as delegates, along with other delegates from their lodges.

Thank you for your vote of confidence at the District 1 Convention. I feel grateful and proud to represent all of you as your Zone 9 Director for the next two years. We have great lodges in Zone 9.

One of my biggest goals for the remainder of 2022 – is to have a continuous line of communication open with the lodge members and officers of Zone 9. I am here to support your lodge with any questions or concerns you may have...so feel to contact me at anytime. Thanks for all you do for your lodges.

**Jan Osmonson Zone 9 Director** josmonson@comcast.net 763-222-3942





## ***Zone 10 Director***

Zone 10 in District 1 consists of five lodges in three states. They are Elveby 1-10-694 in Omaha, Nebraska; Maihaugen 1-10-665 in Overland Park, Kansas; Marsteinen 1-10-596 in Des Moines, Iowa; Kong Sverre 1-10-482 in Story City, Iowa and Glitne-Sioux Viking 1-10-167 in Sioux City, Iowa. The Glitne-Sioux Viking Lodge in Sioux City, Iowa has been inactive for several years. Hopefully their status will be resolved in the near future.

As the Zone 10 Director I have already visited my four active lodges this year, and have been communicating with them. I hope to conduct another Leadership Workshop some time next year. During our last workshop, two officers from different lodges found out that they had a distant relative in common. Nothing like meeting a new relative at a workshop.

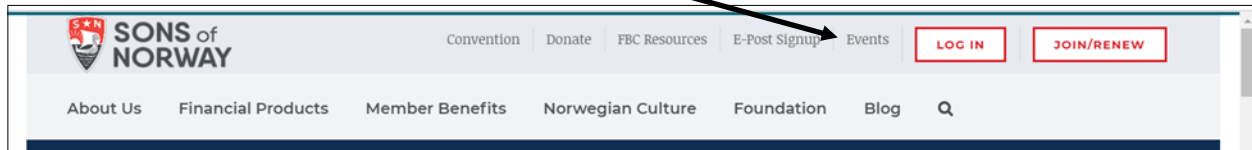
Most Zone 10 Lodges are now meeting in person, and are taking precautions during their meetings. I have been able to visit the virtual meetings of some of my lodges this year. Unfortunately I had to miss the District 1 Convention this year as I had contracted Covid-19. Since I was not able to attend, I could not be chosen as a delegate to the International Convention. With the help of the District 1 President and Home Office Staff, I was able to attend the virtual International Convention as a guest.

Norm Carlson Zone 10 Director   norsknorm@aol.com   515-238-4244

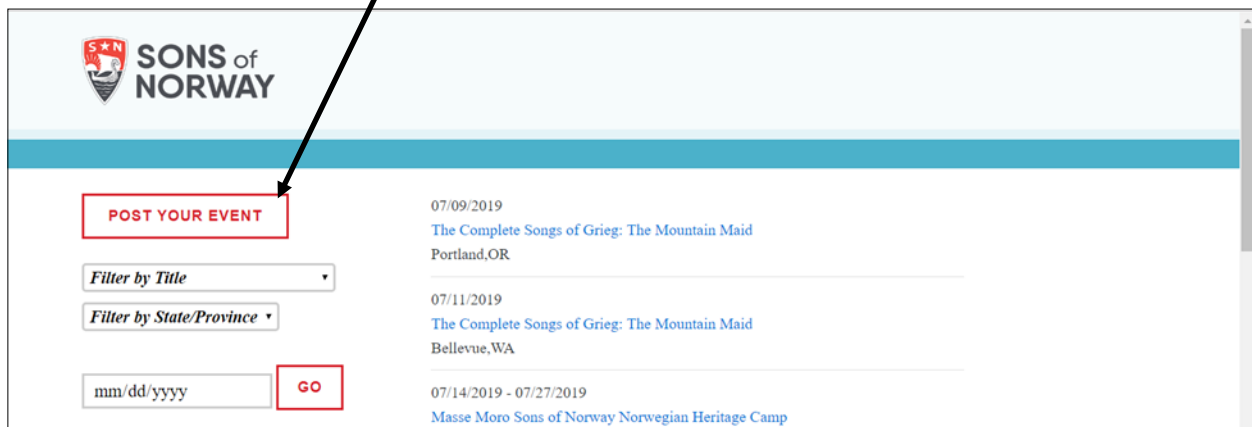


# Advertising your Lodge Event

Did you know that there is a place on the Sons of Norway website to add your lodge event? Non-members looking for Nordic activities in their community may look for them here. It's very simple. First go to [www.sofn.com](http://www.sofn.com), then click on **Events** in the upper right hand corner of the screen:



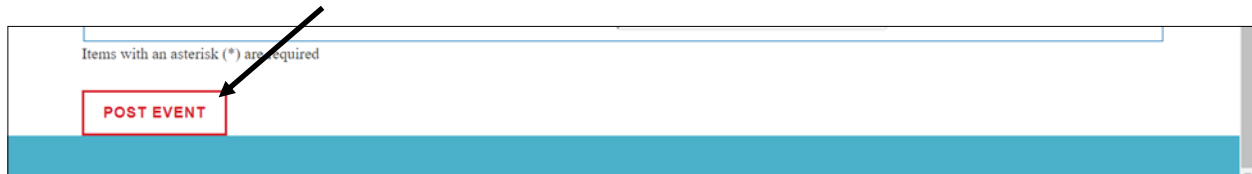
Then, click on **POST YOUR EVENT**:



A screen will pop up that you can complete. A Sons of Norway staff member will review the entry and post it within 2 business days. Be sure to include your contact information so that they can contact you if there are any questions.

A screenshot of the event submission form. At the top, there's a blue header bar. Below it, a paragraph of text explains the submission process. Underneath, it says 'Items with an asterisk (\*) are required'. The form is titled 'Event Information' and has a section for '\* Event Name:' with an input field. Below that is a 'Description:' section with a text area and a rich text editor toolbar. The toolbar includes buttons for 'Source', 'B' (bold), 'I' (italic), 'U' (underline), 'List' (bulleted), 'Link', 'Image', 'Table', 'Table of Contents', 'Undo', 'Redo', and 'Print'.

Once you are finished, be sure to click on **POST EVENT** at the bottom of the screen.



Don't forget to send your event to District 1 Publicity Director to include on the District 1 Happenings page in this newsletter too! Be sure to take advantage of any local newspapers or newsletters that publish event notifications for free.



# District 1 Happenings

*Check out what's happening in District 1. All are welcome.*

District 1 Tubfrim team arranges shipment of 520 pounds of used stamps to TUBFRIM in Norway this past week of August 15<sup>th</sup>. This was made up of 26 boxes of USA stamps and 1 box of non-USA stamps. First stop was to take the boxes to a vendor that could plastic wrap all of them onto a pallet for shipping.



Owner Matt of AMEX International, Inc. of Eagan, MN. was most helpful in wrapping the boxes and preparing them for the next part of the shipping process.

The shipping arrangements were made through DSV Air & Sea Inc. from Mendota Heights, MN with the assistance of an Ocean Export staffer named Levi. DSV estimates arrival of these stamps to Oslo by the end of September per their Booking Confirmation orders.

These stamps have been trimmed by many Lodges members across the District over the past couple years. A significant portion of these stamps were collected at the past District Convention in Brainerd.

For more information on Tubfrim, check out their website to see how they handle these used stamps and sell them online  
<http://www.tubfrim.no/>



**Prepared by Jerry Wright, D-1 Vice President of Sons of Norway.**

**Jerrywright1970@gmail.com**

**August 17<sup>th</sup>, 2022**



Hello.

This is great to see. TUBFRIM is short of stamps from the USA and the customers are waiting.

Thank you very much. Med vennlig hilsen, Kåre Myro, TUBFRIM General Manager, NESBYEN, NO



*Thank you* to all the lodges in District 1 for what you do to keep our Nordic culture and heritage alive and well. Many of you did wonderful things to celebrate Syttende Mai and many are doing fun and interesting things this summer. Continue to share your Nordic culture and heritage within your communities and bring visibility to your lodges and Sons of Norway. Don't be afraid to share your passion and excitement for all things Nordic with those around you. Who knows—you may soon meet your next prospective member. People are often drawn to things that bring excitement to those they meet.

*Tusen Takk,  
Jeanne Engelsmeier, District 1 Publicity Director*



## Events in our District

Please **support** our lodges in this District.

If your lodge would like to include their special event or program in the Nyhetsbrev, send your information to Publicity Director, Jeanne at [blackcat1957@netscape.com](mailto:blackcat1957@netscape.com). Please include lodge name & number, date & time, cost if any, event title, one sentence description of the event, location address and provide a contact name along with either their phone number or email address. Information will be forwarded to the webmaster for District 1 website for possible inclusion. Even though you may not be in the neighborhood to attend these events, it's fun to see what our lodges are up to!

The **Sons of Norway Scandia Lodge of Waconia, Minnesota** is proud to present the world premiere of ***Yust for Fun***, a dramatized musical revue featuring selections from the repertoire of "**The Olson Sisters**," Norwegian-American singers and entertainers who were popular during the first quarter of the twentieth century.

The Olson Sisters developed a unique act that featured light vocal classics and Norwegian folk songs, interspersed with comic stories about immigrants adapting to life in America. This allowed the Olson Sisters, who were fluent in both English and Norwegian, to help their audiences bridge the gap between the Old World and the New through sentimental song and gentle humor.

Sponsored in part by a cultural development grant from the Sons of Norway Foundation, **Yust for Fun** will be presented at **7:30 p.m. on Tuesday, October 18 at the Chaska Community Center Theatre 1661 Park Ridge Drive, Chaska, Minnesota**. All seats are general admission. Tickets are \$15 and include complimentary beer, wine and desserts served prior to the performance, starting at 6:30.



Vestland Lodge, Minnetonka, MN 1-601  
Taste of Scandinavia  
Tuesday November 16th 6:30-8:30PM  
Cost is \$10.00



**Sons of Norway Vestland Lodge Minnetonka MN 1-601**

Nov 14, 2021 · 🌐

TASTE OF SCANDINAVIA 🍪

This Tuesday Nov. 16 from 6:30-8:30

Minnetonka, MN Community Center

Program for the meeting....

- A variety of crafts: Norwegian sweaters, mittens, gnomes, Kubb game, linens, hardanger & huckweaving, ornaments, The Lefse King, etc.
- Taste Norwegian food samples.
- Bake sale
- Silent Auction.



If you have an event, please let Jeanne know at [black-cat1957@netscape.com](mailto:black-cat1957@netscape.com). We will get it in the next issue of the newsletter..



# NORDIK FEST 2022

**Monday, November 14th 5 pm—8 pm**

**Tickets \$10.00 per person**

**Zion Lutheran Church (1601 4th Ave N; Anoka)**



**All Are  
Welcome!**

*Come for some tasty Nordic treats,  
make a fun craft and do a little early  
holiday shopping with our fantastic  
vendors and Silent Auction.*



Taste Classic Norwegian food

Make & Take Nordic Crafts

Lefse King - Gary Legwold

Author Lars Walker

Barb Morgan Rosemaling (fabric)

Kathy Johnson Rosemaling

Jeanie's Journeys

Steller Handcrafted Goods

Norwex

Ginny Bites

Silent Auction

Dollar Grab Bag Prizes  
and more...

*Join us for a Fun Evening!*



**SONS of  
NORWAY**



This event is sponsored by Sons of Norway Vennekrets Lodge #1-559. Sons of Norway is a fraternal organization whose mission is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries and to provide quality insurance and financial products to its members. Vennekrets Lodge is an active lodge that takes pride in its involvement with the local community through the donation of their time, energy and financial support to various non-profit organizations. Everyone is welcome!



## District 1 Convention Recap

The District 1 Convention hosted by Sagatun Lodge was held at Cragun's Resort on Gull Lake in Brainerd, Minnesota. We had lovely spring weather and a beautiful setting for our bi-annual event. Most rooms overlooked Gull Lake and to those who woke early, the sunrise over the lake was gorgeous. Many friends reconnected and new friendships were made. A lot of fun and interesting activities and courses were offered.

In honor of Sons of Norway's 125<sup>th</sup> year anniversary in 2020, the District awarded \$125 to 41 lodges who sent at least one delegate to the convention and a \$125 stipend to 60 individuals attending the convention for their first time. Heads and Tails was played at the beginning of each business meeting.

The Folk Art Exhibit and Competition was displayed during the convention. There were lots of beautiful pieces made by our District 1 members as well as a wide variety of arts and crafts shown. A silent auction with many wonderful items were offered (Thank you to the lodges and individuals that contributed!). A Nordic Vendor Market was also going on during the convention.

Thursday afternoon began with an opening ceremony. We listened to Robert Schlichte, an inspiring speaker who talked about building ships – friendships, relationships, partnerships and leaderships. A zone caucus was held shortly after the meeting. After the zone caucus, many attendees took an afternoon cruise on Gull Lake, others had a choice of classes to take: "The Art & Crafts of Ancient Scandinavia", Hardanger Fiddle or The Art of Smørrebrød. That evening, we attended the President's Reception followed by dinner. After dinner, attendees were treated to a concert put on by Norman Bait & Tackle Choir Band who sang a lot of fun songs and grabbed various attendees to participate in silly skits. Ten \$127 cash prizes (representing Sons of Norway's 127<sup>th</sup> Year) were taped to the bottom of chairs and were given away. It was a fun evening.

Friday morning, a bus load of attendees went to the Minnesota Military Museum at Camp Ripley. Others had a choice of classes to take: Ros Tegning, Flat Plane carving, Hardanger Make It/Take It, Nisse for Your Home, Chip Carving for Beginners or Brikkebeving "Tablet Weaving". In the afternoon, attendees could attend one of the following discussions: Runes & Runic Inscriptions, Viking Legacy or Norway Folk Schools. A zone caucus was held later in the afternoon followed by an interview with the District 1 Officer & Director Candidates for the upcoming term. The day was capped off with a formal dinner held at the resort's Legacy Pavilion. Entertainment was provided by Skål Klubben, a lively Scandinavian fiddling group from Brainerd who play traditional Swedish, Norwegian, Finnish and Danish music on fiddles, accordion, guitar, pump organ, recorder and double bass. After the concert, many went to the hospitality room to hang out.

Several attendees woke up early Saturday morning for the Walk-A-Thon led by District 1 Sports/Rec Director Ron Stow to raise funds for the Sons of Norway Foundation. \$2,176 was raised! Attendees gathered for a lovely Memorial Service before the Business meeting began. After delegates were seated, Jon Tehven talked about the Sons of Norway Foundation and District 1 International Director Karl Hella gave a governance report. Reports and recommendations were provided by the Finance Committee, The Resolutions/Laws Committee, then the Nominations Committee. Due to the change of governance for the Sons of Norway organization, only district business was discussed – five resolutions were presented, three resolutions related to scholarship funds and the District 1 officer stipends passed and two were withdrawn. After the nomination committee gave their report, District 1 Officers and Directors were elected, they were installed by Elaine Nelson, International Treasurer. The convention was adjourned at 2:45 pm. The new officers and directors will be listed in this newsletter.

This was a nice convention and I really enjoyed myself. Sagatun Lodge, the District 1 Officers and Cragun's Resort did an excellent job.

Fraternally Yours,  
Gina Pockrandt  
Former District 1 Publicity Director (2018 – 2022)

# District One Convention 2022 Photos

