



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. Qualifying pictures will be submitted to the Viking Magazine for our community page and others may appear in the Nyhetsbrev.



Happy New Year, we hope 2023 is an exciting year for you and your lodges. Sons of Norway is a wonderful organization that embraces Nordic culture and heritage. District 1 Board has been focused on looking for ways to improve communication to our lodges and to find innovative ways to provide helpful resources for our lodges.

Let's kick off this year in high gear - here are some deadlines to remember:

JANUARY:

Jan 1-31 Installation of lodge officers

The D17 and 990 Forms are mailed out to the lodge Presidents and Secretaries.

Jan 15th Scholarship applications for international travel opportunities are due to Sons of Norway:

Douglas Warne and Rolf & Wenche Eng Scholarship
Helen Tronvold Adult Learner Scholarship
Helen Tronvold Folk High School Scholarship
King Olav V Norwegian American Heritage Scholarship
Lund Fund Scholarship
Oslo International Summer School Scholarship

FEBRUARY:

Feb 1st Lodge Officers will be listed on the Sons of Norway online directory.

MARCH:

March 1st Scholarship applications are due to the Sons of Norway Foundation:

Astrid G. Gates Scholarship
Bernt Anker Scholarship
Dan and Betty Rude Scholarship
Myrtle Beinhauer Scholarship
Nancy Lorraine Jensen Memorial Scholarship
Orel & Marie Winjum Memorial Scholarship
Elaine Nelson Scholarship

In Convention years, each lodge should send a list of elected delegates to HQ
District Secretary.

March 15th D17 forms are due to Sons of Norway

March 15th Lodge Achievement and Family Lodge of the Year forms are due to Membership Services at Sons of Norway Headquarters.

March 15th Community and Fraternal activities and hour totals, using the AFA (American Fraternal Alliance) Year-end report form or online reporting format at fraternalsgive.org are due to Membership Services at Sons of Norway Headquarters.

March 15th Fraternal Funds packet is sent to the district treasurers.



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 2022—2024

Executive Officers

President, Mark Haugen	mhaugen_architect@msn.com
Vice President, Jerry Wright	jerrywright1970@gmail.com
Secretary, Carolyn Townsend	cjtownsend@comcast.net
Treasurer, Connie Chrissis	cjchrissis@comcast.net

Directors

Sports/Rec Director, Ronald Stow	stowronald@gmail.com
Social/Culture Director, Karen Aakre	kaakre@hotmail.com
Youth Director, Maureen Aakre	maureen.aakre@gmail.com
Publicity Director, Jeanne Engelsmeier	blackcat1957@netscape.com

Zone Directors

Zone 1, Robert Nelson	robertnelson97@gmail.com
Zone 2, Martha Balfanz	mjbalfanz@msn.com
Zone 3, Jim Strandlie	jimstrandlie@mncable.net
Zone 4, Ann Day	reday@mtvwireless.com
Zone 5, Gloria Coulter	gcoulter6367@gmail.com
Zone 6, Sherry Stilley	stillnord@mitchelltelecom.net
Zone 7, Keith Jorgensen	kjorgensen@cfu.net
Zone 8 Rita Carlson	ritann35@live.com
Zone 9, Jan Osmonson	josmonson@comcast.net
Zone 10, Norm Carlson	norsknorm@aol.com



District Board



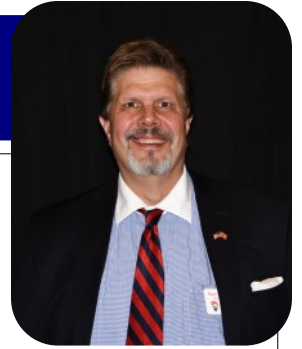
Next Board Meeting April 21-22, 2023

Front row: Connie Chrissis, Jerry Wright, Mark Haugen, and Carolyn Townsend

Middle row: Norm Carlson, Karl Hella, Jan Osmonson, Ann Day, Gloria Coulter

Back row: Martha Balfanz, Jeanne Engelsmeier, Sherry Stilley, Jim Strandlie, Ronald Stow, Keith Jorgensen, Robert Nelson

Fra Presidenten



President's Report for Nyhetsbrev
January 2023

Greetings –

It has been great to hear of the lodges getting back together again, especially over the holidays. I don't see a lot of newsletters from the lodges but I'm hearing of many getting back together again in person.

The Sons of Norway Districts Presidents Council met mostly in person (three of the presidents were virtual) on November 16 and 17 at the Sons of Norway offices. The presidents' 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 to let people know who we are and what we do. Our next meeting schedule is pending but will take place in February.

The presidents were informed that Fraternal membership only – members who do not own certificates (annuities or insurance) – were a cost liability. The membership dues do not support the cost of these members. However, Ron Stubbings in our meeting with the Board of Directors directed us to continue pursuing these potential members even though they may not be purchasing products at that time.

With the goal of increasing membership – and ultimately help product sales – continued discussions with a firm, Foundry 425, to explore public relations and marketing for the Fraternal part of the Sons of Norway took the next step with their presentation to the Presidents Council. This was received positively and there was interest to pursue this by the Presidents Council. We were informed by Connie O'Brien who listened in on the presentation that this was not part of corporate's plan. We are on hold at this point.

Connie O'Brien is the Director of Fraternal Development and Marketing. According to Ron Stubbings in our meeting with the Board of Directors, plans for Fraternal Development are in place for "Q4 and Q1". Fourth quarter has passed and I have not been informed of the first quarter objectives or plans, so I cannot report on that.

Thank you all for your membership and your efforts toward the Sons of Norway mission.

Respectfully submitted,
Mark A. Haugen, District 1 President
612.850.3312
mhaugen_architect@msn.com



Vice President

District 1 Nyhetsbrev article for January 2023 issue. – Jerry Wright, V President (revised 12th Jan 2022)

Godt nytt år alle sammen! Happy New Year to All!

Congratulations for 50th to **Trollheim 1-511** in Saint Cloud, MN, est. 16th Nov 1922; **Syttende Mai 1-517** Minneapolis, MN, est. 17th May 1972; and **Storting 1-519** Austin, MN, est. 24th May 1972.

I Hope your lodge's programming for the new year is full of exciting activities and presentations each month. I encourage all new officers and directors to search the District 1 and Sons of Norway webpages for suggested leadership guidelines and application forms for grant opportunities to support your special program events.

Membership recruitment should be one of the main focuses for each lodge. There are also several good ideas to consider in the Membership and Recruitment section on our website and especially past stories listed in the Resource Blog section.

We are all were saddened when TUBFRIM of Norway announced last fall closing down and stopped receiving used stamps. However **GREAT NEWS**, on January 1st it was announced that **an agreement has been entered into** between **TUBFRIM** and **Skanfil Auctions AS** of Norway regarding the continuation of TUBFRIM's fundraising activities to raise money for the **TUBFRIM Fund** and thereby continue to support the many good initiatives for children and young people through the National Association for Public Health. Hence keep trimming stamps and get them to your Zone Director by mid-April so they can bring them to the next full District 1 Board meeting on April 21st.

Latest update on 2022 Lodge New Member Recruitment Contest indicates that for District 1 as of November 1st, 2022, **14 lodges out of seventy-two** in District #1 have met or exceeded their 2022 recruitment goals and six lodges are only 1 new member away from meeting their goals. For the whole Sons of Norway as of November 1, 2022, 56 lodges out of 280 have met or exceeded their 2022 recruitment goals and 26 lodges are only 1 new member away from meeting their goals.

Thank you to those lodges who have been sharing their local newsletters with me directly, I appreciate that very much and welcome others to also place me and your Zone Director on your newsletter distribution list. This is an excellent way for us to stay updated with the activities in our District.

Tusen Takk and a have a fun filled New Year.

Jerry Wright, Vice President

Secretary



Greetings!

In December I met with the other District Sons of Norway Secretaries. One hot topic was Lodge Liability Insurance. You may have noticed that your lodge's has gone up (as has mine). The explanation was that this insurance has been going up for several years, but the cost increase was not being passed on to the individual lodges. This has been corrected and invoices received are correct. Lodges with many new members will be most affected.

Don't forget that your lodge D17 is due on March 15th. Think about submitting it online. The Home Office found that only 30% of lodges use e-technology for electronic submissions.

It is Scholarship time around our District, as well as the Foundation. Remind your lodge members that several Fraternal Scholarships are now available for application. These include scholarships for youth and adults and can be investigated on the Sons of Norway website. Also, District scholarship will soon be coming out. For the first time, they will be sent via email, and posted on the District 1 website only. Both the President and Secretary should receive email information. If you haven't seen anything by the end of January, call or email me. More information is available in another section of this newsletter.

The Spring Board meeting will be held at the DoubleTree by Hilton Minneapolis – Park Place Hotel at 1500 Park Place Blvd Minneapolis, MN 55416 on April 21st and 22nd. While we have limited space for guests, if your lodge is interested in attending, contact me to see what can be arranged. Reports from all Officers and Directors will be due by April 15th.

Does your Lodge want to host the 2024 Convention? You can. Consider it. It brings attention and camaraderie into your Lodge and area.

Please keep my phone number (763-434-5650) and email (cjtownsend@comcast.net) handy. I am here to answer your questions if I can. I am usually online, and will endeavor to get back to you within a few days, if possible.

Thank you!

Carolyn Townsend

Carolyn J. Townsend, Secretary cjtownsend@comcast.net 763-434-5650

Treasurer



Following my appointment as District 1 Treasurer at the September District Board meeting and a first time ever trip to Norwegian shores, I have been immersed in learning the District Sons of Norway accounting using Quickbooks. I have a wonderful teacher in Claudia Bomier, and I realize have very big shoes to fill!

I continue to serve as secretary to my home lodge, Synnøve-Nordkap 1-008, in St. Paul where I have been a member since 2010. I have been married to Andy for 44 years and have 2 sons, 1 daughter, and 5 grandchildren. Three of my grandparents emigrated from Norway in the early 1900's and settled in central and eastern North Dakota.

Synnøve-Nordkap lodge has an exciting event coming up on February 26 from 1 to 3pm at the Landmark Center in St. Paul. Planning has begun for our participation in the Urban Expeditions Program which will feature Norwegian culture. The program provides authentic cultural experiences including music, dance, crafts, food, and traditions from different destinations around the world. I invite you to put it on your calendars.

Connie Chrissis 651-276-7226

Sports/Rec Director



District 1 Sports and Recreation Winter 2022-23

Sons of Norway sports medals can be earned in a variety of ways, either through participation in specific sports such as cross-country skiing, walking/hiking, swimming, or biking. Members can also earn medals in general physical activity.

I would like to suggest to you members that you might consider doing such general physical activity by utilizing media programs to assist you. These programs may be currently running on PBS tv channels; for example, "Classical Stretch by Essentrics" or "Sit and Be Fit". These are low impact fitness exercises, some of which are designated specifically for seniors.

If you would like to try yoga exercises, check out "Yoga in Practice" or "Wai Lana Yoga" on PBS. See your local tv schedule for more information on these and other shows which offer instruction at your level.

There are also subscription programs which can be viewed through streaming. One fine example is "BetterMe" which provides exercise instruction from gentle stretching to yoga and to training with weights. After a free introductory month, it costs about \$20 month for your subscription. Google "BetterMe" for more information.

Members, put general physical activity on your list of resolutions for 2023. Keep track of your times that you exercise. Then, fill out the Sons of Norway sports medals form and turn it into your local lodge's Sports and Recreation Director to collect your medals.

Hey kids, what time is it? It's time for the annual Barneløpet cross-country ski event on Sunday, January 22 from 11:30 to 2:30 in St. Cloud MN at Riverside Park sponsored by three lodges, Vennekretsen of Anoka MN, Syttende Mai of Minneapolis, and Trollheim of St. Cloud.

Ron Stow, District 1 Sports/Recreation Director stowronald@gmail.com 651-439-7255

Social/Culture Director



Cultural report

The fall has been busy as host fest was going again and Viking festival at Green Bay Numerous Jul. markets from several sons of Norway lodges and lutefisk suppers

I spoke at Detroit lakes sons of Norway lodge on Norsk instruments and even had a small lur band. This was so much fun to share the Finnish kantele and lyrics and drums of the Sami. The nyckelharpa. which was used in Norwegian churches when the fiddle was thought

to be the instrument of the devil. I encourage you to pursue cultural skills and if you fill out any forms turn them in to your cultural director in your lodge, they order the pins now.

There are numerous good movies and short you tube clips to view at home or in your lodge. Enjoy lefsa and cookies Kranskake and all the goodies of the holidays.

Karen Aakre 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 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 SON 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

Navigating the Sons of Norway Website: You may find this helpful

<https://www.youtube.com/watch?app=desktop&v=3tEfhmtZ7BY>

Hei! Thank you to the lodges who are sending in pictures to be included in District Page of the Viking Magazine. It's fun to see the many faces of our members and the things our lodges are up to. I encourage ALL lodges to send pictures to be for inclusion in the Viking magazine. We really want to see ALL lodges, big or small, city or country represent our district in the magazine.

Pictures submitted should not be edited (the Viking magazine editor will edit/crop as needed for the best picture and fit). I have not been getting very many pictures to give to the Viking magazine, so I really need ALL lodges to step up and send those pictures to me. Pictures can be sent to me via email at blackcat1957@netscape.com.

Deadline for May/June issue is March 2nd. I'd like to make a request – please send all submissions at the same time. If you can submit all photos and submission forms in one email, that would be preferable. Feel free to have a one or two sentence description with each submission. It adds to the meaning of the photo and makes it more fun.

Please, no "&" in the descriptions, and limit the number of "!".

Tusen Takk, Jeanne Engelsmeier, District 1 Publicity Director
email: blackcat1957@netscape.com
763-258-9093



Zone 1 Director

Zone 1 lodges are getting back to normal meetings again. I visited Cloquet Lodge where we had an outdoor meeting with Dr. Lawrence Moe presenting the program. It was a cool September day but the program inspired us all.

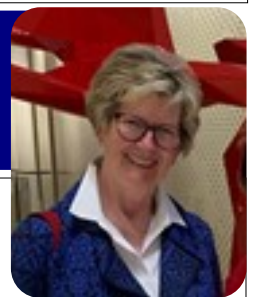
October Tusenvann Lodge met in Isle and a fun program on knitted balls was presented. A few of the members attended by zoom and the Saturday afternoon program was a hit. The next day the Duluth and Two Harbors lodges met at Knife River for a potluck meal and a program at the site where the Leif Erickson ship will be house in the future. We learned the Viking ship that sat in Duluth Leif Erikson Park has been moved due to vandalism. Funds are being raised to put a roof over the ship.

Two Harbors lodge invited me to do a presentation on the changes Sons of Norway has made and to report on the International Convention. We ended the evening playing Norwegian Bingo (Uff Da) and prizes were given out to the winners. The Walker lodge held a meeting at Charlies North Restaurant hosting guest speaker author, Candace Simar.

Participated in a wonderful Holiday potluck at the Duluth Lodge where recognition was given to lodge members who brought Norwegian inspired recipes. Arne Rene provided festive and audience participating entertainment.

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

Zone 2 Director



Life happens and sometimes not in the way we intended or planned. Please watch for an article from your Zone 2 Director in the next Nyhetsbrev! Tusen takk!
Warmly,

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

Zone 3 Director



The Lodges in Zone 3 are almost back to normal following the Pandemic. They are meeting on a regular basis, providing programs of interest, but the membership has its ups and downs. Members are still not attending on a consistency that would be favorable. They are afraid that meeting in large numbers could have a bad affect. I believe this will straighten out as more meetings are held.

This report goes back to the District 1 Fall Board meeting held at the Doubletree by Hilton in Roseville. The new Board of Directors were present, and our new President Mark Haugen chaired the meeting. Members were assigned committees, and the Zone Directors had their own committee, led by Vice President Jerry Wright. The District Board is looking for a Lodge to host the next convention. Reports were given and pictures were taken.

Snorre Lodge met September 26 at the Eagles in Thief River Falls. Linda Breiard, Financial Rep. also attended, as did the Zone 3 Director. It was an excellent meeting, and District 1 information was presented by the Zone 3 Director, including the need to apply for the 2023 \$500 to strengthen the Lodge from the Pandemic loss.

We missed the October Snorre Lodge meeting since my wife, and I were in Europe.

Bemidji Lodge met on Sunday at Calvary Lutheran in Bemidji. Your Zone 3 Director attended that meeting. More information from District 1 was presented including the \$500 that they need to apply for in 2023.

Snorre Lodge met again on November 28th, and your Zone 3 Director was there. More information about District 1 was presented. What the members decided to do was devote the meeting to children. Books were read by members in small groups, and books were given out to the children as gifts.

Last, but not least, Snorre Lodge held their annual Christmas Dinner on Monday, December 12th. It was an excellent meal, followed by an auction selling off books, pictures, and memorabilia from a member that had passed away.

Jim Strandlie, Director District 1 – Zone 3

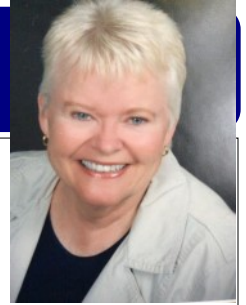
Zone 4 Director



I have no significant items to report from zone 4. I had planned a lodge visit this month, but it was cancelled. I will plan to finish lodge visits in the New year.

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

Zone 5 Director



There is a lot of good news from the lodges in Zone #5. Most are reporting new members and plans for programs in the New Year!

Nortonna Lodge has met and exceeded their goal for new members. They have just completed a community project by raising money for new kicksleds for the elementary schools. They have been invited by the Physical Education Teacher to come and try them out also!

Kristiania #47 remains very active with interesting programs and scholarship opportunities for high schoolers.

Elvesvingen Lodge in Mankato has planned their programs for 2023. The installation of officers has been delayed, so hopefully we'll get that done in February.

Normanna #52 in Albert Lea does not meet in January and February. My husband and I attended their meeting in November and installed their new officers.

Nor-Win Lodge in Winona - has their programs for 2023 all planned. They will start out the year with the Stoughton Norwegian Dancers. This lodge often combines meetings with the Spring Grove Lodge - Valheim #364

My husband and I were guests of Stavanger Lodge #538 in Windom, MN. , a very active lodge. They have set goals in Cultural and Sports Medal programs. They will focus on retention of current members and recruitment, encourage opportunities for attendance at language camps and collaborate in at least one community event.

I had been concerned about the Lauris Norstad #558 Lodge in Red Wing, MN. as they do not meet as often. However, I just received a request for more forms for membership. Hooray!! Good news.

Three smaller lodges have not sent newsletters, so I will be contacting them soon.

It's wonderful to hear about the way all of them celebrate in December. Christmas is a special time for Scandinavians!!

Happy New Year everyone,

Gloria Coulter

Zone #5 Director gcoulter6367@gmail.com

Zone 6 Director



Things have been pretty quiet here in SD after two big snowstorms, the January one leaving 23 inches of snow here in Mitchell. I will be going traveling later in January to do some officers installations. Congratulations and thank you for stepping up, to all the new local Sons of Norway officers.

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

605-999-4394, stillnord@mitchelltelecom.net

Zone 7 Director



I have nothing to report for Zone 7 activities at this time, may spring bring better activity on my part.

Thank you.

Keith Jorgenson, Zone 7 Director kjorgensen@cfu.net 319-277-1537



Zone 8 Director

Nordtex Lodge 1-594 Dallas, Texas

After a year of Zoom meetings, this fall the lodge started having in person meetings. They are held every month at The Wooden Spoon Food and Gift store in Plano, beginning with a potluck meal at 3:00 p.m. on a Sunday. A cultural program is featured – the November presentation was Edvard Munch, His Life & Works. The Wooden Spoon also hosts meetings of the Finnish American Club and Norwegian Society of Texas Viking Chapter.

Hundrearsjubileum Lodge 1-671 Oklahoma City

This lodge has been meeting in person every month with cultural programs. On November 12th the annual Cookie Exchange was scheduled, which usually involves about 30 people. The annual Christmas Smorgasbord, scheduled for December 3rd, is held in conjunction with the Scandinavian Club with about 70 people in attendance. A silent auction is held to raise funds for the lodge.

Rita Carlson, Zone 8 Director

Zone 9 Director



Greetings to all!

To help take on the cold and snowy Minnesota Winter that we are already experiencing...I'm sending warm, cozy, greetings to all of you to have a wonderful New Year.

All of the lodges will be busy with many activities that start in the New Year...but we must not forget to keep working on growing our lodge memberships in 2023. Now is a great time to call new and old friends and tell them about the benefits of being a Sons of Norway Member.

Goals for 2023:

- Establishing a line of communication with the recently elected "2023" officers of the lodges in Zone 9.

- Planning a Leadership Training Session in early Spring for the Zone 9 lodges.

- Visit all of the lodges in Zone 9 in the New Year. Plans to assist each lodge with a membership recruitment or fund raiser project.

- Keep lodges informed about news from the Sons of Norway Headquarters, International and District 1 Boards – that would be pertinent to the members of the lodges in Zone 9.

Congratulations to Trollheim Lodge in St. Cloud on celebrating their 50th Anniversary of their lodge in November.

Working with the lodges in my zone this past year on various projects has been a wonderful experience. I feel grateful and proud to represent all of you as your Zone 9 Director. I look forward to working with all of you in "2023" - and feel free to contact me at anytime. Stay healthy, safe and warm this winter.

Jan Osmonson

Zone 9 Director



Zone 10 Director

Greetings from the Zone 10 lodges. Most Zone 10 lodges are beginning to meet in person again, using precautions due to the pandemic. During the pandemic they were able to meet virtually using Zoom and other virtual methods.

I was able to visit all of the active Zone 10 lodges during 2022, and hope to begin visiting them again within the next few months. The lodge in Sioux City, Iowa has been inactive for several years. Hopefully their status will be resolved in the near future. I also would like to conduct another Leadership Workshop in 2023. During our last workshop, two officers from different lodges found out they had a distant relative in common. Nothing like having a family reunion during our workshop.

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



Greetings to all District 1 Lodge Presidents and Secretaries!

It is once again time to start organizing and offering Lodge and District scholarships to Norwegian language programs at Skogfjorden at CLV, Masse Moro in Wisconsin, or Norwegian Folk Schools in Norway.

NEW THIS YEAR: We are emailing you the District #1 scholarship information. There will be no print packet unless you request one. Copies of all information and forms are linked for download at <http://sofn-1.org/>

Attached in this email:

- *Full Scholarship Information letter with instructions*
- *Concordia Language Village Invoice form as pdf (Word format available online)*
- *Masse Moro Invoice form as pdf (Word format available online)*

Available by request or linked at <http://sofn-1.org/>

- *Mikal Kartvedt Scholarship for Skogfjorden youth requesting financial assistance. Information and application for Norwegian Folk High School Scholarships.*

2023 District 1 Scholarships will be \$200.00 per week per villager/camper as per the formula below

District 1 Scholarships awarded shall not exceed two (2) weeks per Lodge and one (1) additional week per Lodge for each 70 adult members or major fraction thereof, according to the November 31, 2022 Sons of Norway Headquarters records. Lodge allocations shall be non-transferrable between Lodges.

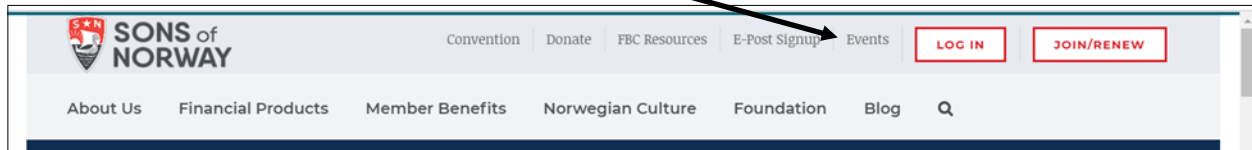
Sons of Norway Headquarters records show that Lodge 1 - - has a membership of , and is entitled to weeks for a total of \$ to be used for camp scholarships to Skogfjorden, other CLV Nordic Language Village (virtual or in person sessions), or District 5's Masse Moro Heritage Camp.

If you have questions about the District 1 Scholarship program, or how to access or download or fill out forms, please contact Carolyn Townsend, District 1 Scholarship Coordinator at cjtownsend@comcast.net or #763-434-5650. Copies of all forms can be found at <http://sofn-1.org/> or contact Carolyn to have print copies mailed to you.

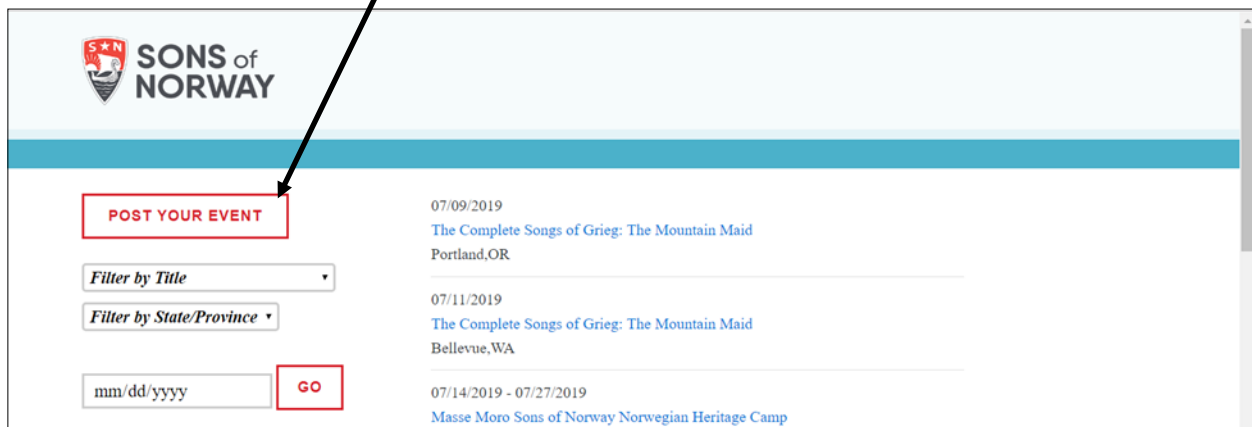
Carolyn Townsend
District 1 Scholarship Coordinator
Sons of Norway
cjtownsend@comcast.net
763-434-5650

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, then click on **Events** in the upper right hand corner of the screen:



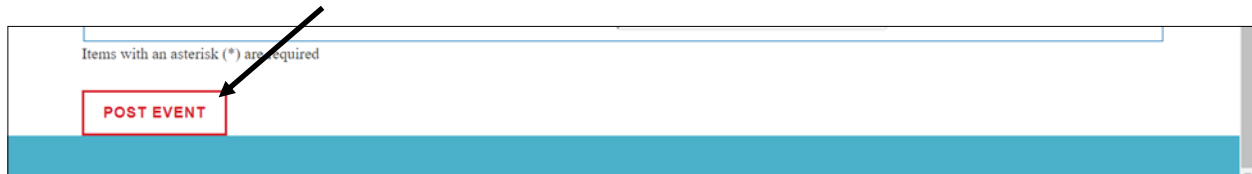
Then, click on **POST YOUR EVENT**:



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 on the Sons of Norway website. The form is titled 'Event Information' and includes a text area for 'Description: (Tell us about your event, any costs involved, etc.)' with a rich text editor toolbar. To the right of the description area is a text input field labeled '* Event Name:'. Above the form, there is a note: 'If you know of a Norwegian event happening in your community, please submit your event to us by filling out the information below. A Sons of Norway staff member will review your entry and post it within 2 business days. We may contact you if we have questions about your submission. If you have questions, please contact the Sons of Norway Webmaster.' Below the note, it says 'Items with an asterisk (*) are required'.

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.

Camp Scholarships for 2023

NEW FOR 2023!

The District 1 scholarship information has been **emailed** to all lodge Presidents and Secretaries. The email contains the amount of District dollars allocated for your lodge to use for youth scholarships. Attached to the email will be registration information about Concordia Language Villages (CLV) in Bemidji (specifically Skogfjorden), and Masse Moro in Wisconsin, general instructions and invoice forms for both camps. Copies of these forms, along with applications for the Norwegian Folk School scholarship and the Mikael Kartvedt Scholarship will also be posted on the District website at <http://sofn-1.org/>

If you have not received an email with this information, or need a print copy of the forms, email or call me. Thank you to all of the lodges who support our youth in growing in their heritage, culture and language through awarding lodge and district scholarships!

Carolyn J. Townsend
District 1 Scholarship Coordinator
#763-434-5650
cjtownsend@comcast.net



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. 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!

Greetings!

Nidaros Lodge1-001 invites your lodge to join us on Thursday January 5th, and February 2nd at 6:30 pm CST via Zoom for our Winter lodge programs.

Our January program will be Frank Haynes speaking on Folkehøgskole, Norway's Adventure School for Youth. After high school his daughter decided to take a high school gap year in Norway. Follow along as he shares her adventures with us. Note: This program would be of special interest to any families with middle or high school youth that might be looking for options to take before college.

Our February program will be presented by Jennifer Kovarik, the Vesterheim Collections Manager on "In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States." Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.

To request the Zoom link for these programs, register at <http://nidaros1.org> no later than 2 days before the program. If you have questions, please contact Carolyn Townsend at cjtownsen@comcast.net.

Please share this information with your lodge members and anyone else who might be interested. Be sure to mark your calendar to join us for what look to be very interesting programs!

Carolyn Townsend

President

Nidaros lodge #1-001

cjtownsen@comcast.net

"In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States"
presentation

February 2, 2023 @ 6:30 pm - 8:00 pm CST

Join Nidaros Lodge 1-001 via Zoom, as Vesterheim Collection Manager, Jennifer Kovarik presents "In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States. Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.

For more information, or to register for the zoom link, email Carolyn at cjtownsen@comcast.net

SATURDAY, January 21st 10:00 am

BRUNCH and PROGRAM

Trinity Fellowship Hall – 1420 South 6th Street, Brainerd, MN 56401

For the past 13 years, (it would have been 14 but it was canceled last year due to the covid pandemic) Doug Johnson and his hard-working crew have pre-pared and served an "out of this world" brunch for members and friends. Doug A. Johnson will be joined by his sous chef Doug V. Johnson in direct-Ing their competent volunteers as they prepare an astonishing array of brunch goodies. You won't want to miss this daytime delicious meal.

MENU

Beverages

Orange Juice, Coffee/Tea, Hot Apple Cider, Milk

Entrees

Egg Bake Bacon

Pancakes with Syrup and Toppings

Fresh Fruit

Breads/Dessert

Caramel Rolls, Muffins, Cinnamon Bread, Almond Cake

Bread Pudding with Caramel Sauce

Suggested donation: \$5.00

Reservations not required but greatly appreciated to assure we have enough food for everyone.

Please email sharoncarlson62@charter.net or call Sharon at 218-828-1581.

Program: "The Viking Ship: Wave Swan of War" will be presented by Luke Borsvold & Adam Helget. Luke has a master's degree in Medieval History from the University of Glasgow, Scotland, and heads the Viking reenactment group, the Storm Wolves. The Storm Wolves have provided the battle reenactments at our Crow Wing Viking Festival for all three years. Adam Helget is a member of the Vi-king Reenactment groups Skjalborg and Storm Wolves and specializes in Swedish Viking grab.

If you have an event, please let Jeanne know at blackcat1957@netscape.com.
We will get it in the next issue of the newsletter..

Norwegian Alphabet

Letter Pronunciation Description

A a	ah	English “a” in father
B b	beh	be in before
C c	seh	c in celebrate
D d	deh	d in detour
E e	eh	e in enemy
F f	eff	f in four
G g	geh	English “g” in get
H h	haw	h in haul/help
I i	ee	ee in see
J j	yod or yeh	y in yes
K k	kaw	k in kitten
L l	ell	l in letter
M m	emm	m in money
N n	enn	n in no
O o	ooo	o in oolalah
P p	peh	p in people
Q q	koo	qu in quick
R r	err	English “r” in ring
S s	ess	s in something
T t	teh	t in ten
U u	oo	oo in balloon
V v	veh	v in very
W w	dobbelveh	v in vessel
X x	eks	x in x-ray
Y y	iy	say ee while puckering your lips
Z z	sett	s in self
Æ æ	a	English “a” in cat/bad
Ø ø	uh	u in hurt
Å å	awe	aw in paw