



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.

Spring is here!

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.

Here are some deadlines to remember:

January 15

- Deadline — International travel scholarship applications due to Sons of Norway Foundation:
- Douglas Warne – Rolf & Wenche Eng Scholarship
- Helen Tronvold Folk High School Scholarship
- Lund Fund Scholarship
- Oslo International Summer School Scholarship

February 15

- Deadline — Domestic scholarship applications due to Sons of Norway Foundation:
- Astrid G. Cates Scholarship
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Scholarship
- Nancy Lorraine Jensen Memorial Scholarship
- Orel and Marie Winjum Memorial Scholarship
- Elaine Nelson Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund

Continue—Here are some deadlines to remember:

March 15

- D17 financial form is due from the lodges to Sons of Norway Headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due using Survey Monkey.
- American Fraternal Alliance (AFA) reporting due using Survey Monkey
- D64 Lodge Property Officer updates are due.

April 1

- Begin to send Lodge Scholarship checks & invoices to Concordia Language Village & Masse Moro.
- Mikal Kartvedt Scholarship for Financial Assistance applications due to District Scholarship Coordinator

May 1

- Norwegian Folk High School Scholarship applications due to District Scholarship Coordinator.

May 15

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

May 17

- Deadline to send Lodge Scholarship checks and invoices to Concordia Language Village and Masse Moro.
- Deadline to send all Summer Camp Lodge Invoices to District 1 Scholarship Coordinator.

August 19 - 21, 2024

- District 1 Bi-annual Convention, Lake Elmo, MN

December 16

- New member enrollment forms MUST be into Sons of Norway Headquarters by December 16 to be counted for year-end totals and the Recruitment Contest.

December 31

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Any new members joining online must sign-up to be included in year end totals.
- Application deadline for:
 - Lodge Helping Hands to Children Grant
 - Lodge Culture and Heritage Grant
 - Lodge Vitality Grant

Check the SN website or Leadership mailings for additional current due dates: <https://www.sofn.com/>



SONS of NORWAY

Sons of Norway Headquarters

1455 West Lake Street
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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
Publicity Director, Jeanne Engelsmeier	blackcat1957@netscape.com

Zone Directors

Zone 1, Robert Nelson	robertnelson97@gmail.com
Zone 2, Chris Elwell	cae1261@gmail.com
Zone 3, Jim Strandlie	jimstrandlie@mncable.net
Zone 4, Ann Day	reday@mvtvwireless.com
Zone 5, Need a director	
Zone 6, Sherry Stilley	othompson@santel.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 October 4-5, 2024

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
April 2024

Greetings –

\The Sons of Norway Districts Presidents Advisory Council (DPAC) met virtually in March. Convention plans are being finalized for most Districts. The biggest concern is getting members to attend with a significantly less business role for the delegates. There was also discussion of IBOD approving the home office's recommendation of a substantial dues increase (not yet announced at the time of the DPAC meeting). This would not be well received by most of the membership and could very well impact those signing up to attend their conventions.

District 1 is asking for help from lodges to help with singular areas at the convention we need help with, such as being greeters, or providing banquet table centerpieces (paid for by the District, not your lodge), etc.... More info to come over the next few weeks and months.

The strength of the Fraternal role is dependent not just on its membership numbers, but their active roles in the lodges and districts, and to let people know who we are and what we do. When membership comes from Sons of Norway product sales – a good thing! – both online and agent sales, it is imperative that our individual lodge leaderships reach out to those new members and invite them to join your respective lodges. The District can usually help you with that membership contact information. Use your Zone Directors to start that if needed.

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



Congratulations!! Our newest Lodge Gro Svendsen 1-689 from Wallingford, Iowa celebrated their 1st Anniversary in mid-April with 34 adult + 5 heritage members. Granlund 1-240, Fosston, MN celebrated their 100th anniversary on Heritage Day in Fosston. They were chartered on August 25th, 1923. D-1 President Mark presented a 100th Anniversary plaque.

Per my review of several local Lodge newsletters many great programs over the past winter months has been happening with their members and community friends. Also, several of these lodges have taken advantage of applying for financial assistance thru the District 1 Program/Marketing Grant program that offers up to \$500 reimbursement for expenses to create a special program or do some expanded advertising/marketing of their Lodge's programs. These grants are still available. Instructions and Application forms can be downloaded from the D-1 < sofn-1.org > website. Please apply 45-60 days in advance.

The MAP (Membership Assistance Program) is also still operating with its application form on the District website. This program offers a \$20 reimbursement for each new member the Lodge gets signed up and paid during a new membership event.

During 2023 District 1 local lodges signed up 323 new adult members compared to 249 in 2022. This was a great accomplishment from 53 **lodges** out of our 70 lodges. Even with this great growth of new members we had an overall negative membership growth of 97 adults by the end of 2023 (5,189 to 5,092)!! This means that during 2023 there were 420 local adult members who left District 1 roster during the year. Of the 53 lodges with new members, however, only 19 lodges obtained an annual membership gain of 1 or more with the top 8 showing a gain of at least 4 or more. The not so good news is that 47 lodges (over 65%) showed an annual loss in membership of at least 1 and of those 17 Lodges had a decrease in membership by 5 or more and 8 lodges had 10 or more lose.

Our 2024 Convention Souvenir Booklet could use some more Ads (colored or black/white) from local lodges or an active Norske speaker in your area seeking awareness of their talents. We currently only have 13 Ads from Lodges. Please share with me any potential advertisers.

TUBFRIM stamp trimming is still happening around the District and each Lodge is encouraged to send current collections with one of their Convention delegates in August to possibly get enough for another shipment to Norway later that fall. Thanks to all Stamp Trimmers.

Please keep sending me your newsletters. I love reading them and learning about the variety of activities that are created and how local communities are invited to share in these experiences.

Tusen Takk and a have a great summer.

Jerry Wright, Vice President

Jerrywright1970@gmail.com or 320-760-6388

Secretary



Spring Greetings to you all!

The 2024 District 1 Lodge Directory is completed and will soon be emailed in pdf format to all District 1 Lodge Presidents and Secretaries, and all District 1 Officers and Directors. Lodges are welcome to print it or share it electronically. Corrections can be emailed to me to be periodically sent out.

I have been busy working on the upcoming convention, and the District report book that goes to all convention delegates. There has been some confusion about registering online for the convention vs. lodges officially reporting their delegates to the District Secretary. These are not the same thing! The Delegate report is used to verify that delegates are lawfully elected and allows those delegates to be seated at the convention. Registration is done online and pays for the cost involved with being a delegate. Any lodges that have not yet reported their delegate names to the District Secretary, should still do so asap.

General convention information, copies of convention documents and a tentative schedule are available on the District website at <http://sofn-1.org/convention-news>. Delegate registration is available at <https://convention.sofn-1.org/>

As a District, we hope that all lodge secretaries and presidents will take the a few minutes to fill out the Lodge of the Year Achievement form, and the Family Lodge of the Year forms, found on the Sons of Norway under Lodge Forms, which is part of the Lodge Leadership Resources. District officers use these reports to help determine how best to help lodges, and they are the basis for some of the awards given out at the upcoming 2024 District convention. Please remember that even if you aren't a delegate, you are welcome to stop by and visit on August 19-21 at the Holiday Inn in Lake Elmo, MN.

As always, keep my phone number and email handy and know that I am here to help you if I can. Thank you!

Tusen Takk,
Carolyn Townsend, District 1 Secretary
cjtownsned@comcast.net
#763-434-5650



Treasurer

We're starting to have a good number of convention delegates complete their registrations for the early bird discount of \$50. The registration page for non-delegates goes live on April 16. It includes the opportunity for everyone to register for a classic tour of the Twin Cities. Refer to the District 1 website sofn-1.org for more information and a convention schedule.

My local lodge, Synnøve-Nordkap 1-008 in St. Paul, has begun to work on the Silent Auction for the convention. We're hoping that all lodges will consider donating an item or basket for the event. Proceeds will go to the scholarship fund. It's fun to see the different ideas that lodges come up with.

Please remember the District offers two grants for lodges. Information and applications can be found on the D-1 Home page under Lodge Grants and Forms:

- 1) **MAP (Membership Assistance Program):** A lodge that has a membership event and signs up new members receives \$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.
- 2) **Marketing Fund Grants** award up to \$500 each for programs and/or marketing/publicity. To date, the District has approved Marketing Fund Grants for 7 lodges with two more pending approval. Only one lodge has submitted a MAP application, and it, too, is pending approval.

I'm happy to answer any questions you may have.

Connie Chrissis
D-1 Treasurer
Sons of Norway
(651) 276-7226
cjchrissis@comcast.net

Sports/Rec Director



Put a Little Spring in Your Step!

Key Points to be Efficient Walkers:

Posture: Stand up straight

- Shoulders back and relaxed

- Hips in neutral position to prevent forward/backward lean.

- Engage your core.

- Head up and in line with shoulders

- Eyes looking ahead.

- Pump your arms, keeping them close to sides.

 - Elbows bent at 90 degrees, Arm movement from shoulders.

 - Raise hands no higher than chest; Keep hands open

Tips for Safe Walking: Stretch before and after walking; Avoid over-striding.

- Dress for the weather; Wear supportive footwear.

- Use Nordic walking sticks, if desired

- Be aware of your surroundings (uneven surfaces, traffic)

- Carry a cell phone in case of emergency.

- Walk with someone for socializing and safety.

Please keep track of your walking miles for Sons of Norway sports medals.

- Submit your mileage to your local lodge sport and recreation director.

- If your local lodge has no sport director, send your information to:

 - Ron Stow, District 1 Sport and Recreation Director stowronald@gmail.com

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

Social/Culture Director



Cultural report

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



District 1 Foundation Directors Report
19 April 2024
Submitted by Karl Hella

The September -- October issue of the *Viking Magazine* included a summary report on scholarships and grants given by the Sons of Norway Foundation including those awarded to members of District Lodge #1.

The Foundation raised more than \$250,000 in its 2023 Together We Are the Future campaign. The goal for 2024 is \$150,000 in “core” giving from lodges and individuals while seeking large gifts from estates, individuals and institutions.

In 2022 30 District 1 lodges made donations while 24 District lodges donated in 2023. Local lodges should have a Lodge Foundation Director and plan to make an annual donation to the Foundation. In Nordmarka Lodge 1-585 our practice is to remember members who have passed during the year. [sometimes we forget.]

The Nortonna Lodge received a community grant so the physical education staff could introduce Norwegian kicksleds into their PE classes.

A PowerPoint show is available for local lodges to use as a mini-program

District 1 replies to Foundation questions

How many lodges in your District have Lodge Foundation Officer? - 27

How many lodges in your District? – 70

Do you plan to be a delegate to your District Convention? Yes

Is your name in the District Directory as DFD? Yes

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

Karl Hella Foundation Director

khella@outlook.com

507-645-6754



Publicity Director

FACEBOOK—Post your events on District 1 Facebook page. It is called: **Sons of Norway District 1 - Sharing Norwegian Heritage and Culture**

Navigating the Sons of Norway Website: You may find this a helpful video for all areas of our website.

<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.

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 is waking up from the winter season as lodges begin to have meetings after a break during the colder months.

Skogvannet, Terje Viken and Nordstjernen lodges take the winter months off as many members like me head for warmer climates. They have now started up meetings in March and April.

Nortun, Haarfager, Midnatsolen, Sagatun and Tusenvann lodges met throughout the winter months. Some meetings were a combination of zoom and in person meetings. All lodges are preparing their May 17th celebrations with special meals or special events. **Tusenvann** will meet in Mora for Dinner. **Sagatun** will celebrate with a Lutefisk & meatball dinner. **Nortun** will celebrate outside with Hot Dogs and Ice Cream, **Haarfager** will have a catered meal on the 16th. **Heimsyn** will meet at the Presbyterian Church with a have a fish and meatballs dinner with potluck desserts. **Terje Viken** will be taking a field trip to Hoveland. **Skogvannet** and **Midnatsolen** will hold regular meetings.

Zone 1 Caucus was held via zoom on April 23rd.

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

Zone 2 Director



Zone 2 Director News

Although there wasn't much of a winter weather-wise, it sure seems to have passed quickly. Most of my time with Sons of Norway (other than with my Norsota lodge) has been spent participating in the planning of the upcoming convention happening in August.

Together with Zone 9, we will hold a convention caucus in April on the 15th via Zoom. We will go over what will happen at the convention, nominate for Board positions, answer questions, and enjoy meeting the delegates! If you are a delegate to the convention and a member of Zone 2 or Zone 9, let me know and I'll be sure to send you the link to join the meeting if you haven't received it yet.

Speaking of the convention, I'm still accepting more volunteers to help hang out at the Folk Art Exhibit for a couple hours on Monday or Tuesday, August 19th and/or 20th. Be sure to send me an email: cae1261@gmail.com or a call/text at 651-206-0698.

In June the Nordic Midsummer Festival will take place again at Buck Hill in Burnsville, MN. Be sure to attend! It's a great time. This year it will be June 1st from 11am to 6pm. Stop by our Norsota booth and say hello. Or, even better, sign up as a vendor and have your own booth to share information about your lodge. It's a great way to obtain new members!

For now, that's all I've got. Take care. Enjoy the sunshine and flowers.

Contacting me via email is the best. cae1261@gmail.com

Chris Elwell cae1261@gmail.com 651-688-0698

Zone 3 Director



Vikingland Lodge of Detroit Lakes - 1 – 495 – December was the annual Christmas gathering with members making “Yarn Nisses” as part of the program “Crafts and Carols” with members singing Christmas Carols. January’s meeting featured speaker Sue Sorenson speaking about the “Hospice Program”. February was a “Bingo” night with numbers called in Norsk and white elephant prizes. March was “Chile Dump” night with a silent auction and bake sale fundraiser. Vikingland Lodge is very active with good participation from the members and doing well under President Ardys Horner.

Bemidji Lodge 1- 500 of Bemidji--- December was the annual Christmas program and potluck, some members rang bells for Salvation Army. January, the scheduled “Barnelopet” had to be canceled due to lack of snow. However, the regular meeting continued with a “Film & TV” program by D Quam. February was a “Genealogy How To” by George Olson. March was “Vikings” by Luke Borsvold. Bemidji Lodge is very active with good member participation and doing well under President Brad Nelson.

Snorre Lodge 1- 070 of Thief River Falls – December was the annual “Torsk & Porkchop” Christmas meal and had a fund raiser for Skogfjorden scholarships. They took the month of January off which is typically very cold up here. Meeting again in February they presented membership pins designating 5-, 10-, 15- and 20-year members and recognition pins to past and present officers. President Faye did a “Setesdal” presentation on traditions. Several members of Snorre are of Setesdal heritage. March had a change of venue with the meeting at the Heritage Center and a decision was made at this meeting to begin the Literature Cultural Skills programming as a group. Snorre Lodge is very active with good member participation and doing well under President Faye Auchenpaugh.

Morgansol - 1- 458 of Crookston --- December was the annual Christmas Dinner at the Irishman's Shanty and then joined the Bells of Praise concert at the First Presbyterian Church. No meeting in January because this is typically very cold up here. February's meeting included a program on “Genealogy Tips” at the Crookston Library. March members attended the UMC International Dinners and toured Ada Tomato in Ada MN. Members attended the Climax Community Club dinner followed by the Climax Choir program. They also shared information about Norway's Weird 100-year-old Easter Tradition of Crime Fiction. Despite the numerous activities listed in this report, Morgansol Lodge suffers from low membership numbers and only a few loyal members attend regular meetings. President Sue LaPlante has been working hard to keep this Lodge viable.

Nordly's Lodge – 1- 498 of Roseau – In December the President Marion, one member plus five invited guests attended Moser's Yard of Christmas Display. Marion stated that it is good to have loyal guests. The Lodge did not meet in the months of January, February, and March. In April they met again with a program featuring Foreign Exchange Students. President Marion Solom is working hard to keep this Lodge viable and active. She rightly feels that if she quits as President the Lodge will fold.

Granlund Lodge – 1 – 240 of Fosston - December was the annual Christmas Potluck and gift exchange and the traditional reading of “I Yust go nuts at Christmas”. The January meeting is moved to 2 pm with Christmas Cookie leftovers and Tubfrim stamp trimming while preliminary program planning for the next year. February is movie month because of typical bad weather so it is easily canceled and more program planning. March was “Heritage show and tell” with members bringing a heritage item and telling its history. Granlund Lodge is very active and doing well with good member participation under President Roland.

By acting Zone 3 Director Susie Roland, roland@gvtel.com 218-230-3532

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

Zone 4 Director



I was able to visit lodges Bjorgvin, Heimskringla, Norskfodt, Mjosen and Fedraheimen last fall before heading to Arizona for the winter. I was able to communicate with several lodges regarding grants, convention delegates and other convention considerations. I plan to hold a caucus as soon as delegates are completed. I plan to visit remaining lodges this summer and look forward to midsummer at Leif Erickson lodge.

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

Zone 5 Director



Are you able to volunteer for this position?

Gloria Coulter retired from this position as of July 15 2023.

Zone #5 Director

Zone 6 Director



Zone 6 (South Dakota) Spring Report
Greetings Friends,

So excited to report that South Dakota will have 10 delegates attending the District One Convention in August. They will be representing five of the nine Zone 6 lodges. Most of them are first time delegates. I am so happy to have "new kids on the block."

This is my last term as Zone director so we will be electing a new director to be installed at the convention in August.. I have enjoyed my time in this office, meeting new people on the state and district levels. We American Scandinavians have a lot in common and it is so much fun to learn of other's ties to the old country, family, culture, arts and foods. Because my term was extended due to covid, it has been a unique time of changes in our world. Meetings and membership decreased and we became isolated in so many ways. We've lost loved ones but are starting to gain some new members eager to meet new people and learn about the cultural skills of Scandinavians.

I was thrilled to attend the celebration of the 55th anniversary of the Canton lodge. They held an elegant Dinner Party in a beautifully restored historic home. They continue to be active through community involvement and a core group of dedicated members who cherish their roots and community.

In March I attended a gathering of the Gjoa lodge in Sioux Falls at a local brewery. They enjoyed a game of Irish and Norwegian trivia. Since Norwegians and Irish may often share ancestry, thanks to the Vikings, they lifted their glasses to celebrate St. Patrick's Day. In April they made a road trip to the National Music Museum in Vermillion, SD.. In May they will be celebrating Syttende Mai with a special dinner and program.

On May 17, Fedrelandet lodge in Mitchell will be traveling 120 miles to the tiny town of Vivian near Pierre where they double the size of the town with a rousing Syttende Mai Celebration. There will be a parade and a buffet style LUTEFISK dinner.

The Rapid City lodge is thriving and growing through their member and community ed classes in Norwegian cultural skills.

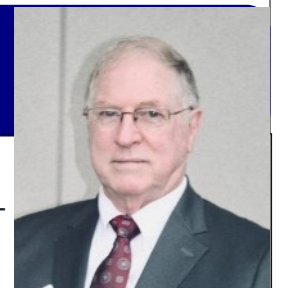
The Watertown lodge has been taking trips to museums, watching films on the Northern Lights, having picnics and programs on woodcarving.

Keep those newsletters coming and I hope to visit more lodges this spring and summer.

It has been an honor to serve as Zone 6 Director. Thank you for this enjoyable opportunity.

Sherry Stilley Zone 6 director for SD 605-999-4394, stillnord@mitchelltelecom.net

Zone 7 Director



The 5 lodges in Z-7 are up and functioning for the 2024 year. Officers have been elected and reported to the District. Delegates for the August District One Convention have been elected by each lodge and a caucus held to provide them with the basics for their involvement. The position of Zone Director for Z-7 will become an open position and the delegates were encouraged to consider running for that post.

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



Zone 8 Director

The lodges in Zone 8 are 1-594 Nordtex in Dallas, Texas and 1-671 Hundrearsjubileum in Oklahoma City, Oklahoma. Due to distance, I keep in frequent contact with the presidents, and sometimes other officers, through email.

Hundrearsjubileum Lodge, held its annual Cookie Exchange in November with 38 people in attendance. The annual Christmas dinner had about 100 attending. Business meetings are held monthly just before their general meeting with the Scandinavian Club where they have interesting programs. President of the lodge is Randy Ice. Nordtex Lodge holds monthly meetings at the Wooden

Spoon in Plano. They schedule interesting cultural programs: February was "Sami Folktales" and March "Norse Mythology." In May Nordtex will celebrate the 40th anniversary of the lodge!

A virtual caucus meeting via Zoom was held on March 25, 2024 with elected convention delegates from the Nordtex lodge in attendance. Randy Ice, president of the Oklahoma City lodge, also attended. I, as current zone director, conducted the meeting to vote on election of director and alternate for the zone. I was reelected as director and Randy elected as alternate. Rita Carlson, Zone 8 Director

Zone 9 Director



Spring is in the air and the old saying, "March winds and April showers bring forth May flowers."

Nidaros #1 – The lodge continues to meet in-person for the fall and spring and via Zoom in January February and March. I attended their annual Julebord, enjoyed a music and storytelling program by Art Borngjeld. April meeting Chris Dorff from Olson Fish Company- spoke about the history of Olson Fish Company from it's beginning in 1910. May will be a joint meeting with Oslo, Vonheim and Nidaros with special music by the Norwegian Glee Club. Annual lodge picnic in June.

Synnove-Nordkap #8 – The lodge is meeting in-person for monthly meetings and by Zoom for Lodge Board Meetings. January meeting was a wonderful program on the years of prohibition, (1920 -1933). Syttende Mai celebration will feature different foods that Norwegians eat on May17th.

Trollheim #511 – The lodge hosted the annual Barnelopet Ski Event – along with Syttende Mai and Vennekretsen lodges on January 21st in St. Cloud, MN. Syttende Mai celebration will be held Saturday, May 18th at Riverside Park Shelter (1800 Killian Blvd.) in St. Cloud, MN. There will be a family walking parade and special entertainment by Chad Filley – storyteller, and Bruce Danielson – author of several Ole and Lena joke books. This event is free and open to the public to enjoy.

Syttende Mai #517 – The lodge meets from September till May. They do not have monthly lodge meetings in June – August, because the Viking Age Club and lodge members are busy with many out of town special events. March 23rd the lodge held their annual "Viking Feast" emphasizing the foods from the Viking Era. Lodge is planning a Syttende Mai celebration.

Vennalag #546 – The lodge does not meet in the winter months. November meeting was a presentation by Karl Erickson, about the Erickson Brothers Tree Farm, that was started in "1994" in Shaffer, MN. Lodge will have a Syttende Mai celebration in May.

Vennekretsen #559 – November the lodge held it's second annual "Nordic Fest," which is their fundraiser for the year. Syttende Mai and member appreciation celebration will be on May13th, with a catered dinner, shot of aquavit and special entertainment by Debbie Briggs Vintage Jazz. There will be a lot of Scandinavian energy in the air that night. Lodge picnic in June.

Rumelva #685 – They do not meet in the winter months. March program was "Scandinavian vs Nordic," presented by one of their lodge members. The May meeting will be a Syttende Mai celebration. The lodge is organizing a "Hostfest" motor coach trip... available for all Sons of Norway members and non-members on September 24 -27, 2024. This is a big project for a small lodge. Jan Osmonson – Zone 9 Director - josmonson@comcast.net - 763-222-3942



Zone 10 Director

KONG SVERRE 1-482

MAY: Author Carol Hagen will talk about her books: "What is Rømmegrøt?" and "Norwegian Kransekake"

JUNE: Open House for the Story City Scandinavian Days.

JULY: No meeting

August: No meeting

MARSTEINEN 1-596

MAY: Marsteinen 40th Anniversary Dinner

JUNE: Sankthansaften

JULY: Sights and sounds of Norway
Nordic Fest in Decorah

AUGUST: District 1 Convention in Decorah

ELVEBY 1-604

MAY: Syttende Mai Celebration at Chalco Park

JUNE: Summer Break

JULY: Summer Break

AUGUST: Memorial Service and a Silent Auction

MAIHAUGEN 1-665

MAY: Syttende Mai Picnic

JUNE: Midsummer Celebration with other K.C. area Nordic Organizations

JULY: Additional event to be determined

AUGUST: K.C. Ethnic Enrichment Festival

GRO SVENDSEN 1-689

MAY: Speaker Deb Nelson Gourley talking about the Norwegian settlement that was wiped out during the Ft. Belmont massacre.

JUNE: Guest speaker Blaine Hedberg, topic to be determined.

JULY: Learning about the Lousee area in Iowa and the Norwegian settlement there.

AUGUST: Program to be determined. Two guests pending.

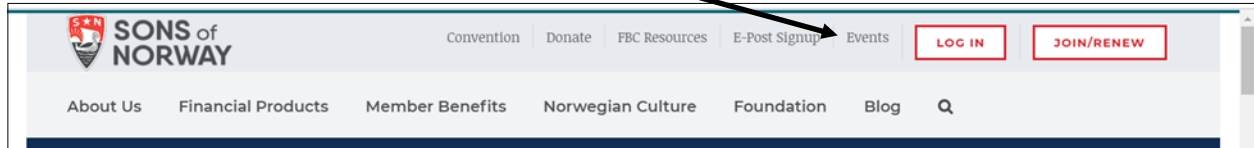
Norm Carlson norsknorm@aol.com 515-238-4244 Cell

Zone 10 Director

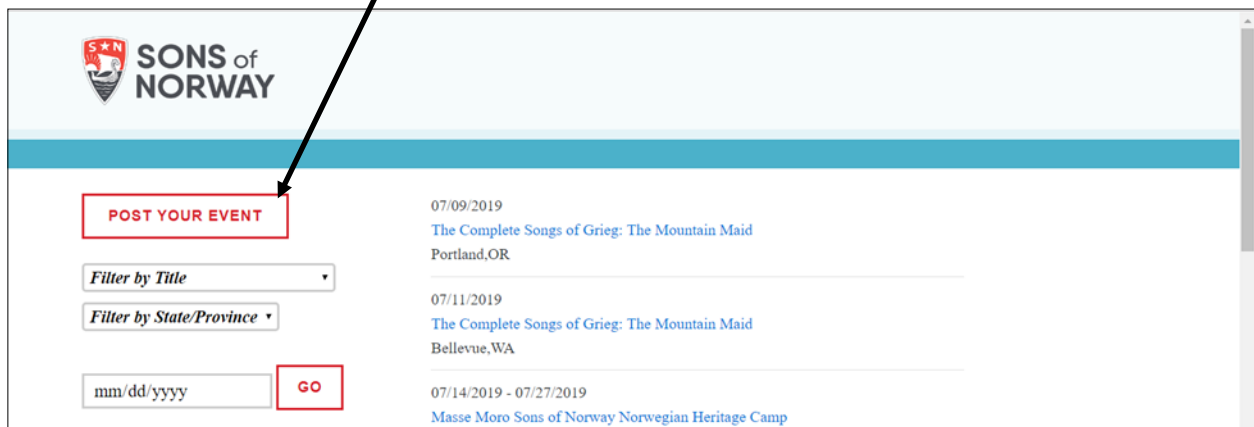


Advertising your Lodge Event

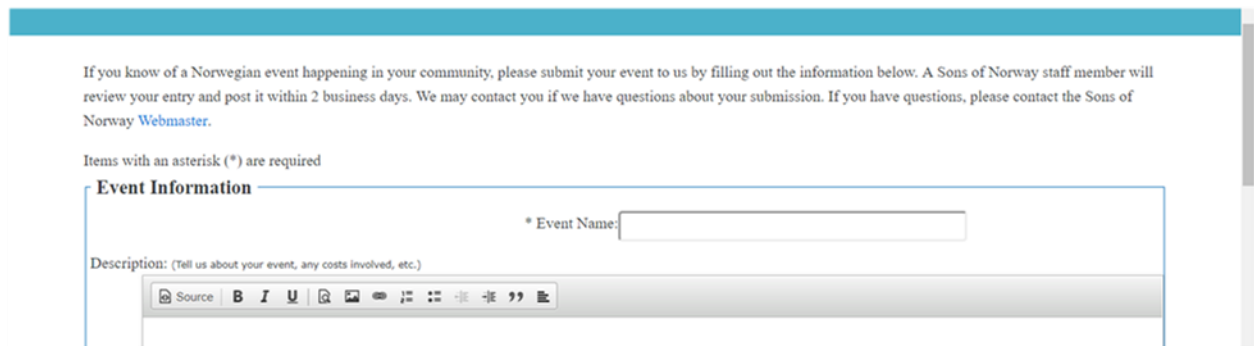
Did you know that there is a place on the Sons of Norway website to add your lodge event? Non-members looking for Nordic activities in their community may look for them here. It's very simple. First go to www.sofn.com, then click on **Events** in the upper right hand corner of the screen:



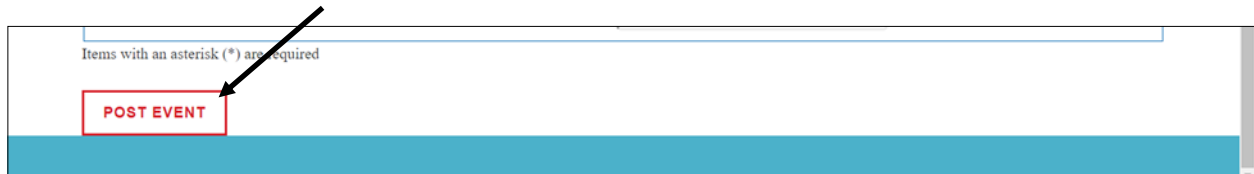
Then, click on **POST YOUR EVENT**:



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.



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 2024

District 1 scholarship information was **emailed** to all lodge Presidents and Secretaries in January of 2024. The email contains the amount of District dollars allocated for your lodge to use for youth scholarships. Any lodge who has not received their camp information should contact me immediately. Copies of all of the camp forms, , along with applications for the Norwegian Folk School scholarship and the Mikael Kartvedt Scholarship are all posted on the District website at <http://sofn-1.org/> and are available to be downloaded.

If you need a print copy of the forms, please email or call me asap. Camp scholarship forms are due to me by May 17th. If you miss the deadline, contact me to see what can be worked out.

Also, remember that there is an Adult Scholarship option available to Sons of Norway Lodge members this year. Those scholarships will be accepted between July 1st and September 1st. Additional information and forms are available on the District 1 website (see above).

Thank you to all of the lodges who support our members heritage, culture and language acquisition through awarding lodge and district scholarships!

Carolyn 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!

NOTICE:

Don't forget about the lodge incentives available from District One. We have up to \$500 available for programs or marketing. We also offer the MAP program for \$20.00 per new member while doing a membership drive.

Some ideas for marketing/programming are: brochures to show case your events for potential new members, update your float for parades, radio or newspaper advertising events, special entertainment, etc.

Our Lodge Store's web site: <http://sofnlodge.logoshop.com>

Important Note:

2024 District 1 Sons of Norway Convention

August 19 – 21, 2024

Holiday Inn and Suites, Lake Elmo, MN

Theme: New Land, New Life: 1825-2025, Creating Pathways to the Future

The 2024 convention is being hosted by the District 1 Board of officers, and our theme is “New Land, New Life: 1825-2025, Creating Pathways to the Future”, as 2025 is the bicentennial of organized emigration from Norway to the US. We are planning a variety of activities for our delegates and guests around this theme. We have also timed the convention to tie into the Great Minnesota Get-Together, the MN State Fair. We invite you to join us in learning more about our cultural connections, to have your voice heard at the District convention / business meeting, and then take the opportunity to attend the United States’ largest state fair based on daily average attendance.

Delegates who register by April 15th, pay only \$340 which includes your delegate packet, all meals, banquets and classes, with the exception of some class supplies and a minimal charge for the Tuesday tour of Norwegian highlights in the Twin Cities area. After April 15th, the delegate cost will be \$390. All delegate registrations are due by June 30th. The non delegate package is “A’ la carte” and will be open for registration on April 16th. Choice of which days, as well as which meal events to attend will be offered.

Registration and Tour and other Information can be accessed at: <https://convention.sofn-1.org/>

Tentative Convention Schedule:

Note, more information on the tour and class topics will be available after May 15th. Registered Delegates and Non-Delegates will be emailed the option to choose classes once they are finalized.

Monday, August 19

Registration and convention check-in 8 – 5 pm
Optional Classes / activities between 1 – 3:30 pm
Delegates should arrive by 5 pm
Presidents Meet and Greet, dinner and program at 6 pm

Tuesday August 20

7-8:30 am Breakfast
7:30 am New Delegate Orientation
8:30 am – 3:30 pm Tour: *The All Things Norwegian Tour*
8:30 - 5:30 Folk Art Viewing, Silent Auction and Nordic Market open
9 am – 11:30 Classes and workshops
12 – 1 pm Lunch
1 pm – 3:30 pm Classes and workshops
3:30 pm Zone caucus
4:15 pm Officer and Director candidate interviews
5:00 pm Social time
6 pm Banquet, followed by a bunad show (be sure to bring your bunad) and special entertainment.

Wednesday August 21

6:30 am Walkathon
7 – 8 am Breakfast
8:15 am Business meeting begins
12 – 1 pm Lunch
1 pm. Business meeting resumes until completed, to include voting and, Installation of officers.
Business should conclude by 3 pm.

Days	Pronunciation	English
mandag*	mahn-dahg	Monday
tirsdag	teesh-dahg	Tuesday
onsdag	oons-dahg	Wednesday
torsdag	toosh-dahg	Thursday
fredag	freh-dahg	Friday
lørdag	luhr-dahg	Saturday
søndag	suhn-dahg	Sunday
<i>*In Norwegian calendars, Monday is listed as the first day.</i>		
Phrases	Pronunciation	English
Gratulerer med dagen!	grah-tew-leh-rehr meh dahg-ehn	Congratulations on the occasion of the day, e.g. Happy birthday, Happy anniversary, etc.
Det er mandag i dag.	deh ehr mahn-dahg ee dahg	It is Monday today.

Good wishes	Pronunciation	English
Ha en god dag!	hah ehn goo dahg	Have a nice day!
God sommer!	goo sohm-mehr	Have a nice summer!
God jul!	goo yuhl	Merry Christmas!
Godt nytt år!	goot neett ohr	Happy New Year!
God påske!	goo pohskeh	Happy Easter!



2019



1st Place in 2011 parade. Jon Tehven, Rod Hamer, Keith Jorgensen

Float for sale or first come first serve?? Please call Keith Jorgensen at 319-277-1537 or Email:kjorgensen@cfu.net

