



The Fabulous Fourth Footnotes

Volume 28, No. 2

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May, 2009

District IV President Notes

Sharon Tandberg • Missoula, MT

Happy Syttende Mai! Hope your lodge event is a celebration of the history and culture of Norway and that you will use this event to spread the word about our great organization to your community.

At our District Board Meeting in April, we adopted a resolution in support of our lodges in North Dakota. I would hope that all lodges would consider donating to the Sons of Norway Humanitarian Fund which gives grants to members in need after a natural disaster. We currently know of at least two members who have lost their homes in the flooding.

Also at the board meeting we refined our goals for the 2008-2010 biennium. We had previously adopted the International goals of:

- (1) Net increase in juvenile and adult membership,
- (2) Reduce by 10% those members leaving voluntarily,
- (3) Increasing insurance participation by 78 new certificates. In addition we adopted the following District Goals:
- (4) Participate in a festival/event per zone where a lodge member, district board member and an FBC are present to publicize and recruit for Sons

of Norway,

(5) Investigate the possibility of starting a new lodge in Butte, MT, and report back to the district board by the fall 2009 board meeting,

(6) A zone director or district officer will visit each lodge at least once during the biennium.

The board feels that all of these goals are SMART goals (specific, measurable, attainable, realistic and timely) that we can achieve within the biennium. What can your lodge do to help us achieve these goals?

One of the extra benefits of being District President is that twice a year I get to meet in Minneapolis with the other district presidents, the International Board and the home office staff. This is a great time for the exchange of ideas and to get to know everyone better. CEO John Lund stressed the point that he is always willing to chat with any member who has a question — just email him or give him a call. We have a great and talented home office staff which is constantly working for us. Some of the projects they have recently completed:

- A 35% discount on copies for lodge business at FedEx



Sharon Tandberg

Kinko's,

- Enhancement of the online sign up of new members which generates automatic emails to lodges that require a vote on lodge membership,
- Creative proposals to help finance the International Conventions,
- An online In Loving Memory section (home page, lower right corner).

Sixteen lodges (29%) received Founder's Awards and checks for 2008. Congratulations to Brubyen Lodge in Saskatoon for a 35% increase in new members and Nisse Lodge in North Battleford for a 27% increase! WOW!

Plans continue for the 2010 convention in Missoula, June 17-19. Start planning now to support your full slate of delegates to the convention.

Wishing you all a great summer of fun and fellowship!

Vice President Report

Russ Wiigs · Calgary, AB

2009 DISTRICT IV ACADEMIC SCHOLARSHIPS

The District IV Board of Directors recently voted to award Four Academic Scholarships for 2009. This is one more than we usually award but we felt that since we could award the extra scholarship since we had deserving applicants and sufficient funds in our scholarship account. Scholarship cheques are sent to the applicants once they have met the requirements as set by the Scholarship Committee.

*Academic Scholarships
were awarded to:*

Allison Krause: Thor Lodge, Minot, attending University of North Dakota taking a course in Norwegian.

Laura Ellestad: Valhalla Lodge, Calgary, attending Ole Bull Akademiet, Voss, Norway taking Norwegian Folkmusic specializing in the Hardanger Fiddle.

Jared Johnston: Thor Lodge, Minot, attending University of North Dakota taking a course in Norwegian.

Blake Kostich: Kringen Lodge, Fargo, ND. He is planning on attending Concordia College starting in September 2009 and taking a course in Norwegian.

MEMBERSHIP

Our Mission: Each member to recruit one new member. If members made it their personal goal to recruit just one new member, our declining membership would come to a resounding halt. In the first three months of 2009, District IV has lost 156 members. That means we have to get that

many new members just to break even. Our challenge is to work within our lodges to have programs in place that will attract not only new members but to also retain our current members. Retaining members is equally as important as recruiting members. How is your lodge doing? Let's try to make some inroads for membership and let's do it now!

*MEMBERSHIP IS THE
LIFEBLOOD OF EACH LODGE!
EACH ONE GET ONE!*

Membership is critical to our lodges. Sons of Norway issues FOUNDERS AWARDS each year to lodges that have more than 3% growth. In 2008, 101 lodges receive these awards and a cheque to go with it. If growth was over 3%, the cheque was for \$50 US. If the growth was over 20%, the award was \$100 US.

Nisse Lodge in North Battleford, SK, received \$100 for growth of 27%! **Brubyen Lodge** in Saskatoon, SK, received \$100 for growth of 35%! Congratulations to these two lodges.

Cheques for \$50 went to **Odin Lodge** in Rugby, ND; **Lodsen Lodge** in Great Falls, MT; **Fedraheimen Lodge** in Kalispell, MT; **Valhalla Lodge** in Calgary, AB; **Hamar Lodge** in Claresholm, AB; **Normanden Lodge** in Missoula, MT; **Northern Lights Lodge** in Grande Prairie, AB; **Fjell Heim Lodge** in Big Timber, MT; **Hovedstad Lodge** in Helena, MT; **Norhaven Lodge** in Libby, MT; **Smaa Fjell Lodge** in Hettinger, ND; **Beverhode Lodge** in Dillon, MT; **Skjenna Lodge** in Medicine Hat, AB; and **Vidda Lodge** in

Crosby, ND.

Sixteen District IV Lodges won a Founders Award! Both lodges in Saskatchewan, four lodges in Alberta, seven lodges in Montana and three in North Dakota received awards! Keep up the good work!

PHASE III TRAINING – MEMBERSHIP CHALLENGE WORKSHOP

This is the third of a series of workshop seminars provided by Sons of Norway in an effort to help lodges help themselves. This current workshop offers membership ideas and lasts about three hours. Since the focus is on membership, this is a valuable tool for your lodge. It is possible that you can have a mini session during one of your regular meetings. This session can be about membership or other leadership skills from past workshops. Since most of our lodges are struggling with membership issues, we need all the tools we can get! Zone directors or district officers can present these workshops or mini sessions, so please contact them to arrange a convenient time.

The Missoula Convention is just over a year away. Now is the time to consider serving as a District Board member. Job descriptions can be provided for all positions. Thank you for thinking about your future in Sons of Norway!

Have you checked the many resources available for your lodge on the Sons of Norway website? The Viking Resource and the Blog are just two examples of useful and interesting information to use in your lodge throughout the year.

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

Secretary Report

Nordy Riley • Missoula, MT

I recently returned from the Spring District Board meeting hosted by the Snofjeldet Lodge 4-531 in Lewistown, Montana, April 16,17,and 18. They were excellent hosts and made us feel very welcome. I would like to thank them for everything they did for us while we were there and all the preparations they made before we arrived in their fair city. They have a great group of people in their lodge.

Again, one of our main focuses

at the District Board meeting was on membership. Has your lodge set any goals to work on membership growth and retention? Have you contacted or invited your District Vice President, Russell Wiigs, or your Zone Director to visit your lodge to help with some ideas in this area? If not, I would encourage you to do so.

I did mail out the District Directories in April to all the lodge secretaries. Because of the costs, I mailed only one directory per

lodge. If you would like additional copies, they are available to your lodge at \$3.00 each. Just let me know if you would like an extra directory. I would be glad to get one to you.

I continue to do the various duties as your District Secretary and I remain very active in my local lodge, Normanden 4-424. I never lack for anything to do. I count it a privilege to be your District IV Secretary.

Lodge Anniversaries for 2009

37 Balder Abercrombie

September 3, 1904
Celebrating 105 years

493 Northern Lights Grande Prairie

October 25, 1969
Celebrating 40 years

489 Sidney Sidney

November 6, 1969
Celebrating 40 years

542 Nordmanns Vis Polson

November 30, 1974
Celebrating 35 years

595 Normanna Millet

December 1, 1984
Celebrating 25

543 Fjelldal Bozeman

December 13, 1974
Celebrating 35 years

District IV Treasurer

Karen Huck • E. Helena, MT

IRS Deadline for 990 reports is May 15

Have you done your tax return yet? If your lodge made over \$25,000 gross income in 2009, you should file a 990 form with the IRS. If you made less than \$25,000 gross income, you should file the 990N form via the computer.

You should have a user ID and password from last year that you will sign in under. This is a very simple form to fill out. When you receive the confirmation from the IRS that they have received the form, forward this email to International at taxinfo@sofn.com or call Liz Reque at (800) 945-8851 ext 608.

Cultural Director

Martha Elliott • Minot, ND

Two members of lodges in District IV applied for and received a cultural grant from the district. Both will be attending a rosemaing seminar.

Joan Varty from Minot will be attending a session in Grand Forks in June. The instructor is Trudy Peach. Trudy will be teaching Vestager and Rogaland style rosemaing.

Hildegard Krumm from

Helena will be attend a session in Sioux Falls in June. The instructor is Sunhild Muldbakken. Sunhild will be teaching Telemark style rosemaing.

Remember that both Joan and Hildegard will teach a rosemaing class to your lodge members.

Just a reminder to keep sending me pictures of lodge events either by mail or email.

Hilsen fra International Director

Elaine Nelson • Rugby, ND

HURRAH FOR SPRING!

The winter brought lots of snow, wind, cold temps, blizzards, and closed roads, so we all are ready for SPRING! When all the snow melted, several of our Sons of Norway members were faced with the floods. Many of our members worked as volunteers to fill sandbags, made food for the workers, gave donations, prayed, and gave people a place to stay. Television and newspaper coverage showed the spirit of "Teamwork."

Sons of Norway Foundation *Helping Hands to Members Grant*: the guidelines for this grant are if a member cannot go back to their home to live after a disaster they need a copy of insurance adjuster papers, pictures of the home, and need verification by the International Director. I have so far received no applications for this grant. I have notified the zone directors to contact their lodges. This Grant is a member benefit. It is nice to know that Sons of Norway is there when a disaster happens.

I attended our Spring International Board meeting. One of the items we discussed was the King Herald Medallions. Does your lodge have a medallion? These are very nice for your lodge officers to wear. I have one and I consider it a Heritage Honor to wear it. Why not consider doing a Foundation Fundraiser to raise \$250 and your lodge will receive one. Perhaps your Lodge President can wear it and pass it from President to President. These Medallions can also be purchased for gift giving. Give the gift of Heritage! The recipient will be honored to wear it!

Our Sons of Norway Foundation is a very important "Branch" of our Sons of Norway "Picture." This time of the year our Foundations Scholarship committees are hard at work to determine and award scholarships to applicants: Astrid Cates \$6,000; Myrtle Beinhauer \$6,000; Tronvold Folk High School \$4,000; Oslo Summer School \$3,000; King Olav V Norwegian-American, total awarded to Norwegian & American Students, \$9,300.00.

The Nancy Lorraine Jensen Memorial has no award given yet. EXCITING! So far for scholarships \$28,300.00 has been given to students! YOUR Sons of Norway Foundation is working consider giving a Lodge donation or a personal donation.

It is a honor to announce the District Four winners for 2009 Morgan Braaten was Astrid Cates scholarship winner & Signe Bollingberg was a Myrtle Beinhauer scholarship winner. Sons of Norway has been in the

Braaten and Bollingberg family for many years. Morgan & Signe are members of Odin Lodge 4-087, Rugby, ND. Congratulations to Morgan & Signe.

HURRAH FOR SONS OF NORWAY FOUNDATION!

We are coming to the summer months. Lodges will have Syttende Mai celebrations, Bus trips, District Camps, Lodge Picnics and Inter-Lodge Events.

Remember this is a promotion for retention and receiving members. If you sign up a new dues-paying member, your name will be entered in the "Norwegian 2009 Experience" drawing. YOU can not win if you do not enter. To enter you need to sign up a MEMBER! Ask and tell about the Sons of Norway Benefits!

HURRAH FOR SYTTENDE MAI!-HURRAH FOR SONS OF NORWAY!

If I can be of any assistance please let me know:
701-537-3250.



**Wishing you a
happy
Syttende Mai!**



**Have a
Safe
4th of July!**

Zone 1 Director's Report

Bonnie J. Jacob-Forseth • Grand Forks, ND

Trollfjorden Language and Cultural Camp

For the new members, I would like to tell you about the Sons of Norway District IV Trollfjorden Language and Cultural Camp. This year it will be held from June 11-14 at the Metigoshe Retreat Center in Bottineau, North Dakota. Come by yourself or as a family to experience your Norwegian Heritage first hand! Children and grandchildren ages eight and up may register.

The Camp Board met on May 2, 2009, at Perkins Restaurant in Minot to put the finishing touches on for June.

We are pleased with the response for campers. We have approximately twenty-nine adults and twenty-seven youth that have registered. Our camp is getting

filled up, and we hope to not turn anyone away on this first come-first serve basis! Health forms, a road map, and a list of needed items will be sent out soon. Room assignments will be placed on the Wednesday before, and we will try to meet your requests.

We, the Board, decided that the grant we were considering for supplies will not be needed. We have a busy schedule with figure carving, chip carving, rosemaling, wool felting, needle felting, knitting, and cooking, as well as numerous small crafts. We may have a small wood project for the youth. We will have dancing every evening because that is what the youth can't seem to get enough of.

The menu will be similar to the previous years because everyone

seems to enjoy that food.

The Butikk (store) will have numerous items such as mugs, egg cups, candy, and other small items that have been found for reasonable prices. Gray long-sleeved shirts with red screen print have been ordered by request in various sizes. We will be selling CDs with wonderful Norwegian music. They are new this year.

We will be setting up a cultural center to run commercially made videos as well as other educational things.

The Board Members are all anxious for this camp. We hope if you are unable to attend this year that you will plan to attend in the near future. Everyone should attend this educational and fun camp at least once before they are unable!

Zone 6 Director's Report

Jerry Swenson • Belgrade, MT

Wow! Shortly the fun family camp in the mountains of Montana will be happening. International President Dan Rude and his wife Betty helped found the camp and teach children about their heritage. The dates are July 9-12 at the Lion's Camp south of Red Lodge, MT. Cabins have four bunk beds; bathrooms and showers nearby. \$85 per child and \$110 per adult. Come have fun with us. Contact person: Thora Aldrich, 210 Yellowstone Avenue, Billings, MT 59101. Her phone number is 406 245 4431, and her email address is goddessthunder@juno.com.

Publicity Director

Martha Elliott • Minot, ND

Just a reminder to keep sending me pictures of lodge events either by mail or email.

In the past four months, I have received pictures that don't reproduce and that the Viking Magazine won't accept. So, please be sure the photo is an original and not one run off on your home computer on paper. Professional photo paper might work, but a good original must be received to be included in the Viking.

And remember, all photos must be sent to me to be in the Viking. If sent directly to Minneapolis, the likelihood of being used are pretty slim.

Pictures to be sending now would be some that I can send in for the September - October - November - December Viking. In May, I send in pictures for the August issue.

Thanks again for sending me current pictures of your lodge activities.

**Have a Safe
Memorial Day
Weekend!**



Zone 2 Director's Report

Carrol Juven • Fargo, ND

Tubfrim

Save your used postage stamps for "Tubfrim," celebrating 80 years of helping crippled and tubercular children work in Norway. Tubfrim collects, processes, and sells used postage stamps. They are sold to collectors throughout the world. They also receive gifts of used stamps. All of these old collections are in turn sold. Each year Tubfrim sells over \$100,000 (650,000 NOK) worth of stamps. Since this program began 80 years ago, Tubfrim has provided over three million dollars for charitable assistance.

If you do not already collect stamps for Tubfrim, please ask all of your members to start today. It

is simple. Merely cut the stamp off of the envelope, leaving one-half inch of paper showing around the stamp. Bring them to your lodge meeting once a year.

Tubfrim headquarters is located in the town of Nesbyen, Hallingdal, Norway. The director is Mr. Arvid Syverson.

Thank you for saving stamps for Tubfrim and a special welcome to all new collectors.

Membership Blitz

Every lodge must promote itself at Festivals, County and State Fairs, Trade Shows, Dinners, etc. It is vital for all Sons of Norway lodges to be

visible in the communities where they exist. It's called "community awareness."

Have a booth or stand. We can and will provide materials and help to man these booths. We can and will also work with the lodge on costs.

In today's economy and budget cuts we must do a much better job of promoting our lodges to secure new members. Your district four officers are prepared to assist you and your lodge in this vital endeavor.

Contact your District Officer or Zone Director today!

Zone 4 Director's Report

Milton Hommy • Grande Prairie, AB

Trollhaugen Language, Arts and Culture Camp started in 1973 at a camp north of Edson, Alberta. It was sponsored by a group of Norwegians from Edmonton and 43 persons attended. Activities included language classes, crafts, hiking, sports, singing, folk dancing, and ethnic cooking. The camp was very successful and by the next year Torske Clubben from Edmonton and Sons of Norway Lodges from Grande Prairie, Camrose, Calgary, Claresholm, and Edmonton helped to sponsor the camp. It is now funded by grants from Sons of Norway Foundation in Canada, local lodges, and individuals. Some of the more specialized help is paid but most help as volunteers. Several lodges offer camp scholarships.

From the beginning, Trollhaugen has been a "family" camp and participants range in

age from preschoolers to great grandmas. It is not uncommon to have three generations from one family in attendance. Each year features a different aspect of Norwegian culture and everything has been featured from the "Arrival of the Vikings" in North America to present day Sytteende Mai celebrations. The goal of the camp is to promote and preserve Norwegian culture and to encourage and foster the awareness of the contribution of Norwegian immigrants to Canadian and North American life. Campers stay in dorms or cabins or they bring RVs. Rates have remained very reasonable and the camp is filled each year.

The camp is located at Deer Valley Meadows Camp (near Alix, AB). Programs and classes start for children who have completed grade one up to all ages of adults. There are no programs,

classes, supervision or fees for kindergarten/preschoolers but they are welcome and still must register. In 2008, 160 campers ages 5 to 90 attended. The dates of the camp for 2009 is August 09 - August 15.

The Sons of Norway Sports Weekend for District 4, Zone 4, was hosted by our Solglyt Lodge at the Nisku Inn from March 06 - 08, 2009. It was a success and we received many accolades. The total registrations numbered 147, with many more guests attending the deli buffet, banquet, and brunch. The silent auction attracted 80 items and the proceeds amounted to \$2,869.00. Two 50-50 draws earned \$418.50. Swedish Weaving was introduced by Helen Evjen for the first time and was well received with 14 weavers.

DISTRICT IV ADOPT-A-SCHOOL

Vicki Anderson, Coordinator • Scranton, ND

It seems like Adopt-a-School should stop when the school year comes to an end, but now is the time to make your fall plans and line up people to help to provide cultural events for the schools. If your lodge isn't able to actually go into the schools, keep saving the Box Tops for Education, Campbells Soup Labels and empty printer cartridges to be donated to the schools in the fall. Adopt a School should be an on-going program.

Many of the District 4 Lodge Adopt-a-School Coordinators responded to my question of what their lodge is doing to promote Adopt-a-School.

1.) Chosen a preschool and helped with the Halloween party, helped the students make sandbakkles at Christmas and then served them at their Christmas party, hosted a Mother's Day Tea, and had some lodge members repair a play fire station.

2.) Three members took part in a multicultural event at the local high school and provided

Norwegian food, krumkaka, rosettes, etc.

3.) Took a group from the lodge to the 6th grade class and taught the students some Norwegian dances.

4.) Went into one school and did cultural skills at the end of the school year in preparation for their Arts and Craft Show. They worked with the 3rd grade, 4th grade, and 5th grade. The 3rd grade studied folklore and trolls with the end project of making their own troll. The 4th grade learned rosemaling and made a rosemaled painting and learned to make a simple carved wood object. The 5th grade learned about heritage and culture with the filling of an immigrant trunk along with learning a folk dance.

5.) The 5th grade classes enjoy trimming the Tubfrim stamps and getting copies of the "Viking for Kids" along with a treat. The students are invited to the Syttende Mai celebration. There are also handouts available for the parents on the lodge

happenings.

6.) Lodge members helped at the school Academic Challenge as Adopt-a-School assistants. Others helped students with reading and math throughout the school year.

7.) Held a school supply shower in August, read books to 2nd grade and then donated the books to the school library, purchased \$200 worth of books for the school library, and presented an assembly about Norway to the entire school.

8.) Several lodges applied for and were awarded "Helping Hands to Children" grants to be able to host the Høstfest in the Schools program.

These are just some ideas of what the District 4 Lodges are doing for Adopt-a-School. I would like to know your ideas for non-classroom activities and also your classroom activities. Contact me by email – vanderson@sofn-district4.com or phone 1-605-278-6106.



Sign up now for your
Sons of Norway credit card
at www.sofn.com

Our district receives \$5.00
for each new application.

Zone 5 Director's Report

Carol O'Dell • Livingston, MT

All Lodges should be contacting your Zone Director or any District Officer to come to your Lodge for a visit. It does not need to be a party or a big event. We can come and give a Program on Membership Retention, Leadership Training or Phase III Membership. Call us to schedule a visit.

At the Spring Board meeting we did some brainstorming on how the District Board could help lodges gain new members.

It was suggested we help lodges when there is a community function such as a fair, music festival, trade show, or farmers market with a membership drive and information about Sons of Norway displayed on a table or booth. Board members would come and help local lodge members with the project. There are materials from the home office that can also be used. Contact your Zone Director or any other District Officer.

www.sofn-district4.com



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