



The Fabulous Fourth Footnotes

Volume 29, No. 2

Editor: martha1946@hotmail.com

September, 2009

District IV President Notes

Sharon Tandberg · Missoula, MT

Summer is almost over and lodges are getting back into the swing of things - the lodges who have not met over the summer are getting together again and we are all looking forward to a fall season of hearty dinners and holidays. Remember that this is a great time to introduce prospective members to Sons of Norway and to re-introduce your current members to your lodge activities. Plan new activities that celebrate our heritage and "think outside the box" when planning social and cultural events. Make it a goal to try one new event or activity between now and the end of the year. Be sure that your mailing and calling lists are up to date and encourage everyone to bring someone with them to lodge activities.

Is your lodge one of the eleven lodges in the district that has had a membership growth since the beginning of the year? Congratulations to Normanna in Millet, Alberta for a net increase of 9.1%, Bitterroot Dalen in Hamilton, MT with a 8.8% net increase and Northern Lights in Grande Prairie, Alberta for having a net increase of 8% so far this year!

September is the time to

be electing your nominating committees for your next slate of lodge leaders (unless you elect officers for two years). This is probably the most important committee a member of your lodge can participate in - the future of your lodges depends on the recommendations this committee makes. Encourage your membership to accept new leadership positions and to respond favorably when asked by this committee. The future of our society depends on its local lodge leadership.

Owning property can be a great asset for lodges but it also requires that a corporation with separate by-laws be setup to own and manage the property. There have been a couple of instances where lodges have sold property and than been hit with a tax bill because they were not setup properly. Contact local legal representatives to determine if your lodge property ownership is setup correctly for your state.

Although February may seem like a long time off, start planning now for who your delegates will be to the district convention in Missoula, MT in June 2010 and how you will support them. The positions of



Sharon Tandberg

District President, Vice President, and Publicity/Cultural Director and Zone 2, 3 and 4 Directors will be open due to term limitations. Are you interested in serving Sons of Norway at a higher level or do you know of someone in your lodge who is interested? If so, they must first be elected a delegate to the district convention.

Wishing everyone a great fall, full of fun activities that celebrate our culture and common heritage!

Net Membership Growth

Balder 4-037	6.3%
Lodsen 4-138	1.8%
Heim 4-178	4.6%
Hjemdahl 4-481	4.3%
Northern Lights 4-493	8.0%
Jotunheimen 4-499	1.4%
Snofjeldet 4-531	6.5%
Normanna 4-595	9.1%
Bitterrootdalen 4-656	8.8%
Vidda 4-663	2.0%
Vang 4-674	6.9%

Vice President's Report

Russ Wiigs · Calgary, AB

As we start up for fall, there are many aspects of making the future of Sons of Norway that we need to consider. To conserve space, I have not given all the details. If there is something you would like to know more about, please contact us. My e-mail is wiigsr@telus.net and I will do my best to steer you in the right direction for answers.

Has your lodge taken the time to set some SMART goals? Or how about planning for a leadership seminar? Is your lodge planning for elections this fall? If so, have you thought about succession planning? Succession planning is a systematic effort and process of identifying and developing candidates for key leadership positions within all levels of the organization. If you would like more information about this, check out the recent Viking Resource put out by the Minneapolis office. There are some fabulous suggestions in this wonderful publication. Also, feel free to contact your zone director or any District IV board member.

The Fall Recruitment Blitz kicks off on September 15 and goes until December 15, giving lodges three months to recruit members and rewarding two lodges for their hard work. All dues-paying, new members recruited from September 15 to December 15 will count toward this contest. Two

lodges, one small category lodge and one large category lodge—that have the greatest percentage growth will each receive \$500, to be spent as the lodge wishes. For complete details, visit www.sonsofnorway.com. This is an excellent opportunity to involve members in the entire membership process of recruitment as well as retention, which sometimes is left just to the lodge leadership.

In the July issue of the Viking magazine, International President Dan Rude writes about the Goals for Sons of Norway. He also issued a challenge to each lodge to:

Provide programming and activities that families can do together to attract and keep active members between the ages of 40 and 55.

Celebrate Norwegian heritage and culture, as well as the contributions of modern Norway.

Embrace change for the good of the organization and for its continued existence, looking for new, better, and refreshing approaches to meet the needs of a different audience.

From January to July of 2009, District IV has lost 291 members. A sobering statistic! If each lodge were to adopt President Rude's challenges, we would come a long way to stopping this loss of membership.

If you have members of your lodge who are attending post secondary education, are they aware of District IV scholarships? The scholarships are designed for students taking an approved course in Norwegian language, literature, or culture at a university or college in the U.S. or Canada or to study at a Norwegian university or folk school.

Calgary will be running their 9th Annual Scandinavian Folkdance and Music Workshop from September 16-20. This year we will feature Swedish polskas such as Slängpolska and Pols fra Finnskogen and music on the fiddle, the accordion and the Swedish national folk instrument, the nyckelharpa. Come join the fun! Information at: www.nordicfolkdance.ca.

Have a great fall! I hope to hear that one of our District lodges will win the Fall Recruitment Blitz. Take the time to enjoy events like Høstfest and make sure you stay in touch with your Norwegian heritage. Happy Birthday to those who are celebrating significant birthdays in September! And of course, happy birthday to all who are celebrating not so significant birthdays! Gratulerer med dagen!

Ha det bra, Russ Wiigs, Vice President, District IV

CONVENTION TIME IS NEAR

District IV will hold its convention in Missoula June 17 – 19, 2010. At this convention, we will elect a President, a Vice President, a Secretary, a Treasurer, a Publicity/Cultural Director and 3 Zone Directors (from Zones 2, 3, and 4). Only the Secretary and the Treasurer can remain in their office if

they choose to stand for re-election. The Zone Directors from Zone 1, 5 and 6 serve their terms until 2012. It is hoped that each lodge will encourage their delegates to consider running for office on the District IV Board. If you like to meet people from other lodges in our District and have time to visit lodges to encourage and help

them to meet the challenges that face Sons of Norway, this job is for you! Board meetings are twice a year and are held in various locations. Sons of Norway has some major membership challenges. We need people who can think **outside the box** to steer us in the right direction. **Sons of Norway District IV needs you!**

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

Secretary Report

Nordy Riley · Missoula, MT

It's that time of year when the SOFN members begin winding down from their summer activities and prepare for the fall happenings in their lodges. It's kind of refreshing to get back on a schedule and see those familiar faces again.

November elections for your lodge will be coming up and I want to encourage you as soon as the elections are over to get your D63 Lodge Officer updates into the International Office so they can get the master list to me. You can update your Lodge

Officer roster online at www.sonsofnorway.com. Just sign on under Members Login and chose Lodge Officer Updates. You should be able to do this as early as November. If you do not have internet access you can fill out the D63 "Lodge Officer Update" and mail or fax it to the Sons of Norway Headquarters "Attention Membership Services." Even if your officers stay the same you still need to send in a report. Thanks in advance for your help with this. The home office will get the information to

me so I can prepare the District Directory for 2010.

Missoula Normanden 424 and Hamilton Bitterroot Dalen 656 are busy working on the Convention for 2010. In fact, in a matter of a few more months my responsibilities for the Convention will increase considerably.

I hope you all have a wonderful fall season and are remembering to always work on membership and retention of membership.



Cultural Director

Martha Elliott · Minot, ND

In September the letters will be sent out to all the Presidents of District IV informing them of the Fraternal/Cultural Grant available to all lodges. I encourage the officers to meet in the next few weeks and plan for the program you wish to apply for. Programs are the cultural skills, youth activities and interlodge and support of youth sporting teams.

The letter will give all the information about the grant, what the categories are, deadlines, etc.

There is basically only \$100 per lodge, so please don't apply for \$400 or \$500 or \$600. *Thanks.*

Check out the www.sofn-district4.com and www.sonsofnorway.com

District IV Treasurer

Karen Huck · E. Helena, MT

Knut Erik Jensen was born in the small, but rather famous place Hell in Norway. He grew up in Selbu and has lived in Trondheim for the past ten years. He received his education in piano playing at the Music Conservatory in Trondheim. He did his master exam with the Trondheim Symphony Orchestra in May 2009 playing Scriabin's piano concerto. Knut Erik has a rich background from various styles and instruments. His main instrument for the first years was the accordion. He is a much sought after accompanist, especially for singers and opera. In 2007 and 2009, he did tours in the US and Canada playing well over 50 concerts for the Scandinavian population. This included performances at the Norsk Høstfest in Minot where he also performed the Grieg A

minor concerto with the Minot Symphony Orchestra. He was also invited to the European country Moldova to perform the same concerto with their National Philharmonic Orchestra in May 2009. He has recorded two CDs with Norwegian piano music, "Edvard Grieg - Anniversary Collection" and "Nordic Elegance" presenting Norwegian piano music after Grieg.

His fifteen concert tour will feature selections not only by Edvard Grieg, but also Alf Hunrum, Christian Sindling, David Monard Johansen, Harald Saeverud and Geirr Tveitt. Concerts at this time are scheduled for Great Falls, Helena at the Covenant United Methodist Church, 2330 E. Broadway, September 18 @ 7PM, and in Missoula at St. Paul's Lutheran Church, 202 Brooke St, September 20 @ 4PM.

Hilsen fra International Director

Elaine Nelson · Rugby, ND

Greetings from International Director Elaine Nelson

I hope everyone is enjoying the summer weather, for some of us it took awhile for the heat to arrive. I always enjoy reading the lodge newsletters that I receive. I see where several lodges have participated in parades, lodge picnics, and hosted booths at fairs. Many attended District camps, lodge bus tours. These are all good fraternal fellowship among members. You can also receive and retain members from these events.

Our Chief Executive Officer, John Lund, retired from his position effective July 31, 2009.

John has served his position very well. He became CEO in 2000, he took over the position from his father, Allen Lund. Let us all wish John a well deserved retirement.

The International Executive Board will be interviewing candidates for the position the end of September. We have

several that have applied, Eivind Heiberg, Fraternal Director has been appointed to serve as the Interm CEO and Linda Nelson is the Interm Fraternal Director.

I would encourage members to check the website www.sofn.com and also the Sons of Norway Blog to see who the next CEO of International Sons of Norway will be.

We have a special annual event coming in our District Four from September 28, to October 3, 2009. The Norsk Høstfest will be in Minot, North Dakota held at the All Seasons Area. Sons of Norway will again be sponsor of the Oslo Hall. Stop by and you can pay your membership for the next year (Save postage). You can bring a friend to sign up for membership. You will receive the credit for signing up your new member and they will receive an incentive.

If you are a member of Sons of Norway you will receive a 15% discount at EN TO TRE

NORWEGIAN BUFFET. Taste the finest flavors of Norway, put together by Norwegian chef Willy Hanson. If you haven't been part of this dining experience yet, now is the time to do it. Get your Sons of Norway 15% discount on the Norwegian Buffet. Perhaps at the booth you would like to do "Gift Memberships" Give it a try-It feels So GOOD!

On behalf of the Sons of Norway Foundation I have been honored to present several "Helping Hands to Members Grants" to Kringen Lodge 4-025 Fargo, ND members due to 2009 flood damage. These members were really grateful and did not know that our organization did this. I leave you with this message: Sons of Norway is a caring organization of Brothers and Sisters-May Peace and Harmony Prevail in our Fraternal Organization.

If I can be of any assistance let me know: 701-537-3250 email: enelcna@ideaone.com or enelcna@stellarnet.com

Helping Hands to Members Grants:

Because of privacy issues we can't share the names of the individuals who were awarded Helping Hands to Member Grants for the Red River flooding in the Fargo Moorhead area, but seven Sons of Norway member families received grants. As a matter of fact, I received

thank you notes from three of them recently. My favorite quote from these members is:

"We have always known that one of the strong values of our Norwegian heritage is helping others in times of disaster. This grant shows that the value is very much alive today. We appreciate the grant immensely, and we assure you that it will be put to use in the restoration of our home."

It makes us feel good to be part of an organization that cares about every member. Donations from our members and lodges to the Humanitarian Fund of the Sons of Norway Foundation makes these grants possible.

Thank you for bringing these grants to the attention Sons of Norway members.

Cindy Olson, Foundation Director, Minneapolis



For all the up to date information on The Sons of Norway 4th District check out our website at www.sofn-district4.com

Financial Benefits Counselors

Ann Krause • Minot, ND

See You at the Norsk Hostfest!

Minot, ND is in preparation for our big annual party, Norsk Hostfest. We welcome people from all around the world and District 4 is right in the center of it all. Sons of Norway is again sponsoring Oslo Hall. We sign up more new members to Sons of Norway at this one event than any other time throughout the year. Please be sure to stop by our booth

and say hello to home office staff, district dignitaries and financial benefits counselors. You can get a discount to dine at En To Tre, pick up some of our brochures and even have a free financial review. We will have a financial benefits counselor in the booth for every shift and we'd love to show you how we can help.

Sons of Norway, Minot and Norsk Hostfest hope to see you there!



We will see you at the Norsk Hostfest
Sept 29th - Oct 3rd



Have a Wonderful Fall!

Date to Remember

Fall Board Meeting
 Grand Forks, North Dakota
 October 16 & 17, 2009

District Four Conventions
 Missoula, Montana
 June 16 – 19 2010
 Edmonton, Alberta
 June 15 & 16, 2012

International Conventions
 Coeur d'Alene, Idaho
 August 20 - Sept. 1, 2010
 Fargo, North Dakota
 August 23-25 2012

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

Zone 3 Director's Report

E-MAIL ETIQUETTE (Netiquette)

You may think this is a strange topic for a Zone Director to address, but with more and more people communicating by e-mail; it really is a timely topic. It was very interesting doing this research. There are no "official" rules governing electronic communication, so you may have some other ideas. Netiquette involves the same principles as plain old etiquette – basic courtesy, respect and ethics. I hope everyone will read the article and put these tips to good use.

1. Subject line: summarize the body of the message – this way the recipient will know what the e-mail is about.

2. Don't assume recipient knows background: include enough contextual information at the beginning of the email for the recipient to know the matter is about.

3. Keep it concise: Keep messages brief and to the point, but not so brief that it causes the problem outlined in the previous point.

4. Reply within 24 hours: Try to reply within 24 hours, less if possible. Let the recipient know you received the e-mail even if you don't need to give them other information.

5. Allow time for a reply: Allow some time for a response, some times even a few days. Not everyone is online 24 hours a day. E-mail is not designed for immediacy (that is why

you have a telephone), it's designed for convenience.

6. Address fields: There are three choices when putting in an e-mail address. The addresses in the 'To' field are for the people you are directly addressing. The addresses in the 'Cc' field are for the people you are indirectly addressing. Copy only those who need to be copied. The addresses in the 'Bcc' field do not know the others being addresses. This allows privacy of people's e-mail addresses.

7. Don't shout at people or threaten them: Don't use all capital letters (UPPERCASE) OR oversized fonts. The reader will feel like they are being shouted at, or even threatened. (Large sized fonts (greater than 12) are useful for people with visual impairment, but are not appropriate for general use.)

8. Avoid angry outbursts 'flames': Don't send or reply to e-mail when you are angry. Once written and sent, it can't be recalled. As a guide, ask yourself, "would I say this to the person's face?" It is best of ignore the 'flame' and go about your life as a logical and rational human being.

9. Use correct punctuation, spelling and grammar: Use punctuation in a normal manner. One exclamation point is just as effective as five!!!!

10. Layout message for readability: Use spaces and breaks between paragraphs and long sentences to make it easier to read.

11. Keep the thread: When replying to an e-mail, use the reply

option on the sidebar in your mail. This will keep the message in the "thread" and make it easier for the recipient to follow.

12. Don't Reply to All unless necessary: Think twice about sending a reply to everyone. Perhaps only selected people need to see this e-mail.

13. Forgetting attachments: One strategy is to attach the file before writing the e-mail.

14. Edit the superfluous text out of emails: When sending an e-mail that has "been around" in the sense that it has been replied to or forwarded many times, take time to remove the angle brackets '>' from the message. The easiest way is to copy and paste the text in a word document and use the edit and replace function to remove any unwanted characters.

15. Chain letters: Most people find these e-mail practices annoying.

16. Don't be over-familiar with the recipient: Use the title or form of address that you would use in verbal communication.

17. E-mail is not confidential: It is wise to avoid saying anything you wouldn't write on the back of a postcard. Also, if you work within an organization, rather than directly connected to any Internet Service Provider, it's becoming more likely that every e-mail you send and receive is scanned for certain words that are 'deemed unacceptable'. People can be disciplined or fired if they send or receive too much such e-mail.

Tubfrim - Keep cutting stamps and get to a district officer before October 13th. We can give the stamps to Carrol Juven when we attend the district officers meeting in Grand Forks.

Nisse Lodge received a foundation grant

Helen Evjen writes that Nisse Lodge received a foundation grant from the Canadian Foundation to help with expenses. Congratulations on your cultural weekend.

On July 4th and 5th. Nisse Lodge had their 5th Annual Trollfest with over 200 people

attending. There were many activities for the people attending such as a boat race, a Viking village with tents, lots of good food, fjord horses. Each afternoon a drama happened depicting the Norse view of creation with the children as actors. Trolls were found all over the yard.

Zone 1 Director's Report

Bonnie J. Jacob-Forseth • Grand Forks, ND

Sons of Norway District IV Trollfjorden Language and Cultural Camp was held June 11-14th, 2009, at the Metigoshe Retreat Center in Bottineau, North Dakota. The purpose of the camp is for yourself or the family to experience your Norwegian heritage first hand!

This ninth year, we were filled to capacity which was around seventy participants. Activities included various levels of Norwegian classes, folk singing before and after meals, ethnic cooking, wood carving, yam carving, chip carving, rosemaling, hardanger, knitting, needle felting, and numerous small crafts. The staff was remarkable!!

Fees for the adults were \$135.00 and youth \$85.00. You were able

to park your camper for \$15.00. The cost for Trollfjorden Camp was subsidized with donations from Sons of Norway lodges and the District IV. We thank you!! For eight to seventeen year old campers, \$42.50 was reimbursed if your lodge had not paid your entire campership with funds from the Draxten Scholarship Fund.

The children enjoyed the nightly folk dancing, morning walks looking for hidden trolls in the woods, and the bonfire. For two hours each day, the Butikk (store) was open for campers to purchase candy, cookies, Norwegian items, and Trollfjorden t-shirts.

We had several new board members this year. We want to thank the former members for

all their hard work in organizing the camp for those attending now. The new camp officers are: Camp Director, Sonne Anderson; Chairperson, Flo Kallenbach; Assistant Chairperson, Joleen Risovi; Camp Secretary, Bonnie J. Jacob-Forseth; Treasurer, Gordon Bennett; and Public Relations, Joleen Risovi.

We are planning a Camp Board meeting in October in Maddock, North Dakota, to prepare for next summer!

The District IV Board meeting will be held on October 16 & 17 at Gyda Varden Lodge in Grand Forks, North Dakota!! Hope to see all the members present then!!

Publicity Director

Martha Elliott • Minot, ND

I have received pictures from many lodges in the past six months and at least one or two a month have been refused for reasons listed above to be used in the Viking. Is frustrating for me to send in a set of four pictures and then have to resubmit one or two each month. So, some of the pictures you have sent me have been submitted and they have been denied. Some of the recent lodges that were denied were Bozeman, Claresholm, Calgary, Devils Lake, Great Falls, Bottineau, and probably a couple of others. Quite challenging for me to submit appropriate pictures and find them unsuitable or can't be printed.

I would ask that if possible, only one picture from your lodge event be sent to me. You can go to a store like CVS or Office Max, and have the picture printed there

on quality paper. Or send by email if the picture is as listed above. I have had email pictures refused also.

So, at this time, keep sending the pictures. Follow the rules listed and we should all be on the same page and get pictures in the Viking from your Lodge.

Thanks for your patience and I know we will all work for better pictures.

The following information was sent to me by the Minneapolis office regarding pictures for the Viking. Please pass this information on to the person who takes pictures and sends them to me for the Viking.

What should I look for?

- High resolution images that are at least 3"x5", whether in digital or print are ideal. (300 dpi) If the photo is sharp and the details are

clear, the photo should be high enough resolution for Viking.

- Photos of people engaged in an exciting activity.

- Recent Photos

What should I avoid?

- Photos printed from a home printer. These photos should be emailed rather than printed.

- Blurry or pixelated photos. Photos that are blurry or have a "grainy" appearance cannot be used in the Viking.

- Small or cropped photos. Photos smaller than 3"x5" are too small to be used in the magazine.

- Old or out of date photos. Please submit photos taken in the last six months if possible.

Zone 2 Director's Report

Carrol T. Juven • Fargo, ND

Here within District Four, Sons of Norway, our most important concern is membership: The vice president is charged with the duty of membership in each lodge. With the obligation to work daily on membership with a self appointed committee.

1. Lapsed members (Have not paid dues)

See each one of them and ask for a check. You will get all of them to pay. They have forgotten or merely haven't paid. Please do this at once upon receiving the notice.

2. New membership

Make a list of prospects – send out S/N information. Then, call them and ask them to be members. Briefly, explain the FRATERNAL, CULTURAL, SOCIAL, INSURANCE and TRAVEL BENEFITS. Ask for a check for the current dues in your lodge.

Ask them to a social event or on a tour. Business meetings are NOT exciting enough.

3. Each one – Get one!

Norway groups coming is a good reason for a social, a Treff or

Meet and Greet. That will bring the members out.

In September and October the following groups will be here and in Minot.

Norway Tractor Tour • 1 Bus
September 2 – 12, 2009
Minnesota and North Dakota

American Travel Service –
Oslo • 1 Bus
September 21 – October 5, 2009
Minnesota – South Dakota and
North Dakota

Nationen Newspaper • 1 Bus
September 24 – October 7, 2009
Minnesota – South Dakota and
North Dakota

Trønder og Døler • 2 Buses
September 26 – October 9, 2009
Minnesota – South Dakota and
North Dakota

They love to come and meet and greet the Norwegian-Americans. It will bring new people to your lodge. Yes, that can result in new members. It gives your lodge community awareness and a presence. Try it – you will like it!

It is Norsk Høstfest time September 29-30 and October 1-2 and 3 at Minot, N.D.

Come and be a part of Sons of Norway's presence. They are a sponsor, they have a booth helping you and sell memberships. They work with the restaurant "En-To-Tre" with a 15% discount for S/N members.

All offices need to come and renew their enthusiasm for things Norwegian. That gives the offices new ideas and renewed interest. Do it. September 29 – October 3 at Minot.

Norway entertainers love it at Norsk Høstfest. It is the goal of most Norwegian entertainers to come to Norsk Høstfest to perform. This year we have the following:

Bjørø Haland, for 24 years has graced our stages as the country gentleman.

Norway's Kentucky Riders, returning to perform country, blues, pop and a little rock for you.

Bussi, singer with his band with travel music from Norway. These plus, Halling dancers, accordion orchestras and beautiful Norwegian National Costumes.



Zone 3 Director's Report

Vicki Anderson • Scranton, ND

Sons of Norway

One, Two, Three...ready, set, go.....Sons of Norway members receive a 15% discount on this fine dining experience at En To Tre.

Sons of Norway is stepping up its support and sponsorship of Norsk Høstfest, North America's largest Scandinavian festival. In addition to being the title sponsor of Oslo Hall, Sons of Norway will also be the official presenting sponsor of En To Tre, the ultimate in dining experiences found at this year's event. Not only that, but all Sons of Norway members will

receive a 15% discount when they make reservations for the Authentic Norwegian Buffet at En To Tre! Located in Oslo Hall and in its fourth year of operation, En To Tre has become synonymous with innovative menu choices. This is thanks, in great part, to the participation of famed Norwegian chef, Willy Hansen, who has continually raised the bar with new, exciting meals made from the highest quality ingredients, imported from Norway. This year will be no different in that Willy is working on an even more amazing menu that

will please even the most discerning of palates.

Because this is an exclusive dining experience at Norsk Høstfest, which only lasts for 5 days from September 29 - October 3, the seating fills up quickly, so it's important to make your reservations as soon as possible. To get your reservations for this one-of-a-kind meal, go to www.tickets.hostfest.com/public or call (701) 852-2368 and have your membership number ready to get the 15% discount for the Authentic Norwegian Buffet at En To Tre.

SONS OF NORWAY FOUNDATION IN CANADA

The following grants and bursaries were disbursed by the SON Foundation in Canada earlier this year,

District #7 - \$500.00 to help defray the costs of the 2009 Snø-Fun Days.

Ski for Light Canada – \$1000.00 grant for operations.

District #7 - \$1000.00 to help defray costs of Heritage Camp 2009 at Hatzic, BC.

Nisse Lodge #567, North Battleford, SK - \$250.00 to help defray costs of Heritage Camp 2009.

Brubyen Lodge #576, Saskatoon, SK - \$300.00 help defray costs of Heritage Camp 2009.

Trollhaugen Language Arts & Culture - \$1000.00 defray costs of Culture Camp 2009.

Eidsvold Lodge #53, Victoria, BC - \$400.00 to help defray the costs of hosting the Norsk ARV Camp.

Heimdal Lodge #141, Kamloops, BC - \$90.00 to defray expenses of woodcarving workshop.

Valerie Christopherson, Maple Ridge, BC - \$750.00 to assist with study at Oslo International Summer School.

Sleipner Lodge #08, Vancouver, BC - \$350.00 to help defray costs of Inter-

Lodge Bowling Tournament 2009.

The following use of the Sons of Norway Foundation in Canada Logo was established.

The use of the Logo is intended for all SONFIC stationary including all forms, information pamphlets and other Foundation paraphernalia.

Use of the Logo should be encouraged on promotional items and other relevant products.

Non-Board use: a written request to the Foundation President or Secretary, stating the intended use of the Logo is required, a written response from the officer will be provided to the applicant.

The FOUNDATION Annual General Meeting, will be held September 12, 2009, 2:00 p.m. at the Normanna Rest Home, 7725 4th Street, Burnaby, BC. Open discussion and refreshments will follow the meeting. Everyone welcome.

For further information about the Sons of Norway Foundation in Canada contact Secretary Helen Evjen at helen.evjen@telus.net

DISTRICT IV ADOPT-A- SCHOOL

*Vicki Anderson, Coordinator ·
Scranton, ND*

With school starting soon for our District 4 students, it is time for the lodges to be serious in their Adopt a School planning. Many schools do not have time to have non-teachers come in and with “No Child Left Behind” the teacher’s time is more structured. So, if you contribute box tops, school supplies or go in and teach cultural classes you are doing “Adopt a School”. When the Lodge of the Year form is filled out you can truthfully say “Yes” to the Adopt a School question. Keep me informed on what is happening in your lodge. My phone number is 605-278-6106 and email vanderson@sofn-district4.com



Zone 5 Director's Report

Jerry Swenson · Belgrade, MT

Our Montana family camp was held July 9-12 at Red Lodge Lions Camp in the Beartooth Mountains. Over 100 attended from 4 to 90 years old. Several 3 generation families came!

International President Dan Rude and his wife Betty taught the kids so well! All had a good

time and hope to return next year. A sample of some of the activities include language, dance, rosemailing, atlatal, bow and arrow, orienteering, hiking, fly fishing, wood carving, troll making, genealogy - truly something for everyone. Watch for next years dates.

Zone 6 Director's Report

Carol O'Dell · Livingston, MT

Please use Miss Piggy
for humanitarian funds at
lodge meetings.

Check out the www.sofn-district4.com and www.sonsofnorway.com



Sons of Norway
Fourth District
923 5th St. NE
Minot, ND 58703

Non Profit Org.
U.S. Postage
PAID
Minot, ND
Permit No. 177

District IV Board of Directors

The Fabulous Fourth—Alberta, Montana, North Dakota & Saskatchewan

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