



Fabulous Fourth Footnotes

DISTRICT IV

Russell Wiigs  
President



# Fabulous Fourth Footnotes

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## Meet President Russell Wiigs

Russ and Alison joined Sons of Norway in 1992 after they discovered that after the kids grow up and leave home, there is an after-life. He has served several positions in his local lodge (Valhalla 4-341 in Calgary) including Newsletter Editor, Counselor, Treasurer, Vice President, and President. He served on the District Board from 2002 – 2006 as Zone Director, from 2006 – 2010 as Vice President and was elected President in June 2010.



Sons of Norway is losing too many members each year. We have a choice to stand back and maintain the drain on our membership, or... We can take a proactive approach and do something....but, what?

At the Missoula Convention, I spoke about several key phrases that I want to focus on.

Believe.... It is amazing what can be accomplished if you truly believe. Do we truly believe in Sons of Norway?

Yes I can....the motto of Ski For Light. While at first it sounds rather self centered, it also gives hope that with a sighted guide, the seeing impaired athlete can accomplish so much! Teamwork works.

What if....is an interesting concept! Think about this. What if we tried something different? Are we willing to change?

Communication....Yes we communicate. We need to make sure we do that constantly. But is anyone listening?

Teamwork....TEAMWORK is imperative. We need to work together towards a common goal. Not everyone has a better approach but do we even stop to consider another way of doing things? We need to come to a consensus so that we can move toward that goal as a unified team.

We cannot expect to solve all the problems and find all the solutions but together we can make a start to understand what we need to do.

For those who attended the International Convention, Scott (THE NAME TAG GUY) presented some interesting thoughts. All of the delegates received a book by Scott on Leadership. Some thought provoking words from the book: People may remember what you said. People may remember what you did. But, people will always remember how you made them feel....

Are you monopolizing the talking or the listening?

What are the two words that INSTANTLY make you a great listener? (Take notes!)

Leaders are able to lead us to new heights and to accomplish things we never thought possible. Leaders listen to their members. Leaders communicate by talking, listening and working together to make positive decisions. Does the leadership style in your lodge share with all to move forward? Or are you spinning your wheels and sliding backwards? (Cont. pg.2)

# President Wigg's Message Continued from Page 1

The District Board had their Fall Board Meeting on October 15 – 16 in Bismarck. It was a full and busy two days. We set our goals for the next 2 years as follows:

BY DECEMBER 31, 2011, OUR DISTRICT IV GOALS ARE:

ACHIEVE A NET INCREASE IN ADULT & JUVENILE MEMBERSHIP OF 3%.

75% OF OUR LODGES WILL HAVE A MEMBERSHIP DINNER OR EVENT.

REDUCE VOLUNTARY LEAVING.

SUPPORT THE GOALS SET BY THE INTERNATIONAL BOARD

These are ambitious goals. We feel these are SMART goals and we CAN achieve these goals We need to focus on these goals each day and make sure we review how we can achieve those goals and how well are we are doing. These goals are achievable, one step at a time. Membership numbers in District IV are decreasing and we must work together to stop the drain!

Achieving these goals can involve many ways. We will actively encourage lodges to have a membership dinner or other membership event in this period. Hence, we can take advantage of the tools that are already in place and available from head office. We will encourage some type of contest (or competition) within zones to encourage the camaraderie between our lodges. In turn, lodges can share more with each other. Often we recognize recruiters at our convention but do very little between conventions to recognize their efforts. Our Vice President will start sending out postcards to welcome new members and to recognize recruiters. Thus we will work for a more timely way for welcoming and for recognition. All Zone Directors will contact all Lodge Presidents by telephone to inform them of these goals and to encourage a plan of action from them. If you have not been in contact with your Zone Director, contact them as soon as possible. They are there to help you achieve these goals.

Often we do not communicate very well with our lodges and we will work to improve this. We will work with our District and our lodges to improve our exposure in the community. Often we do not consider how we appear to others and often we need to improve that. We are proud of our Sons of Norway organization and need to tell others of why we are so proud of it. Our Zone Directors will be encouraged to make regular contact with our lodges to provide more awareness of and support of existing programs within Sons of Norway.

The following committees were set up at our meetings:

Membership:	Martha Elliott, Nordy Riley, Bonnie Jacob-Forseth
Finance:	Karen Huck, Carol O'Dell, Roger Bruce
Cultural/Fraternal and Scholarship:	Judy Fisher, Martha Elliott, Carol Nelson
Camps (including bylaw updates):	Karen Huck, Jerry Swenson, Bonnie Jacob-Forseth
Tubfrim:	Karen Huck, Carrol Juven
Adopt a School/Youth:	Russ Wiigs
District 2014 Convention Committee:	Carrol Juven, Elaine Nelson

This committee is also assigned to look into compiling a book on the history of District IV history in celebration of our 100<sup>th</sup> anniversary as a District!

Convention 2012 Committee	Russ Wiigs, Nordy Riley
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I am grateful for the opportunities that I have as District IV President to travel to different areas and lodges and meet with our Sons of Norway members. It is important that our District Board visit our members as much as possible. Sometimes other events in our personal life and District finances do not allow us to travel as much as we would like. Please ask Zone Directors and other Board members to attend significant events that you are having. Have you asked them to install your new officers? How about an officer training seminar that could be shared with other lodges in your area?

We need to Focus on: Communication..... Teamwork.....

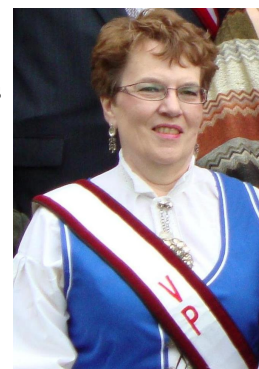
We need to Remember: Believe..... Yes I can..... What if.....

# Meet Vice President Martha Elliott

I joined Thor Lodge in 1989 and in 1990 I attended my first district convention, not as a delegate but a guest to the convention in Edmonton. I have attended every district convention since then.

In 1992 I attended the International Convention in Lillehammer, Norway. At that convention Thor Lodge bid for and won the honor of hosting the 1996 International S/N Convention here in Minot, North Dakota. I have attended and been a delegate to every International Convention since 1992.

I have been Zone 3 Director and the Cultural/Publicity Director of District IV. I am currently the Vice President of the District. I have served as President, Vice President, Secretary and other offices in Thor Lodge.



I retired after working for 41 years for the City of Minot and worked at the Minot Fire Department for 31 of those years. I work part time at Bath and Body, and do a lot of work with Sons of Norway, the Norsk Høstfest and the Presbyterian Church.

We have a summer home at Rice Lake and enjoy all of our time there. We have a Yamaha motorcycle and take little trips on the motorcycle when the weather cooperates. Craig is also retired and spends most of the summer at Rice Lake with our dog, Boots. Craig enjoys taking the pontoon out on the lake so both he and Boots can get in their daily swim. Craig also does some "puppy school" training.

In June I was elected as the Vice President of District IV. What an honor for me. In my dreams I never thought I would be VP of the District. And now I am and have challenges for myself and of course for the lodges in District IV.

In Coeur d'Alene we were given new words and phrases to think about: such as Believe Yes I can Yes you can What if. . . These are positive thoughts and when I think of them, and I know you will think of them also, you and I can accomplish goals set for the district. We believe that we will increase membership and we will retain the membership of our members. We will have successful membership dinners and obtain new members in every lodge. Yes we can! Ideas discussed at our recent board meeting in Bismarck included holding a zone wide meeting of all lodges; sharing of newsletters; what if we give away some free memberships; how about gift memberships (especially now with Christmas, give someone a membership to Sons of Norway, how absolutely perfect); keep awarding the academic and scholastic scholarships; promote the sports medals and all the cultural programs developed by the Home Office; support the Foundation. Sons of Norway has a lot to offer its current members but also to obtain new members.

New officers will be elected in December and installed either in December or January. If you would like any one of the district officers to attend your lodge meeting and install the officers, contact any one of us. We are all listed on the back page of the Fabulous Fourth. Lodge officers will be meeting soon to set their goals for 2011. These will all be SMART goals, meaning Specific, Measurable, Attainable, Realistic and Timely. When you decide on these goals send them to me and I will share with the district officers. If you need help with any of these goals, again contact either myself or any of the officers.

Communications. . . and Teamwork . . . teamwork and communications within the lodges; and with Believe . . . Yes I can. . . Yes we can . . . and What if. . ., we can and will accomplish our lodge and district goals. Remember that communications is a two-way street, we contact you, but you can contact us anytime. The district board wants to know what your lodge projects and goals are and will assist the best we can to make sure your goals are met. We have lots of 'dreams' and Yes we can. My best to all for a Very Blessed Christmas and a Happy New Year.

# Meet Secretary Nordy Riley

I joined Sons of Norway – Missoula, Normanden Lodge 4-424 in 1992. Offices I have held in our lodge include; Secretary, Social Director, Musician, Greeter and Corporate Board President. I am also chairperson of our Viking Booth. This next year I will be serving as Vice President for our lodge, which I am excited about as I have a passion for membership. So I hope I can fulfill this position as it should be filled. That should help make the office a bit easier, interesting and fun. Currently, I am serving my 4<sup>th</sup> term as District IV Secretary. Plus, I am very active in our lodge.

I am of Norwegian descent. Both my parents were born in Norway and immigrated to the United States at a young age. I enjoy learning about the Norwegian Cultural and Heritage.

I have attended many District Conventions as well as many International Conventions, including the International Convention held in Lillehammer, Norway.



The 54<sup>th</sup> Biennial District IV Convention, in June “Sharing a Carousel of Culture” in Missoula, MT is now history. Missoula’s, Normanden and Hamilton’s Bitterrootdalen Lodge, under the very capable leadership of Betty Rude, did an awesome job with the convention. Betty had everyone organized. It was a job well done. Conventions are a lot of work. Plus, it takes a lot of volunteers to get it off the ground and a success. I was re-elected your District IV Secretary at the convention and I want to say thank you for your support and encouragement.

I did attend the 61<sup>st</sup> Biennial International Convention in Coeur d’Alene, Idaho August 28, 2010 - September 1, 2010 hosted by the Harald Haarfager Lodge 2-011. They were celebrating their 100<sup>th</sup> Anniversary. The theme for the convention was “Viking Spirit United.” It was four days of business, fraternity, plus fun focused on making Sons of Norway the best it can be. It’s always great to see old friends and make new ones. I think Norwegians are pretty awesome.

I know you are all aware that the November elections for your lodge are coming up. 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](http://www.sonsofnorway.com). Just sign on under Members Login and choose 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 2011.

The D-17’s form will be due after the New Year. You do not have to mail a copy to me this year, send the form directly to the home office. They will let me know the results.

We, of course, had our spring board meeting before the convention in Missoula and we had our fall board meeting in Bismarck, ND, October 15 & 16. Bismarck recently celebrated their 100<sup>th</sup> Anniversary of their lodge. Congratulations for a very active and vibrant lodge.

I do enjoy being your District Secretary and want to encourage you again to always be recruiting new members for your lodge. Let’s all get out there and recruit new members and re-recruit those who have let their membership lapse. Wouldn’t it be great to make this a banner year for membership growth in the Sons of Norway?

God Jul  
Godt Nytt Ar!  
From the District I V Board

# Meet Treasurer Karen Huck

I joined Sons of Norway in October of 1992. Offices I've held are Assistant Social Director, Newsletter Editor, Historian, Vice President and District IV Treasurer. I can also say that I am the assistant to the Lodge President and Bjørnetann Camp Chairman (my husband Dennis). I have also been the newsletter editor for many years.



The end of the year is just around the corner. This will mean that once again lodges in the United States will need to complete the 990N (under \$25,000) or 990EZ or 990 (over \$25,000). These forms have been being completed for the lodges for the last 3 years as required by the IRS. If you are a new Treasurer, the past Treasurer should have information for this.

This cannot be completed until after the 1<sup>st</sup> of the year as your calendar year has to be finished, which all of our lodges have a 12/31 year end. Not filing these forms can result in your lodge losing their non-profit status. If you have any questions, regarding this issue or any other, I can be reached by email at [dkhuck@aol.com](mailto:dkhuck@aol.com)

## Sons of Norway Foundation in Canada

The foundation provides scholarships for post secondary and graduate studies, financial assistance grants for Oslo International Summer School students and grants for cultural and recreational activities sponsored by Canadian Lodges. We also offer financial assistance to Lodges starting a Junior Lodge or an orienteering program.

The following people make up the newly elected Board;

President:	Tore Pettersen, Prince George, BC
Vice-President:	Hjørdis Stormorken, North Vancouver, BC
Secretary:	Helen Evjen, Sherwood Park, AB
Treasurer:	Erik Brochmann, Burnaby, BC
Directors:	Eldon Norum, Saskatoon, SK, Karen Rosvold, LaGlance, AB, Sheila Thorsen,

## Remember to Pass the Piggy for the Foundation at all Events

## Sons of Norway Adopt A School

The sons of Norway Adopt a School Program creates a partnership between lodges and schools. The objective is to enrich the scholastic, cultural and community experiences of school aged children. Lodges can offer the direct involvement of their members at schools as volunteers. They can also sponsor activities and events for the students and their families, and can provide funds for special projects in the school. Lodges can adopt one or more local schools as a means to focus their volunteer and service efforts for maximum and direct positive impacts in the community. Adoptions are based upon the needs of the individual schools as reported by the principals, teachers, parents, and students.

# Meet Cultural/Publicity Judy Fisher

I joined Sons of Norway at Lodsén Lodge in 1990. I started as Greeter and have held the offices of Assistant Social Director, Vice President, President, Counselor and Currently am the Cultural Director. I also Co-Chaired Convention 2000 in Great Falls. This is my second position on the District IV Board, as I was previously Zone 6 Director. I was happy to return after a two year vacation from the board.

After 34 years of teaching and Jim working from Coast to Coast, we have finally both retired. We love to travel and spend time at our mountain home in Lincoln. MT.

My husband, Jim, is the new President of Lodsén Lodge and the Vice Chairman of the Bjørnetann Camp Board. Our two sons are members and our grandchildren are heritage members.



One of my duties is to publish the *Fabulous Fourth Footnotes*. As I have never had the opportunity to do this before, please bear with me as I learn.

I also have the responsibility to submit the photos for the District IV page in the Viking. Here is where you come in. It is your responsibility to send me the photos and the information to go with them. Using email is preferred because the photo quality needs to remain high. Always use the highest resolution possible on your camera when taking pictures for the Viking. I need everyone's name and the event occurring. Remember your phone number so I may contact you if necessary. Go online and use the form provided for this purpose.

The Viking magazine district page now includes an event to showcase. This needs to be a District wide event, or at least of interest to more than one lodge. Compare your information with those of other Districts and see if you think your event qualifies.

The other change to the district page is a member profile. Again, go to the Sons of Norway website and use "District Pages Nomination Form" in the 'members only' section. It is available for PDF download, making it easy to fill out and send electronically.

It is extremely important for you to keep me supplied with pictures, events, and profiles. If I don't get them, I can't put them in the Viking. Please Help!

Elect a publicity director and advertise all your events. Use every opportunity to be seen in your community. Contact me for ideas or help.

Culture is an important part of Sons of Norway. Cultural classes will attract new members and will keep previous members. Elect a Cultural Director in your lodge and order the skills packets. You will find that someone knows how to do the skills and teach a class.

We would like to establish a group of people to act as resources for our cultural skills. If you have someone in your lodge who is proficient in one of the cultural skills and would be willing to be a teacher or an advisor, please email or call and let me know.

## Sons of Norway District 4 Folk Dance Workshop

The Troll Dancers of Jamestown North Dakota would like to extend an invitation to join us in the 21st annual Sons of Norway District 4 Folk Dance Workshop. Your hostesses have been busy making preparations for the dancing and dining event to be held on March 25th and 26th at the Knights of Columbus Hall. A block of rooms has been set aside at the Quality Inn & Suites (701-252-3611 or GM.ND034@choicehotels.com) if you would like to make reservations early. A registration letter with more details will be coming in early 2011, but we wanted you to know the dates well in advance so you can reserve them for the workshop. Please be sure that everyone in your local dance group receives this information. See you soon! Andrea Eckstein Troll Dancers of Wergeland Lodge 247.

## Meet Zone I Director Bonnie Jacob-Forseth

After enrolling in a rosemaling class at Gyda Varden Lodge 4-021, I was asked to join and accepted. I attended my first General Business Meeting about nine years ago. Due to health reasons, our present lodge secretary resigned, and President Fontaine asked if I would be her replacement. I was installed as lodge secretary, and still hold that office. One of my first experiences was that I was a delegate to the District IV Convention which I was most impressed in Saskatoon.



Since then I was able to attend conventions in Billings, Grand Forks, Missoula, San Diego, and Coeur d'Alene. I am looking forward to conventions in Edmonton and Fargo in 2012! Presently, I am Zone One Director, and I enjoy visiting the lodges in my zone and attending Board meetings. Our District IV sponsors our Trollfjorden Language and Cultural Camp in Bottineau, North Dakota. I am on the Camp Board, and I am Camp Representative for District IV. I have attended several camps with my granddaughters and learned to carve and chip carve. I have also completed several rosemaled projects. I am Youth Director of Gyda Varden Junior Lodge. We have a small membership, but we have fun with projects throughout the the year. I try to attend as many social and cultural events to keep up with my Norwegian heritage.

### Trollfjorden Language and Cultural Camp

Board Members: New Director-- Sonna Anderson Former Director--Kari Mahle Chairperson -- Flo Kallenbach Vice-Chairperson and Publicity--Joleen Risvori Secretary and District IV Representative-- Bonnie Jacob-Forseth Treasurer-- Gordon Bennett Our summer Trollfjorden Language and Cultural Camp was very successful again this year. Our numbers were down to about twenty-five adults and twenty-four youth-- ages eight to seventeen. Upon arrival, each camper chose a Norwegian name that was burned on a piece of wood and hung around their neck for the week as a name tag. Their American name was burned on the back side. Our camp was held at the Metigoshe Retreat Center at Bottineau, North Dakota, in June. The registration fee was the same as last year which was \$85.00 for the youth, and \$135.00 for adults. This fee included instructional materials, meals, and accommodations. Any youth whose lodge did not fully pay their registration fee was awarded a Draxten Scholarship depending on the number of youth attending the camp. Twelve spots for trailer hook-up were available if a family preferred that arrangement. Twenty tent sites were also available. Both these facilities had an additional \$15.00 fee. Many cultural activities were offered such as: three levels of Norwegian language classes, nightly folk dancing, folk singing before and after meals, Norwegian games, ethnic cooking, wood carving, chip carving, yam carving, rosemaling, hardanger, knitting, and numerous small crafts. The campers enjoyed a troll hunt through the woods and spotted seven hiding trolls. Our morning health walk was hindered because of rainy weather most of the days. We were unable to hold our yearly bonfire!! Youth from ages eight and up were assigned a counselor who slept in the same area. This year we had two Junior girl counselors which worked out nicely. The girls were happy to have new curtains on the windows this year!! Each day at 4:00 p.m. we opened our Butikk (store) where campers may purchase Norwegian items such as mugs, plates, book markers, candy, cookies, small trolls, napkins, etc. One new cute item were tie dyed camp T-shirts in several bright colors. (Cont. pg. 11)

# Meet Zone 2 Director Carrol Juven

Born in Wyndmere, ND he spent his teenage years at Fergus Falls, Minnesota. He joined Sons of Norway in 1966 at the insistence of Joseph D. Runsvold, International VP.

He was hired as a Sons of Norway Regional Manager for North Dakota, South Dakota and western Minnesota and later they added Montana. District Four was in a moratorium and about to be disbanded with 1,700 members in the entire district. By 1968 that moratorium was lifted and District Four had increased its membership to over 4,000. He had hired 8 full time field staff to sell memberships and life insurance.



He has traveled to Norway 134 times and visited 98 other countries.

In 1967 the charter flight program was the brain child of Carrol Juven and he appointed Arne Brekke to be flight manager. That program proved to be the real turning point and hot button for membership in Sons of Norway District Four.

By 1974 membership was over 20,000 and they had twenty-two sales representatives managed by Carrol Juven. He had won the "Manager of the Year" title and award 1970-1974. They also instituted over 20 new lodges and rebuilt 28 old lodges. From this activity came the title "Fabulous Fourth". Other programs were also started during this period - Scholarship program was funded by selling chances on lottery tickets for a free trip to Norway on the charters. The first \$50,000 went into the Scholarship Fund not be to spent -- only the interest was to be used for scholarships and camperships.

On November 1, 1974 he resigned as Regional Manager to pursue other interests. However, he continued working with the travel programs until the charters were discontinued in 1985. He then went on his own with travel and cultural exchange programs which he started in 1972.

I am very please to submit the following report, suggestions and facts:

October and November are always nominating committee, elections and reports. Installation is preferred in December. Every lodge should make this a big event.

I am prepared to do installation for any lodge at any time upon request.

Publicity Directors - You have one of the lodge's most important jobs. It is your duty to keep the lodge members informed. However, most important is to place news releases in the local news papers. Create public awareness of Sons of Norway and it's programs. Your work is vital to keep a well informed membership and community.

Membership is Vital -Every lodge must have a membership committee. If you do not have one, set a membership goal!

Every lodge should take advantage of the Membership Dinner program that really works well. It is a International Lodge Program and a great tool for your lodge. Arrange it today and phone me and I shall see that it is in order for you.

# Meet Zone 3 Director Carol Nelson

I was invited to join Sons of Norway in 1997 by a friend. I have served as assistant Social Director for most of that time helping plan and participating in a variety of programs, bazaars, and social events. I have cultural music bars and I am working on cooking, rosemaling, carving, and reading pins. I have earned pins for exercise, membership recruitment, and assisted and presented programs to 5th grade and Head Start students with Adopt A School Program. I presently serve as Vice President of our Nordlyset Lodge.



I have attended two District and two International Conventions as a delegate and served on the Law Committee at my first International Convention. I will do my best to serve Zone 3 Lodges with the help of all of the Zone 3 Lodge members working together as a team for the good of the order.

My thanks to Vicki Anderson for her assistance transitioning into my new position as Zone 3 director. A big thank you to all the Lodges who are sharing their newsletters with me! They are filled with Lodge activities: fraternal activities, election of new officers, business meetings, membership recruitment activities, social activities, Adopt A School, Cultural, Sports and Recreational activities, Youth/Family Programs, Foundation (Pass the Pig), birthdays, anniversaries, memorials to name a few.

Sverdrup Lodge in Bismarck celebrated their 100th Anniversary September 27, 2010. Thank you for the invitation to share the celebration and social on October 15, during our District IV Meeting. Odin Lodge in Rugby invited me to their September meeting. I am eager to get to know all the Zone 3 Lodges. I am contacting the Lodges and eager to hear from them as we work together to achieve the International and District goals set before us.

## District I V Committees

Membership:	Martha Elliott, Nordy Riley, Bonnie Jacob-Forseth
Finance:	Karen Huck, Carol O'Dell, Roger Bruce
Cultural/Fraternal and Scholarship:	Judy Fisher, Martha Elliott, Carol Nelson
Camps (including bylaw updates):	Karen Huck, Jerry Swenson, Bonnie Jacob-Forseth
Tubfrim:	Karen Huck, Carrol Juven
Adopt a School/Youth:	Russ Wiigs
District 2014 convention Committee:	Carrol Juven, Elaine Nelson
This committee is also assigned to look into compiling a book on the history of District IV history in celebration of our 100th anniversary as a District!	
Convention 2012 Committee	Russ Wiigs, Nordy Riley

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# Meet Zone 4 Director Roger

I joined Sons of Norway Dec. 2000 and became President Jan 2001 - Dec.2004, Councelor for 2 years and President for 2 years again in 2006 -08 and Councelor 2009 -2010. Torske Klubben was a part of our lodge and I was President for 2007-08.



**Trollhaugen Language Arts and Culture Camp** was held August 8 to 14, 2010, this being the thirty-seventh year for the camp to be in operation. TLAC rents the Deer Valley Meadows facility which is near Alix, AB, this year again running at full capacity, 150 people in attendance, with ages ranging from a one year old to the most senior

Some of the classes that were available to the participants included, Norwegian Language (mandatory), Ethnic Cooking, Sports, Perlebroderi, Swedish Weaving, Plattsøme, Hardanger, Nature Study, Woodworking, Chip Carving, Nordic Walking, Folk Dancing, Choir, Crafts and a special one hour daily time slot for Norwegian Culture.

This year's theme was 'Holidays, Festivals and Religions'. The daily Culture hour focused on the theme with skits and other participatory presentations, as well many instructors were able to incorporate the theme into their daily classes. The first holiday celebrated was Syttende Mai with a parade lead by a fiddle playing musician, flag raising and then a fine meal with a special cake to mark the occasion, St. Hans Fest was celebrated with an outdoor barbecue and bonfire on Wednesday evening, and everyone enjoyed the lively Friday night family dance. The camp concluded on Saturday with a program of Folk Dancing, Choir and a display of all the many and varied arts and craft items produced by the campers during the week. Camp attendees came from all over Alberta as well as Saskatchewan and British Columbia. There are also two other Sons of Norway Norwegian Culture/Heritage Camps that are being held annually in Saskatchewan as well as two in British Columbia, each of these reporting full attendance as well.

## Sons of Norway Mission Statements

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

The mission of the District IV lodge is to assist local lodges in promoting and preserving an appreciation of the heritage and culture of Norway and our relationship with other Nordic countries for people of all ages.

The Sons of Norway Foundation awards scholarships and grants to promote heritage and culture of Norway, and provides assistance to our members, lodges and their communities..

# Meet Zone 5 Director Carol O'Dell

I joined SON in 1977 so I could go to Norway with my parents to see and meet relatives. We were there a month and stayed in hotel one night only. So we met a lot of relatives and they are still coming to America. I started out as Junior Lodge Director in Fjell Heim Lodge in Big Timber, MT in 1980. We had 12 couples of folk dancers and performed in many towns, District and International Conventions. I have attended 15 District and 14 International Conventions. I have held an office in Fjell Heim Lodge ever since 1980. I have served on the Dist.4 Board 12 years,(4 years as Youth Director and 2(4 year terms) as Zone 5 Director.



The Lodges in Zone 5 are all working on their Fall Projects such as, Lutifisk & Meatball Dinners, Torsk Dinners, Lefse, Norwegian goodies, Parades, making Viking Costumes, Cultural Classes, Leif Erickson Party, Working on interesting programs, Membership, goals, elections, Bazaars, and Christmas Parties.

Now that elections are over, CONGRATULATIONS to the 2011 Slate of Officers. One of your first duties is to help plan what Cultural/ Fraternal Grant money your Lodge wants to apply for. It must be sent to your Zone Director by Dec. 31.

## Continued from page 7 Bonnie Jacob-Foreth

Last year Bonnie Jacob-Foreth took the left-over candy to Gyda Varden Lodge in Grand Forks and sold \$78.00 worth of merchandise. Again this year she took all the perishable items for sale. Campers took turns in assisting with the meal clean-up and washing dishes. Their assistance in this area helped keep the cost of attending the camp down. This year we were fortunate to have a Hostfest participant join us. Rolf Stang taught the youth Norwegian Language classes. He had the children present "The Three Billy Goats Gruff" one evening. He also dressed in his bunad and read several stories to us and was enthusiastic in his presentation! A Norwegian cultural center was set up with music, books, games, artifacts, puzzles, and numerous Norwegian items which were very educational. At the end of the session, the campers displayed all their crafts on a table to be seen by everyone. All the campers signed three "thank you" cards to a bakery in Montana that furnished our camp with free, delicious lefse again this year!! We would like every lodge in District IV to donate in the funding of Trollfjorden Camp. We want to thank the lodges who are now supporting our camp. As a member of the Sons of Norway, you should try to attend your camp next summer. Registrations are usually due by May 15, and we have a capacity of seventy-five campers!!

# Meet Zone 6 Director Jerry

I joined Sons of Norway in 1984 when I moved from Sykeston, North Dakota to the Bozeman area. I have an interest in history. My sweet grandmother, Thora, came from Nesflaten, Norway, single, met my Swedish emigrant grandfather Rudolf Swenson, and married. They farmed in the Kenmare, ND area.



For my first elected office in Sons of Norway (President) I was not even at the meeting! They asked me later if that was o.k.! This is my third time as President. I was Vice President one term and have been librarian for many years.

Bjørnetann Camp in the mountains was another great success with over 100 attending. Perhaps it was our best ever with three generations attending - many grandparents bonding with grandchildren. Grandfather Pastor Merv Olson asked me how long we had been doing this and when I told him 7 years, he said he wished they had started camping sooner! Camp is a great reason to join Sons of Norway. Don't just take my word for it. Come next year in July and see what a great time we have! Bring your talents and show us as Mel & Susan Howe's grandsons did dancing and playing violin just to name a couple "hams", Aidan and Jack Dungan. Next year's camp theme will be "Songs and Dances of Norway." Bring your bunads (folk costumes)!

## District Four financial Benefits Counselors

Lowell Hanson, FICF, John Rauk, John Willoughby-Montana  
Lynette Jacobs- Western ND, Ann Krause, FIC, LUTCF\_ Central and N.E. ND  
Ken Agather, FIC, CLU, ChFC, Linda Pender, Gary Olson, LUTCF- Fargo/Moorhead

New member seminar dinners are a very effective way to increase local lodge membership. The lodge needs to promote the dinner within the lodge and current members are urged to bring prospective new members to the dinner. Each member who sponsors a prospective member will receive a free dinner and the prospective new member will eat free too. For this to be a success, we need proper planning, good publicity and good member participation. **A minimum of 10 prospective members** should be in attendance. Meal costs will be covered by the home office marketing department and your financial benefits counselor, up to \$400. Your lodge should be prepared to pay the bill and be reimbursed by the home office later. For Canadian Lodges, there is a similar amount available. Contact your Zone Director for more details. This is not a regular meeting and is open to prospective members and their sponsors. No business should take place. A program will be planned by our financial benefits counselor and lodge members are encouraged to wear bunads, vests or Norwegian sweaters.

# Meet International Director Elaine Nelson

I joined Odin Lodge 4-087-Rugby, ND in March of 1969. Our District Four was going thru the rejuvenation. Juven was involved in this rejuvenation of Lodges. I became active after my parents and I had our first trip to Norway to visit relatives. On the Local Lodge level I have held the offices of: Treasurer, Vice-President, President, Youth Director, Social Director, and Adopt A School. On the District Level I have held the positions of District Treasurer, Counselor, Vice-President and President. I am now the International Director for District Four. I am proud to wear my 40-year Sons of Norway pin.



As I write this article for this newsletter, I have hosted two 100th birthday parties for my MOM. I have also attended the District Board meeting which was held at Bismarck, ND the 14th-16th of October.

At the Board meeting one of the items we all discussed was "Teamwork". I mention this as I had "Teamwork" when I hosted the birthday parties for my Mom. Several of the team-players were Sons of Norway members.

Teamwork-working as a team, helps make a Lodge a better Lodge, working together with good communication with your members in the Lodge.

Some of the Lodges elect officers for two-terms, some for one-term. Therefore-some lodges will be having elections this year. It is good to have communication with the retiring officer and the NEW officer. Officers need to communicate with one another. Working together makes a successful lodge.

I wish to remind Lodge members to have their "Grand-Children" apply for scholarships-go on-www.sofn.com-click under Foundation and scholarships applications are available.

I also wish to remind Lodge Officers to apply for Foundation grants. These also are available on website-www.sofn.com-click under Foundation. Remember to plan ahead for your next year's events, Then decide which grants you wish to apply for.

If I can assist any lodge or member-call me:1-701-537-3250

Or e-mail:enelcna@ideaone.net

## The District I V Board Expresses our Sympathy to the Friends and Families of the Following:

Secretary Nordy Riley in the loss of her son

Helen Silseth, a former District IV Board member

Elizabeth Wick, who's husband was a former District IV Board member

Evelyn Lanes, who's husband was a former District IV Board member and who's daughter was a District IV Board member as well as an International Board member

Darlene Raundal, a former District IV Board member

We apologize if we forgot anyone. It was not intentional.

# District I V Board of Directors

he Fabulous Fourth—Alberta, Montana, North Dakota, Saskatchewan

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