



"THE FABULOUS FOURTH" FOOTNOTES

Alberta – Montana - Saskatchewan – North Dakota

www.sofn-district4.com

JANUARY, 2016

Happy New Year, 2016 from Martha Elliott, District IV President

As you read this greeting, all lodges have celebrated with some type of a Christmas gathering. Were they not fun? Getting together with lodge members is so much fun.

Now we focus on 2016. Guess the big items for the year will be the District Convention being held in Helena in June. I hope every lodge sends delegates to the convention.

Reasons to send delegates:

5. Meet friends from lodges throughout District IV.
4. Hear reports from staff from Minneapolis and updates on news from the office.
3. Be a part of the convention and make decisions regarding the district and S/N.
2. Meet new members from District IV who are attending the convention
1. Just experience the wonderful plans that Karen, Susan and the members of the Helena Lodge have planned for all of us.

We, the officers of District IV, as well as all members of Sons of Norway, need to challenge ourselves to become involved with our local lodge and the events the lodge has planned. We all need to participate in the events if we want to be a successful lodge.

In the near future all lodges need to work on the Lodge Achievement Form. Lodges need to, or should have already, send in their new officer list. The financial report will need to be completed also and sent to Minneapolis. I hope that all lodges complete the forms that I listed.

The Winter '15 Resource is now available online for you to read. When you have time, go to the site and read the Resource. Lots of information is included in the Resource. In the Resource also is an article about the Nominating Committee and the process to elect officers. Take a few minutes to read this article as it spells out lots of information that will be used at our District IV Convention to elect District IV Officers. Again, check out the Resource.

Dates to remember:

By December 15 your lodge officer updates should have been sent to Sons of Norway Headquarters. If you haven't sent in the list, do so immediately and send a copy to the District Secretary, Ruth Olson, also.

Other dates to remember:

By December 31 your applications for a district fraternal grant should have been sent to your zone director. Applications are available on the District IV web site.

By March 1, 2016, your Lodge Achievement form and family lodge of the year form is due to your zone director.

By March 1, 2016, the D17, or Financial Statements are due to the Accounting Department at Sons of Norway.

Please read the rest of this newsletter and be sure and read about the convention in June in Helena.

I wish for all of you a Very Happy New Year.

Fraternally,
Martha Elliott, President
District IV

Hei Sonner av Norge Distrikt IV Styremedlemmer:

Here are a few items for us to think about for the new year.

MEMBERSHIP is critical to Sons of Norway. Membership numbers are dropping at an annual rate of between 3 – 4 %. Unless there is something dramatic happening soon, it is just a matter of time before Sons of Norway as we know it will disappear. A bit of a harsh assessment, but we are not understanding what we have to do to attract new members. Our challenge is to preserve the heritage and culture of our ancestors for our children and grandchildren.

A few years ago, we were encouraged to ask ourselves several questions about our lodges: Would you join your local lodge? Would you attend your normal meetings? What can you do to attract new and younger members? As the age of our members increases each year, it becomes harder and harder to answer these questions.

Many of us find it very difficult to understand the amazing advances that we see happening in front of us. Sons of Norway International spends a great deal of funds to give lodges many tools to answer these questions.

Have you tried any these tools? How is your lodge doing? Is your lodge doing anything to improve your membership numbers? What can you do? What makes a successful lodge? It takes several people who can work together to encourage other members and new members to pursue the same goals. Those goals are to preserve the culture and heritage of our ancestors (and friends) from Norway. You and your lodge members are the only ones who can take the tools you have been provided by Sons of Norway that can be used to turn your lodge into a vibrant Sons of Norway Lodge.

I have given you a lot to think about. If you have questions about membership, please contact me. I can be reached at rwiigs@telus.net for emails, 403-283-1299 for phone calls, or by mail at: 1511 21A Street NW, Calgary, AB T2N 2M7, Canada. Anything you send will be answered as soon as possible (remember that postal mail can take a week to 10 days when crossing borders).

SCHOLARSHIPS are available from our Sons of Norway Foundation and from District IV. These are available to assist members and their children and grandchildren with educational goals. We have changed some things regarding District IV scholarships effective for 2016. We will now offer up to 3 Scholarships of \$1,000 US each. It is no longer a requirement that courses in Norwegian or Scandinavian studies be included. Our Board changed these criteria to encourage post-secondary education of children and grandchildren of our members.

These scholarships are for studies at a university or college in the U.S. or Canada OR at a Norwegian university OR at a Norwegian folk school. An applicant must be a paid-up member of Sons of Norway for six months preceding the MARCH 1st deadline (i.e. since September 1st of the previous year) and must be a current member (for the six months prior to the deadline) of District IV, OR have a parent or grandparent who is a member of District IV, in Montana, North Dakota, Alberta or Saskatchewan.

An endorsement letter from an officer of the applicant's lodge MUST accompany the application. Each applicant must write a three hundred word essay explaining why he or she wishes to participate in the program. Updated Scholarship Applications are on our website.

OUR 2016 DISTRICT IV CONVENTION will be in Helena, Montana in June. Please consider being a delegate to this. Also, consider being a candidate for a District Officer. All candidates for a District IV Office must be delegates and attend the Convention, and starting this year, must be nominated prior to the convention. No nominations will be allowed from the floor of the Convention. More information is available on our District IV Website.

God Jul og Godt Nyttår! Merry Christmas and Happy New Year!
Ha det bra,
Russ Wiigs, Vice President, District IV, Sons of Norway.

Hilsen Fra International Director:

Is your Lodge doing a “planning session” for the year 2016?

Our SONS OF NORWAY FOUNDATION will be celebrating their 50th Anniversary in 2016. Our dream is for all Lodges in our eight districts to have one or more special event (s) that would donate the profit to our Foundation.

Do a poster for your fundraiser that lists the Benefits of Sons of Norway Foundation (Scholarships, Grants (Helping Hands to Members), (Helping Hands to Children)- the list goes on.

Does your Lodge have a FOUNDATION DIRECTOR? If not, I would suggest that your Lodge elect one. Remember-Fundraisers can be a membership benefit for your Lodge, (have membership applications set up).

I am a member of the USA Sons of Norway Foundation Board. If I can be of any assistance, kindly email me. enelcna@cableone.net or call 1-701-364-0834.

May the year 2016 be a GREAT year for YOUR Lodge.

Fraternally,
Elaine Nelson
International Director
District 4

Sons of Norway

FOURTH DISTRICT



DISTRICT IV
Nominating Committee
2015

"THE FABULOUS FOURTH"
Africa - Mexico
Iowa/Illinois - North Dakota

www.sofn-district4.com

Committee Chairperson
Elaine Nelson
3431 28th St. S-Unit 306
Fargo, ND 58104-5160
Phone: 701-766-0834
enelson@sonnorway.org

December 1, 2015

Committee Member
Roger Bruce
3910 116th St. N.W.
Edmonton, AB T6E 1R6
Canada
Phone: 780-436-7286
rbruce@shaw.ca

To District IV Lodges:

A nominating committee has been formed to find District IV Officers for the next Biennium 2016 - 2018.

Committee member
Jerry Saude
1579 162 Ave NW
Bismarck, ND 58503-8404
Phone: 701-224-0563
jrsaudef@netnet.com

We as a committee are writing to all the lodges in District IV to inform the members of the opportunity they have to serve in District IV Sons of Norway. The District IV positions that are open for election are: President, Vice President, Secretary, Treasurer, Cultural Publicity Director, Zone Directors for Zone 1, 5, and 6, plus, alternate directors for all six zones. The offices of International Director and Alternate International Director are two other positions that will need to be filled. The job descriptions for all of these positions can be found on the District IV web site www.sofn-district4.com.

Committee Member
Nordy Riley
33 S Tina Ave
Masonia, NY 50808
Phone: 405-249-2077
norrdy1@earthlink.net

We are including in this mailing a copy of the application that each prospective candidate will have to fill out and submit to the nominating committee. You are free to make copies of this application. Please make sure all this information is made available to all the members of your lodge.

If you are applying for one of the positions, the completed form needs to be returned by March 15, 2016 to:

Elaine Nelson, Chairperson
District IV Nominating Committee
3431 28th Street S-Unit 306
Fargo, North Dakota 58104-5160

We are asking that all of the Sons of Norway members of District IV seriously consider running for an office. It is mandatory that you are a delegate to the District IV 2016 Convention to be held in Helena, Montana on June 16 - 18, 2016. To serve on the District Board or the International Board it is required that you have a Sons of Norway Insurance policy (the insurance requirement does not apply to the Canadian members.) We as a committee would like to have at least two nominees per office.

If you have any questions do not hesitate to call one of the committee members. Thank you for your interest in District IV Sons of Norway.

Fraternally,

Elaine Nelson
Committee Chairperson
Kringen Lodge 4-025

Roger Bruce
Committee Member
Solglyt Lodge 4-143

Jerry Saude
Committee Member
Sverdrup Lodge 4-107

Nordy Riley
Committee Member
Normanden Lodge 4-424

For more information on Application/Duties/Compensation, check out the Sons of Norway website: <http://www.sofn-district4.com.htm>

Sons of Norway Foundation Funds!!!

Sons of Norway Foundation Grant Funds available for lodges and members!! What is your lodge or community planning where extra funding could enhance the experience?

All grant applications are done online at www.sonsofnorway.com/foundation.

Local Lodge Partnership Grants Due January 15, 2016! For lodge events and Norwegian themed programming at the lodge level!! Matching funds grants up to \$1,000!

General Heritage & Culture Grants Due February 1, 2016! For communitywide! Norwegian themed events, musical & theatrical performances, Cross cultural exchange groups, Nordic cultural fairs, etc.!! Funds up to \$1,500! For events happening within the 2016 calendar year!

Helping Hands to Children Grants Due February 15, 2016! For lodges helping in local schools with student mentoring, school supplies, or Norwegian themed presentations, lodge events for children. Matching funds up to \$500!

Sons of Norway Foundation Post High School Scholarships Deadlines begin March 1, 2016! Did you know that the Sons of Norway Foundation offers college scholarships starting at \$1,000 for current members, children or grandchildren of current members?

This is a great member benefit!! Have the college students in your family check out www.sonsofnorway.com/foundation We currently offer seven categories of scholarships for different areas of study!! All scholarship applications are done online. The Sons of Norway Foundation awards approximately \$100,000 in grants and scholarship annually. The Sons of Norway Foundation in Canada also offers several kinds of grants and scholarships!

See! www.sofn.com/foundation.html For Details!!

Happy New Year from Terri Rostad, Cultural and Publicity Director

What a year we have before us! Convention in Helena, Montana, 3 hours from me!!

Nomination changes, I was elected from the floor, a complete newbie. Thank you for your suggestions and support this last two years.

Please continue to send photos either by email or snail mail for me to send to the Viking magazine. When I don't get things, it is hard to send things in.

Thank you to those who have sent in their evaluations and those who have applied for grant funds for 2016. This was a change this year also.

For convention, we have the Folk Art Competition that everyone needs to enter and compete in. I hope you are, I will again include a list. **Registrations due April 1, 2016.**

For Cultural Activities during convention we will be having **THREE** categories.

Weaving-Helena Handweavers' Guild will share projects and have an interactive class with several types of weaving and spinning, hands-on.

Kolrosing- David Morton will instruct a hands-on class with a different slant on wood decoration. I am sure a few wood carvers will be there also.

Viking Metalwork- Timothy Busby will teach us about Viking swords and knife making. **Please stay tuned for more information in the Convention packet. This looks like a very interesting Convention.**

January is Mentoring Month!! Many of us volunteer in different ways, whether it be at schools, libraries, Senior Centers. These volunteer hours can be turned in to your lodge President to be calculated into their volunteer hours. If you haven't volunteered, now is a great time to start. The payment of doing a good deed is great!

EVENTS THIS YEAR

- ✓ **Ski For Light (Canada) Inc.**, Monday, February 1 to Sunday, February 7, 2016 at William Watson Lodge in the Kananaskis Valley. <http://www.skiforlightcanada.com>
- **Folk Dance Workshop**, Jamestown, North Dakota **March 11 and 12** (see info)
- **Sons of Norway Third District 2016 Convention** in Myrtle Beach, SC, June 8-12, 2016
- ✓ **Sports Weekend** hosted by Solglyt Lodge 4-143, Edmonton, Alberta-**June 10th, 11th, and 12th**.
- **SON District 4 Convention hosted by Hovestad Lodge 4-in Helena, Montana. June 16-18, 2016.**
- ✓ **Trollfjorden, Metogoshe Retreat Center, Bottineau, North Dakota. June 16-19, 2016.**
- ✓ **Bjørnetann Language and Culture Camp**, Red Lodge, Montana will be held **July 7-10, 2016** The theme is **Norwegian Travels & Trades** <http://www.sofn-district4.com/Docuforms/BjornetannRegistration2016>. If you have questions, call Nancy Alley, at (406) 225-9570 or email at nalley@q.com or Debbie Cornthwaite at (406)578-2030 or sfccorn@msn.com
- ✓ **Trollhaugen Language Arts & Culture Camp** located near Alix, Alberta, which provides immersion in Norwegian language, history, crafts and culture. In 2016, camp runs from **August 7th-13th**, Visit www.trollhaugenalberta.ca for information.

Zone One

Greetings from the Wergeland Lodge of Jamestown, North Dakota!

It is our privilege to host, the Sons of Norway District 4 2016 Dance Workshop here in Jamestown, and we would like to invite you to come.

If you have a desire to learn traditional Scandinavian folk dances, enjoy traditional music and meet others who share your interests...we have an event planned just for you. All levels of experience are welcome.

The dates are March 11th and 12th. The event includes instructional sessions with Bob and Maren Holmen, a father-daughter couple with many years of experience in teaching workshops. Educational materials (written instruction, music and video clips) will be available online via Dropbox after the workshop. Three meals are provided, including the Saturday banquet. The event culminates in a fun evening of dancing on Saturday night, with a chance to show off your new skills and beautiful bunads.

More information about registration and lodging arrangements will be coming soon. Please forward this to anyone who may be interested in finding out more, or share my name and contact information. Thank you.

Hoping to hear from you soon,

Andrea Eckstein

andrea.eckstein100@gmail.com

Zone 4 events and lodge newsletter tidbits – Alison Wiigs

Congratulations to Brubyen Lodge, Saskatoon, which received the Founder's Award from the Sons of Norway Foundation in Canada for 2014. Their total 2014 donation averaged \$26.34 per member, the highest rate of any of the 29 Canadian lodges.

Edmonton lodge holds its big lutefisk dinner on Jan. 23, then helps with Birkebeiner events Feb. 12 & 13 (www.canadianbirkie.com). This is Canada's largest classic cross country ski event. Over 2,000 skiers whip around the loppet at speeds over 20 km/h. There are events and distances to suit all ages and abilities, from the 55 km Birkie With Pack to an untimed 2.5 km tour for kids and novices.

Speaking of skiing, **Ski For Light (Canada) Inc.**, an outreach program of Sons of Norway, organizes an annual event that pairs visually impaired cross country skiers with sighted guides for a week of skiing, training sessions, and social events. The 2016 Ski For Light Canada Event will take place Monday, February 1 to Sunday, February 7, 2016 at William Watson Lodge in the Kananaskis Valley. <http://www.skiforlightcanada.com>



And the skiing “must-have”: The iconic “Norwegian Sweater” began as an extra layer of clothing for fisherman to wear under their vests and jackets and evolved into the colorful designer sweaters of today. For every Olympics since 1956 a special sweater has been designed and these patterns are symbolic. Symbols for good luck include the sun, stars and snowflakes. For protection there is the zig zag, endless knot, checkerboard, xoxox and szszsz. The symbols are usually near the openings of the sweaters: wrists, neck and hem. Colors too are symbolic. White for protection, blue the Virgin Mary, black trolls, green and yellow nature and red for good luck.

(Sources: Thordis Kamp and the Vesterheim Museum, Decorah Iowa)

Moving on to summer activities, Edmonton hosts Zone Four's Sports Weekend, June 10-12. Our Norwegian heritage will be recognized in both the activities and food. The Weekend also provides a great opportunity for members to come together to discuss issues and positive things that are happening in their own lodges. It runs from Friday evening with a welcoming address, Saturday a full day of sports, including walking, cards and several more events. Sunday morning it will wrap up with a breakfast and meeting.

Trollhaugen Camp takes place August 7-13 at Deer Valley Meadows near Alix, AB. This year programs are available for ages 5 and up, where previously youth had to have completed grade one. Fees in 2016 are \$25 for an instructor or under age 5, \$300 for ages 5-18, and up to \$400 for an adult (tip: buy a Trollhaugen membership and benefit from a lower price). Many lodges support youth campers with partial or full camperships. Website: trollhaugenalberta.ca, will be updated in the new year with camp applications for 2016.

Zone 5 Director Becky Lewis

Wow, all the Christmas season is behind us. Most lodges we are busy planning their 2016 schedules.

Helena Lodge is busy planning our 2016 District Convention lodge. Please read the news letter to be informed about all the deadlines and what your members can participate in.

Cultural Director Terri Rostad has many new Folk Cultural Activities. Folk Art Competition applications deadline will be in April.

Bjornetann Cultural & Language Camp will be July 7/7/2016 -7/10/2016. Theme this year is Norwegian Travels & Trades. Suggestive ideas are to discuss where your family migrated to in America. Why did they immigrate? Kids could pack a travel trunk using small boxes and paper cutouts to represent what was packed to come to America. Remember to check District IV web site www.sofn-district4.com events for camp applications and information letter.

If you have a special event please inform Karen Huck or myself know so that it can be posted on the District 4 Website. The more people that are reached the more successful your lodge activities will be. Be on the look out for new members and encourage and help retain current members for the future of Sons of Norway!

Zone 6 - Karen Huck Zone Director dkhuck@aol.com or 227-5155

We are looking forward to having all lodges in our Zone participate in the District IV Convention in Helena.

Zone 6 will be responsible for furnishing the cookies for the coffee breaks and this involves 120 dozen cookies. We have 10 other lodges in our Zone and would appreciate any help that we can get with cookie baking. Please let me know if your lodge can participate.

All lodges were sent an email with the upcoming due dates. Also to put on your list is that delegates need to be elected by March 1, 2016 and sent to the District IV secretary.

I hope to see someone from each lodge in Zone 6. Start your fundraising now and help the delegates with their expenses.

CONVENTION NEWS!!!!!!

The 2016 District IV convention will be held in Helena, MT at the Radisson Colonial Hotel June 16-18.

Room rates \$89.00 plus tax for a Double/Queen room. This is based on Single or Double Occupancy, with \$10 more for each additional occupant and is subject to applicable state and local taxes in effect at the time of check-in. To make reservation you may call 406-443-2100 and mention Sons of Norway. If you are reserving online the code is **SONS0614**. The hotel website is <http://www.radisson.com/helena-hotel-mt-59601/usahemt/hotel>. The hotel has just changed from a Red Lion to a Radisson. This last year it has undergone extensive remodeling and is beautiful.

The cost of the convention will be **\$195** per delegate. We will also have non-delegate packages available and extra meals that can be purchased ahead of time for guests. The convention will start on Thursday evening with a Presidents reception and the business meetings will be Friday and Saturday morning. Saturday afternoon will feature 3 different cultural classes for you to participate in. This year we will also offer a Saturday afternoon session of "Networking for your lodge" for those not wanting to attend a cultural class. Saturday night will end with a banquet and dance. Our banquet speaker will be Ellen Baumler from the Montana Historical Society speaking on Norwegians in Montana.

Advertising letters have been sent to all lodge Treasurers with a due date of February 1. This year we are offering individual lodge members also a chance to be part of the book with a **Gold, Bronze or Silver** donation. This letter is available to all members on the District IV website at <http://www.sofn-district4.com/convention.htm>

Folk Art Entry Forms are also available on the website. Visit with your members and encourage to them to enter their articles that they have created in the last 2 years for display and judging. We are asking for registrations by **APRIL 1** this year so that we can contact judges and order ribbons.

Vendors are being contacted to sell their wares at convention. If you know of someone that is interested in participating call Susan Gobbs at 443-0727. Price for an 8' table will be \$50.

A tour train ride around Helena will be available on Friday night for all interested for an small additional fee. This will be offered if enough participate.

We look forward to hosting everyone in Helena. If you have further questions or suggestions, please let us know.

Co-Chairs are Karen Huck (406) 227-5155 and Susan Gobbs (406) 443-0727.

January is National Mentoring Month



Did you know that January marks National Mentoring Month? It's a great time for your lodge to join in a nationwide effort and make a difference in the lives of youth in your community. Additionally, working in conjunction with National Mentoring Month also falls under Adopt A School, Sons of Norway's committed effort to work with children in a variety of ways.

What does it mean to be a mentor and how can your lodge get involved? Let's find out!

Broadly speaking, a mentor is someone who provides guidance. This can come in many forms, including tutoring, a buddy project, or just being someone to turn to for advice. Really, there is no single definition of what a mentor is, giving you plenty of options in choosing a role that you most comfortable with.

How can your lodge get involved with National Mentoring Month? First, check out the [National Mentoring Month's website](#). There you'll find information about activities going on around the country in which your lodge may be interested in participating. However, since there aren't events going on in every state with a Sons of Norway lodge, consider some of these alternative ideas:

- **Check with a local school to see if there are opportunities to volunteer.** Schools are often looking for chaperones for field trips or someone to help during lunches or recess. These roles are an outstanding way to make a difference in the lives of a young person.
- **Your local library may have opportunities for you and your lodge to work with children.** There may be story times, reading lessons or other activities that would have a positive impact.
- **Occasionally, local museums may be looking for help with tours or school field trips.** This would be a great way to do some hands on activities with kids and give them a lesson they'll be able to take home with them.

Just because National Mentoring Day is a U.S. occurrence, it doesn't mean you can't apply it to your communities in Norway or Canada. The benefits to being a mentor are universal, so don't let your geographic location keep you from making a difference!

SONS OF NORWAY DISTRICT IV FOLK ARTS COMPETITION

Entry Form and Guideline Information

Name: _____

Address: City, State/Prov: _____

Zip/Postal Code: _____

Telephone: _____

Email: Lodge Name and

Number: _____

Categories: (please check one)

- Beading** *Bunad or other Scandinavian item*
- Counted Cross Stitch** *Scandinavian theme*
- Crochet**
- Hardanger Embroidery**
- Knitting** *hand*
- Norweave** *(including Klostersøm or Diamantsøm)*
- Painting** *folkart depicting Norwegian scene or scenery*
- Photography** *depicting Norwegian item(s) or scenery, minimum 5"x7", matted or on card stock backing*
- Rosemaling**
- Silversmithing**
- Tatting**
- Card Weaving**
- Loom Weaving**
- Wheat Weaving**
- Chip Carving**
- Figure Carving** – *Norwegian motif*
- Relief Carving**
- OTHER** – *handcrafted decorative objects, with a Norwegian theme (e.g., Kjøkkenheks (Kitchen Witch), Nisse, Troll, Christmas Ornament, Kolrosed item*

Description of Item:

Level: There will be five levels. Please indicate at which level you are entering this item.

☐ **Youth** – Ages 15 and under

☐ **Novice** – Less than 2 years of experience in the category entered; work incorporates basic techniques

☐ **Intermediate** – More than 2 years of experience in the category entered; work incorporates intermediate techniques; Entrant has never won first place in a District IV Folk Arts Competition at the intermediate level in the category entered

☐ **Advanced** – Work incorporates advanced techniques; Entrant may have won first place in a District IV Folk Arts Competition at the intermediate level in the category entered

☐ **Professional** – In the category entered, entrant is considered an expert; may sell their work or teach the craft in a professional capacity

Guidelines

- All items submitted must be made by the entrant.
- An exhibitor is allowed to enter a maximum of **two articles in each category**.
- Please complete this form and an exhibit tag (will be included in January Newsletter) for each item entered.
- All entries may be entered in competition at the International Convention. Owners of the item entered will be responsible for getting the item to and from the International Convention.

Ed. Note: Entry forms are due April 25th to assist in locating knowledgeable judges for the categories.

Make copies of the entry tags, as needed. Please make sure the Waiver of Responsibility is signed. The room that the exhibits will be in will be LOCKED at night and all means of keeping your items safe will be used.

Item No. FOLK ARTS COMPETITION EXHIBIT TAG

Category.....

Level.....

Description of Item:

Name.....

City & Prov/State.....

Lodge Name & No.....

Item No. FOLK ARTS COMPETITION EXHIBIT TAG

Category.....

Level.....

Description of Item:

Name

City & Prov/State.....

Lodge Name & No.....

.....

Waiver of Responsibility

I understand that the Sons of Norway District IV Convention Committee will do their utmost to protect the item I am entering in the Convention Folk Arts competition. However, I hereby waive the responsibility to Sons of Norway and the District IV Convention Committee for any damage, breakage, marring, scratching or other loss which may occur.

Signed:Date:.....