



“THE FABULOUS FOURTH” FOOTNOTES

Alberta – Montana - Saskatchewan – North Dakota

www.sofn-district4.com

September, 2015

Greetings from your District IV President Martha Elliott

It is hard to believe that the first week of September is here. As always said, where did the summer go? I know that many lodges had their summer picnics, participated in their home town parades, and many other fun summer activities. Now we in Sons of Norway are developing fall activities.

The district goals were: increase membership by 200; encourage cultural programming; continue to support the 3 F's of Sons of Norway (Foundation-Fraternal-Financial). How is your lodge doing concerning these goals? Remember, October is Foundation Month.

Remember, that if you sign up a new member you have a chance of winning a trip to Norway. And be sure to save and clip stamps for Tubfrim. You have a chance of a trip to Norway when you send your name to Gene Brandvold with every pound of stamps sent him.

Check anytime for scholarships that are available through the district and the Foundation in Minneapolis. Katelyn Johnson received a \$3,000 scholarship for her studies in biology and Norwegian at the University of North Dakota. So, Lodge Presidents, please inform college students of these scholarships available.

In October the district board will be meeting for their fall meeting in Sidney. Do you have anything you would like to add to the agenda? Let me know.

June might seem like a long time away, but will be upon us soon. Be looking in the mail in the next few months as you will be receiving information about the election of delegates and other information about the convention. Karen has an article in the newsletter, so be sure to read that.

Enjoy the fall with your lodge activities.

Martha Elliott, President, District IV



District 4 Board Members:

Martha Elliott, District President from Minot
Martha Elliot, President from Minot
Russell Wiigs, Vice President from Calgary
Ruth Olson, Secretary from Bismarck
Marilyn Martinson, Treasurer from Fargo
Terri Rostad, Cultural/Publicity Director from Big Timber
Mary Ann Johnson, Zone 1 Director from Grand Forks
Vonnie Anderson, Zone 2 Director from Fargo
Erling Olson, Zone 3 Director from Bismarck
Alison Wiigs, Zone 4 Director from Calgary
Becky Lewis, Zone 5 Director from Big Timber
Karen Huck, Zone 6 Director from Helena
Elaine Nelson is the International Director

Sons of Norway's Mission

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Ha det bra! Russ Wiigs, District IV Vice President

Hilsen fra røykfylt byen! Well many of you are also experiencing the smoky haze coming from the west coast forest fires! Hopefully we all had an interesting summer and now we must get back to our usual routines.

My focus for this issue of the Fabulous Fourth is membership. When your current District IV Board first met in late 2014, one of our goals was to increase our District IV membership to 6,100 members by December 31, 2015. Our numbers were 5,989 at January 1, 2015 and now are at 5,815 at July 31, 2015. Membership numbers are down!

How are your lodges doing? Is your lodge doing anything to improve your membership numbers? What can you do?

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?

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 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 our borders). It would be nice to receive something that tells me you do read the Fabulous Fourth!

As many of our members head off to school and or University, remember that Sons of Norway has many scholarships available to assist members and their children and grandchildren with educational goals. Check out what Scholarships are available through our Foundation. But also check out the District IV scholarships. We have changed some things regarding District IV scholarships effective in 2016. We will now offer up to 3 Scholarships of \$1,000 US each. 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. It is no longer required that courses in Norwegian or Scandinavian studies be a part of the requirements. 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 will be on our website in the next few weeks.

Enjoy your fall!

Russ Wiigs, Vice President, District IV, Sons of Norway.

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Hilsen Fra International Director:

Greetings:

I hope everyone has had a enjoyable summer, with lodges having various activities for their members and non-members. Now we are on to the Fall Season, I always enjoy the beautiful colors that nature offers to all of us especially in the Midwest area which is our District Four area.

I would encourage your lodges to have "Membership Dinners" if you have any questions on how these work contact your Financial Benefit Counselor-or member of the District Four Board or myself. Just a reminder that these Membership Dinners are offered to our Zone Four Lodges also, you just need to contact Sons of Norway Headquarters for information how these work and how you will receive your re-imbusement.

I can tell you from experience that these Membership Dinners do work, I would encourage your lodge membership committee under the leadership of your lodge Vice-President and other officers of your lodge to work together to make the Membership Dinner successful. Invite friends, relatives-tell the Sons of Norway story of benefits.

Does your lodge own Real Estate, such as your Lodge Building? If so is your lodge in compliance with the rules and regulations that Sons of Norway Headquarters has sent you, this applies to all US Lodges-you should be registered as "501-C-2. You may need to discuss this with your Lodge Legal authority, such as a Lawyer. All Lodges in US should have received information from Sons of Norway Headquarters on this matter. If you have any questions, please contact me.

With the Fall Season, comes the "Norsk Hostfest" I encourage each of you to stop by the Sons of Norway booth in Oslo Hall, I will be volunteering at the booth along with other FBC and volunteers. It is always nice to see Sons of Norway members from Far and Near. Come and wear your Sons of Norway, SMILE- bring friend or relative to the Booth for membership, you will receive the credit for signing them for membership. Remember October is Sons of Norway Foundation Month-2016-50th year of Foundation!

I wish everyone a Happy Fall season, cheer for your favorite Sporting Team-wear your Sons of Norway Shirt. If I can be of any assistance kindly let me know-enelcna@cableone.net phone:1-701-537-3250-1-701-364-0834

Fraternally,
Elaine Nelson
International Director
District Four

Beste hilsen fra Zone One!

Greetings from Zone One.

It is utrolig (unbelievable) that summer is nearly over, isn't it? Well, it is good to begin planning for lodge vinter (winter) activities or activities within your community in which your lodge can participate. If your usual programs or activities are starting to feel a bit stale, now is tiden (the time) to sit down with a good, strong cup of kaffe (coffee) and brainstorm some new ideas that your lodge has never tried before.

It's good to stir things up a bit--try something new. More often than not, people will find it exciting to try something new. Some lodges have been dedicating a few minutes to "Show and Tell" each time they gather. It involves inviting members to bring a Scandinavian item, share it with the lodge, and talk about its significance. I'm forever amazed at the treasures people share

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and the stories attached to the item. One fellow pulled a letter out of his shirt pocket that was written to his great uncle in the Dakota Territory from family back in Norway.

Imagine how special that historical document was to him! Perhaps you have an item in your home but you're not exactly sure what it is. Bring it to share. Someone might be able to help you out. You get the idea.

Membership dinners are being planned. Many lodges prefer fall for a hearty meal and inviting potential new members to a gathering. Use that time to share what SON means to you. We have so much to share with our communities.

Let's continue to pursue expanding our lodges so that we can share our heritage. Our barn (children) and barnabarn (grandchildren) are counting on us to leave our lodges as vibrant places to learn and share our heritage. Please contact me with any questions or requests you have about SON or your lodge. I would love to hjelpe deg (assist you). My phone is 701-351-2179. Mary Ann Johnson, Zone One Director

From Erling-Zone Three Director

Thank you for all the photos you have included highlighting zone 3 activities in *The Viking*. It's a boost to each lodge to be highlighted. Zone 3 lodges according to their newsletters have been active throughout the summer: what with inter lodge boat rides on the Missouri, inter lodge picnics, parades, etc.

Due to Bjarne lodge in Williston and Thor lodge in Minot, zone 3's membership increased from 1552 on June 30, 2014, to 1557 on June 30, 2015. I am impressed with what each lodge has done and plans to do going ahead. Past zone 3 directors, Vicki Anderson and Carol Nelson, have done a good job shepherding zone 3 which has made it much easier for me. Tusen takk, Vicki and Carol.

**Fraternally,
Erling Olson, District 4, Zone 3 Director**

Hi from Becky!!

Summer has come and gone. One lady was visiting in our area and went to the Billings Fair. She was impressed with Jotunheimen Lodge, Billings, MT Son of Norway booth. She liked the Viking stick but really liked this bread like a tortilla. "Lefse?" Yes! She wished she could get a recipe. Better yet we will have a lesson for the women in our church. Also good comments on the Sidney Lodge, Sidney, MT Viking sticks!

Most lodges don't meet in the summer months so now we can return to Sons of Norway meetings and activities. The change of season helps members to celebrate our Norwegian heritage. Soon will be the Norsk Hostfest in Minot, ND Sept 30-Oct 3. This is a great way for families to experience all the different Scandinavian Cultures. There is entertainment, crafts, vendors, trolls, food and fun for all ages. Please check it out at www.hostfest.com.

I met a relative of my Aunt Berte's this summer from Arendal, Norway. She was most interested in relatives in Big Timber, MT. Fjell Heim Lodge provided a potluck dinner for Norwegian traveling group. I have received e-mail and a letter from her. It is exciting to have correspondence from Norway. So I encourage you explore and research your ancestry and earn a Son of Norway Genealogy pin. Don't forget to ask family and friends to join to join Son of Norway. We need *more* members. Becky Lewis Zone 5 Director

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District 4

SON Convention June 16-18, 2016

District IV Convention for 2016 will be in Helena, MT at the Red Lion Colonial Hotel. Theme for the convention will be "Honoring our Past, Embracing our Future". Hovedstad Lodge 4-528 in Helena is looking forward to entertaining their fellow Sons of Norway members for this event.

Co-Chairs for the convention will be Susan Gobbs and Karen Huck. The committees have been formed and the lodge members are working towards making this a success. We appreciate any suggestions that lodge members in the District have that will help us work towards our goal.

The District IV Board will be meeting prior to the convention. Their meetings will be all day Wednesday and Thursday. The Presidents reception will be Thursday night and the business will be conducted Friday and Saturday finishing with a banquet and dance.

Room rates for double queen or King is \$89.00 a night. Hotel rates are based on Single or Double Occupancy, \$10.00 more for each additional occupant and are subject to applicable state and local taxes in effect at time of check-in. A block of rooms has been reserved for these dates and can be reserved by calling the hotel at 406-443-2100 and mentioning Sons of Norway or by using the online booking code of **SONS0614**.

Folk art competition will again have 5 levels of judging. They will be youth (15 and under), novice, intermediate, advanced, and professional.

All forms and information will be listed on the Sons of Norway District IV website as they become available. www.sofn-district4.com

Karen Huck, Zone 6 Director, 3340 Grandview Road, East Helena, MT 59635-3009

Tentative Folk Art Categories for Convention 2016

Beading	Counted Cross Stitch	Crochet
Hardanger Embroidery	Knitting	Norweave
Painting	Photography	Rosemaling
Silver smithing	Tatting	Card Weaving
Loom Weaving	Wheat Weaving	Chip Carving
Figure Carving	Relief Carving	OTHER

(So get busy to be ready for the fun creative Competition!!)

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Greetings from Terri Rostad, Publicity/Cultural Director

I hope your summer has been full of happiness. I met with Karen to tour the hotel for the convention. It is going to be awesome!! Then, recently I was invited to Helena's end of summer picnic. They have committees set up and are hard at work getting ready to 'Honor our Past and Embrace our Future'.

Information will be on the District 4 website as soon as possible, see Karen's column. I hope you are all hard at work doing Traditional Norwegian Cooking, Literature, Stamp Collecting, Rosemaling, Genealogy, Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Woodcarving, Chip Carving, Folk Dancing, Music and Musicians of Norway; working on badges and getting ready to compete. We are considering Metalwork this year also. If there is a Norwegian craft that you would like to have a category for please let me know so we can arrange a judge.

Several instructors have been contacted concerning classes for the Convention but nothing has been finalized at this time. There is much to do this fall and spring, so let me know if you have any suggestions.

This summer I attended Bjernetann (Beartooth) Camp in Red Lodge. It is a mouthful to say in Norwegian. I taught a weaving class to ten enthusiastic people and learned more about Hardanger, Norweave and Woodcarving. We had about as many youngsters at camp as there were adults. The food was simply fabulous! My grandson spent the summer with us and we had a terrific time. He wants to return next year. Timothy won a beautiful carving by Hans Stokken and I won a beautiful quilt made by Nancy Alley. How is that for going to Norwegian camp for the first time? I wonder what will happen next year.

Last weekend I went to Regina, SA, Canada with my trucker husband, George. We saw the Best Western in Sidney where we will meet in October, drove by the beautiful Lutheran Church in Plentywood with its' church spire lighting up the sky. In Canada I noticed it was flat like Kansas where my older brother lives. I had never seen Canola before. There sure is a lot in that area. I had to research it when I got home. What a beautiful land we live in! We have much to be thankful for.

This summer has been difficult for me. My mother had a stroke, and currently is doing very well. We have had three family funerals (two aunts and my younger brother). I will continue to strive to fulfill my duties. It would help me if Lodges, Directors, and Officers would send pictures and information in a timely manner. I would like **pictures by the first of every month**. The next Newsletter should come out in January, so please have articles to me by **December 15th**.

Terri Rostad, trostadson@gmail.com
P.O. Box 1735, Big Timber, MT 59011 (406) 932-6879

When submitting lodge activity photos to your district publicity director, please provide the following information by clearly printing the following:

- Lodge name, lodge number, city, state.
- Individuals in the photo from left to right. (correct spelling is important)
- Event/circumstance of photo.
- Contact person with phone number and email (if possible)
- The ideal photo is one that can stand all by itself, tell a story and needs only a brief caption to identify the action, individuals,

idea and locale. A photo must convey action, conviction, drama and mood.

- There should be no more than five subjects per photo and no backs of heads.
- Always include a photo caption, identifying the people from left to right (check spellings of names).
- Never write on the photograph or staple it to a press release. It should be paper clipped to a photo caption and, when possible, included in an envelope with the news release. Make sure digital photos are high resolution. Don't Photoshop, the Viking does that.

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Høstfest University

The Norsk Høstfest is again offering a variety of classes during the festival. It is a folk school where Scandinavian crafts and traditions come alive. Dates will be **Wednesday, September 30 - Saturday, October 3.**

The District IV Board has budgeted money so that any Sons of Norway member in District IV will be reimbursed their registration fee for the class. More information is available at the Høstfest web site or contact Martha. If you register for the class, keep your registration paper and give to Martha, who is at the festival every day. The district will reimburse you.

Some of the classes are:

Scandinavian Tablet Weaving \$75

Viking Age Carving \$75

Simple Bunad Embroidery \$75

Nåbinding \$75

Viking Age Carving \$75

Sami Ring - \$75

Creating a Scandinavian Christmas Ornament \$75

Easy Bunad Embroidery \$75

Carving a Dala Horse \$75

Swedish Clog Dancing \$75

Deluxe Sami Bracelet \$150 an all day class

Figure Carving \$150 an all day class

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REMEMBER WE ARE COLLECTING STAMPS!!

Tubfrim from Karen Huck

Tubfrim is an organization in Norway that resells the cancelled stamps and donates the proceeds to programs for handicapped children in Norway. Sons of Norway is proud to support Tubfrim in its work to support the children in need.

For each pound of stamps sent in, you need to send a postcard in for the opportunity to win \$1000. Every time you have a pound of stamps, have it verified by the Tubfrim chairperson in your lodge. You need to send these in, they are not being sent in! Some lodges prefer to send them in under the lodge name, some people do it personally. Please do not put the postcard in with the stamps because the stamps go to a different place. We do not want the postcards sent to Norway because it is the Sons of Norway here that gives away the \$1000.

The funds go to about 40 or 50 groups, with each organization receiving from \$500 to \$3000. There are approximately 1500 stamps per pound.

Editors note: Contact SON to get the postcards or your Tubfrim chairperson.

FRATERNAL, FINANCIAL, FOUNDATION

Each year, profits from the Sons of Norway insurance operations are used to help offset the cost of publishing the Viking Magazine, to support programs such as the Lodge Revenue Sharing Program, New Member dinners in your lodge and to support the cultural and heritage programs of the Sons of Norway. In the past 5 years alone, this profit contribution has totaled more than \$5.6 Million.

Fraternal: Providing ever-expanding cultural resources and training to members

Financial: Providing members with sound financial benefits and protection

Foundation: Providing scholarships and humanitarian gifts

Greetings!

My name is Lissa Johnston. I am a descendant of Norwegian immigrants who settled not in Minnesota or Wisconsin or Iowa, but, believe it or not - Texas. I have a new children's book out that is inspired by my Norwegian ancestry. The name of the book is The Dala Horse. Think American Girl meets Nancy Drew. It is available now on Kindle at the link here <http://amzn.com/B011VQCKMW> or by searching its title at Amazon. It comes with a discussion guide for the middle grade reading level.

Book synopsis:

10-year-old Kaya Olson lives in a small Norwegian immigrant settlement in post-Civil War Texas. When her mother is killed in a stage coach robbery, Kaya feels responsible. Can she uncover the secrets her family is keeping to solve the mystery surrounding her mother's death?

If you know of any families who are interested in Norwegian topics, I hope you will share this information with them. Thanks in advance for your interest.

Lissa Johnston

Writer

803.487.9385 |

lissajohnston@gmail.com |

www.lissajohnston.com

Important Resources Online

Cultural Skills Program Information

culturalskills@sofn.com

Sports Medal Program Information

culture@sofn.com

Recruiting and Retention Help

membership@sofn.com

Ordering through the Supply

Department supply@sofn.com

Membership Questions and List Help

fraternal@sofn.com

Website Support and Questions

webmaster@sofn.com

District 4 grants, scholarships,

Convention minutes, resolutions and other great information:

[http://www.sofn-](http://www.sofn-district4.com/forms.htm)

[district4.com/forms.htm](http://www.sofn-district4.com/forms.htm)

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