

The Fabulous

Alberta • Saskatchewan



Fourth Footnotes

Montana • North Dakota

July 2017



Greetings to all you District IV Members of Sons of Norway

It's that time of year when a lot of people kick back and have a more leisurely type of living, which is great to have some time for you and your family and friends.

At our District IV Board Meeting this past spring we set a goal of 4% net gain in membership for our District. I would hope that all of the lodges would take an interest in and help work towards that goal.

Also at the Board meeting, I read a letter to the District IV Board that I had received from the International CEO Eivind Heiberg regarding goals set by the International Board. They are as follows:

- Attain 375 new insurance members
- Achieve \$5.5 million total life insurance premium
- Accomplish \$20 million total annuity premium
- Acquire 3,500 new members
- Arrive at \$200,000 Foundation funds raised

I would ask that all the lodges be mindful of these goals both the District and International to help achieve them. If everyone does a little then some do not have to do a lot. We need to all work together. Those lodges reaching their goal will receive a \$200 cash card, exclusive access to a new program for lodge members, newly designed SON banner, certificate of honor, and a recruiter recognition pin.

I want to congratulate the Heim Lodge 4-178, Devils Lake, ND on their 100th anniversary of institution of their lodge. What an achievement! They are a strong lodge and have a good program going.

I also attended the 25th Anniversary of the Vennilig Lodge 4-618, Tioga, ND. I enjoyed meeting the members from their lodge and of course, congratulations on being a successful lodge for 25 years. I'm sure there will be many more.

Then we also, have the increase in dues starting on January 1, 2018. I am getting the information about the dues increase to the District Zone Directors and they will be getting in touch with your lodge. Please be sure to listen to them as to how this will work out for your lodge and the benefits that it has for you as a lodge.

The next District Convention will be held in Bismarck, ND at the Radisson Inn. It will be a time for election of District Officers. If you or you know of someone who would be a good District Board officer – please encourage them to get in touch with your zone director or the District Nominating Committee.

Have a wonderful rest of summer. Enjoy it. Thanks for all you do for the Sons of Norway.

Fraternally,

Nordy Riley, President

District IV Sons of Norway



Sons of Norway's Mission

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

www.sofn-district4.com



District IV Secretary

Erling and I visited Nordlyset Lodge in Bottineau and I spoke on the reasons for the dues increase coming in 2018. We also attended the 100th Anniversary celebration of Heim Lodge in Devils Lake.

This was a fun filled day for all who attended. A highlight for me was seeing the Nidaros Cathedral made out of matchsticks as this was purchased in Norway by my great-aunt, Borghild Mickelson and sat in her home for many years. My great-grandfather was a stone mason and worked on the cathedral so it is special to me.

I have been working with Kathy Gewont of Devils Lake to schedule the fall board meeting and plans are coming together for that.

I participated in a conference call with other District Secretaries and a representative from "Fraternal Give" where we learned the criteria for reporting volunteer hours.

Wishing all the best for a happy and fun summer.

Ruth Olson, District IV Secretary

Now that it is swim season, does anyone remember this oldie, but goodie?

Lena competed with a French woman and an English woman in the Breast Stroke division of an English Channel swim competition. The French woman came in first, the English woman second. Lena reached the shore completely exhausted. She remarked, "I don't want to complain, but I tink dose utter two girls used der arms."

District IV Nominating Committee

John Trangmoe

Bitterroot Dalen Lodge 4-656

105 Meadow Drive

Hamilton, MT 59840-3178

john.trangmoe@gmail.com

406-363-2463

E. Diane Berg

Brubyen Lodge, 4-576

325 Keevil Crescent, Unit 445

Saskatoon, SK S7N-4R8, Canada

edberg@sasktelnet

306-373-3156

G. Paul Larson

Gyda Varden Lodge 4-021

2918 Chestnut Street

Grand Forks, ND 58201-7528

gpaul_larson@yahoo.com

701-772-6003

This is the 2018 District IV Nominating Committee. If you would like to run for an office or if you know of anyone who would like to run for an office, contact the committee or your zone director.



Kalendar

**August 13-19..... Trollhaugen Camp
Near Alix, AB**

**September 15-17..... Fall Folk Dance
Workshop--Red Deer, AB**

**September 27-30..... Norsk Hostfest
Minot, ND**

**December 1.. General Heritage & Culture
Grant--submit online**

**December 15 Local Lodge Partnership
Grant--submit online**

**December 15 ...Helping Hands to Children
Grant--submit online**

**December 31 District IV Fraternal
Funds Grant Applications Due**

**February 1Family Lodge of the Year
to SON Headquarters**

**February 1.. American Fraternal Alliance
Year End Report to SON Headquarters**

**February 1... Lodge Achievement Form to
SON Headquarters**

**February 10D17 Financial Statement
due to District President**

**June 14-16, 2018...District IV Convention
Bismarck, ND**

**August 16-18, 2018 International
Convention--Bloomington, MN**

Culture and Publicity

Director

July is a month for celebrating. We said, "Happy Birthday!" to two of our favorite counties. Canada turned 150 years on July 1 and the United States turned 241 years old on July 4! God Bless Canada!! God Bless America!! God Bless our homeland, Norway!!



I participated in our community 4th of July parade again this year. It is becoming tradition for our lodge to decorate my golf cart as our parade entry.



It is great fun to ride the parade route and see everyone who is in town for the day.

I was thrilled to bring greetings from District IV President Nordy Riley to the

Devils Lake Heim Lodge for their 100th anniversary celebration. Congratulations to the lodge for a day full of wonderful entertainment, lovely displays, marvelous food, and most of all for staying a strong active lodge for all these years!!

Thanks to all of you who have been sending in the great quality photos for use in the Viking magazine. The quality of the photos has improved so much, and I really appreciate that you have made my job so much easier in that way. Keep those photos coming!

I still want to hear about cultural tours that you are taking in your lodges, and there still is lots of room for experts in our database. You can send that information in at any time. flo@designlogic.net

I'm looking for ideas for cultural classes and sessions for District Convention in June. Do you have ideas you would like to share for that?



Also, I'm working as hard as I can at the local level to get members qualified for medals. Some are being very successful. Carol Thompson received all three medals in literature at the same time. She was willing to share what she learned and experienced with our lodge and it was enjoyed by all.

Flo Kallenbach
District IV Director
Culture and Publicit

Russ and Alison Wiigs meet Kong Harald

By Alison Wiigs

On May 5th at 12:30 p.m., we had the pleasure of spending 15 minutes in conversation with the king of Norway. The king was gracious and welcoming, rising from his chair and coming forward to shake hands as we entered the room. This was our opportunity to express the honor we felt at receiving St. Olav medals in 2014 for "services rendered in connection with the spreading of information about Norway abroad and for strengthening the bonds between expatriate Norwegians and their home country» (Wikipedia). I said a couple of carefully prepared sentences in Norwegian and then we switched to English. We talked about Russ's Norwegian ties to Norway and about Sons of Norway. The king expressed appreciation for Sons of Norway's role in promoting Norwegian culture. When Russ mentioned that he had 'met' the king previously at a dinner in Minneapolis where there were a thousand guests, the king, with a twinkle in his eye, said "Ah, yes, I remember you well" and we all laughed.



Alison in front of the castle in Oslo just after visiting the king

Trollfjorden Camp 2017



Cultural Classes
Such as
Hardanger



Language Classes



Campfires and Smores



Zone 1 Report

Zone 1



I had the privilege of bringing greetings to Heim Lodge at their 100th anniversary celebration. President Kathy Gewont and her committee did a fabulous job of organizing this event. They had an amazing day which included Hardanger fiddler Megan

Peterson, a skit by the Lake Region State College students based on the movie *Frozen*, Cathy Erickson Band, NorSweDane Dancers, author Candace Simar who read one of her stories to the young children on the stage, Kringen Accordion Band, and River Ravens Viking Battle Group, a silent auction, vendors, a Viking Troll Fish Pond, displays of Norwegian bunads, folk dress, and artifacts. They served a banquet and had Norwegian desserts. Several people spoke, most notably Carroll Juven, who was instrumental in the process of moving Heim into the city of Devils Lake. Flo Kallenbach and Mollargutten President Mavis Maloney joined me for the day's events.

Vaarliv Lodge presented a "Midt Sommers Musik Fest" on Saturday, June 24. Due to my commitment to a wedding, I was unable to attend. I am hoping to join them in September when they are planning to have a tour of rural churches founded by the Norwegian American community.

I enjoyed my first Trollfjorden camp experience. It was even more enjoyable than I expected!! I am excited to be a part of this committee for the next few years, and to be an attendee for many more.

I am grateful to be a "little less busy" than I have been for the last 10 months, so I hope to be able to visit the rest of the lodges before long.

Kathy Daeley
Zone 1 Director

Zone 2



It sounds like it will be a quiet summer for all my lodges, but I did get in a leadership training seminar at Kringen Lodge in Fargo and invited all my Zone 2 lodges. I had special help from International Director Steve Halverson, International Treasurer Elaine Nelson, and District IV Treasurer Marilyn Martinson, who are all from Fargo so that helped to be able to cover a lot of area.

I am trying to follow up with brief trainings with the lodges unable to attend. I was very happy to see a good representation from Valley City who have become rejuvenated as a SON lodge. I am so pleased with their program!

Cooperstown Lodge will be having their 50th Anniversary this year. No definite date has been set, but they are planning a celebration in the fall.

The Kringen Lodge is very involved with the Scandinavian Hjemkomst Festival in Moorhead. This year Norway was the featured country so they continue to be busy.

Vonnie Anderson
Zone 2 Director

Kathy Gewont,
President of Heim
Lodge, Devils
Lake, ND, at the
100th Anniversary
celebration.
Congratulations,
Heim Lodge!





Zone 3



So far I attended a meeting at Nordlyset in Bottineau where I performed the memorial service. I also went through the new dues structure as to how it will affect the local lodge. Once they understood, most were in favor of the change. (The key is to get

this information out before 2018.) Ruth and I also attended Heim's 100th anniversary in Devils Lake.

I am sending letters to all lodges reminding them of the 2018 District 4 convention; and to check as to whether any member would like to be a district officer. I also am reminding them of upcoming deadlines as to elections, etc.

Now that my health has improved I am again making lodge visitations. This will be a busy year for me through the convention.

Erling Olson

Zone 3 Director

Zone 4 Tidbits by Alison Wiigs



Red Deer's Aspelund Lodge, although small in numbers, did a mighty fine job of hosting a "Sports Smorg" weekend April 28-30. Participants could take part in darts, whist, card/tile and domino games, Yard Yatchi, Ladder Golf, and Kubb (an old Viking game). Also

available: a mystery walk in the mall, a creekside walk with poles, and a visit to the Laft Hus--Red Deer's Norwegian Museum. As an educational component, a Lefse making class was offered. Looking forward, next year Lethbridge (Solsyd) will host, assisted by Hamar Lodge.

Sports Weekend always includes a Sunday morning meeting with reports from the organizers, feedback from participating lodges, and suggestions for the

future. This year a motion was put forward to set up a meeting of representatives from Zone 4 lodges on the subject of **Sons of Norway membership fees**. To that end, I propose meeting at Trollhaugen Camp (Deer Valley Meadows, near Alix, AB) on Saturday, August 19, time TBA. The basic membership fee for Canadians is under \$50 (Cdn) for 2018. This is because the Head Office portion has been fixed at \$40 (Cdn), and for now the district and lodge portions remain unchanged for Canadian lodges. American lodge members, however, will be paying \$28 (U.S.) on top of the Head Office portion, with the \$28 being divided between the district and the lodge.

The annual **fall folkdance workshop** is in Red Deer this year, September 15-17. Mikkel Thompson and Ginny Lee will be teaching. Links to more information and the registration form are on the [Cultural Activities page](#). On Saturday night the dinner and dance, featuring Edwin Erickson and his orchestra, are open to the public.

Culture camps in Canada this summer

Trollhaugen – Theme: The Sami People, August 13-19, Alix AB. Currently full. Info and registration forms at www.trollhaugenalberta.ca

District 7 Heritage Camp, Hatzic BC, August 9-13. Info and registration for 2017 will be posted at http://sofn7.com/heritage_camp.htm

Kudos --To Brubyen for efforts to grow their membership. They hosted a membership dinner in April, and had a display table at the February Heritage Festival where they handed out Calendar of Events pamphlets advertising lodge activities.

--To Solglyt and other S/N members who volunteered at the Trollhaugen casino even though it meant foregoing Syttende Mai celebrations.

--And to Fjellsyn lodge, for providing President Nordy Riley with a comprehensive list of lodge activities. Lots of ideas there, such as bowling/whist afternoons, performing plays written by a member, torsk dinner, and fun auctions to raise funds for the Foundation.



Zone 5



Wow! We just came back from Bjornetann Language and Cultural Camp held at Red Lodge, MT. This is the most beautiful setting. You feel like you are in "Little Norway". The board members

did an awesome presentation of food, cultural activities, and fun family activities. We need to promote Bjornetann Camp. It is a camp for all ages. Sig & Joyce Ruddle and Dan & Betty Rude were awarded longevity awards (15 yrs attending camp). Deb and Otto Cornwaithe have resigned from camp duties due to relocating in the future. Deb's rosemary talent is awesome. She can turn your attempt at painting into a work of art. Otto is so patient with the kids and teaching them his outdoor skills. You both will be greatly missed. So please help to promote this camp.

Fjell Heim Lodge, Big Timber, MT lost Lyle (Kenny) O'Dell June 10, 2017. Condolences can be sent to Carol O'Dell, 102 Llama St, Livingston, MT 59047-9200.

We need to promote Sons of Norway. So take your Membership list and send thank you notes to members who have current membership, send miss you notes to members who have let their membership drop and encourage new memberships.

Becky Lewis

Zone 5 Director



Some Culture

This is the Potato Klub recipe that we will be making at the Mollargutten Lodge cooking club this month. It's one of those recipes where you need to understand that the amounts are pretty much estimated amounts. After you've made it once or twice you'll know just how to make these springy, yummy dumplings.



Potet Klub (Kumle)

Boil a ham bone for the broth and add ham base
These are all approximate ingredients:

10 cups peeled and grated potatoes

2 tsp. Salt

1 tsp. Pepper

Baking Powder

Mix potatoes, salt, and pepper in a large bowl.

Mix baking powder into about 5 cups of flour and mix with potatoes until potatoes hold together.

Make balls a little smaller than a baseball. You can put ham or bacon in the middle of the ball if you want.

Roll the ball in flour and drop in boiling broth.

Simmer for an hour or until done.

I keep checking so the balls don't stick to the bottom of the kettle.