

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



SONS of NORWAY

September 2020



Greetings District IV Sons of Norway:

Summer has passed so quickly. I hope your lodges have been able to do some type of activity these last few months. I do realize you would have had to be quite creative in what you planned. The

Covid 19 has made a huge change in how we do things. Now with fall on the horizon things have not gotten any better. It does take some creative thinking to come up with an idea that would keep everyone safe.

I want to say a huge “THANK YOU” to the lodges who participated in the “Sock It to ‘Em” challenge. There were 5,444 socks that were collected and given to the lodge communities in the name of Sons of Norway. Many children to adults feet were warmer because of this effort. The lodges that participated had a lot of momentum and enthusiasm doing this. The lodge that gathered the most socks was Vidda Lodge 4-663, Crosby North Dakota. They gathered 1,064 socks to be given to people.

I want to say thank you to Sharon Bruce from the Solglyt Lodge in Edmonton, who helped get the project started. She was a lot of help and encouragement. I also, want to give a huge thank you to District Secretary, Dan Rude, who created a PowerPoint with all the participating lodges and number of socks gathered. We had planned to show it at the District Convention in June, but of as you know that did not happen. I am sure if you contact Dan he would be willing to share the PowerPoint with you. So again Tusen Takk to the lodges who participated. You are “AWESOME.”

We are always working on membership. The International Board of Directors set a goal of 6,300 new lodge members for this year. The lodges are being asked to build on last year’s success by recruiting 5% more new members in 2020 than in 2019. Lodges will be recognized that meet the recruitment challenge by awarding them a \$125 gift card to use as the lodge

prefers, plus, an achievement certificate for their lodge and the recruiting members and an exclusive 2020 Recruiter Pin.

I have asked the Zone Directors for District IV to visit every lodge in their Zone this next biennium. Please feel free to contact your Zone Director and invite them to come visit your lodge. The District IV Lodge officers are listed in this newsletter. If there is a special occasion that you are planning that might be a great time for them to come and visit your lodge. Plus, if you have any questions or need support for anything they are there to help and you are welcome to call any of the executive officers of the District. We want to assist you in any way we can.

Did you see in the last Viking magazine that there is to be “Viking for Kids”? It will be an electronic publication featuring a variety of activities that kids would be interested in. This will be published by the Sons of Norway Staff for readers ages 8—14, you may also print it for any other young people in your household. The first issue is now available for download from sofn.com/vikingfor-kids. New issues will be released quarterly, so watch for announcements in your email inbox, on the SofN social media accounts and other Sons of Norway publications such as E-Post!

In closing I would like to thank to my many Sons of Norway friends for the prayers, cards, e-mails, calls that I received following the loss of my oldest son, Bradley. It meant so very much to me and my family. It’s nice to have friends who are so very caring. May the Lord bless you for it.

May you all have a wonderful Fall Season.

Fraternally,

Nordy

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



**SOCK IT TO "EM"
DISTRICT IV 2020
5,444 socks gathered**

Thank you to the lodges that participated and....
Helped warm feet in their community.
You are **AWESOME!!!!!!**

**Solsyd Lodge -4-603
Lethbridge, Alberta
422 socks**

- Distributed to three groups
- YWCA Canada—Harbour House
 - Wood's Homes serves troubled youth
 - Streets Alive serves the homeless

**Solglyt Lodge 4-143
Edmonton, AB
630 socks**

- Distributed to these groups:
- University Hospital
 - Royal Alexandra Hospital
 - Covenant Care
 - YESS - an organization that helps teenagers in need

**Normanden 4-424
Missoula, MT
497 socks**

- Distributed to these groups:
- Sentinel High School
 - Family Resource

**Sverdrup 4-107
Bismarck, ND
548 socks**

- Distributed to:
- Ministry on the Margins
 - Heaven's Helpers Café
 - CSI St. Alexius Emergency Room
 - The Banquet
 - Rita Murphy School
 - Miller School
 - Solheim School
 - Pioneer School
 - Bismarck Public Library

Solglyt Lodge 4-143
also donated -10 scarves,
20 pairs of mittens, 18 pairs of
underwear, 1 toque

Normont Lodge 4-507 also donated:
50 pairs of slipper socks
Caps, mittens & gloves

THE WINNER

**VIDDA 4-663
CROSBY, ND
1064 SOCKS
DISTRIBUTED TO:
• SOCIAL SERVICES**

**Bjarne Lodge 4-086
Williston, ND
587 socks**

- The socks were distributed to three
Different locations
- One being the Coyote Pup Program of
School District 1 for families in need

**Mjøsén 4-78
Mayville, ND
196 socks**

- Distribute to:
- Northland Mission in
Grand Forks, ND

**Smaa Fjell 4-557
Hettinger, ND
185 socks**

- Distributed to:
- Military Personal

**Normont Lodge 4-507
Cut Bank, MT
475 socks**

- Distributed to three groups:
- Glacier Care Center
 - Browning Public School's Families in
Transition Program
 - Community Outreach Program
in Browning, MT

**• Thor Lodge 4-067
Minot, ND
840 socks**

- Distributed to these groups:
- Roosevelt and McKinley Schools
 - YWCA
 - Kids Day Care Center
 - Men's Shelter,
 - Nedrose and Sunnyside Schools
 - Victims of an apartment fire



Vice President's Report by Flo Kallenbach

Our International Vice President's Network has been meeting by teleconference and Zoom at least quarterly and sometimes monthly since I took the office of Vice President. Our major topic of is almost always—membership!!

I'd like to report that inspite of Covid, membership has been doing quite well in most districts. In July, 2020, total membership of Sons of Norway was 50,048. It was noted that this is the first time membership has been over 50,000 in years. District IV is not doing quite as well as some of the other districts.

Sons of Norway is based on an insurance company. Sometimes it is easy to forget that. Members owning insurance at year end 2019 was 30.3 percent which is also the highest number in years. Much of this, I think, can be attributed to the new way of selling Sons of Norway insurance and the fact that imbedded in each life insurance policy is a Sons of Norway membership.

We talk extensively about what lodges do for activities during this covid season and in general for recruitment. I think everyone is having the same problems and almost everyone has called a halt to meeting except some by Zoom for the duration of the virus.

I'd like to suggest some things we can still be doing to keep our lodges alive and even be recruiting while we wait this out. We want to retain the members we have. Some things we can do are:

- Call existing members and keep contact with them
- Call people you may think of that may have an interest in our organization. This might be a good time to talk to them about it.
- Put articles of interest in your local newspaper or on social media
- Use your newsletters – send out extra newsletters with fun and interesting information to keep up motivation
- Plan a cultural activity on Zoom—knit or carve together on Zoom
- Pick a day when everyone in your lodge makes lefse in his own home or eats lefse that day. Talk to someone on the phone while you eat it.
- Bake and take or craft and take (covidly safe) something to a friend in your lodge or as a recruitment tool!



Mollargutten Lodge Vice President Mavis Maloney and Flo Kallenbach in lodge's float in the parade for our 2020 graduating high school seniors.

At the District IV Board Meeting on August 28, some new changes were made in the District IV Board for the new biennium.
Vice President-Martha Elliott
Culture/Publicity Director-Flo Kallenbach
Zone 1 Director-Becky Gunderson



Lodge Calendar and Other Deadlines

Here is a list of the important dates for when applications for grants and scholarships are due and when important forms are to be filed by the lodge.

January

Install Your Lodge Officers

Jan. 15 – International Foundation Scholarship due

- Douglas Warne-Rolf & Wench Eng Scholarship
- Helen Tronvold Adult Learner Scholarship
- Helen Tronvold Folk School Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- King Olav V for Norwegian Citizens Scholarship
- Lund Fund Scholarship
- Oslo International Summer School Scholarship

February

Feb. 15 – Lodge Achievement Form and Family

- Lodge of the Year form due to Home Office

March

Mar. 1 – International Foundation Scholarships due

- Astrid G. Cates Vocational Scholarship
- Dan and Betty Rude Scholarship
- Myrtle Beinhauer Fund Scholarship
- Nancy Lorraine Jensen Memorial Scholarship

Mar. 1- Orel and Marie Winjum Memorial Scholarship

- District IV Scholarships due through the Foundation
- Elect Delegates to Convention before April 1 in even numbered year

April

April 1 – List of Delegates to Convention due to District Secretary

April 1 – Deadline for District Cultural Scholarship

- Application to be submitted to District Cultural/Publicity Director

April 30 – D17 Financial Report is due to Home Office

May

May 15 –IRS 990 forms due for Lodge and Lodge Corporations

June

District Convention in even numbered year

October

October is Foundation Month – consider a donation directly to the Foundation or plan a fundraiser for the Foundation.

Oct. 15 – Foundation portal is available for lodges and individuals to apply for grants and scholarships.

November

Election of Lodge Officers

December

Dec. 1 - District Fraternal Grant Evaluation from previous year due

Dec. 15 - International Foundation Grants

- Community Partnership due to Home Office

Dec. 31 - District Fraternal Grant Application due

Dec. 31 - D63 Report on Election of Officers due to Home Office

Dec. 31 - International Foundation Grants due

- Helping Hands to Children Grant
- Lodge Culture and Heritage Grant
- Lodge Vitality Grant



Remember: Send in your Lodge photos to the District Publicity Director each month for the 'Viking' Magazine consideration in the edition three months out.

The Sons of Norway International Foundation

By Dan Rude, District Foundation Director

Humanitarian Fund

The Foundation made two changes to our Helping Hands to Members grants. First, the amount members can apply for due to property damage from natural disasters has gone up from \$1,000 to \$5,000. Second, a new program had been added – Medical Relief Grants – that provide up to \$5,000 for members experiencing financial hardship due to extreme illness or injury. More information including the full guidelines and applications can be found here under Humanitarian Fund:

<https://www.sofn.com/foundation/grants/>

Fundraising

As of today, the Sons of Norway Foundation has raised \$65,774 (\$41,237 unrestricted) this fiscal year. The Foundation will be promoting a membership-wide fundraising campaign for the Sons of Norway Foundation. In coordination with Foundation Month in October and continuing through the end of the year, the Foundation aims to raise \$100,000 or more to support its programs.

In just five short years, the Sons of Norway Foundation has granted more than \$730,000 to lodges, members, students and organizations around the country and world to promote and preserve Norwegian culture and heritage and provide higher education and humanitarian aid. In that period of time District IV has received \$68,000 in grants and scholarships. We now have an opportunity to replenish what we have given so that we can continue to help others in the future. In that vein the theme for the fundraiser is "Together We Are the Future."

We hope to raise \$50,000 of the goal by Sept.15 as a matching fund incentive. Those asked to contribute to the matching fund are all Sons of Norway leaders, and lodges and individuals who have been generous and loyal to the Foundation.

Grant and Scholarship Remlinder

Beginning October 1st the Sons of Norway Foundation portal will be available for lodges and individuals to apply for grants and scholarships.

2020-2021 District IV Board of Directors

President Nordy Riley

Vice President Martha Elliott

Secretary Dan Rude

Treasurer Marilyn Martinson

**Cultural/Publicity Director
Flo Kallenbach**

Zone 1 Becky Gunderson

Zone 2 John Andreason

Zone 3 Martha Elliott

Zone 4 Russell Wiigs

Zone 5 Becky Lewis

Zone 6 John Knutson



Vice Presidennt Report by Martha Elliott

I have the position of Vice President as of August 28.

One of the goals of the Vice President is to encourage students going to college to apply for a Foundation Scholarship. If there are students who would like a scholarship, please go on line with Sons of Norway under Foundation and read the criteria and complete the application form.

Membership is also important. Right now getting new members is kind of difficult, but be on the look out for new members. I hope your lodges can start meeting again soon. I know many have to plans to start meeting soon, maybe.

Any questions on the fraternal grants, be sure to contact Flo about those. You can call or email me also. The lodges that applied for a grant in 2020 and haven't spent the money, this will be your 2010 grant also. Those lodges don't need to reapply. There were 10 lodges who received a grant. They were: Mjosen Lodge, Mol-largutten Lodge, Kringen Lodge, Wergeland Lodge, Ueland Lodge, Hjemdahl Lodge, Thor Lodge, Sma Fjell Lodge, Vidda Lodge and Normanden Lodge. If any of these lodges spent the grant money, just make sure by December 1 you send an evaluation to Flo. Any questions, contact either Flo or myself.

Zone Reports

Zone 1 by Kathy Daeley

The District Board had asked a number of questions of each lodge to learn how everyone has been affected by Covid-19. That information is included in the news from the lodges.

Gyda-Varden had been sending out their newsletter every other month as usual. In the May/June edition, Cindy Dahl included a paper woven heart basket. (See photo) She made 330 of them and sent the Hilsen by USPS, including those who usually just get email, so everyone would get them for their home. She has also sent out many "thinking of you" cards and has spoken with many members on the phone.

Mary Ann Johnson and Karen Knutsvig have been busy making masks for members who need them. They have raised over \$4,000 for the lodge as a result of donations for masks and donation pleas for the lodge. Karen is machine embroidering masks with the Norwegian flag on them and the sales have been good.

The lodge sends a postcard to everyone for their

birthday. They have been doing this for about three years now. Cindy writes a personal note on them before mailing them out.

The last time Gyda-Varden met was in March. They had invited Hospice and enjoyed the great presentation. Only about 15 members were there, while the usual attendance is between 45-60. They have lost some members but mainly by death... none by Coronavirus.

They have no suggestions for help from the district, but did note that it is hard to gain members when they are not meeting.

Heim Lodge has put all of their planned calendar of activities after March on hold for the time being. They also decided to cancel all regular meetings until further notice. After COVID19 became a national pandemic, they decided to hold a food drive for the local Food Pantry, as encouraged and offered by the SoN Headquarters. This was held on March 22. People dropped off their bags of donated canned goods in a grocery store parking lot. Though very successful, it was their last activity.



They had also held the following Lodge Meetings and Activities in the beginning of 2020: January featured Reverend Jim Paulson, a local carver and artist, who spoke on Norwegian Ale Bowl Carving and displayed his carvings. A cooking demonstration and explanation of the SoN Pin requirements by Samantha Reese took place in February. She also served an authentic hearty Norwegian soup and lunch. In the March meeting they enjoyed a conversational Norwegian language Lesson by Kitty Overbo using the SoN Audio Website. Some of the activities which have been cancelled include working toward the SoN dance pin, Syttende Mai celebration with a soup and pie fundraiser and attending Trollfjorden Norwegian Camp.

Some of their concerns include a high percentage of older members who have multiple health issues and health risks, (co-morbidities), many members who travel south for the winter, and a profound difficulty in attracting younger members with children.

They would appreciate suggestions from SoN Headquarters and other lodges about what programs are being offered successfully and safely during this time of limited social exposure and contact with others. Another suggestion is to have short cultural videos available that could be sent out to members. Zoom meetings have not been pursued as this technology may not be comfortable to elderly members.

Mjosen lodge has been keeping in touch with their members via Zoom meetings, face to face meetings, picnics, etc. Members have continued to receive a monthly newsletter encouraging them to work on Sports Medals and Cultural Skills. The lodge building is too small to meet and safely social distance. The officers are thinking about renting another site for a September or October meeting. They have not noticed a drop in membership, but most of their members joined in the fall.

Mollargutten Lodge sent a newsletter to members in July. While they were unable to meet, they made angel food cakes, cool whip, and strawberries to take to the local nursing home; members donated \$150 to the Great Plains Food Bank and that amount

was matched by the Fraternal Sons of Norway. They also had an impressive float in the Senior Parade in May. Two members, Abby Kallenbach and Carol Thompson, have received sports and other medals. Local student Chase Benson was the recipient of the 2020 District IV Academic Scholarship. The lodge also met at the park on August 10 for a picnic with the meal prepared ahead of time by lodge officers. At this picnic, they were thrilled to learn that their lodge has received the Large Tier International Lodge of the Year award.

Fagerlund in Manfred has not had any meetings since the Covid restrictions took place. However, they are pleased that they have not lost members because of it.

Vaarliv Lodge met once in Park River in an attempt to attract some of the Norwegians in that area. They have planned to have a meeting in Fairdale to sort through the supplies stored there but, like everyone else, they haven't had any meetings of late. They have discussed using some of their monies to start a scholarship in honor of their longtime leader Dr. Dahl.

Zone 3 Director - Martha Elliott

I made contact with all the lodges in Zone 3 in the past three weeks. As with most lodges, they haven't been meeting. A couple of lodges had a business meeting with very few at the meeting. Some have tried to schedule a social but most of the members said they would not attend.

We are all trying to cope with the scheduling and hoping to have at least a Christmas event. Some lodges have a fall bazaar and bake sale scheduled. Hopefully those will happen.

Most lodge members are elderly and just staying home. As I write this cases in ND increase. And likewise the numbers are increasing in my zone. There are five counties in Zone 3 that had lots of positive cases again and that has been happening every day.

To all the lodges, be safe with events. As the Governor says, "Be North Dakota Smart".



Zone 2 By John Andreasen, Director

Wergeland Lodge, Jamestown, ND; Jodi Bunde, President

Wergeland Lodge has not met since February. With the President working in a nursing home, they are taking every precaution to protect themselves and others in their community against the Coronavirus. As far as membership goes they have not lost members, nor have they added any new members. They are looking forward to getting together again in the future.

Kringen Lodge, Fargo, ND; Mark Voxland, President

The Kringen Lodge and its activities are closely linked to the Kringen Club which owns and manages their meeting space along with the Kringen Café. The shutdown of the café in March for major kitchen renovations coincided with the Covid-19 shutdown of all social gatherings and face-to-face meetings. As leadership developed familiarity with virtual meetings and Zoom technology, the Executive Committee and Membership Committee have maintained a minimal schedule of meetings. In June the Kringen Café reopened, paying careful attention to CDC guidelines with social distancing and masks. Attendance is gradually increasing, but “caution” prevails. Social distancing is hard to control and there are members who don’t wear masks. Kringen Lodge has called its first meeting for September 22. Without a full calendar of activities with cultural crafts, music, language studies and Lodge meetings, membership has been seriously impacted by non-renewals.

Ueland Lodge, Cooperstown, ND; Martin Ueland, President

The Ueland Lodge finds its strength in 6 – 8 extended families carrying on their heritage, programs, and service activities. With the Coronavirus shutdown, they decided to sell their building which was not being used. The new owner will let them use the building, but they are out of the ownership responsibilities of maintaining the facility. President Ueland shared a concerning

observation. With the ongoing Covid-19 threat, people are withdrawing from community. In his words, there is “a fear of other people.” For example, in the grocery store people don’t want to talk to others. “It’s spooky!” Looking ahead to fall, they are thinking of coming together, perhaps around the movie “Lutefisk Wars.” They also look to their community and think of a service project such as helping one or two disabled residents get ready for winter or adding to the community food pantry.

Hjemdahl Lodge, Valley City, ND; Duane Larsen, President

The Hjemdahl Lodge has been relatively quiet since the first of March when the Coronavirus announced its unwelcome arrival. They have had no activities during the spring or summer. Membership in the Lodge appears to be holding steady with no losses or gains to report. In looking ahead to activities for the Lodge, President Larson suggested they may consider another attempt at the “Sock It To ‘Em” program, which was successful last year. They would also consider getting on board with a canned food drive in support of the Sons of Norway 125th Anniversary this fall.

Henrik Ibsen Lodge, Wahpeton, ND; Mark Gronseth, President

Like the other Lodges in our zone, the Henrik Ibsen Lodge has curtailed its activities for the past 6 months, with the exception of phone calls to keep engaged. They are looking at a picnic on September 10 as it appears less threatening to meet outdoors. Their membership is holding steady, in President Gronseth’s words, “partly due to the age of the group and its adherence to membership allegiance.” In the immediate future there is a challenge to come to grips with what the Lodge can and cannot do. The Lodge is looking for suggestions from other Lodges or from the District Board. President Gronseth comments that he has “enjoyed the helpful emails/videos from the National office of the Sons of Norway over the past months.”



Zone 4 Report by Russ Wiigs, Director

Most of our lodges are dealing with the new reality of COVID-19. Meetings have been greatly curtailed and travel is limited. Some of us have relied on virtual meetings on the internet in place of face-to-face meetings. Most of us have stayed healthy and avoided this strange new virus.

The SON website shows how to access the many programs and opportunities to make our lodges more appealing to new and old members during COVID-19. Sons of Norway sends out these messages every week. I hope that you have taken the time to look at the videos and messages they have sent. There are many good ideas for your lodge to use!

The Membership by Lodge numbers are online now and the results for Sons of Norway International are that membership is up 2% (+656 members) since December 31, 2019. Not bad considering that COVID-19 has caused us to make many changes in our daily life. And kept many of us close to home.

District 4 numbers are down about 5% (-230 members December 31. For our district: Zone 1 is down about 6% (-37 members); Zone 2 is down about 4% (-59 members); Zone 3 is down about 7% (-78 members); Zone 4 is down about 5% (-22 members); Zone 5 is down about 5% (-15 members); and Zone 6 is down about 5% (-40 members). I hope that lodges are working on these numbers and hopefully turn things around.



Hei to District Four Medlemmer of Sons of Norway

We are in trying times with the Covid-19. I was amazed at the creative ways many of the lodges were meeting. Some groups were meeting in a church parking lot for meetings or in parks to do needle work. It is creativity that will keep the lodges together.

Some of the lodges can have zoom meetings. In suggesting this I know many older members don't do zoom. Another source is phone conferences. Our presidents and their officers have their challenges and must be creative. We must work at keeping our lodges safe and secure and retain members.

Jotunheimen Lodge and Sidney Lodges were able to sell their Viking On the Stick in limited amounts. These Lodges give donations to different causes and won't be able to be so generous this year. Fjell Helm Lodge's Lefse spring fund raiser was conducted thru Facebook. We can be creative, the sources are available.

I encourage the Lodges to use Sons of Norway resources such as the home office has many new presentations,; contact the District 4 board officers, and keep in touch with your members.

I'm sending good wishes for a peaceful fall and beautiful Holiday season!

Becky Lewis, Zone 5 Director



Culture and Publicity by Martha Elliott

Pictures have been sent to me the past few months and all these have been forwarded to Minneapolis to be in the Viking. But as of September I didn't have any photos. There is a three month delay with pictures that are sent to the Viking. However, send pictures as soon as you might have some to Flo Kallenbach at flo@designlogic.net.



Congratulations to the District IV

2018 and 2019 Lodge of Year and Family Lodge of the Year Winners

2018 Lodge of the Year

Kringen Lodge 4-025

Large Lodge

Hardanger Lodge 4-652

Small Lodge

2018 Family Lodge of the Year

Normanden 4-424



2019 Lodge of the Year

Mollargutten 4-478

Large Lodge

Små Fjell 4-557

Small Lodge



2019 Family Lodge of the Year

Jotunheiman 4-499

Congratulations to the International Winners

2019

Mollargutten 4-478

Large Lodge

Jotunheiman 4-499

Family Lodge of the Year

CELEBRATE 125TH ANNIVERSARY OF SONS OF NORWAY

CAN HUNGER

September 1–December 31, 2020



District IV Lodges are challenged to collect can foods or other food items
The Goal is to collect 125 items or 125 pounds of food.

Share the Love
FOOD DRIVE

Food banks and food pantries can use all the help
they can receive to meet the needs of their clients,
because of Covid-19



Remember to let the Food banks or food pantries know that
the food is from their local Sons of Norway group.

Please record the number of cans or pounds of food and send results to

District IV Secretary Dan Rude, dljrude@msn.com

Be sure to take pictures if you can and sent them also.

Secretary Dan Rude will forward them to the Publicity Director for the Viking Magazine

