

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



SONS of NORWAY

April 2022



Greetings District IV Sons of Norway Members:

I hope this finds all of you doing well. The start of spring has been of rather mixed patterns of weather. Mostly on the cool side. But I'm sure spring will soon be here, and we can enjoy the outdoors to a fuller extent.

We are planning for the District Convention to be held in Fargo, North Dakota, hosted by the Kringen Lodge. They are busy getting ready for the Convention to be held June 16 – 18, 2022. Co-chairpersons, John Andreasen and Kay Halverson are the leaders for the huge undertaking. They are doing an excellent job. So far, a good number of lodges have replied that they will be sending delegates. This is very encouraging.

This convention will be a bit shorter than previous conventions for District 4 because we are having to take into consideration the elements of Covid. I do feel what is planned will be a great convention.

We are planning workshops that will offer good information and encouragement to the delegates. These will be held at the Kringen lodge on Saturday morning of the convention. Following is what we have planned at this time:

- Kubb – this is a game that many people have expressed interest in. Instructions on how to play this game and how to make the items needed for the game will be at this workshop. Plus, other ideas for especially outside games will be presented.
- Membership – This will comprise of sharing about having a successful membership event

for a lodge, plus, other ideas for the lodges to present that would encourage members to invite people to a meeting.

- Camps – information on the District IV camps that are held in the summer. What they do at each of the camps to make sure they are informative and enjoyable, plus learning other cultural information about Sons of Norway. These camps are held both for the younger generation and adults.
- Leadership – This is a very important part of the success of a lodge. To make sure each person elected to a position know what job duties are required of them, and to help each other carry out the positions to which they are elected.
- Foundation – This will be a time when the function and purpose of the Foundation program is presented. How they disperse the funds and scholarships to the people. Plus, how you can donate to this worthy program in Sons of Norway.



The next important celebration for Sons of Norway is the Syttende Mai. I am sure all lodges will be planning a celebration for this date. It is a wonderful time to invite guests to a meeting.

I want to encourage lodges to begin or still work on membership for their lodge. Our recent experience with the Pandemic has not helped our membership ranks. There are many ideas and suggestions on the Sons of Norway website that you can use to have a

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



successful program for any event.

In two months, as most of you all know, there will be new leadership for District 4. I do feel we have a great list of candidates for all the offices. I am sure they will do their jobs well. You will be pleased.

Have a wonderful spring and summer season.
Thanks for all you do for the Sons of Norway.

Fraternally,

Nordy

Nordy Riley, President
District IV Sons of Norway



**District IV
Vice President
Zone 3 Director
Martha Elliot**

As I am writing this, I and others in central and Western North Dakota, are experiencing a blizzard. Areas have received at least 30" of snow and wind gusts around 50 mph. Minot has received 36" of snow as of the 14th. Most people are confined to their homes for a couple reasons. One is that all the streets and roads are blocked, and doors and garages in homes are so filled with snow that people can't go outside. But this will all end soon. And all this snow will have moisture! We need that.

Sons of Norway:

There are 52,747 members of S/N
There are 334 lodges
There are 4,193 members in District IV with 45 lodges.

We are working on increasing members for our lodges by asking people to join and having a membership dinner on the 15th as Sverdrup, Bismarck did .

At the Memorial Service on June 16, I encourage you have a delegate from your lodge assigned to carry a carnation in memory of a member of your lodge who has passed away. We will meet towards the back of Kringen Lodge meeting room and come forward by zones.

There will be an auction also at the Convention. I ask that lodges bring items for the auction. Look for Martha. Suggestions for donated items might be: sweaters, enamel or silver or pewter jewelry; canned jellies or any canned items; or any items of interest. Bring items anytime Friday and the auction will be awarded Friday night at the banquet

I'm looking forward to seeing the delegates and visitors at the Convention in Fargo.





District IV Secretary Foundation Dan Rude



The District Convention is fast approaching. The Host Committee is working hard to provide us with a great time – a mixture of business and fun. We will have some important resolutions to deal with and electing new officers for the biennium.

This will be my last convention serving as a District or International Officer. I have been attending District Conventions since 1984 and at the 1988 Convention was elected to my first District office, that of Zone 6 Director. I held most all of the District offices including that of District IV President. After leaving office as District President, I move on to the International Board and District IV's International Director and was appointed as the International Youth Director. My next office was that of Vice President and then I had the privilege to serve as International President. The meeting of the King of Norway was truly one of the highlights while serving as International President. I also was honored to serve on the Foundation Board of Governors, serving as President for many years. Over those 38 years of attending both District and International Conventions the greatest reward was making all the great friendships throughout the whole order of Sons of Norway.

I want to thank all the Sons of Norway District IV members and lodges for the support that you have given me throughout the years. I was very fortunate to have excellent District and International Board members to work with, people truly dedicated to the principles of Sons of Norway. I ask that you give the same support as was given me over the years to the new officers that will be elected at our District Convention in Fargo.

Membership is a major concern. Our lodges are the backbone of Sons of Norway Covid has been

hard on many of our lodges but now that things are getting back to normal (or at least somewhat normal) the lodges can again hold events and reach out to grow membership. Support your lodge officers in their endeavor to provide programs promoting our great Norwegian culture and heritage. We do have a great deal to offer!

Last but by no means least I want to thank all of the lodges and individual members who donated to the Foundation during the 2021 "Together We Are the Future" campaign. Over \$137,000 was raised. In 2021 the Foundation provided \$111,000 in scholarships, and \$23,000 in grants to lodges and individuals promoting our Norwegian culture and heritage. The Foundation also helped our members with disaster relief grants and medical relief grants. Please encourage your lodge to support the Foundation not only by donating funds but by encouraging young people to apply for scholarships or applying for the numerous grants listed on the Sons of Norway website.



Does everyone know what this is for?

Is every lodge using one or what other ways do you have to raise money toward your annual donation to the Foundation?



District IV Convention

The Kringen Lodge in Fargo, ND welcomes you to our District IV Sons of Norway Convention to be held in Fargo, ND from June 16-18, 2022. After cancelling the 2020 convention, we look forward to an in-person gathering this summer, where we can freely visit with one another to renew acquaintances and discover new friends. We will also provide a virtual option for the business portion of the convention for delegates who are not able to participate in person.

Arrangements have been made to hold the convention at the Holiday Inn, 3803 13th Ave. S., Fargo, known for outstanding accommodations and quality service. A block of rooms is being held at the convention rate of \$109 plus tax per night until May 16th. **Please book reservations early** by calling the Holiday Inn front desk, 701-282-2700, and mentioning “2022 Sons of Norway, District IV Convention.”

The Sons of Norway Kringen Lodge, 722 2nd Ave. N., in downtown Fargo will be the site for the opening Memorial Service on Thursday at 5:30 p.m., followed by the District IV President’s Reception and Dinner at 7:00 p.m. Registration, which includes meal tickets, will be Thursday 3:00 – 4:45 p.m. at the Holiday Inn and resume Friday morning. A bus will leave the Holiday Inn at 4:45 p.m. for the Kringen Lodge.

On Friday, June 17, all convention events will be held at the Holiday Inn, with the Grand Banquet in the evening. Following breakfast and check-out on Saturday morning at the Holiday Inn, the workshops and concluding ceremonies will be held at the Kringen Lodge. The convention will adjourn early Saturday afternoon.

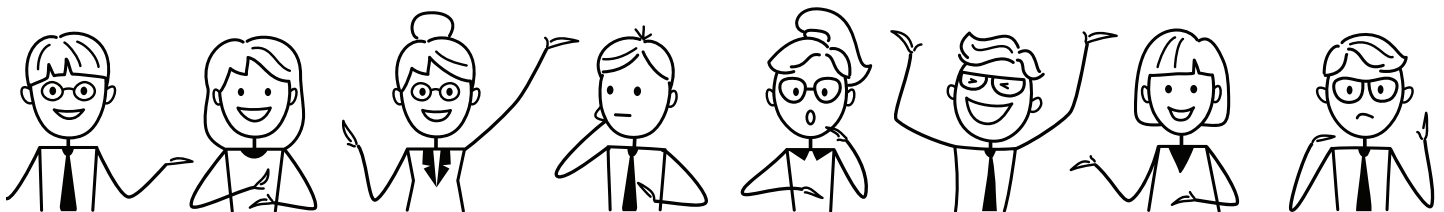
The registration cost has been set at \$240 for the in-person delegates and \$175 for virtual delegates. Non-delegates are welcomed at a registration cost of \$175 which includes all meals.

Here are a few bullet-point items for consideration by each delegate:

- Watch for the packet with detailed registration forms for delegates and non-delegates.
- Lodges are encouraged to place an ad in the District IV Convention Booklet. An email with ad sizes and prices will be sent out shortly.
- A Folk Art Competition form. Winners will be acknowledged at the luncheon on Saturday afternoon.
- Delegates and Non-delegates are asked to bring items for a silent auction with proceeds going toward the District IV Scholarship Fund.

We look forward to seeing you in Fargo June 16 – 18, 2022.

From: Kay Halverson and John Andreasen, Convention Co-Chairs, Kringen Lodge, Fargo, ND





District IV Culture and Publicity Flo Kallenbach

For the past several weeks, some members of my lodge, including myself, have been privileged to participate in a small pilot project. We have been studying Norwegian with the beginner's class from Sverdrup lodge. Their teacher, Mr. Tom Marple, has allowed our Mollargutten students to join the class.

I cannot say enough about the enjoyment and skills taken from this class. Mr. Marple is an excellent teacher and presents the material in an atmosphere of no-pressure.

I hope this class method will serve as a great example for any cultural skill where a teacher is not readily available to a lodge/member but is available somewhere else.

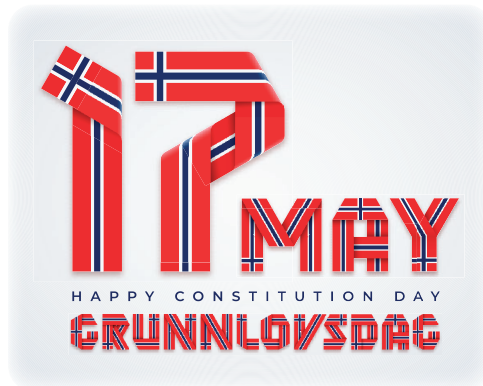
As everyone else has said, "When this snow goes away..." Camp season is just around the corner. It's time to think about that and get registered. If you have never gone before, well, there's nothing like the present. Camp information is available on the District IV website. Sofn-district4.com

Trollfjorden June 9-12

Bjørnetann July 21-24

Trollhaugen August 7-13

A great time to educate our communities about our culture is with a Syttende Mai Celebration or a Midsummer Night activity.



Lodge Calendar and Other Deadlines

May

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

May 17--Norwegian Constitution Day

June

June 9-12--Trollfjorden Camp

June 16-18--District IV Convention in Fargo

July

July 21-24--Bjørnetann Camp

August

August 7-13--Trollhaugen Camp

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



Zone Reports

ZONE 1

Becky Gunderson, Director

ZONE 1 NEWS

4-021 Gyda-Varden-Grand Forks ND, 4-078 Mjosen-Mayville ND, 4-178 Heim-Devils Lake ND, 4-203 Fagerlund-Manfred ND, 4-478 Mollargutten-Maddock ND, 4-486 Vaarliv-Fairdale ND

Mjosen Lodge 4-078 of Mayville

In February, Lodge members enjoyed a power-point program on many of the Norwegian Olympic Athletes competing in Beijing. New Mjosen Lodge member and former member of the Goose River Ski Club shared stories on local ski jumping during the 1940's-1970's. The newly formed Baking Club met and made Fattigmann and Trollkrem filled Krumkake.

Members celebrated St. Patrick's Day with a potluck social, electing convention delegate, a program on one of the many Norwegian immigrants settling in the Mayville area and playing Norwegian Picture Bingo that our cultural director created. In April, the lodge will be using funds earned in the 2021 Recruitment Campaign to rent the local theatre and show the movie "Lutefisk Wars". Syttende Mai will be celebrated with a car parade and potluck picnic that will include *pølse med lompe* (hot dog in lefse).



Gyda Varden of Grand Forks

It is finally spring in Grand Forks, or at least it was on March 17, 2022, when this was written. If there is anything a North Dakotan knows, it is that the weather can change fast. So far this year, the Gyda-Varden lodge has been plagued by winter-storms on each and every meeting. While this put a damper on the turn-out for the meetings, it did not impact the spirit of those who braved the storm to be present. At the February meeting we heard exciting stories of Kraken sightings and the experiences of fishermen battling storms on the northern seas of Norway from Cindy Dahl. The stories were told by Cindy's great grandfather and had later been written down for posterity. At the March meeting we had Norwegian trivia night where the members impressed with their knowledge of Norway. I will need to come up with harder questions next time.

Plans for this spring are already in the works. Syttende Mai will be upon us before we know it and the planning for the celebration has already begun. Last year, due to Covid, we celebrated with a Taste of Syttende Mai take-away platter consisting of bløtkake, riskrem, smørbrød and småkaker. Since Covid is not yet over, we plan to do a takeaway platter again this year. Hopefully, we will do the rest of our meetings this year in calmer weather."

Marianne Knudson, President

Mollargutten of Maddock

As I sit here writing this article, I look outside and see over a foot of snow and icicles hanging from our house. According to the calendar spring should be on its way. Mollarguten Lodge in Maddock just finished watching Atlantic Crossing, If your lodge gets a chance to watch this story of Norway and WWII, I highly recommend it. For our culture day in March some of our members made kransekake. What a fun and delicious activity. At this time, we are busy getting ready for our Syttende Mai Dinner on May 15th. We have a lefse making day



and baking day planned before the dinner. Our lodge will be serving a meatball dinner with all the Norwegian favorites. There will be a bunad parade and silent auction. We invite everyone to come and celebrate with us. In June we are planning a culture day trip. We are also looking forward to the district convention in June. Activities coming up are a float in the July 4th parade in Maddock, and in August we have our annual potluck picnic in the park with outdoor Norwegian games. We hope everyone had a blessed Easter with family!"

Bonnie Benson, President

NORWEGIAN EGG COFFEE

Scandinavian immigrants popularized this distinctive brewing method in certain parts of the United States, and it remains a regional favorite to this day. The egg does not flavor the coffee, but instead clarifies it by filtering out bitterness and impurities. The result is an unusually smooth and mild brew.

3 cups boiling water
3 T coffee
1 egg
3 T cold water

Mix the coffee, egg and cold water and add to boiling water and simmer for 3 minutes. Turn off heat and add 1 cup cold water. Strain and serve

ZONE 2

Kay Halvorson, Director

Greetings from zone 2. Spring is here and so are new ideas and thoughts for our upcoming year with Sons of Norway lodges and activities.

Wergeland. - Jamestown

Monthly meetings continue to be held at Emmanuel Church. In March, Linda Moen presented a program on Theodore Kittelson and his home in Norway. A speaker who writes for the Jamestown Sun will talk about Norway for the April meeting.

Ueland -Cooperstown

Bloom Cafe and Country Store was the site of the February monthly meeting. This is the building of the former lodge so members welcome returning. Sun fest was held on March 6 with about 20 people attending including members guests from the Valley City lodge. Games, door prizes, a potluck supper followed by the movie, Fools in The Mountains all made for a fun lodge event.

Henrik Ibsen -Wahpeton

Regular monthly meetings continue to be held at United Methodist Church. In March, Dan Haglund spoke about SONS financial benefits. Members also worked to fill bags for the Food Backpack program offered to school children. Approximately 335 students were able to take home bags due to efforts of the lodge members. Plans are underway for a Syttende Mai celebration on Sunday, May 15. The event will be held at Hughes Shelter in the City Park. There will be a proclamation for Wahpeton and Breckinridge to be "Norwegian Day "cities.

Hjemdahl -Valley City

Members were recognized at the March meeting for making the lodge 2021 membership recruitment award. Stamps are still being collected at each meeting to be sent to Norway. Plans are being made for a Syttende Mai luncheon, a baking day at the church for Norwegian goodies, involvement in Valley City Community Days and participation in the summer parade.

Kringen- Fargo

Members have remained very busy with many activities at the lodge. Monthly lutefisk and meatball dinners have continued with great community attendance. A Kringen choir has started again along with the accordion band and ukulele group. Norwegian language classes of all levels, book club, rosemaling and the Hook and Needle Stitch group provide members a variety of activities. Noon lunches, Tuesday dinners and nightly entertainment and events in the Troll Lounge continue to provide many social opportunities. Kringen is busy preparing to host the District 4 convention on

June 16-18, 2022.



ZONE 4

Russ Wiigs, Director

Greetings from Zone 4!

It is always great to start to see Spring arriving. However, some of you have found that while we survived winter, spring is more of a challenge this year.

The last few years have seen membership dwindling in District 4. While some lodges appear to be holding their own, many lodges are suffering membership declines. All of us have to deal with these challenges as District 4 needs more members! And, most importantly, younger members!

In Zone 4 (as with most of SON lodges), we are experiencing dwindling membership in many lodges. Larger lodges are doing okay with their monthly meetings and membership declines, but the smaller lodges are starting to suffer. Membership growth is our greatest challenge. COVID has not helped us and as we get back meetings and other gatherings, lodge growth has to be a priority.

District IV Zone 4 lodges are in Alberta and Saskatchewan. At the upcoming Convention in Fargo, we will be asking that our zone change affiliation. It was not an easy decision, but Zone 4 has presented a Resolution to be considered at the Fargo Convention that we join District 7. It will not be easy for many of us to consider this, but we do see that the advantage of a totally Canadian District will make for our members.

It does not seem like we will soon attend the convention in Fargo! Hope to see most of you there!

ZONE 5

Becky Lewis, Director

Hei to District 4 members,

Paske: A time for new beginnings. I'm excited for spring to arrive. This year spring is slowly and harshly arriving. I see and hear struggles of weather problems such as bad road traveling, harsh conditions for animal mothers and babies and the people who labor to save them.

But then there are new beginnings. I just delivered to my Grandson Bobby baby chicks and baby ducks. Oh- so cute! I visited my brother's ranch. I see and hear baby calves, baby lambs, a baby goat, baby kittens and baby chicks.

The sun rising brings a ray of hope emerging as a new day dawns. This bright and beautiful day will come for us if we only believe that goodness will prevail. I believe there is a spirituality within us all beyond our physical existence or experience. It is the essence of being human, that which lifts us up from the animal world. Look around you will see and hear beauty everywhere.

A time for new beginnings. This is my last newsletter as I'm stepping away from District 4 Board. I have enjoyed being a Zone Director for many years. I've enjoyed meeting new Sons of Norway members and greeting old acquaintances and traveling to the many meetings. I will miss all of you!

I would especially like to thank Carol O'Dell for being a guide and hostess of our travels together for Sons of Norway.

Bjornetann & Language Camp will be July 21-24 at Luccock Park Camp, south of Livingston Mt.

The Theme this year is "Home Coming"

Information at website: <https://bjornetanniccamp.wordpress.com/forms/>

Congratulations to Jotunheimen Lodge, Billings. MT celebrating their 50th Anniversary May 13, delayed for 2 years because of Covid.

I would like to encourage and promote the Norwegian American newspaper. It is so informative about past, present and the future of



Norwegians in United States and Norway. The newspaper provides current news, Norwegian Language resources, food& drink, seasonal articles and much more.

I encourage all of us to stay involved in our lodges for the good of the order. And to be Thankful that our ancestors came to the United States and we can be Thankful for freedom.

Takk og gud velsigne dere alle.

Becky Lewis



ZONE 6

John Knudsen, Director

Hi Everybody,

Greetings from Zone 6 Director, John Knudsen. It's almost here, the Super District 4 Convention in Fargo. It will be a wonderful convention with much to talk about and to eat Norwegian cookies and coffee. There are some interesting resolutions to discuss and vote on, with members participating both virtually and in person. These include the Alberta lodges joining with British Columbia and not being part of District 4. And the Resolution: Reassessment of Sons of Norway's Governance change and about how to approach them. June is coming up fast, so please plan on attending. Even VIRTUALLY.

Please note: Normanden 424 donated monies to the World Central Kitchen for the people of Ukraine. Maybe your lodge would also be interested in doing this. They had a Norwegian Pancake Breakfast.

Back to the convention, I am putting on a fun inservice on the game of Kubb, The Viking Game. It's the game where Vikings would use the skulls and femurs of those they conquered in a "toss" games. Allegedly. Ha ha. We won't be using bones. Ours are made of wood. The Viking (convention delegate) who wins the tournament or drawing, will receive a complete set to take back to your lodge. There are two to give away. Possibly to play with at your next year Syttende Mai Celebration. No blood involved.

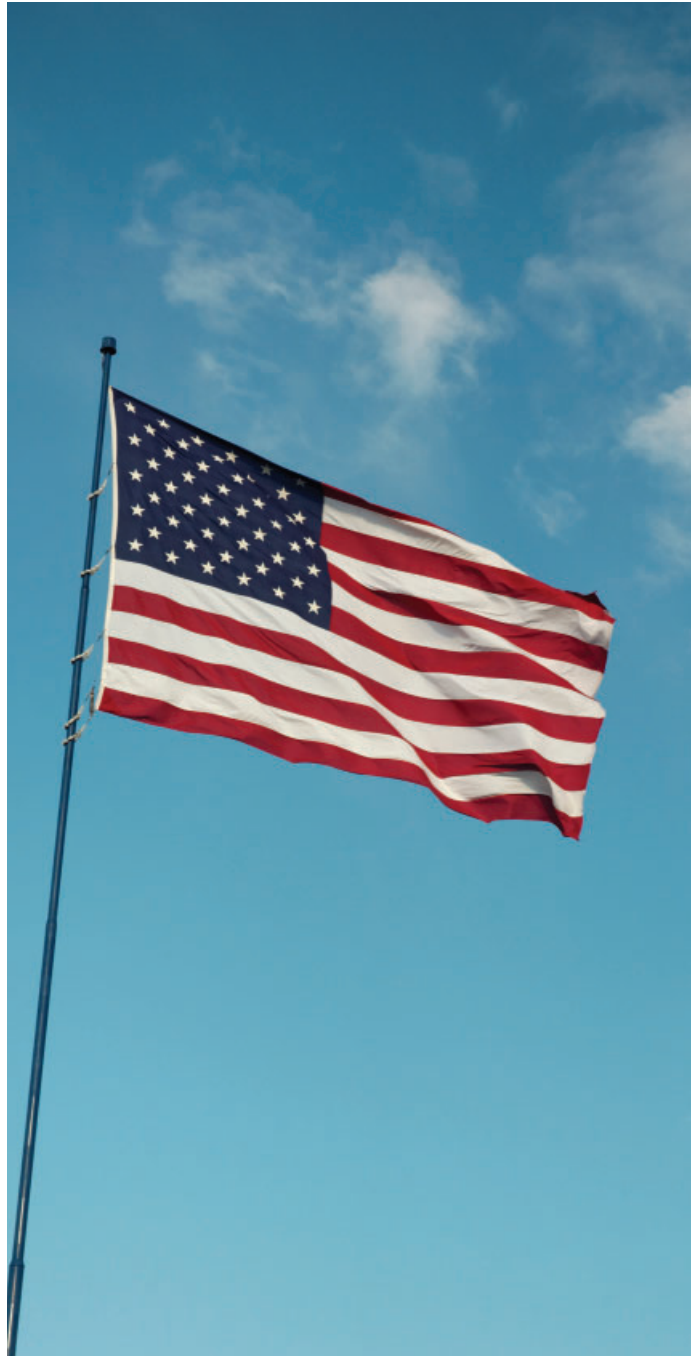
Don't forget to check the International web page for foundation scholarships. They are out there and lots of them, even studying in Norway

Respectfully,
John Sverre Knudsen

The photos to the left are painted and unpainted Kubb sets. One set will be given away at convention.



*Norway's
Constitution Day
May 17*



**USA Independence
Day
July 4**