

# The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



**SONS of  
NORWAY**

October 2022

## President's Message

**2022** is my **30<sup>th</sup>** anniversary of my Sverdrup 4-107 lodge. It also begins board. My term as President began plan to work hard for our district, My started in making it an integral part of

Your district board recently met for I personally feel relieved that the zone on so many issues and desire to be feel our district will operate much the the International Board and the highly stool will deal with the brunt of the changes. What changes are coming, are yet to be determined. With your help and guidance, we move forward, strong of heart and strong in our convictions to celebrate and promote our Scandinavian heritage. But we all must remember that Sons of Norway began more than 125 years ago for one purpose: mutual financial security for its members. I've been the beneficiary of a Sons of Norway product for over 20 years, hoping to never use it, but then it happens. Plan now for the future and talk to your FBC (financial benefits counselor) about the products your Sons of Norway offers for your security and the security and well-being of your loved ones.



membership in Sons of Norway and my first year of service on the District after our June Convention in Fargo. I goal is to continue the work that has been Sons of Norway International.

our first organized in-person meeting, and directors and officers are in agreement involved in the changes going forward. I same as it has in the past, but changes in regulated, financial leg of our 3-legged

Your board of directors are comfortable with ZOOM meetings and staying with the two in-person meetings each year. Its our intention that we can take up one or two issues as they develop and meet on ZOOM for an hour and be responsive to lodge needs. We'll use this newsletter to keep you informed of those happenings. Cultural and Publicity Director- Flo Kallenbach, is going to add more photo pages to each issue and use your Viking submissions in the Fabulous 4<sup>th</sup>. **Share** the digital copy you receive by email and talk about the newsletter at each business meeting of your lodge. A limited number of printed copies will be available, but you can also print the PDF version you receive in your lodge each time it is published.

District 4 is home to the Høstfest celebration. If you haven't attended in the past, consider it for 2023 and beyond. Minot ND is the host city, and it is usually held the end of September. Hence, **Fall Festival=Høstfest**. Many years ago, this district began staffing an information booth there and it evolved into an International Lodge project, staffed with FBCs, home office staff and lodge officers. Your District 4 has begun discussion and planning for a booth again in 2023 and the Høstfest office is greatly appreciative of that plan. We will be looking for volunteers in 2023. Make plans and we'll be in touch.

Remember to invite your board members and zone directors to a meeting or function that your lodge is having. It's in all our best interests to attend and meet your lodge and help you celebrate.

Thank you for the trust you have placed in me to lead and learn over the next two years. I want to make you proud of our organization and the impact it can have on your community and your own life. But you must *participate* and lend that helping hand. Until we meet again...**Jerry Saude**.

## 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](http://www.sofn-district4.com)



## District IV Culture and Publicity

### Flo Kallenbach

The Kallenbachs have been having a great Fall. The harvest has been good, great football weather (most of the time), and we've been able to see family and friends once again. My sister and I volunteered at Hostfest for the first time this year. We thought that was a lot of fun and would recommend that experience to others.

**At our fall board meeting:** In answer to a couple of lodges asking if we can do something to give the Cultural Skills pins and efforts more meaning, a committee was appointed to work on this. Jerry Saude, Becky Gunderson and I were chosen/ volunteered to work on this. We are definitely open to your comments and ideas.

Also at the board meeting, I offered to be the **Adopt a School** chairman for our district. I have offered to do that before, but I never know who the lodge chairmen are. Presidents: Please send me a note telling me the **Adopt a School** chairman in your lodge along with their contact information. I'd like to have some online meetings with these chairmen for the purpose of exchanging ideas, etc.

[flo@designlogic.net](mailto:flo@designlogic.net)

One of my favorite parts of this job is reading newsletters that I get from many of the lodges or glancing through the photo submission forms that are sent through me to the Viking magazine. I see some fantastic events, both culturally and socially. I always think that it would be so great to share these ideas with others.

When I first started in this position several years ago, we established the Experts Database. I just wonder if we couldn't get something like that available by November in regard to your Favorite Programs and Activities". Please write up an activity that your lodge has done and send it to me. Please-include photos. We can print them in the

*Fabulous Fourth* and/or upload them to the District IV website.

As we welcome the new people on our District Board, I'd like to thank those who have just stepped away from it. President Nordy-we will miss your leadership and hope that you will never be more than a phone call away. The same goes for Secretary Dan Rude, International Director Steve Halvorson, and Zone Directors John Knutson and Becky Lewis. Tusen Takk.

And just one more word...I need to apologize to the wonderful folks in Canada. In the April edition of ***The Fabulous Fourth Footnotes***, I called attention to the **Syttende Mai** celebration in Norway and the **Memorial Day** activities in the United States. I did not mention that Canada celebrates **Canada Day**. In fact I didn't even know about Canada Day so I

Canada Day is the national day of Canada, a federal statutory holiday celebrating the anniversary of the July 1, 1867, enactment of the British North America Act, 1867, which united three colonies into a single country called Canada within the British Empire. Originally called Dominion Day, the holiday was renamed in 1982, the year the Canada Act was passed.

(This is according to Wreck House Press)



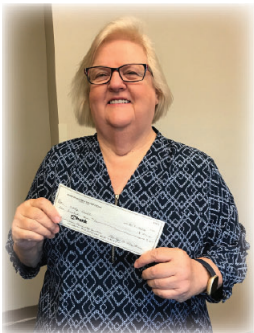
Canada Day

July 1



## Sports Medals and Cultural Skills Medals Working Group

At the June District Convention, delegates overwhelmingly supported a directive to the board to help local lodges with criteria and awards for the cultural and sports programs that were so popular in years past. A working group has been started to develop a simplified form for detailing the progress a Sons of Norway member has in earning recognition for their efforts to learn and advance a cultural skill or physical activity common to our Scandinavian heritage. The list is long, but it takes a dedicated lodge member to lead the membership in working toward a common goal. We have access to the pins and want to streamline the records keeping process. If someone in your lodge has a passion for this, I would welcome them to join the working group and lend a hand. Contact your zone director or other board members.



### ***And the winner is....***

Do you remember last spring when we ran a recruitment contest? Here's how it went: If you signed up a new member between January 1, 2022 and District Convention in June, your name was placed in a drawing. The prize was to

be a "Hostfest Basket" valued at up to \$1000. The Drawing was to be held at District Convention in Fargo in June. It didn't happen.

Due to circumstances that were too difficult for us to control, we had to wait a month or two after convention to do something about it. In the end, we changed the prize to \$500 in cash and when we got all the names of people (from the Central Office) who had recruited a new member, we gave a number to each person who had recruited (If you recruited say, 7 new members, you were given 7 numbers). A third party was asked to pick a number and that number belonged to.....Cindy Dahl from Gyda Varden Lodge in Grand Forks ND,

Congratulations, Cindy! We are sorry it took so long. Watch for a new contest coming up soon.

## Caring and Sharing 2023 Needs a Name

The District board has in the past several years promoted a common cause that was mainly centered around giving and/or supporting a charitable cause. A cause that everyone in the district could rally around, but still was able to impact their own communities. The 12 members of the board met in Williston recently and shared stories of their own lodges' past events and their feelings on what can impact lives the most. They shared many relationships with local non-profit organizations that are working with issues of: Hunger, Housing, Clothing, Educational challenges, Elderly and Families in general. Food drives and clothing drives are great tools for the public to lift, but there was a common thread from our 12 board members. The thread was funding the existing programs. Although it may seem impersonal to ask only for cash (after all, it's fun for us to shop for children's gifts at Christmas or provide a meal box at Thanksgiving), but dollars on hand can be so very useful and fill an immediate need in your community. The programs that are working have built a network of resources and partnerships. We can offer Sons of Norway lodge donations of money that help them do what they do best. We talked about branding our 2023 to raise cash funds under a common name. But we couldn't come up with that name during our one-day meeting on October 4th. So help us please! We are going to propose a budget line item to be approved for 2023 to match your local lodge fundraising and you can then present a check or checks to the group(s) you want to support in your community, on your own timeframe. It might take a special fundraising event or a pass-the-piggy at a couple lodge events to locally raise your funds, but the district will then provide your lodge with a check to add to your goal. Simple and available to all 45 lodges, big and small. It's a cause that will impact all ages.....a catchy 3-5 word branding would be helpful for us. Offer your suggestions to President Saude at

**grammas@bektel.com**

in the next couple of weeks.



December 1 ----- Cultural Grant Evals due  
December 31 ----- Cultural Grant App due  
December 31 ----- D63 is due  
December 31 - Lodge Helping Hand for Children  
----- Lodge Culture and Heritage Grant  
----- Lodge Vitality Grant



March 1 --- District 4 Scholarship application due  
March 15 ----- D17  
March 15 ---- Family Lodge of the Year Form Due  
March 15 Lodge Achievement Award Forms Due  
May 15 ----- D18  
May 15 ----- IRS 990 form due



### Scholarships & Grants - Fraternal Grants, Foundation Scholarships and Cultural Scholarships

#### New Member Recruitment Events

The District Board agreed to maintain the Membership Recruitment Events program as a District Budget item. Your Zone Director must be notified and approve your event, so start planning early. Your lodge must adhere to the guidelines on the form and your lodge can request up to \$400 for hosting an event and renting a location (if necessary). Plan, give yourselves time to advertise and ask members to invite one or more friends to the event. The guidelines are on the form. The form is available on the District IV website.

There are several opportunities to enhance your lodge programming with District and Foundation funds that will help you leverage your own dollars and investments in growing your lodge and telling the message of Sons of Norway in your community. Check the website for the dates and forms. If you have questions, please contact your Zone Director or members of the Executive Board. If anyone of us can help get your started on a new program or share ideas with you, it all helps Sons of Norway at the local, district and international level. Be bold and adventurous! Go a Viking!





# TUBFRIM

There are many ways in which we are asked to assist our fellow human beings who are in need.

Participation in the Tubfrim program is one of the more simple ways to do just what. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support Tubfrim in their work to support children in need.



In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen.



When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year Tubfrim made a profit of 520,000 Kroner (that's almost \$80,000).

How can I help?

To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge.

When you have collected a pound of stamps, ask your Tubfrim chairperson or lodge secretary to weigh and verify them. Then place your stamps in a plastic bag and send it in a sturdy box to Tubfrim, 3540 Nesbyen, Norway. In District IV we have been able to send our stamps to Norway free of charge with Mr. Carroll Juven when he escorts his many tours there.



Before mailing them, ask your Tubfrim chairman to find out how to get your stamps to a place where they can be taken to Norway.

(This article was taken from your Sons of Norway website.)

## Foundation Representative

The District President is searching for an appointment to the International Foundation Board for our district. If you believe in the mission to grow the foundation, fund local projects, provide educational scholarships and are good with talking to people, please consider a phone call to Jerry Saude (701) 527-4068 and express your interest. Meetings are currently using ZOOM as much as possible. Serve without leaving the comfort of your home.



## Expanded Newsletter

The recent board meeting encouraged the editor of the Fabulous 4th Newsletter to include additional photo pages in the digital version and PDF on the website. Keep sending original photos to Flo and she will use them in the newsletters released 3 times each year. Some of your photos will be submitted to the VIKING Magazine, but may also be featured in our district news. Keep taking pictures, do not crop or try to enhance the image. (And Flo says, "please use the photo submission form that can be found on the District IV website"). Just send the originals to Flo. Her skills with editing will come forth in the newsletter.



# Zone Reports

## ZONE 1

**Becky Gunderson**  
**Director**



Greetings from the Mayville/Portland area. I taught at Mayville State University for 29 years in the Health and Physical Education Department. My husband Steve and I have 2 daughters and families that live in eastern Wisconsin. The photo above includes our two grandsons who are SoN Heritage members and enjoy reading the Viking for Kids news. We love to spend time outdoors including gardening, camping, hiking and traveling. Sons of Norway has taught us so many things about our heritage and allowed us to form new friendships through the activities and meetings.

### Zone 1 Lodges

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 (inactive)

### Mjosen Lodge 4-078 of Mayville

The members are back into their fall schedule. They had a potluck picnic in September and planned to use their new Kubb skills that the District IV Delegates shared after learning them at the convention. In October, they are collaborating with the Intercultural Club at Mayville State University to hear about the experience of two students who studied in Norway this past summer. Members plan on sharing plates of Krumkake with the students. Dan Haglund will be attending their November meeting and plans have already started for their Jul party in December.

### Gyda-Varden 4-021 of Grand Forks

In August the Lodge held their annual Corn Feed. The Lodge has been hosting carving classes with James Paulson as a collaboration project. Nordland Rosemaling classes were also held in September. On Saturday, October 8, members will be holding a new member event with a Norwegian Waffle and Egg-Coffee Breakfast and using the District IV funds to help with expenses.

### Heim 4-178 of Devils Lake

The Lodge will be hosting "A Day of Fun with the SoN" on November 5 at 2:00 pm at Lake Region State College. Minot musicians Larry Nelson & Lois Zahn will be performing.

### Mollargutten 4-478 of Maddock

The community Rural Renaissance Festival in September finds this lodge serving a pancake breakfast. Some of the lodge members attended the Norsk Hostfest in Minot, ND and some even volunteered there. The lodge has started a new tradition of lining the ramp at a funeral, each of us waving a Norwegian flag. This is done as the casket is being taken out of the church. We have recently had two occasions to honor departed members. Current cultural studies have included chainmaille and a lesson on Norwegian musical instruments. We are about to begin another session of beginning Norwegian lessons. We have been able to take them online with the Sverdup Lodge. It is just a very delightful class and we appreciate that we can do this.





## **ZONE 2**

### **Kay Halvorson Director**

The District 4 district convention was held in Fargo in June. A special tusen takk to all lodges in Zone 2 for sending and being represented by in-person delegates. Zone 2 was also represented with a full slate of delegates for the virtual international convention.

Three lodges have applied for funds from the membership grant monies. These monies were used for a booth at the local street fair, a membership dinner and a meal with lodge activities. All three lodges added new members because of their events. Remember, each lodge can receive up to \$300 for an activity/dinner/event to recruit new members. Be sure to check the District 4 website for the membership recruitment form for event guidelines.

Lodges are in the planning stages for holiday events. Wergeland lodge in Jamestown plans to make Christmas tree ornaments such as pine cone gnomes, woven hearts, Norwegian flags and Norwegian painted wood ornaments. They will be displayed on a community tree.

Ueland lodge in Cooperstown sponsors boxes around town for the local food pantry. Lodge members pick up the boxes when they are full and deliver them to the food pantry. They also plan to make lefse for the local nursing home.

Kringen in Fargo has once again started monthly lutefisk and meatball dinners. The accordion and ukulele bands are filling their schedules for performances around the area. Several holiday parties are planned for the club ballroom.

Hjemdahl lodge in Valley City will be hosting lodge holiday meetings and activities with Scandinavian goodies. Members will be supporting the local city food pantry.

In November, Henrik Ibsen lodge in Wahpeton will be traveling to the Hjemkomst in Moorhead for lunch and a tour of the Robert Asp ship and story of his travels to Norway. In December, the lodge plans to celebrate their holiday with a dinner at Kringen lodge in Fargo.

## **ZONE 3**

### **Martha Elliot Director**



Lodges are all looking forward to their fall schedule of events. That includes cultural classes such as language, knitting, book club, and the popular lutefisk dinners. Not a cultural class though, but how we all wait for our lutefisk this time of year.

Sverdrup collected school supplies to take to schools in Mandan this fall. This is such a worthwhile project to help with school supplies to the school children. Good job Bismarck.

Thor Lodge is preparing for our annual Pre-Thanksgiving Bazaar with a luncheon, pie and ice cream, bake sale, Grandma's Attic and book sale. And LEFSE. Members are knitting items for children in local schools.

Nordlyset writes that they received a Foundation grant to have a rosemaling class. Limit was 15 participants and class was filled.

Vikings in the Bottineau area. Sons of Norway members visited one of the five stones at the same elevation in the Turtle Mountains near Bottineau that have triangular holes reputed to be mooring stones for Viking ships. The theory is that Vikings traversed a giant inland sea that once covered a wide swath of North Dakota, and they arrived here before Columbus 'discovered' America. Similar holes have been found on the Minnesota side of former Glacial Lake Agassiz. Native Americans did not have metal tools to create triangular holes and you can see the chisel marks. In addition, an









## **ZONE 6**

### **Paul Christianson**

#### **Director**

Hello Everyone

Here is a little background about me. I am a retired CPA with my previous work experience including over 26 years in various positions at the State of Montana preceded by 10 years as a carpenter. During my years as a carpenter I also ran a contracting business for four years until injured in an accident. After my injury I attended Carroll College and graduated with Bachelor of Arts in Accounting and Business Administration. My experience with the State included auditing, program management, and accounting and computer systems development and implementation. In my last nine years I was responsible for overall management of the State's accounting systems and policies, preparation of bills, legislative testimony, preparation of the State of Montana Comprehensive Annual Financial Report (CAFR) and participation in the National Association of State Comptrollers as the State of Montana Comptroller. I also provided input to the Governmental Accounting Standards Board on proposed pronouncements.

My grandparents on my father's side both came over from Rogaland in southwestern Norway (Skjold and Utsira), and based on my DNA analysis my mother had to be 25% Norwegian, even though I haven't been able to trace all of the genealogy back on her side of the family. I also am the current president of the Helena Hovedstad lodge. Enough about me!

As the new director for zone 6 I am working to visit all of the related lodges sometime in the next year, hopefully before summer. As we reside in Montana, with rather large distances between cities, and will soon be dealing with our sometimes severe winters (an honor we share with North Dakota), all of the visits may not be completed before the summer of 2023. However, this is my current goal! I have requested copies of all of the lodge newsletters to

be more aware of the happenings in zone six and should be able to give a more in depth report in the next District Four publication.

Here in my home Hovedstad lodge in Helena MT we are in the process of assembling a small exhibit for the State Historical Society Museum. The museum presents the collections of individuals as small (six foot table long) exhibits and they requested we set up a Norwegian centered one for their series beginning on November 12<sup>th</sup>. The related communication to the board members was sent out yesterday and they expressed the interest in doing this along with providing a list of plenty of items available for exhibit so now the real work begins.

Missoula's Normanden lodge plans to host a new member event in November. I am excited to participate in this and plan to gather good ideas to pass on to other lodges for other similar events in zone six. I am not above using someone else's good ideas and will pass them on to others, free of charge!

I hope everyone has a great fall and enjoys a fruitful Thanksgiving along with a Merry Christmas!





# Album

## Nordlyset (Northern Lights) Lodge 4-488

Bottineau, ND

Glenda Fauske, President



A Foundation grant was secured to bring Alan Pearson from Fargo to hold a Rosemaling Class in August. The class was open to members and the public, and filled to its limit of 15 participants in a week! We will be applying for a wood carving grant for 2023.



Zone 1 Director  
and Delegate  
to International  
Convention, Becky  
Gunderson is all  
ready for the online  
meeting

Normanden  
Lodge 4-424  
members  
manned the  
Aide Stations  
for the Missoula



Marathon. Hundreds of runners passed through receiving Powerade or water from the volunteers. We were on our site at 5:30 a.m.





These photos were sent to me by the Sverdrup Lodge in Bismarck ND



The Bunad Show, at the 2022 Hostfest, featured several different regions of Norway. The ladies wearing the bunads represent lodges in Fargo, Bottineau, Minot, and Bismarck. The show's mc, with her lur heralded the beginning of each show.



The newly elected District 4 President and newly elected International Director, Claudia Berg posed by the troll chairs at the Hostfest celebration in Minot, ND



New elected District 4 President, Jerry Saude, conducted his first quarterly meeting in Williston, ND

The largest Nordic festival in the country, and located in District 4, was back after a two year absence. Jerry and Claudia, along with several other members from Bismarck Sverdrup lodge volunteered at the festival

