

# *The Fabulous Fourth Footnotes*

Montana • North Dakota • Alberta • Saskatchewan



**SONS of  
NORWAY**

October 2023



## **Jerry Saude President**

Fall is the time that we in District IV appreciate the beauty of the leaves and the colors in nature as we prepare to be blanketed in white.

It's also a time for the

beginning of lutefisk dinners and lodges becoming active again.

Are you aware of the two opportunities that the District IV board has for local lodges? The first one is the Charitable Cause program your lodge can use to seek a \$100 grant from the District to aid in your local community effort.

The other portion is to promote lodges holding membership drives to make a concerted effort to invite their neighbors to experience the Sons of Norway meeting and possibly recruit them for membership. Your district lodge is also willing to reimburse you up to \$400 for expenses you may incur to host this lodge event. Please see the forms link on the home page. And remember to notify your zone director ahead of time to invite them to come to your membership dinner.

The 2023 Norsk Høstfest is past, and Sons of Norway was again present. The District board and other lodge members took shifts on all four days to spread the word. We met hundreds of people who stopped by our booth for information on Sons of Norway, to view demonstrations and to sign up for daily door prizes. This event is growing after changing management. If you attended this year, we encourage you to provide feedback the surveys being emailed to attendees. This project takes many volunteers to make it work well. With three-four people per shift for the four days, it too demonstrates the volunteer attitude of Sons of Norway.

If your lodge has elections coming up, now is the time the nominating committee should be helping to find people willing to serve in the offices in your lodge. Having officers serve in the same position for many years does not always assist the lodge in growth and health. In smaller lodges, consider having officers take another position for a term or two. It can be helpful to allow new perspectives.

A pretty common theme the zone directors bring to our district meetings is that lodges are aging and they're not attracting younger members. Many service clubs are experiencing the same thing. But that doesn't mean you shouldn't keep trying to attract new members. One suggestion is to consider your monthly programming. Is it geared toward present members? Could you change the focus to attract a new audience?

In the 2024 District Convention, the board is planning to incorporate demonstrations of leadership and lodge membership recruitment in rotating forums.

Your lodge delegate count now allows for one additional member. Every lodge will have a minimum of two delegates plus one per 50 members. A letter will be sent to your lodge reminding you of your delegate count and when the names must be submitted in order to be considered for the 2024 Convention. We are still working with Sverdrup Lodge at Bismarck as the host. They are considering the last weekend of June, 2024.

I am excited to attend Vidda Lodge anniversary dinner in Crosby, ND this month and in December, Hovedstad Lodge at Helena, Mt.

Convention details will be included in the next newsletter and mailings to your lodge.

***Jerry Saude, President, District IV***

### ***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)



## Lodge Calendar and Other Deadlines 2023-2024

### **November**

Election of Lodge Officers

### **December**

December 1 - District Fraternal Grant  
Evaluation from previous year due

December 10- District IV Charitable Cause  
Matching Grant due

December 31

- District Fraternal Grant Application due
- D63 Report on Election of Officers due to Home Office
- International Foundation Grants due
  - Helping Hands to Children Grant
  - Lodge Culture and Heritage Grant
  - Lodge Vitality Grant

### **March**

March 1

- Domestic Scholarships due
- International Travel Scholarship due

March 15

- D17 financial form due
- Lodge Achievement and Family Lodge of the Year forms due
- Community and Fraternal activities and hours totals due
- D64 due

### **April**

April 1 District IV Cultural Scholarship  
Application

### **May**

May 15

- D18 property association financial form due
- IRS filing deadline for tax form 990.  
Lodge treasurer needs to notify SofN  
Headquarters when it has been submitted

May 17 Syttende Mai

### **June**

June 6-9 Trollfjorden Language and Cultural  
Camp

June (TBD) District IV Convention-Bismarck



## Flo Kallenbach Culture and Publicity

It has been an interesting year at our house. My husband and I have each dealt with two different bouts of cancer. I've had my treatments and I am doing just fine. Mike still has upcoming treatments. It hasn't stopped us from enjoying our Sons of Norway activities and the events in our community. We have three grandsons playing football this fall and do we ever enjoy following them. Life is good.

My sister and I recently volunteered for three days at Norsk Høstfest. A few members of our lodge have taken the opportunity to Zoom a class in Norwegian Language with the Sverdrup Lodge. We all thoroughly enjoy our class and it makes me think of the "Experts Database" on our District IV website. If you are an expert or you know of any experts who could be added to the database, please let me know.

Some lodges simply don't have the expertise available within their membership to offer all of our cultural skills. Our grant opportunities offer ways to bring in instructors or for individuals to sign up for classes outside of their local lodge. One benefit from Covid was the increased use of software such as Zoom. Are there classes you can offer or sign up for by means of Zoom?

Thank you for the photo submissions I have been receiving. I still need to remind some that each photo must be accompanied by a photo submission form. The form can be found on the District IV website or just ask me for one.

A reminder if your lodge plans to apply for the District IV Cultural grant, an evaluation for the last grant you received needs to be turned in before you apply for a new grant. Applications for 2024 grants need to be turned in to me by December 31. Evaluation forms and grant applications are available on the District IV website.

District IV Scholarships are now open for 2024. The deadline has been March. Watch for any changes.



## Susan Gobbs Vice President

What a fun and interesting summer and fall I have had celebrating and informing the public about Sons of Norway. The District IV board is a lively and active one, which makes our activities so enjoyable.

My travels began with the SON District IV spring meeting in Calgary, Alberta May 2-3, 2023. We visited with some of the members of Vahalla Lodge at the Scandinavian Center for food, socializing and discussion. Of particular note was their video presentation of The Pledge of Allegiance and the three anthems. We enjoyed a dinner at the Calgary Tower and the Stephen Avenue Walk as well as over 12 hours of working on District IV business.

June 10th I was most fortunate to represent the District IV Board of Directors at the 110<sup>th</sup> anniversary celebration of the Solglyt Lodge in Edmonton, Alberta. President Arvid H Pederson and his board were so welcoming to my husband and me. We enjoyed dinner at the Chateau Lacombe Hotel the night before their celebration. We went to the Dutch Canadian Club for a wonderful celebration which included a display of the history of the club, a rosemaling demonstration, a silent auction, a Scandinavian store with many unique items for sale, a children's Scandinavian dance group, door prizes, and a raffle. There was a buffet dinner with over 100 attendees. There were officers from District II as well as District IV in attendance. There were several lovely speeches and it was a grand event. I brought items to the silent auction and successfully bid on a couple of items. I also bought more than a couple of items from the Scandinavian store, much to my husband's dismay.

September was a busy month with two different major events where the District IV Board spent many hours volunteering and spreading information about Sons of Norway.

September 22-23rd was Norsktøberfest in Glendive. This is a festival devoted to celebrating German and Scandinavian heritage since many people in that part of Montana have ancestors who immigrated

from those countries. This is only the 2<sup>nd</sup> year of the festival and it is looking like it is a real solid event in that area. We had a booth at the festival which we were given for free and we had 3 board members (Noel Birkland, Betty Dhuyvetter and myself) along with our spouses manned the booth. There were a thousand attendees which is saying something in a town of less than five thousand residents. We have been invited back and asked to demonstrate Kubb as they had it as one of their activities this year but they didn't have anyone who knew how to play. We had tasty food and great interaction with people who were interested in attending a lodge meeting.

September 25-28<sup>th</sup> was HostFest in Minot. We did set up on the afternoon of the 24<sup>th</sup> and my husband and myself helped with that as well as being at the table for shifts the next 3 days. It was apparent that HostFest is coming back from COVID and it was estimated there were around 35,000 attendees. We saw all ages from school groups to senior bus tours. We had a wheel that folks could spin for a prize, door prizes, the Scream photo booth, coloring sheets for kids, genealogy assistance, spinning and other cultural demonstrations. We gave away close to 2,000 logo bags. This is the first time that District IV has had a booth at HostFest in several years; recent booths were set up through the head office in Minneapolis.

We have had a busy summer and fall, thanks for allowing me this opportunity to serve District IV.



Takk

Thank you

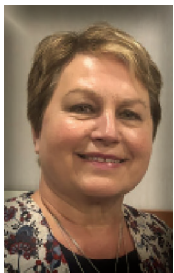
Tusen hjertelig takk

Thank you from the bottom of my heart

Ja takk  
Yes thanks

**TAKK SKAL DU HA  
YOU SHALL HAVE THANKS**

**Nei Takk  
No thanks**



## Betty Dhuyvetter

### Secretary

Hello and Happy Fall to all! It's been another busy year for the District IV officers, from our 2022 fall meeting in Williston to our spring meeting in Calgary, and now back to Bismarck for the 2023 fall meeting.

We've taken on two new outreach efforts, with the Norsktoberfest in Glendive (MT) in mid-September and the Norsk Hostfest in Minot (ND) in late September. These events were great opportunities for us to meet and greet many Scandinavians in our district, and hopefully we succeeded in spreading the word about the benefits of membership in Sons of Norway along the way. Attendance at the Hostfest is growing again, after Covid, and it was great to see many Canadian visitors at the event.

We Sons of Norway District IV secretaries have had Zoom meetings every two months, so I have some news to share from those sessions. Regarding redistricting, there are four possibilities being discussed, with no agreement reached. The issue has been sent back to the committee. Angie has sent out links regarding Social Media Policies for each lodge, with documents and tips for how to create a SMP for your lodge. Regarding tracking volunteer hours, headquarters has been busy revamping the procedure to simplify the process, using Survey Monkey. Darlene Arneson was instrumental in developing a revised form for recording volunteer hours, which should save lodge secretaries considerable time. We will be moving away from Fraternals Give, and this new format should be launching soon.

From Amy at the Foundation:

- Fourteen scholarships were awarded from among 222 applicants, for over \$190K in scholarships (US, Canada, and Norway). See *The Viking* magazine for names. Applications for the next cycle opened again on October 1, using the same software.
- Grant applications were "great" this year, with more requests than grants. Amy

emphasized that applicants need to check the deadlines as there have been some changes. Grant deadlines remain December 31, but scholarship deadlines are in January and February.

- The goal of the foundation is to raise \$185K through its *We Are the Future* mailing, which runs from October 1-January 15. She wants to remind people that gifts to the foundation are tax deductible. She also suggested that people follow the foundation's efforts on social media and look for testimonials.
- There is a need for more guidelines for filing D17's. This year's goal was to survive and get everyone to file, but I don't know if that goal was reached. There was considerable discussion about having the district secretaries help lodges complete their D17's and D18's online, but that was unresolved.
- Nominating Guidelines: Connie O'Brien says the guidelines have been finalized and posted in the Governance Section.
- Vetting has begun on applications for the International Board, who would be installed after November 2024. The application for district leaders was "tweaked a bit."
- The Viking Connie O'Brien praised the transition to Green Spring, the new publisher of *The Viking* magazine. She said the advertising sales team has "hit the ball out of the park," allowing them to produce thicker, shinier covers, and possibly expand from 32 pages to 40 pages by January 2024. They will continue to send the magazine to every social member who wants a physical copy, but there are some members who just want an electronic copy. Legally, one issue (June) must be sent to all members due to voting issues. The annual report and voting information are published in the June issue. Connie emphasized the need for all members to have their own email addresses, as just one vote is allowed per address. She said there may be a need to send paper ballots to those who do not have email addresses. Please encourage all members of your lodges to obtain their own email addresses.





- District Conventions- Most districts have their convention dates and locations established. The hope is that the dates are spread out enough to allow headquarters to send representatives to all the district conventions. There will be a budget session for the conventions, and Connie is hopeful of securing money for travel and SofN bags. They have a good stock of ballots and quite a supply of pins for current and retiring officers. Districts are asked to let Connie know what they'll need as soon as they know. District booklets were discussed as requiring a lot of work and a lot of expense. Central Lodge members can be invited to attend district conventions.
- Lodge Officer Updates The D63 notices have traditionally gone to the lodge secretaries. Darlene Arneson asked that a carbon copy be sent to the district secretaries so we can help reinforce that. Kirsten has a draft of a template that is almost identical to last year's form. HQ will not be accepting paper forms for lodge updates. They are due December 31.
- October *Leadership Resource* (Changing from *Fraternal's Give*) Kirsten Lehman discussed the reporting to AFA (American Fraternal Alliance), indicating that it would be an excellent idea to share a video with lodge secretaries. Karen Olsen-Helmhold could possibly do a demonstration of the new form for tracking hours. Her district is doing a tutorial zone by zone.
- Darlene Arneson emphasized that all lodges have their OFFICER ELECTIONS DONE BY DECEMBER. 31. Lodges should also report their adult members as of December 31 to the district secretary by early January. These numbers determine how many delegates each lodge will be allowed at the district convention. SAR004 is the name of the report.

Enjoy the coming holidays and all your lodge activities!



### Hardanger Fiddle Concert at Hjemkomst

Do not miss this holiday treat: Fargo Spelemannslag, Bud Larsen, and renowned hardanger fiddler Loretta Kelley will perform in a concert of hardanger fiddling at the Hjemkomst Center, 202 1<sup>st</sup> Ave. N., Moorhead, MN, starting at 1pm on Sat. Dec. 2. Kelley will be flying in from Maryland. She is also current president of the Hardanger Fiddle Association of America.

This concert is the culmination of a year-long fiddle-making apprenticeship conducted by Robert "Bud" Larsen of Brainerd to guide Julianne Overby and Lisa Stein through their first year of building their own hardanger fiddles and to help Rinita Dalan and Steve Lindaas complete their second year. Lessons took place at local workshops and through Zoom meetings throughout 2023. The apprenticeship and concert are made possible by the voters of Minnesota through grants from the Lake Region Arts Council and the Minnesota State Arts Board, thanks to a legislative appropriation from the Arts and Cultural Heritage fund and through general operating grant from the F-M Area Foundation, the Alex Stern Family Foundation, and The Arts Partnership with support from the Cities of Fargo, Moorhead, and West Fargo.

The concert will conclude with coffee and a variety of Scandinavian treats. The concert is free and open to the public, but donations to the HCSCC are welcomed.

The Hardanger Fiddle Association of American (HFAA) provides year-round workshops in person and online at [www.hfaa.org](http://www.hfaa.org)



## **Claudia Berg International Board of Directors**

Our last board meeting was held June 23-25, via Teams. The November 14-16 quarterly meeting is scheduled at the Home Office in Minneapolis.

CEO Chris Pinkerton and staff are doing an admirable job holding expenses and adjusting to staff realignments while maintaining customer services and business operations.

Why did things change:

- Many processes were manually done, we needed to be more efficient, such as putting the membership form online; the lodge forms were all updated and are also on line. Monthly letter correspondence was all done manually, it is now automated.
- MN Dept. of Commerce (MNDC) requirements for organizations incorporated in MN has changed numerous accounting and business procedures, including the voting process for the International Board of Directors that will impact the District and International conventions.
- To reduce operating costs, the Viking magazine was rebid with a new company providing improved services with fewer expenses. But, it still required reducing page numbers and publishing every two months; more Viking content is now on the website.
- One onsite board meeting per year and others virtual, another cost savings. The two-year pandemic changed many things including the ability to conduct meetings virtually. The tradeoff of in-person meetings is the huge savings in travel expenses.
- Membership cards are now printed on paper instead of peel-off cardstock, it is surprising how expensive those membership cards can be.

A few facts:

- Social growth in the Sons of Norway is exceeding expectations, but, only 30% of members have a product. Sons of Norway is one of the few fraternal organizations to see membership increases.
- By-laws have been reviewed, updated, corrected, and are now on-line.
- The new Foundation Director is Amy Olson Tuchenhausen. Amy recently completed her MBA from St. Catherine University. Her transition from the SofN staff to the Foundation was smooth and her knowledge of the organization has been very helpful.
- Cultural Heritage grants, there were 66 applications with funds to support less than half the requests. These grants have become very competitive so spend time developing your projects and writing your grants. Grant applications opened October 1 and they close December 31.
- The 200th anniversary of Norwegian immigration will be celebrated in 2025. We need to be thinking about opportunities, either as individual lodges, area/zone partnerships or District IV undertakings. This is a marketing and membership building opportunity for the Sons of Norway.





# Zone Reports

## Zone 1

### Becky Gunderson

- I still need to visit Gyda-Varden Lodge in Grand Forks and Fagerlund Lodge in Manfred.

### 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 (inactive)

### **Mjosen Lodge 4-078 of Mayville**

Members held their “Annual” Syttende Mai car parade through the streets of Mayville-Portland and ended with a potluck picnic at the Portland Centennial Park. There were 13 decorated vehicles, and 24 members participating. 29 members enjoyed the picnic with the lodge serving “polse med lompe.”

The Lodge members decided to do a fundraiser for the beautiful Rainbow Garden by being the Food Truck at the August Music in the Garden. Pulled pork on Soholt Buns, coleslaw, baked beans and Scandinavian Almond Cake were served with free will donations accepted. All donations went to the Rainbow Garden. \$1,278 was raised with another \$100 from District IV for a total of \$1,378 given to the beautiful garden.

Several lodge members participated in the September 16<sup>th</sup> Mayville State University’s Farmers Bowl/Homecoming Parade with a decorated pickup, music and we threw candy.

A program on the Viking settlement L’Anse aux Meadows in New Foundland was presented with photos and displays.

On October 19, the Lodge held a Heritage/Cultural/ New Member Open House featuring demonstrations of Rosemaling, Hardanger, Tine Boxes, Heart Shaped Waffles, Krumkake, and Lompe. Displays on Mjosen Lodge History, local ski jumpers, SofN Insurance, SofN Foundation, Sports Medals and a children’s table of activities.

- Attended Board Meeting in Calgary, May 1-4.
- Updated the Charitable Giving Grant document to reflect the names and addresses of the Zone Directors
- Sent Allison Wiigs the updated Charitable Giving Grant document for the website.
- Sent the Charitable Giving Grant document to the District IV Board members and to the Zone 1 Lodge Presidents.
- Sent out e-mails to the Zone 1 Lodge Presidents requesting a report from them of their Lodge activities. Compiled their responses and submitted the Zone 1 Directors report to Flo for the Fabulous Fourth Newsletter in Oct. ‘23.
- Cultural Skills Committee work with Jerry, Flo, and Carol Thompson (Mollargutten). All the Cultural Skills and levels were looked at recommendations on how to update. Zoom meetings on April 27, May 22, June 27, July 25.
- Shared with Zone 1 Lodges the invite from Maureen Kelly Jonason, Executive Director of the Historical and Cultural Society of Clay County. Saturday, December 2 a free public Hardanger Fiddle Concert at the Hjemkomst Center at 1:00 pm. This gentleman was at Hostfest.
- Submitted a Charitable Giving Grant Application for the Mjosen Lodge 4-078. They were the “Food Truck” and served a meal before the Rainbow Garden’s Music in the Park August 16<sup>th</sup>. \$1,278 was raised for the Rainbow Garden plus District IV matching \$100 for a total of \$1,378.
- Attended the Zoom meetings working on the Hostfest Booth.
- Volunteered at the District IV Sons of Norway Booth at Hostfest.





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

Marianne Oyerhavn Knudson, President reports:

The Gyda-Varden Lodge in Grand Forks has had a busy Spring/Summer. At the April meeting, we had an Easter quiz, or Påskenøtter, as it is called in Norway. In Norway there is a quiz on TV each day during Easter for people to participate in. In May we celebrated Syttende Mai serving our Taste of Syttende Mai platter. We were able to do this with an inhouse lunch for the first time since the pandemic. At the June meeting we held a memorial to remember our members who are no longer with us. On June 23<sup>rd</sup> we celebrated Sankthansaften which is the Norwegian Midsummer night Celebration. The celebration was held at, and in cooperation with, the Heritage Village in East Grand Forks. We had bonfires, hot dogs, rømmegrot, and pinnebrød accompanied by Norwegian folk music.

In July we had our yearly picnic. This year we served Norwegian pancakes which are quite similar to French crepes. In August we had our yearly Corn Feed where we served fresh corn on the cob with hamburgers and potato salad. In September, during the Grand Forks Potato Bowl, our lodge hosted the first Annual Potato Pancake Breakfast since the pandemic. Finally, at our October meeting, we played Bingo with Norwegian style prizes. We continue to have monthly rose painting meetings and have also started a Norwegian class that meets twice a month.

We are now looking forward to the winter (kind of) when we will have our Christmas party, sell Christmas cookie platters, and have our monthly meetings.

## **Mollargutten 4-478 of Maddock**

God dag from Mollargutten Lodge in Maddock, Our culture day in May was making lefse for our Syttende Mai dinner that was held May 14. We served a meatball dinner with potato dumplings, sweet soup, rommegrot, rice pudding, lefse and Norwegian goodies. Our lodge had several tables of information and activities. We also had a silent

auction and the proceeds from this were designated for our foundation donation.

In June we enjoyed a musical night with several members sharing their musical talents, we had fiddle music, accordion and trumpet music, guitar and piano music and many vocal performers. What a fun night for all! Our culture day was the trip to Bismarck for lunch sponsored by the Bismarck lodge, a tour of the Heritage center and a ride on the Riverboat. Our lodge enjoyed supper before returning home that evening.

Maddock celebrated their All School Reunion in July and our lodge had a float in the parade. We also had a pie and ice cream social after the parade.

In August our lodge enjoyed our annual potluck picnic with lots of good food and visiting.

In September we had a short movie on Norse mythology. A nominating committee was formed for the upcoming election of officers. Maddock had their annual Renaissance Festival in September and our lodge served a pancake and sausage breakfast. On September 30 our lodge chartered a bus and took a trip to the Hostfest in Minot. A great day was held by all.

**Heim 4-178 of Devils Lake** no report submitted.

**Fagerlund 4-203 of Manfred** no report submitted



Special guest of Mollargutten Lodge in October was 96-year old writer and storyteller, Rolf Stang.





## Zone 2

### Kay Halverson

#### Jamestown lodge - Wergeland

Members met October 17 for an early Halloween event. The theme led to prizes given for costumes as well as Halloween goodies. The monies raised were donated to the SON Foundation. November will be a soup and bread night with a pizza party planned for December to celebrate the holiday season. The lodge is excited to welcome three new members.

#### Cooperstown - Ueland

On October 20, a carriage house will be transformed to become a Halloween open house. A community wide celebration will highlight crafts, Halloween goodies, activities for all ages and viewing of the movie, *Troll Hunter*. The public is also invited on November 17 to a lefse making day. Cookie decorating for children will be the theme for their December meeting along with a Christmas party and caroling at the local nursing home.

#### Fargo -Kringen

Activities are going strong at Kringen. Many levels of language classes are being held weekly. The bus tours have been very successful with full capacity on almost all trips. This year excursions were to the Jasper Theater 🍷 in Park Rapids, Peace Gardens overnight adventure, mystery tour to the Wishek sauerkraut festival, Concordia College Christmas concert, Hostfest overnight to Minot, and the Bismarck interlodge day trip including a riverboat cruise. The Troll Lounge has entertainment nightly Tuesday thru Friday and the Kafe serves lunches daily Tuesday thru Friday with Thursday being a special "pie day." An evening meal is also served on Tuesday. Monthly Lutefisk and meatball dinners and Sunday brunch are also served. The cultural committee is busy with work on expanding the library, offering *lunch and learn* classes and a book club with an author talk.

#### Wahpeton -Henrik Ibsen

Members visited and toured the Wilkin County Museum for their monthly meeting. A meal was served at the historical building. After the hectic holiday season, the lodge will gather to celebrate Christmas in January. Several local community and school related parades found members participating with a float or decorated car and passing out candy suckers with the SON logos on the stick. This provided great community visibility for SON. Three members plan to attend the October Foundation meeting at Kringen in Fargo.

#### Valley City - Hjemdahl

Monthly meetings are being held with a variety of activities and social get togethers. They had a booth at the local fall college day with a drawing for a gift certificate. Members are planning a Christmas party and social. They are organizing a social and party for prospective new members and planning to apply for a district membership grant. Norwegian food will be made and served along with cultural activities.

Amy Tuchenhausen, SON Foundation Director, Marilyn Martinson, Kringen Lodge President, Connie O'Brien, VP of Fraternal and Foundation Development met with Kringen Lodge in Fargo on October 26 to discuss the Foundation.





### Zone 3

#### Martha Elliot

I talked to the lodges or emailed them and basically asked the same questions of all.

#### Nordleyset - Bottineau

They will meet to decide on District IV's Charitable Giving program. They don't plan to do anything for the foundation. They had an awards event on October 1, and will have election of officers in November. December fun will include a pot luck party where they will play BINGO and cards, and they will work on the program for 2024. They took part in a medical benefit breakfast for Tyrell Fauske who had a brain tumor. Over \$15,000 was raised.

#### Vennlig - Tioga

They meet almost every month for a business meeting and social. The president and others are gone for the winter but some lodge members still meet. They enjoy their time together. They are not supporting the Foundation nor participating in the District Charitable Giving program. They will meet in December for their Christmas program.

#### Sverdrup - Bismarck

They are having a live and silent auction for the Foundation. They have not decided on the District Charitable Giving program. Their lutefisk dinner is in October and their language class started in October. The November social will be on Frogner and the December social will be Christmas music.

#### Vidda - Crosby

They are celebrating their 20th anniversary on the October 28 with a dinner and program. They will support the Foundation, but have not yet decided on that. They will work on the Charitable program as they are collecting food for the food bank. They are confused as to the time-frame of this program. Rosemaling and crochet lessons in November. Bake sale on November 24. Christmas social is in December.

#### Thor - Minot

Thor Lodge had a raffle of a Norwegian Sweater, two serving pieces of Porsgrund dishes, a cheese slicer and cheese. They participated in the Charitable Program with a donation of \$100 to the Minot Public School hot lunch program. The money is to be used to help students who might not have enough money for a hot lunch at Roosevelt School.



Dr. Mark Vollmer, Martha Elliot,  
and Amy Thorson

At the October social we had a lunch of Norwegian tacos and a dessert of lingonberry cheesecake. The cheesecake was DELICIOUS!! (Recipe from *North Wild Kitchens* on page 12) The November social will consist of a traditional Norwegian dinner of lamb and cabbage - something I have never had and I look forward to the dinner. Our District grant will be used toward the dinner and the lamb. Julefest is December 11. At that time we will draw for the raffle items. Our annual JulAften will be December 3 at 2 pm. Our annual bazaar will be Saturday, November 18. There will be lunch, pie, ice cream, bake sale and Grandma's attic. Oh, and, yes-- lefse. We have 500 rounds of lefse and we can get more. In November we will elect a new president, treasurer and social directors.

#### Bjarne - Williston (no reply)



## Zone 5

### Noel Birkland

With winter knocking at my door, I am glad to report that the lodges that reported are still in good shape.

Snofjeldet 4-531

I am sad to report the loss of one of our founding members. Sig Stokken passed away September 26, 2023. She will be greatly missed.

The lodge is in the process of writing the history of the lodge for the 50th anniversary.

Sidney 4-489

The following is the report that was returned to me.

We are always a big presence at the Richland County Fair. Once again, we had a successful food booth - Viking Meatballs and Norskies (fried bread) at the 2023 fair. We invested in new equipment this summer. to make it safer and user-friendly. including a huge vent/fan so folks can work in comfort. We use our profits to assist non-profits in Richland County.

Jotunheim 4-499

This lodge has been busy. They purchased a credit card system to use at the fair booth and other functions. In July, they held their annual potluck picnic with more in attendance than in the past years. August brought them to their food booth at the fair. In September the lodge held a food event called "The Taste of Scandinavia". In October was their annual Sons of Norway Foundation fundraiser, a Shrimp Boil and Silent Auction. The president has shortened the business meetings in hopes of getting better participation.

Fjell Heim 4-524

No report at this time.

The phone number for the president, Duane Mrystol is no good. Vice President, Jean Chapel says I have the wrong number. Becky did not answer the email.

## Zone 6

### Paul Christofferson

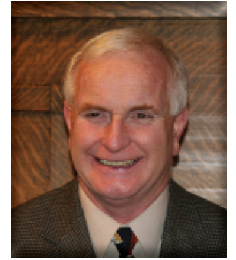
Jeg vonar det gar godt med deg (I hope all is good with you)!

Like most in our northern climes I spend most of my summer enjoying outdoor activities. Some of these activities, like mending fences and cutting firewood, are less enjoyable than others! At least the weather cooperated with sufficient rain to keep the ground soft for fencing in the late summer and fall.

The Great Falls Lodsen Lodge participated in the Montana State Fair again this summer. Their lodge members baked 6,400 Viking meatballs for sale at a booth they manned at the fair with the assistance of members of the Illusion Dance Company, the Great Falls High cross Country Team and D.C. Club, along with relatives and friends. Off the top, 21% of the proceeds went to the State Fair with the balance after paying bills going to the club. There are 700 Vikings left over so if you are interested in buying some contact a Great falls board member! They may all be gone as of the writing of this article! Unfortunately, overall attendance at the fair was down and this decrease was reflected in the overall Viking sales.

Also, during the summer Missoula's Normanden Lodge participated in the County Fair selling 14,937 Vikings, 1,894 Rosettes (1,650 fried at their lodge), along with corndogs and lefse. Many of their lodge members, and some non-members, worked multiple shifts manning the booths and working at the lodge. 17% of their gross proceeds were paid to the fair and the tip money was donated to local non-profits.

We held Helena's Hovedstad Lodge summer picnic (our only summer meeting) at the Lewis and Clark County Fairgrounds in August. About 25 members attended the picnic, down from the last years head count. This was nowhere near the amazing 70 attending the first one after the lifting of the covid quarantine, but those attending enjoyed themselves. We'll aim for better attendance next summer! Helena's 50<sup>th</sup> anniversary dinner will be held this December 9<sup>th</sup> after we had to cancel last year due







to lack of RSVPs. We had a signup sheet at the summer picnic!

I visited Fjellidal Lodge in Bozeman earlier this fall. I enjoyed meeting some of their lodge members over a Sunday buffet held at the local Senior Center. The discussion topics included how to restart activities the lodge participated in during prior years, a discussion topic relevant for many of the lodges in Zone Six. Establishing an on-line presence may answer part of this question. I know, from public comments, that many people are not aware that our lodges still exist!

I do not have reports or newsletters from the following lodges; Fedraheiman (Kalispell), Norhaven (Libby), Normont (Cutbank), Nordmanns Vis (Polson), Beverhode (Dillon), and Bitterroot Dalen (Hamilton). I will contact you to discuss how you can get lodge information to me in the future. Thanks, ahead of time! Also, a special thanks to the lodges that keep me in the loop so I better understand what is going on.

I am hopeful the weather this fall allows me to attend meetings at the three lodges in Zone Six I have yet to visit. These include Fedrahaimen, Nordmanns Vis and Beverhode.

I am trying out Norwegian phrases in my articles, in case you haven't noticed! Hopefully I am not butchering the language too badly. Having learned some German in a previous life I realize our English word order is not always correct in another language. One can only start somewhere!

Ha det salenge (until the next time)!



Whipped Lingonberry Cheesecake  
(Tyttebærfromasjkake)

Serves 8 to 10

- ½ pound (225 g) whole wheat digestive biscuits, crushed finely
- ½ cup (112 g) lightly salted butter, melted
- 3 ½ ounces (100 g) cream cheese
- 2/3 cup (160 ml) sour cream
- 2/3 cup (130 g) granulated sugar
- 2 cups (480 ml) cold water
- 5 (3 x 4 ½ -inch / 7 ½ x 11 ½ cm) gelatin sheets or 2 ½ teaspoons gelatin powder
- 1 cup (240 ml) lingonberry jam
- 1 ¼ cups (300 ml) heavy cream

Butter a 9-inch (23 cm) springform pan then line the pan with parchment paper and butter the paper.

In a large bowl, stir together the crushed biscuits & melted butter. Press biscuit mixture evenly into the bottom of the prepared pan & refrigerate until ready to use.

In a second large bowl, whisk together the cream cheese, sour cream, and sugar.

Place the gelatin sheets in a third large bowl with the cold water and soak for 5 minutes. Drain then add 2 to 3 tablespoons of boiling water and stir to dissolve the gelatin. *If using gelatin powder, place 4 tablespoons of cold water into a small saucepan, sprinkle in the gelatine and warm over low heat, without stirring, until the gelatine has dissolved.* Mix in the lingonberry jam, pour into the cream cheese mixture, and stir to combine.

In a medium bowl, whisk the heavy cream until stiff peaks form then add to the batter and gently fold to combine.

Pour the batter over the biscuit crust, smooth the top, and refrigerate for at least 4 hours or until set.



## Gratulerer med Dagen Solglyt Lodge 4-143 110 Years

*We are proud to be old - 110! Solglyt members and friends celebrated our exceptional anniversary on June 10, 2023. Acknowledging our fraternal organization, and in the spirit of volunteerism, a small multitude of volunteers brought our occasion to realization. It was the big event of the year for Zone 4 (Alberta and Saskatchewan). A big thank you to all!*

*We are grateful that Sharon Gobbs, Vice President District IV and her husband Richard Gobbs from Helen, Montana; Gloria Benazic/Kelowna, President District 7 and her husband Cal; and Lori Barsi/Kamloops Treasurer District IV and her husband Mike, travelled despite smoke and rain, to enjoy our celebration. Also present were Zone 4 Director Russ Wiigs and wife Allison along with Valhalla President Ron Reine, Aspelund President Tami Murdoch, and of course, a host of other Sons of Norway members and friends. Bjørn Morisbak, Northern Alberta Honorary Consul Royal Norwegian Embassy brought greetings.*

*Highlights included: historical and cultural posters, crafters showcasing traditional crafts. We were blessed with entertainment by Swans of Winter Project led by Solglyt member Janina Carlstad, with John Fletcher, and the Valhalla Scandinavian Junior Folk dancers. A big thank you to dedicated members for leading us in anthems and prayer, and who provided wonderful table settings.*

*A successful silent auction provided many wonderful Scandinavian-themed articles and is always a favourite at our events. It was a jubilee for the decade!*

*Solglyt Lodge 4-143 Edmonton,  
AB Brenda Carlstad, Publicity*



Gloria Benazic  
Arvid Pederson  
Susan Gobbs



Bunad Girls



Janina Carlstad  
John Fletcher





Sverdrup Lodge entered their float in the annual Autumnfest Parade in September.



Sverdrup Lodge sponsored and served the community meal at the Banquet on September 9th.



Our annual lutefisk dinner was served October 21st. Sverdrup Lodge members and Mandan Eagles volunteers take a break to pose while preparing the lutefisk and making the meatballs.



The unveiling of the community mural, support by a Community Grant through the Sons of Norway Foundation, was held on August 21st. Edvard Munch's The Scream was a fun photo op that was a partnership between Bismarck Art Gallery Assoc. and Sverdrup Lodge.



After a summer break, lodge socials returned on Sept 8th. The program featured Sverdrup Lodge member Dan Sauerwein. A frontier military reenactor, Dan dressed as a Civil War soldier and presented stories about Norwegian soldiers in the Civil War.