

Friendly First posten

SECOND QUARTER 2011

Fra Presidenten Bob Hoover

Greetings From District 1 President

It has been a busy April, May and June. I attended the 25th anniversary for Vestland Lodge in Minnetonka and enjoyed the musical entertainment from Norway and Minneapolis.

I attended both the district and International board meetings held in Minneapolis, where all business needs were taken care of.

On a personal note, the NorSweDane folk dance group of which my wife and I are a part of danced at Festivals in North Dakota, Pelican Rapids, Bemidji, Moorhead, Lake Park, and in several Nursing Homes. We enjoy this so much as it not only promotes Norwegian heritage and culture but we have made friends far and wide.

In May a meeting was held in Cambridge with the hopes of starting a new lodge. Seventeen new members have signed up and we are working on a second meeting in July to hopefully reach 40 members so a date can be set for institution.

I visited International Falls lodge and their fish fry last May. I am encouraging all lodges to hold membership events. This has proven to be a very successful way to increase membership.

It is also parade and fair time in many towns and cities across our district and I would encourage lodges to participate with floats and/or booths to spread the news of Sons of Norway.

The 2012 district Convention is now less than one year away. Lodge members should start thinking about who to send as delegates. The future of Sons of Norway depends on all members being involved by taking an interest in the inner workings of our organization. The convention will be held in St. Cloud in June, and as we all know time flies by quickly, so plan ahead!

Fraternally yours,

Bob Hoover, District 1 President

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Fra Vise Presidenten Gary Anderson

Since my last report I've had the chance to speak to someone in Missouri about starting a new Lodge there. His interest is something that has taken several years to peek. If something comes of this only time will tell. The point is not everything happens at a speed that we want, but that you never give up. Earlier today I spoke to two young men, and a lady. All three of them were not what many would concenter candidates for Sons Of Norway membership. Why? They looked like punkers! This brings up another point of fact, never judge a book by its cover. I found all three wanting to know more. They spoke to others in my Lodge, and they also found these young people to be very interested in Sons Of Norway. Young people, in their 20's, wanting to join Sons Of Norway after talking to a bunch of senior citizens! Who would think of that happening. It does, and will, happen if you show, or tell, them something to get their interest. They each had a Membership form in their hands when they left. I really think I will see them at our next Lodge meeting.

My job is membership. I can tell you all the things you should do to gain new members, but do they work? Over the last few years I have tried many different things to see if they work. Some went down in flames, and some showed a bit of promise. I did find out that our real target age can be any age. There are many Lodges out there that have active members in all age groups. Why? How does this happen? Can other Lodges do this too?

The empty nester group (our prime target group) now has free time. The kids are gone, and they are looking for something to fill that void. How to we get them? Many young people (20-30, and not our prime target group) are out there looking for something to ground themselves in. iPods, Text messaging, and the 21st century have taken something away from them. What was taken is a sense belonging to a past, a place that their grandparents had, but they don't. They too have a void in their life.

The question that is most often asked is how do you get the attention of these groups. How do you reach them. You don't. You let them come to you. Set up a booth at any, and every, local event you can. When your at an event just don't sit there with a pile of brochures in front of you, do something! Wood carve, weave, sew, cook, but do something. People of all ages love to watch someone doing a craft. Now all you have to do is talk to them. Ask them if they would like to try doing it too. If they say yes, the door is open. Invite them to try it right now. You now have a prime candidate for your Lodge, so break out the brochures. Don't let their age put you off, as you may get a big surprise.



Gary Anderson, Vice President

952-448-5966 garya@vikingage.com

Fra District Kasseerere Arlene Field

SUMMER GREETINGS

I continue doing all the things that a treasurer should do!

How times flies, the convention less than a year away.

May you have a summer filled with fun, joy, happiness and safe journeys. May your vacations be relaxing, rejuvenating and inspiring. May you find a renewed vigor to go forth and work for the betterment of Sons of Norway, particularly in your lodge. I thank you for your work in Sons of Norway and wishing you're the best in your endeavors.

Arlene M. Field
District 1 Treasurer
515-964-3363
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Fra Rekreasjon Direktor Marilyn Syverson

The Sons of Norway District One Bowling Jamboree was held on Saturday, April 30, 2011 at Extreme Bowl, Treasurer Island Resort & Casino, Welch, MN with Vonheim Lodge No. 108 hosting the event. Forty six bowlers from nine lodges participated in the event and forty bowled in the doubles. Single bowling began at 10:00 a.m. with doubles starting at 1:00 p.m. An awards dinner attended by thirty four was held in a dining room adjacent to the bowling area at 4:00 p.m. The meal was delicious and the general consensus was that the event had been an enjoyable experience. My thanks to Vonheim Lodge for hosting the jamboree and to Dennis Sorheim, Bob & Carolyn Hagen, and Louise Bakken for their work in making it a successful event.

The 18th Lutefisk Golf Outing in Owatonna, MN, sponsored by Nortonna Lodge #1-638 at the Brooktree Golf Course will take place on Sunday July 17, 2011. Tee times start at 8:30 a.m. through 9:30 a.m. (no shotgun). The cost is \$45.00 for 18 holes, cart & lunch, and \$30.00 for 9 holes, cart & lunch. Lunch only is \$10.00. Contact Nina Zak, 7100 S.W. 22nd Avenue, Owatonna, MN 55060 – Tel. # 507-451-5841 for more information. The Norsk Open Golf Tournament, August 13, 2011, at the Blueberry Pines Golf Club, Menahga, MN is sponsored by the Park Rapids Lodge, Nordskogen #1-626. Jim Carlson is the contact person at the golf course located at 39161 U.S. Hwy 71, Menahga, MN 56464 – Tel. # 218-564-4653 or 1-800-652-4940. The cost is \$60.00 for 18 holes, cart & lunch and \$45.00 for 9 holes, cart & lunch. Lunch only is \$15.00.

The folkdance workshop will be held at the American Legion in Morris, MN on October 22, 2011 hosted by Norskfødt Lodge #1-590 and many area lodges. The instructors will be Kjell and Elaine Nordlie who are the directors of the Dassel Leikarring folkdance group which started in 1981 and located in Dassel, MN. Kjell was born in Norway and started folkdancing in 1966 with the Råde Leikarring. In 1968 his wife joined him as his partner in Norway and continued folkdancing when they moved to the U.S. Since then they have taught in Texas for the Norwegian Society and are instructors at many workshops. The folkdance workshop will start at 10:00 a.m. and continue until 4:00 p.m. with lunch at noon. The workshop is open to anyone and do not need to be a Sons of Norway member. For more information contact Marilyn Syverson, 210 South Street, Morris, MN 56267 – Tel. # 320-815-6686 or e-mail

msyver@fedtel.net.

Enjoy the beautiful weather and stay active!

-Marilyn Syverson



Adopt A School Coordinator Marilyn Syverson

Cliff and Lila Sillerud from the Vennskap #554 lodge in Canby, MN spent a week in May at the Connection, an after school center for children. They explored food, crafts and people of the Scandinavian countries. The topics covered were the Swedish Dala horses, homemade wood toys, spill making, reindeer, the Sami people and the making of krumkake. Spill making is a way to transfer fire before the advent of matches. They plan on spending another week at the Connection in late fall to explore Holiday crafts and Scandinavian traditions.

Kristiania #1-047 lodge in Rochester, MN have members who participate in many of the schools in Rochester as guests of their grandchildren telling about their Scandinavian heritage. As a Sons of Norway organization they volunteer at the World Festival in Rochester and Plainview and the History Center of Olmsted County. They do a history program at the building and archiving letters from Pastor William Nesith (an early Lutheran pastor) telling about early Scandinavian life.

Members of Norskfødt Lodge #1-590, Morris, MN, distributed books to the area schools on the Vikings as a part of the Adopt A School program and read Scandinavian books to 50 children at the public library. In March and April the lodge was involved in the Omnibus program at the Morris Elementary School. There were five weekly sessions on the Scandinavian culture and Norwegian, history of Norwegian music, Scandinavian foods, Rosemaling, and Folkdancing. Many students participated in the program and enjoyed learning about life in the Scandinavian countries.

Students at the Minnewaska Area After School Program celebrated Syttende Mai with Glenwood, MN, Mjosen #1-175, lodge members, Rose Meade and Alexander Pederson. They enjoyed flags, maps, stories about Scandinavian countries and krumkake. On May 16, Rose presented to the 4th grade class at Glacial Hills Elementary School in Starbuck, MN. The lesson included flags, maps, stories about Viking explorers and a taste of chocolate.

Vikingland #1-495, Detroit Lakes, MN, has been involved in the school each Thursday for one hour doing storytelling in the library about trolls and how the Vikings sailed to many different places. They spoke to as many as 120 kids from grades 5 – 12 and rotated the groups. Afterwards, they served open faced sandwiches and Scandinavian goodies.

Jan Smith from Leif Erickson Lodge #1-032, Vining, MN, did storytelling at the Hjemkomst Festival in Moorhead, MN in June, 2011. She is a specialist in Trolls and Trolldom, a former speech and drama teacher, amusingly enlightened all with her stories. Polly Johnson, also, from Bjorgvin #1-010 Lodge, Benson, MN has been active in the schools talking about the Vikings and Scandinavian culture.

Adopt A School (cont)

Polly Johnson, Bjogvin Lodge in Benson, reports that Ms. Kluver's senior high Global Foods class at Kerkhoven-Murdock-Sunburg High School invites her in each year when they start their unit on Scandinavian foods. "I gladly share my Scandinavian heritage with the class. I teach the business classes at the high school just two doors down from the FACS room. In the past, I have helped them make lefse.

This year the class of 15 students came to my room for a taste of Norwegian culture. We talked about myths surrounding the nisse and the need to feed them Christmas rommegrot. I shared the story of Prillar Guri and the defeat of the Scottish army at Otta, Norway in 1612. They saw samples of rosemaling, silver jewelry, bunads, and weaving.

Since this is a foods class, I showed many samples of Norwegian cookware, butter molds, rosette irons, krumkake irons and rolling sticks, lefsa sticks, rommebrod cutters, and Norwegian rolling pins. Pictures of modern Norwegian foods such as open face sandwiches and salmon were shared. The students had a chance to sample Norwegian waffles and homemade rhubarb jam, fresh rye bread and ghjost cheese.

In addition, I treat my two Senior Economics classes to Rommegrot at Christmas and on the Syt-tende Mai. Some are just salivating when I let them know there is rommegrot and others are treated to their first taste, usually they respond with a smile on their face. In addition, there is a crockpot for the teachers and staff to sample all day long. Usually, I go home with an empty crockpot."

Adopt A School – Marilyn Syverson
320-815-6686 or e-mail msyver@fedtel.net.

Adopt A School Coordinators

Zone 1

Nortun #16 – Duluth, MN – Bente Soderlind

Terje Viken #17 – Two Harbors, MN – Lucille Hansen

Sagatun #18 – Brainerd, MN – Sharon Carlson

Haarfager #40 – Virginia, MN – Phyllis Starich

Nordstjernen #563 – Grand Rapids, MN – Carmen Solem

Skogvannet #658 – Walker, MN – Alice Groth

Tusevann #659 – Isle, MN – Susan Lybeck & Gary Helmark

Zone 2

Oslo #2 – Minneapolis, MN – Sue Borgerson

Synnove-Nordkap #8 – St. Paul, MN – Ruth Gibson

Vonheim #108 – Minneapolis, MN – Carol Gillespie

Draxten #464 - Joseph Eggers

Trollheim #511 – St. Cloud, MN – Debbie Backus

Syttende Mai #517 – Minneapolis, MN – Dennis Rusinko

Nordmarka #585 – Northfield, MN – Pam Nerhus

Vennekretsen #559 – Anoka, MN – Ann Strootmen

Norsota #602 – Lakeville, MN – Kenneth Brandt

Zone 3

Snorre #70 – Thief River Falls, MN – Gloria & Harlow Johnson

Vikingland #495 – Detroit Lakes, MN - Lyle Dahl

Bemidji #500 – Bemidji, MN – Lois Egelhof

Zone 4

Bjorgvin #10 – Benson, MN – Jackie & Mary Johnson

Heimskringla #12 – Fergus Falls, MN – Gloria Sheils Nilson & Phyllis Knutson

Leif Erikson #32 – Vining, MN – Rachel Carlson

Nornen #41 – Madison, MN – Camey Maland

Mjosen #175 – Glenwood, MN – Rose Meade

Jaabeck #264 – Montevideo, MN – Eileen Nokleby

Elvidal #509 – Granite Falls, MN – Larry Stensrud

Runic Vennskap #530 – Alexandria, MN – Joan Nelson

Vennskap #554 – Canby, MN – Ruth Leppke

Norskfødt #590 – Morris, MN – Marilyn Syverson

Zone 5

Normanna #52 – Albert Lea, MN – Roger Lonning

Valheim #364 – Spring Grove, MN – Emma Landsom

Heimbygda #376 – Lanesboro, MN – Lynn Susag

Lin-Hans-Rud #479 – Hanska, MN – Shirley Olson

Kenyon Viking #487 – Kenyon, MN – Rhana Olson & Ione Overby

Nor-Win #505 – Winona, MN – Joan Klagge

Stavanger #538 – Windom, MN – Tom Wickie

Elsvingen #582 – Mankato, MN – Kris Norland

Kristiana #47—Rochester, MN—Sharon Barsness

Zone 6

Zone 7

Glitne Sioux Viking #167 – Sioux City, IA – Janet Gross

Valdres #503 – Decorah, IA – Jean Iverson

Solglimt #547 – Cedar Falls, IA – Joyce Spande

Marsteinen #596 – Des Moines, IA – Arlene Field

Maihaugen #665 – Overland Park, KS – Sandra Knutson

Kong Sverre #482 – Story city, IA – Sharon Miller

Zone 8

Cleng Peerson #645 – Austin, TX – Leila Tackett

Marilyn Syverson

210 South Street

Morris, MN 56267

320-589-1228

msyver@fedtel.net



Fra Sosial Direktor Norm Carlson

Greetings from your First District Board,

District 1 members have had many extremes to contend with this spring, ranging from flash fires in Texas to floods in the Mid-West. Hopefully these will soon return to more normal situations.

What have your lodges been doing for programs this year? A few lodges have taken advantage of the various Cultural Skills Presenters within the District. With proper application, the host lodge will be able to be reimbursed from the District the mileage paid to the presenter. Each lodge should have received last year two copies of the 2010 Cultural Skills Presenters that included a list of the various presenters. We are attempting to activate a list on the District web site since a number of the presenters booklets have been misplaced.

How many of you have signed up for the free Sons of Norway Blog? Watching video of the Hurtigruten along the coast of Norway, or learning how midsummer is celebrated in Norway should give you the drive to want to go to Norway. These are just a couple of the many things available from Sons of Norway.

Please feel free to contact me at
norsknorm@aol.com if you have any
questions

Norm Carlson, Social/Cultural Director
515-238-4244



Fra Publicity Direktor Louise Bakken

More photos, please. I need more photos from you lodges. I know that each lodge probably has a dozen members with cameras. Please encourage them to share their pictures with the Publicity Director for submission to the Viking. Some lodges have newsletters with photos which could be submitted. Don't forget the opportunities to honor a special member—oldest, youngest, or especially talented. Possibly even more important, is the opportunity to advertise a big event. I need three months advance notice. I'd love to publish your photos; send them.

The SOFN-1 District website is a work in progress. I'm trying to get it to serve the lodges by providing contacts to District members and other lodges, information on events and opportunities, and any information which would be helpful in running a lodge, such as the list of presenters and programs other lodges have utilized. Norm Carlson, Social/Cultural Director, has provided the information and will serve as a contact. We have been working with Headquarters to create a Cultural Skills poster available to all the lodges. We all know how important advertising is. It will be available soon.

The Sons of Norway – First District facebook page is available to all lodges but it has not become the popular media anticipated. Please help us to share your information

The Friendly First Posten is, as you know, a quarterly publication to provide an update on what your District One officers and Zone Directors have been doing.

Please let me know how any of the above, can be improved or if there is something else I can do for you as Publicity Director.

Louise Bakken, Publicity Director

763-545-4827 furballs66@comcast.net



Fra Youth Direktor

Chris Elwell

Greetings. The Twin Cities youth lodge, Fjell og Fjord, has been going through some leadership and meeting place changes and will once again be up and running this fall after a year long mini-hiatus. The dancers have not stopped, however, and they just keep on dancing and being invited to perform. There are more youth lodges around the twin cities that I've learned about, and we'll be planning at least two activities together (all area youth and dancing groups) this next year. Dates and details yet to be determined.

Email lists are getting better and communication, albeit few and far between from me, will increase between myself and the directors. Thank you to those of you who have updated me on new addresses and given me wonderful suggestions and comments.

In the spring I contacted the lodges that I was to visit. Due to the fact that summer is traditionally a time when lodges meet at festivals and informally, no dates have been set for the visits as of yet. A fall schedule of visits will be worked on and I expect to meet up with a few lodges between Sept and October when we meet again as a District Board.

It is summer. Children all over the United States are off enjoying camps and learning more about their cultural experiences. Mine are enjoying Masse Moro for two weeks at the time of writing. In June, my family had the pleasure of hosting two young teenagers from Norway for a week (Rolv and Marie) before they caught a bus to Skogfjorden. I taught them how to make a kransekake. That was a lot of fun!

On a personal note, my daughter Rebecca will be attending Manger Folk School beginning in August. She leaves one week after counseling at Masse Moro for two weeks and will be extending her stay in May so that she can be there for Syttende Mai. While attending folk school, Becca will be folk dancing and playing her oboe with a symphony in Bergen. She can hardly wait to get her feet on Norwegian soil. Perhaps one day I shall experience that myself.

So, we continue to celebrate our youth and our heritage! It's a beautiful pairing.

For now, this is all I have to report.

Chris Elwell, Youth Director

651-688-0698

Celwell@farmington.k12.mn.us



Fra International Direktor Jon Tehven

International Director

If your Lodge has not filed its Form 990 and D17, please do so immediately because not doing so jeopardizes your Lodge and Sons of Norway.

The resolution below was passed by the International Board of Directors at its 2010 Fall Board Meeting.

If you have any questions, contact Liz Reque at SON Headquarters.

FORM 990 AND D17

990 and Lodge Annual Financial Statement Filings

WHEREAS federal and state governmental regulatory agencies require all lodges in the USA to annually file the appropriate 990 Form and Financial Statement (Form D17), and

WHEREAS all lodges in the Order are required annually to file a Financial Statement (Form D17), and

WHEREAS all lodges in the Order are annually notified of the above requirements, and

WHEREAS a number of lodges have not filed these reports, and

WHEREAS failure to file these reports jeopardizes the tax exempt status of non-compliant lodges and Sons of Norway;

THEREFORE BE IT RESOLVED that the following procedures shall be used to notify lodges of the consequences of non-compliance:

Immediately after the filing deadline of May 15, Sons of Norway headquarters will contact, by certified mail, the Treasurers of those lodges that are non-compliant.

If compliance is still not achieved within 30 days, the District Presidents will contact the lodge Treasurers personally.

If compliance is not achieved within another 30 days, the International Director will contact the Presidents of the lodges personally.

BE IT FURTHER RESOLVED that lodges that are non-compliant 60 days after the filing deadlines for the appropriate 990 Form and/or Financial Statement (D17) shall have their dues withheld until they are compliant, and

BE IT FURTHER RESOLVED that Sons of Norway may also withhold that lodge's dues to the District, and

BE IT FURTHER RESOLVED that lodges who are non-compliant 120 days after the deadlines for the appropriate 990 Form and/or Financial Statement (Form D17) may have their charter revoked.

Fra International Direktor (cont)

Sons of Norway Foundation Board of Governors

At the 2011 Fall meeting of the Sons of Norway Foundation Board of Governors, the Board will receive a recommendation changing the number of Governors and names of non-SON International Board members to the Foundation Board.

This recommendation comes after almost a year's work by a committee appointed by International Board President Dan Rude. The committee includes International President Dan Rude, CEO Eivind Heiberg, Legal Counsel David Ness, Foundation Director Cindy Olson, and District 1 Director Jon Tehven.

You will hear more after the Fall meeting.

Jon Tehven
International Director
319-352-6094
Tehven@msn.com
-



Scholarship Coordinator

Jon Tehven

Scholarship Coordinator News

When you read this, our youth will be enjoying Skogfjorden Language Village and Masse Moro Heritage Camp. Numbers for both Skogfjorden and Masse Moro are up for 2011:

Skogfjorden Masse Moro

2010 2011 2010 2011

1-Week Village 20 24

2-Week Village 33 39 2-Week Camp 11 15

4-Week Village 8 12

4-Week Swedish 1 1 ___ ___

72 66 11 15

Two Skogfjorden Villagers received Mikal Kartvedt Scholarship assistance totaling about \$1,600.00.

Three Norwegian Folk High School Scholarships of \$300.00 each were awarded.

It is encouraging to see the numbers for Villagers and Campers increase. Of the 220 Skogfjorden Villagers this year, 71 are from District 1.

Sons of Norway membership and scholarship (both District 1 and SON Foundation) information is given to all attendees. Membership information is provided by SON at no charge to the District.

Scholarship Trust Fund

Thanks to everyone who supports the District 1 Scholarship Trust Fund which provides scholarships to our District 1 youth to attend Skogfjorden, Masse Moro, and Norwegian Folk High Schools.

Memorials and gifts are now being accepted for the Mikal Kartvedt Scholarship Trust Fund.

The Mikal O. Kartvedt Scholarship Trust Fund was established in his memory on March 31, 1984. Mikal Kartvedt fostered and promoted Skogfjorden Language Village and it was his wish that every youth in District 1 have an opportunity to attend the Village. The Fund provides financial assistance for those youth whose parent's income financially restricts sending their children to Skogfjorden.

He was a member of Nortun Lodge 1-016, Duluth, MN and served as District 1 President from 1970 – 1972 and on the International Board of Directors from 1974 until his death on June 17, 1975.

The Mikal O. Kartvedt Scholarship Trust Fund grows through the re-investment of 25% of the net investment income received the preceding calendar year.

Use the current Trust Fund transmittal form; a new one that includes the Kartvedt Fund will be available at the District 1 website: www.sofn-1.com

Memorials & Gifts to the Scholarship Trust Fund

Memorials Honoring

Dean Becker

Marilyn & Phil Froland

Jean Kjos

Joanne Marose

John Bruce Aga

Charles & Orlinda Hauck

Lawrence Locken

Nordsjernen Lodge 1-563

Irene Pouley

LIn Hans Rud Lodge 1-479

Bernice Grande

Fjordland Lodge 1-508

In Honor Of

Norsota Lodge 1-602

25th Anniversary

Oslo Lodge 1-002

Gift

Solglimit Lodge 1-547

Contribution Form

SONS OF NORWAY - DISTRICT LODGE 1

CONTRIBUTIONS TO THE DISTRICT LODGE 1 SCHOLARSHIP TRUST FUND

Please print clearly - acknowledgement letters are sent and it is important that all information is legible. Thank you.

Amount \$ _____ Date _____

Donated by _____

Name

Address

City

State

Zip Code

In Memory Of

In Honor Of

Lodge Gift

(please circle which)

Name

Mail Acknowledgement To _____

Name

Address

City

State

Zip Code

Remitted By _____

Name

Address

City

State

Zip Code

Make checks payable to: District 1 Scholarship Trust Fund*

Mail checks to: Arlene Field, Treasurer, District 1, Sons of Norway. 802 SE Sherman Drive, Ankeny, IA 50021-3519

* Contributions are tax deductible in the USA.

Contact Information for the First District Board

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C
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M**

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