

# The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



**SONS of  
NORWAY**

April 2021



**G**reetings all you wonderful Sons of Norway members:

It has been a rather long year with the Covid and all the things we could and could not do. I do believe at this point there is light at the end of the tunnel.

More than one of District IV Lodges are showing a minus standing on their membership roles. Some people have let their membership lapse because of not being able to attend meetings. Now that it looks like things are starting to open up, I would suggest you reach out to those people and encourage them to rejoin the Sons of Norway.

Many of the lodges have not been meeting, which has been difficult. There have been a few that have continued to meet and have done well doing that. I would hope that you all are planning a Syttende Mai celebration of some sort. It always seems to be one of the highlights of the year for many lodges.

Some ideas or suggestions for now and later:

Go online to Sons of Norway web site, Member Resources, go to Lodge Leadership Resources, then Lodge Programming, there will be a list of suggestions/items you can use.

Following are some other suggestions you might use:

- Since the warmer weather is coming, plan some meetings and activities for outside. Plan some games for both the young and mature generations. City parks are a great place to have a get-together.
- Advertise your meetings in your local newspaper, radio station in their community

spot, say guests are welcome.

- Have events where the whole family is welcome. Have things for the kids to do.
- On Valentines, Easter, Halloween, Christmas, have activities at a meeting or a special day that is for the children/young people.
- Have programs that are focused on some special info on Norway. Try to keep them short rather than too long. Norwegians always love hearing about the homeland.
- Have a sing-along at some meeting.
- Is there someone who can share about their trip to Norway, things they learned. Maybe have some souvenirs to share/show.
- Have a movie night at which a movie on some place or activity of Norway is shown.
- A game night is great fun too.

Make yourselves visible in your community. Volunteer where people are needed. You do not have to volunteer for a lot of hours at a time. Sometimes even one or two hours at a time. I do realize some people will volunteer for a complete day, which is great. The idea is to let people know who you are. Wear a shirt or hat that has Sons of Norway on it or a name badge. Have information with you to share with them. Invite them to a meeting, etc.

People are asking what is happening with Tubfrim. At this point there may be a way we can still get stamps to Norway. I am waiting to hear but it might not be for another month. So, I want to ask you to please be patient and hang onto the stamps for just while longer. As soon as I hear I will let you know

## **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)



via your Zone Director. I want to be able to find a good place for the stamps.as the Lodges have many of them to share.

I hope you all are doing well and have a great Spring and Summer Season. Thank you too for all you do for Sons of Norway.

Respectfully Submitted,

*Nordy*

Nordy Riley, President

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### Lodge Calendar and Other Deadlines

#### *May*

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

#### *June*

Think about camps

#### *October*

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

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

#### *November*

Election of Lodge Officers

#### *December*

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

Dec. 15 - International Foundation Grants  
- Community Partnership due to Home Office

Dec. 31 - District Fraternal Grant Application due

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

Dec. 31 - International Foundation Grants due  
-Helping Hands to Children Grant  
-Lodge Culture and Heritage Grant  
-Lodge Vitality Grant

## District IV Vice President

Martha Elliot

I just want to offer some reminders about two items today. They are from documents you have probably received previously in your email. I just want to emphasize the 2021 New Member Campaign and the change in Tubfrim.

I hope you are all doing well after this long season of pandemic. Just stay safe and know that it will be better before long.

### Excerpts from “A Message from International President Ron Stubbings”

#### Information about 2021 New Member Campaign

1. Our Sons of Norway International Board of Directors has set a goal of **8,200 new social and financial benefits members**. That is a 5% increase over the actual number of 7,815 new members recruited in 2020.

2. While our organization goal is a 5% increase, your lodge is being asked to build on last year’s success by recruiting 4% more new members in 2021 than in 2020. For lodges that recruited 3 or fewer new members in 2020, the goal is 4 new members per lodge.

3. View the recruitment goal listing by district and lodge online, updated quarterly.

#### Recognition for Lodges and Members...

At the end of the campaign, lodges that meet the recruitment goal will be recognized with:

- **\$125 award**
- **Achievement Certificates** for the lodge and recruiting members

***A stunning limited-edition 2021 Recruits Pin will be sent to members after they recruit their first new member in 2021.***





## Vice President Continued...

### Next is a letter from the David Crabb from the head office about Tubfrim:

Dear Lodge Leaders (and members)

...The program (Tubfrim) continues but is facilitated by the districts now, not Headquarters. Districts can choose to promote and participate in the program as they see fit. Individual members and lodge leaders should go to their Tubfrim district coordinators (**District IV Coordinator is President Nordy Riley**) with any issues, . . . regarding the program.

In addition, as the reimbursement for the annual drawing has stopped, SofN is no longer able to facilitate the \$1,000 prize drawing that has been part of this program in the past. This does not mean the stamps are no longer needed, or that the lodges should no longer participate in the program.. .

## Secretary and Foundation Director

Dan Rude

I am hoping that everyone had a very blessed Easter. With the increase in vaccinations, it is hopeful that we will soon be able to gather again safely.

With the all the D17s in and the District Directory out (mistakes and all) I just need to remind the Lodge Treasurers to get in the D17 (and those who own property the D18) and the 990s.

The dates have finally been set for the International Convention in Minneapolis. The dates for the Convention are August 31, 2022 through September 1, 2022. First time delegates will be asked to come one day earlier for First Time Delegate Training.

**Bjørnetann Culture and Language Camp:** The Bjørnetann Camp Board met a couple of weeks ago and made the painful decision to not move forward with the Montana camp for the 2020 season. They are intending to have camp for 2022. The situation

has been very fluid with the facility and CDC guidelines, and they have been told everything from no camp, camp but having to pod in groups of 10, only pre-packaged food, to they would have to cook just like they did at the Red Lodge campsite. The committee needs more instructors and more assistance with everything else. If you can help please contact Susan Gobbs ([sggobbs@gmail.com](mailto:sggobbs@gmail.com)) or Beth Morton ([bmorton62@yahoo.com](mailto:bmorton62@yahoo.com)) with your thoughts and ideas.

**Foundation News:** I would like to use the rest of my space to cover some exciting Foundation news. It has been announced that Connie O'Brien, Fraternal Director, has been selected to be the new Foundation Director. They are in the process of hiring a full-time employee to assist her with the Foundation work.

One of the goals that was set by the Foundation Board of Governors is to increase the roster of the Foundation Directors in our Districts by 10%. We have 24 Foundation Directors in District 4 – 6 in our Canadian Lodges and 18 in our Montana and North Dakota. I understand that our Lodges having trouble filling all the positions, but I am asking that the 18 lodges without a Foundation Director please consider filling this position. This is a position that could be held by another officer - say the Counselor. The Lodge Foundation Directors will be our contact to the Lodges to pass on information about grants, scholarships, and fundraisers. Please let me know as soon as you fill this position.

Below is a report on the “Together We Are The Future” campaign. I want to personally thank the Lodges and the individuals in District IV who helped make this campaign such a great success.





March 2021

Sons of Norway Foundation



2020 was a great year for the Sons of Norway Foundation. It was a great year because our lodges and members responded throughout the year, but especially during the ***Together We Are The Future*** campaign. The Sons of Norway Foundation Board of Governors thank you for your incredible support.

Since 1966, our Foundation has supported our members and lodges through scholarships, grants, and humanitarian relief.

In 2020, our members and lodges donated \$391,615. This included a \$90,000 legacy, a \$20,000 memorial, and a \$53,000 addition to an existing endowed scholarship.

And in 2020 the Foundation provided \$108,270 in 26 scholarships and \$27,330 in grants.

Donations to the ***Together We Are The Future*** campaign were \$210,164:

\$ 85,561 for endowed scholarships

\$ 17,013 for the humanitarian relief fund

\$ 106,590 unrestricted funds

Donations came from 721 members and 113 lodges. Our lodges donated \$29,585.

In District 4, 13 lodges donated during the Together campaign, with another 8 earlier in the year, for a total of 21 lodges during 2020.

Foundation Board of Governors will continue October as Foundation Month, extending it as the ***Together We Are The Future*** campaign through December.

**As we move forward in 2021, here are some things we are asking our lodges to do:**

- Consider appointing a lodge foundation director if you haven't done so,
- Publicize the purpose and benefits of the Foundation in your newsletters
- Encourage your members to apply for scholarships and grants
- Support the mission of the Foundation

Always remember: The Foundation is here for you . . . for good and forever.



## CONSTITUTION DAY



17th of May

CONSTITUTION OF NORWAY  
1814





## Culture and Publicity

Flo Kallenbach

Our lodge, Mollargutten, has, hands down, the best Cultural Director anywhere. Carol Thompson is always coming up with brilliant ideas of things for us to do and learn about and she, herself, is skilled and creative in anything she does. If you are close enough to snag her for a lesson of almost any kind, grab her for some fun and entertainment. Let me tell you about one of our latest projects (under Carol's leadership, of course).

### Norwegian Primstav Project

The Primstav is a wooden working calendar and almanac on a stick that was mostly used by rural Norwegians to keep track of religious/feast holidays, farming activities and other reoccurring key yearly events. It is set up to the 19-year metonic cycle that correlates to the lunar month and the solar year into a perpetual calendar. The Primstav has 366 marks, one for each day of the year plus one extra for leap year therefore 183 marks on each side of the stick and every seventh marks is longer or bigger to represent a new week. Each day had a label or title scribed next to a mark telling of its importance in the year. Many daily markings included runes or symbols for the said day. It was a reminder for rural Norwegians to keep aware of all religious holidays and attend church on all saintly holidays or they would be assessed a hefty fine (tax) by the government. The farming dates were divided into two categories, the summer or growing and the winter or consuming. Therefore, the Primstav stick is marked where the Summer Side starts on April 14<sup>th</sup> and the Winter Side starts on October 14<sup>th</sup>. The Primstav became obsolete when the written almanac was made.



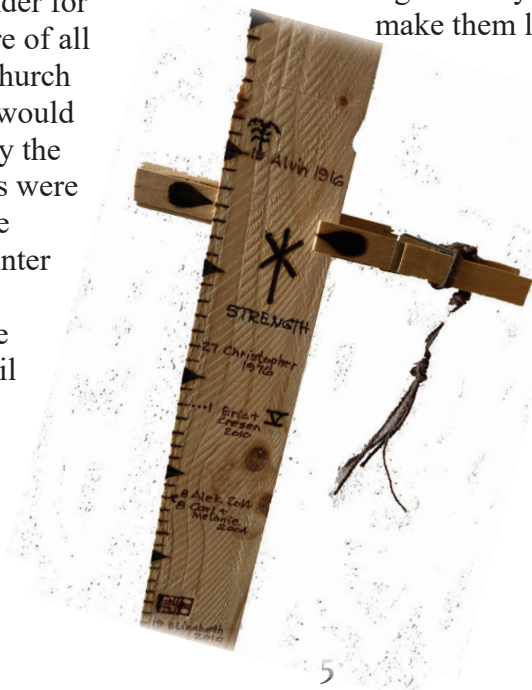
These are some of those who attended the Primstav class. Carol Fossum, Shelly Anderson (visitor from Arizona, Bonnie Benson, and Joan Gilbertson with their primstavs.

If any of you have projects you would like to share, please send me a write-up and pictures, and I'd be glad to share great ideas with the group!! Which reminds me, convention is just one year from now and I'm sure we will be looking for amazing cultural classes to present at the convention. Don't forget the Expert List that we have on our District IV website. As time goes by, we need to be sure those who are on the list are still willing and able to help out and add new people that are willing to step in and help.

Publicity is my other hat, and I would like to thank all those who have faithfully sent in pictures for the Viking magazine. It's fun to see a variety of lodges represented so, please, send your original photos right from your camera (don't crop them or try to make them look better or smaller).

My email address for all of the above is:

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



AT ONE time Ole ran a dairy farm and did pretty well. He adopted a slogan which he hung on the wall:

"All dat I am . . . I owe to udders."



# Zone Reports

## ZONE 1

**Becky Gunderson, Director**

### *Polse med Lompe*

As lodges prepare to celebrate Syttende Mai, serving traditional foods comes to mind. Foods like Flatbrod, Lefse, Sandbakkels, Krumkake, Kransekake, and Rommegrot. In Norway, Polse med Lompe is one of those traditional foods that usually does not come to mind in our Lodges. After attending the Syttende Mai Parade in the little village where my Grandfather grew up, the first thing we all did was eat a hot dog in a lefse-Polse med Lompe, with mustard and ketchup. The people gathered at the local elementary school for a potluck and also had Polse med Lompe for sale.



As your Lodge prepares for your Syttende Mai celebration, consider making smaller and thicker lefse and serve them with hot dogs for a real “traditional” treat.



## ZONE 3

**Martha Elliot, Director**

Members of lodges in Western North Dakota have not met during the past months, but are now planning on some May and summer activities. Many lodges are planning on some type of a May 17 celebration. Lodges are having a gathering on the 16th, with a lunch and celebration. A lodge is planning on a full day of activities on the 17th. at the Heritage Park in Minot. A parade as we walk around the park and sing our favorite Norwegian songs. Then treats of cookies, root beer floats, lefse, coffee and just have a wonderful day outdoors. Other lodges have more quiet activities, but I see that lodges are celebrating somehow on the 17th.

Lodges are planning on business meetings in addition to socials. A time to get together which is important.

As of this time the Norsk Høstfest is being planned. It will be a three day event filled with music, food and booths to purchase the much needed items we look forward to buying each year.

Margaret Huettl, a member of Thor Lodge, Minot, received the honor of the first female in Minot and the

North  
Eagle  
Scouts  
Eagle



State of  
Dakota of  
Scout, Boy  
of America.  
Scout is the  
highest

advancement rank in the Boy Scouts. This award was presented to her on March 21, 2021. Many Scouts and friends attended the Eagle Scout ceremony. Congratulations Margaret. Margaret is the Youth Director of Thor Lodge, Minot.



## ZONE 2

### Kay Halverson, Director

Ueland Lodge -Cooperstown Lodge 480 – Martin Ueland, President

The lodge rented a meeting sight at the local Bible Camp and had a game day with lunch. It was well attended with many people from the area along with lodge members participating in the fun day.

The lodge also watched the movie, “Lutefisk Wars”. There is a YouTube clip of the movie if you would like to preview it. The movie was filmed in Mayville. Members of the Cooperstown lodge enjoyed the social evening and shared lots of good laughs.

Kringen Lodge- Fargo- John Andreasen President

The club and lodge are getting back to normal as meetings and café activities are starting again in person at the club. The lodge continues to hold Tuesday night dinners in the Kringen Kafe that are open to the public. Weekly, approximately 80 customers have enjoyed delicious food all served by SONS members. Food is prepared in the newly remodelled kitchen.

Monthly lutefisk and meatball dinners all prepared and served by lodge members have been a huge success. Take out orders were in big demand because of the restrictions of limited dining room seating. Carol Juven continues to be the lead organizer and chef and proudly wears his tall, white chef hat and coat.

A Syttende Mai torsk and meatball dinner, program, music and festivities will be held on Monday, May 17. The lodge is also planning a celebration on June 22 to observe St Hans Midsummer Banquet and program for the completion of the lodge campaign goals.

The District IV convention will be held in Fargo on June 16-18,2022 and hosted by Kringen.

Hjemdahl Lodge, Valley City, - Duane Larsen, President

Syttende Mai will be celebrated at the Eagles in Valley City with a program and meal on Monday the 17th. Members rang bells for the Salvation Army in December. Upcoming activities will include Community Days Parade with an entry in the parade and booth to sell Norwegian goodies. They will also have a booth at Crazy Days and plans are for a July summer picnic

The lodge continues to hold their meetings in the Eagles Club with a meeting and lunch to follow.

Henrik Ibsen Lodge, Wahpeton – Mark Gronseth, President

Meetings have been limited because of CoVid restrictions.

Breckenridge Lutheran Church will be the site for Syttende Mai celebration on Sunday, May 16. There will be a sampling of Norwegian delicacies from 12 – 2. I was told that there will be no lutefisk but a close second with pickled herring!

Plans are being formulated for summer activities and getting back to in person meetings.

Wergeland Lodge – Jamestown – Jodi Bunde, President

The lodge was beginning to meet as a board and organize activities. No further report.







## ZONE 4

**Russ Wiigs, Director**

Greetings District IV members:

A few months ago, we started to hear about COVID, and I am sure most of us thought it was something that would be gone soon! Well, we are not so fortunate—it is still with us and shows signs of being around way too long!

Zone 4 Lodges have been able to carry on as normal in many cases, but mostly we have had to change how we do things. Some lodges can still meet since they are small and can meet in spite of the challenges larger lodges have. Many lodges have gone to virtual meetings such as ZOOM meetings. That is where they meet via the computer and are able to communicate with other lodge members. Realistically, larger lodges are not able to do that. Our biggest challenge is how do we keep in communication with other lodge members. It is a challenge to do that. How is your lodge doing? I hope that most of our lodges are able to at least have some semblance of normalcy and can communicate.

On thing that Zone 4 has had a lot of success with was what we call our 'Sports Weekend'. We would get together for some fun and relaxation with other Zone 4 members for a weekend of such things as Cards, Cross Country Skiing, Curling, and several other events including a wind-up banquet with awards and a silent auction. It was always a fun weekend and a great chance to get together with other Zone 4 members. Unfortunately, COVID caused the cancellation of the 2020 weekend and has cancelled the 2021 weekend. We hope to try for something this fall, but next Spring looks more likely. It is unfortunate that events like this have been postponed and we hope that there is such an event in 2022. This is the new normal when dealing with COVID.

We all  
to doing  
that Sons  
members

of fellow

look  
finding  
soon!



look forward  
normal things  
of Norway  
enjoy—the  
camaraderie  
Sons of Norway  
members. We  
forward to  
some normalcy

## ZONE 5

**Becky Lewis, Director**

It is with sad news that there will not be a Bjornetann Language and Cultural Camp in 2021. After the camp board met to make decisions about the camp this year it became very clear it was too complicated. Luccock Camp folks have only been following the CDC guidelines for camps which has changed many times this year. The camp board is not staffed enough to do all the cooking and instructing.

We intend to have camp July 14-17, 2022. We need a lot of assistance from all of you. It appears we'll have to cook all the Norwegian dishes ourselves in the future, We had hoped to train Luccock staff but the turnover in their staff isn't going to make this doable. We need more instructors and more assistance in the future with everything. Most important we need campers. So please encourage your lodges to become active in Bjornetann Camp July 14-17, 2022. It is a wonderful Family Camp and a great way to experience and preserve our Norwegian heritage. We are looking forward to venturing into more activities.

Jotunheimen Lodge-Billings Facebook: Sons of Norway Billings

Billings Fair Aug13-21,2021 - Jotunheimen has a booth serving famous Viking on the Stick.

Torsk & Meatball dinner October 23,2021 at Shrine.

Fjell Heim Lodge- Big Timber

Fiber Feast May 15, 2021 Civic Center Membership Drive – Selling Lefse and Cookies.

Memorial Day at Sweet Grass Museum- Selling Lefse and Cookies. The museum was donated by Hauge Family hand carvings of their uncle displayed in Fjell Heim's Stabbur. Please check out!

Let us press forward and celebrate a new horizon. "Skal!"





## ZONE 6

### John Sverre Knudsen, Director

Hi everyone. Well things are looking a little better considering the pandemic. People are starting to pop their heads outside. And with your Nordic blood and better weather you might consider having a socially distant get together in a park or just outside at your lodge. Just consider that Constitution Day, May 17th is coming up soon and it might be just wonderful time to see each other. But keep safe. My Lodge in Missoula is going to have that celebration. We are in the planning stages with crafts, a Parade then a barbeque.

Something else you could consider doing is calling someone in your lodge just to say hi and let them know how important they are to you.

On a sad note, we are feeling a loss with the passing of Judy Fisher. She was an active member and held many positions of the Great Falls Lodge. Judy also was a past Zone 6 Director. To me, she was the one with that dynamic, spontaneous personality and it showed whenever I was around her. She will be missed.



# MORSDAG

# HAPPY MOTHERS DAY