

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



SONS of NORWAY

January 2023



President's Message Jerry Saude

Hilsen alle sammen – Er du glad i nytt året? Bra!

I'm not a weather channel follower, so I'm not sure how your winter is going. As northerners, we expect snow in various amounts, wind, sleet, ice, fog and the need to have plans A, B and probably C for our winter travels. Here in central ND we have had over 50 inches of snow before Christmas and bone-chilling windy days. But now January has been pleasant, as January's go. Lambing starts about April 1st and the countdown is on. Our lodge had to cancel our December social due to weather and those missed meetings are felt by the faithful that support Sons of Norway. My home lodge, Sverdrup 4-107 is honoring members for 5, 10, 20 and 30 years of memberships next week. 39 people qualified in 2022 for those pins. I found it very easy to order the pins from the website. Your district office may be taking a bigger role in helping your lodges with these complimentary items that we can use for lodge enhancement. The upcoming *Viking* magazines and the *Fabulous Fourth Footnotes* newsletter in April will provide more information.

As changes go, we all must remember that Sons of Norway began more than 125 years ago for one purpose: mutual financial security for its members. The financial leg of our international lodge must be strong in order to support our fraternal and fellowship aspects. We are the beneficiaries of Sons of Norway financial health and the great work of the Sons of Norway foundation. Please support them and ask what Sons of Norway can do for you and yours. Help spread the word!

District IV is home to the Norsk Høstfest celebration, held in Minot ND. 2023 dates are Sept 27-30 and it will be the 44th annual. District IV has begun discussion and planning for a booth in 2023 and the Høstfest office is greatly appreciative of that plan.

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.

I'm looking forward to visiting with you in the course of my two-year term. Until we meet again...Jerry Saude.



District IV President, Jerry Saude, attended his first International District President's meeting in November 2022 at the home office in Minneapolis. Pictured left to right are IBOD Vice President, Mark Agerter, Jerry Saude, IBOD, Kathy Dollymore, District II President, Jerry Erickson, and IBOD, Duane Kittleson. (IBOD = International Board of Directors)



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



Lodge Calendar and Other Deadlines 2023

March

March 1--Domestic scholarship applications due to Sons of Norway Foundation

- Astrid G. Cates Scholarship**
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- Myrtle Beinhauer Scholarship**
- Nancy Lorraine Jensen Memorial Scholarship**
- Orel and Marie Winjum Memorial Scholarship
- Elaine Nelson Scholarship
- District IV Scholarship

March 15

- Lodge Achievement, Family Lodge of the Year and AFA due
- D17 due
- D64 due

April

April 1--Deadline for District Cultural Scholarship Application to be submitted to District Cultural/Publicity Director

May

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

June

June 8-11 Trollfjorden Camp

June 10-17--Scandia Camp Mendocino CA

August

August 13-19 Trollhaugen Camp

October

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

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

November

Election of Lodge Officers

December

December 1 - District Fraternal Grant Evaluation from previous year 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
 - International Foundation Grants Community Partnership due to Home Office



Tubfrim Comes to a Close

The longtime charity program to help improve the health of children in Norway, Tubfrim, is drawing to a close.

Tubfrim was originally founded to assist children who were affected by tuberculosis, which at the time was one of the most frequent causes of death in Norway. As that crisis waned, the focus turned to the health and well-being of children and young people.

Since 1928, the program has collected 26 million NOK (US\$ 2.5 million) to fund the mission of the organization. As people's postal habits changed, the program's viability was challenged. Last year Tubfrim received only 20% of the volume of stamps they received in the year 2000.

Tubfrim will accept stamps through December 31, 2022. Stamp collectors can watch for a closeout sale before the program concludes Summer 2023.



Vice President Susan G Gobbs



Meet your Vice President, this summer I was privileged to be elected as the Vice President of District IV. My husband Richard and I have been members of the Hovedstad lodge in Helena for 10 years. We have been

very involved in our lodge serving on various committees and participating in lodge activities. I was just re-elected Social Director of our lodge and Richard has served as Treasurer of the District IV Convention when it was held in Helena and has been a member of the audit committee for several years. We have been delegates to District convention several times and I was a co-chair of the District IV Convention held in Helena. In addition, we have been on the board of the Bjornetann Language and Cultural Camp for several years, I currently serve as chair and Richard is treasurer. If you've read this far I bet you've noticed a pattern, a partnership, in our participation in Sons of Norway. We have made friends and enjoyed this organization in ways we hadn't anticipated. I am an elder law attorney and very much enjoy my work advising my peers. Richard and I have been married 38 years and have 2 daughters and 4 grandchildren. I enjoy teaching my grandchildren about their heritage through Norwegian cooking and we had the privilege of taking 2 of our grands (and their parents) to Hostfest this fall. Tusen Takk for allowing me to serve you, the members of the Fabulous Fourth.

There are interesting events afoot in the Spring in our District. Big Timber Montana will hold its first Vikingfest March 24th and 25th. The Fjell Heim lodge will conduct activities in the Viking Village. In addition, there will be food and drink vendors (including mead), adult activities such as ax throwing and costumes are encouraged. A fun family friendly event. The Hovedstad lodge in Helena Montana is celebrating their 50th anniversary since restarting their lodge; activities are being planned including the return of Taste of Norway.

District IV Culture and Publicity Flo Kallenbach



I hope everyone had a chance to enjoy the holidays. I realize the weather was a challenge for many. We managed to squeeze our parties in between storms, and when we came home

early on Christmas Eve (we had planned on staying overnight) we had a chance to go to our own church on Christmas Day. We, of course, had nothing planned for Christmas Day dinner, but we were lucky enough to receive two invitations while at church in the morning.

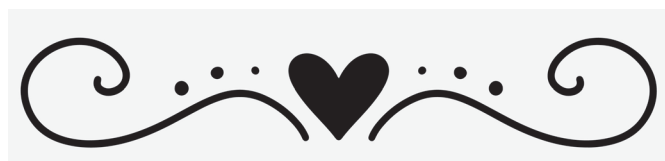
I have written another Adopt a School grant for our school. What used to be a \$500 grant, can now be written for up to \$1500. I reached out in the last issue for names and info of your adopt-a-school chairmen. I'd love to get together with these people and discuss what we are doing and what can be done for this amazing project. Again, presidents or somebody... please send me the name and contact information of your adopt-a-school chair. If you don't have one, why not get one.

flo@designlogic.net

I was hoping to announce the lodges who will receive the \$300 in cultural grant money, but I have not received the applications that may have been submitted online. Zone directors, if you haven't submitted yours, please do so asap.

If you have any difficulty locating dates or deadlines online, print out and post the calendar on page 2 of this edition. It should have most things that you will need during the year. I will also ask our webmaster to add it to the District IV webpage.

Have a blessed 2023! Flo Kallenbach





Sports Medals and Cultural Skills Medals Working Group

In the first newsletter I discussed the need to act on your support at the convention to lift up the Sports & Cultural Skills medals for lodge activities. A working group has been started to develop a simplified form for detailing the progress of a Sons of Norway member in earning recognition for their efforts. This is in regards to learning and advancing a cultural skill or physical activity common to our Scandinavian heritage. The group has not yet met and is certainly open to some non-board help in serving on this important committee. Again, if you have an active program in your lodge and are celebrating those goals with the Sons of Norway medals, please offer your time and story to us. We have access to the pins and want to streamline the records keeping process. Contact your zone director or other board members.



These are the caps the Thor Lodge knitting group made and donated to the Minot Public School children. Caps to keep the students warm.

Caring and Sharing 2023 Needs a Name (reprint from fall issue)

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 up, but a common thread was in each story from our 12 board members.

The thread was funding the existing programs. It might seem impersonal to ask for money only, when we like 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.



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 ahead, give yourselves time to advertise and ask members to invite one or more friends to the event. The guidelines are on the updated form on the website or by emailing the secretary at dhuyvtr@yahoo.com or president at grammas@bektel.com. Mail the complete form and required receipt(s) to:

District IV Secretary
9950 County Road 6
Columbus, ND 58727-9585



Foundation Representative

Dale Fellon of Missoula MT, Normanden Lodge, has been appointed to the International Foundation Board for our district. Dale will be reaching out to the lodges with information on the 2023 foundation goals and I would also remind you all that time for scholarship applications is closing in fast. Get the word out to your younger lodge members and your families with college age students.

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

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!

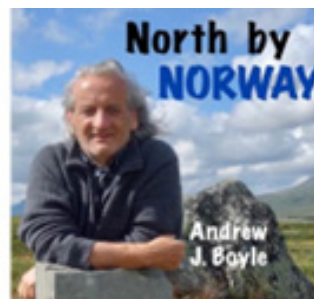
News from Headquarters

Over the weekend, headquarters released a statement on changes they are making for the financial and fraternal health of our organization. Office consolidations and staff reductions along with automation of forms and services are happening and will be reported on in-depth in the near future. They are also developing a new financial product for approval by the Minnesota Department of Commerce. Lodges can immediately help home office by getting the statutory D17, IRS-990 etc. forms completed asap. If you have questions, reach out to your district office also. We are versed in these forms and will be extremely pleased to offer our more local assistance. Remember the deadlines for your legal reporting!

Podcasts, Anyone??

Brenda Carlstad, Solglyt sent this in. (Your editor looked at some of these podcasts, and I think you will like them).

She says, "I came across these in Solsyd 4-603 Lodge's newsletter: It may be worth sharing."



<https://shows.acast.com/north-by-norway/episodes>

Lingonberry-Cardamom Cake

Your editor found this recipe on the internet (Taste of Home) and we think it will be great to serve to your valentine!!



1 c. sliced almonds, divided	2 tsp Almond Extract, divided
pkg white cake mix	2 pkg cream cheese (8oz)
1 1/2 tsp ground cardamom	1/3 c sugar
3/4 c.cold stick margarine	1 1/4 c lingonberry jam
1 1/4 c. sour cream	whipped cream, opt.
2 lg eggs, room temp	

1. Preheat oven to 350 degrees. Sprinkle 1/2 c almonds onto bottom of greased 10 in. springform pan. In a large bowl, combine cake mix and cardamom. Cut in margarine until crumbly. Reserve 1 c mixture for topping. To remaining mixture, beat in sour cream, 1 egg and 1 tsp almond extract. Spread over almonds.

2. In another large bowl, beat cream cheese, sugar/ sugar substitute and remaining 1 tsp almond extract until smooth. Gently beat in remaining egg. Alternately drop cream cheese mixture and jam over cake mix. Sprinkle with reserved topping. Bake 40 minutes.

3. Sprinkle with remaining almonds. Bake until edges are golden brown and center is almost set. 30-40 minutes longer. Cool 10 min. on wire rack. Loosen sides from pan with a knife. Cool 1 hr. more. Refrigerate until chilled (4 hr) Cover when completely cooled.



Zone Reports

ZONE 1



Becky Gunderson, Director

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)

Gyda-Varden 4-021 of Grand Forks

Marianne Oyerhavn Knudson, President reports:

“After an eventful fall with a vaffel and egg-coffee breakfast, a parade and ordinary meetings, the Gyda Varden Lodge had one meeting cancelled due to the weather. However, luckily, this was not the Christmas meeting. For the Christmas meeting we gathered to sing Norwegian Christmas songs and walked around the Christmas tree. We had a potluck with lots of good food and desserts and we had risengrynsgrot according to Norwegian Christmas tradition with an almond hidden in the grot. We hid two almonds and finders of the almonds won a marsipan julegris (marzipan Christmas pig) and a box of Freia Melkehjerter (Norwegian milk chocolate shaped as hearts). We also watched “Dinner for One” a skit which is shown on Norwegian TV every year on Little Christmas Eve (December 23). The program also included a reading of Lutefisk Lament and the right and left game where the winner received beautiful gifts from Sew Nordic.

For the beginning of 2023 we will have a movie night in February where we will watch Kon Tiki, the movie about Thor Heyerdahl, accompanied by popcorn and snacks.”

Mjosen Lodge 4-078 of Mayville

At the November meeting, the Lodge was entertained with the story of the Kringen’s Troll Lounge’s hand carved Trolls. The story was one of the breakout sessions at the June District IV Convention. Steve Gunderson had video-taped the carvings and had also taken photos of each one to illustrate the story.

Three members attended the GST’s Independent Living Center and taught 5 young individuals how to make

Krumkake. Everyone enjoyed the event.

The Lodge was invited to share Norwegian Christmas traditions with the May-Port CG 6th & 7th graders in early students Krumkake shared



A Gyda- in 2021, inspired the Mjosen Lodge to do the same. Sju slag Kaker boxes were baked and sold. (See photo). 6 cookies of the 7 types were baked by members, boxed up and sold. Mange takk Gyda-Varden!

December. The enjoyed eating as the members their traditions.

Fundraiser that Varden had done

Unfortunately, the Christmas Party scheduled was cancelled because of the multi-day snowstorm.

Members held their “Annual” meeting January 17. This traditional Business meeting approves a yearly budget, watches a video by Steve Gunderson recapping all the events members participated in during 2022, and gathers input from members for cultural events to be done in 2023

Members participated in the Mayville-Portland Winterfest Parade.



Heim 4-178 of Devils Lake

The Lodge hosted “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 performed. The lodge used this as a new member event. In January, a movie night will be held.

Mollargutten 4-478 of Maddock

Gott Nytt Ar for the Mollargutten Lodge in Maddock, Our October meeting featured music instruments of the Norwegians. Carol Thompson, our cultural chair, brought several musical instruments she has made and



gotten as gifts. The members were able to try playing on the instruments and gained a lot of knowledge about music. Every month our lodge has a culture day and this month we made chain maille earrings and bracelets. In November our lodge enjoyed a demonstration on Norwegian vaflers and learned the different ways of making them. They were served with whipped cream and lingonberry jam for lunch. So delicious!

Our culture day in November was stormed out so we weren't able to have one.

Our culture day for December was baking Christmas goodies.

Our Christmas party was a catered meal from our local restaurant along with rommegrot, lefse and the Norwegian goodies. We had a program with the Christmas story read accompanied by a violin and Christmas carols. We had a visit from Jule Nissan and we all got candy from him. Our evening concluded with a Christmas Cookie Walk and Bingo with white elephant prizes.

ZONE 2

Kay Halverson, Director



Happy 2023!! Cheers to good health - for all of you personally and to your local SONS lodges and District IV. It has been a fun and busy time for lodges in zone 2.

Jamestown lodge - Wergeland 247

District IV grant money helped fund the crafting of

Norwegian ornaments by lodge members. These ornaments were used to decorate a Christmas tree for the Jamestown Park and Recreation. In December, the lodge held a pizza and game night party. January will feature a program on Sports of Norway followed by a trip to the Heritage Center in Bismarck.

Cooperstown lodge -Ueland 480

16 members gathered for a potluck dinner in November and collected food for the local food pantry. They also helped assemble and distribute boxes for Christmas. Members celebrated the holidays with a potluck dinner and board game night. In December, members also made about 350 lefse that were shared with residents of the local nursing home. March plans include an inter-lodge activity with Valley City with an afternoon of food, games and socializing.

Valley City lodge - Hjemdahl 481

SONS members donated their time to ring bells for the Salvation Army. Congratulations to the lodge for meeting their membership goal for 2022 set by SONS international!! The Valley City trolley provided transportation to the Nome schoolhouse for food and entertainment provided by the Norske Brothers. What a great idea for a social!!!!

Fargo lodge -Kringen 025

Kringen is very busy with all activities in full swing. Daily lunches, morning coffee and caramel rolls and nightly activities and entertainment in the Troll Lounge keep members and visitors involved. Monthly lutefisk and meatball dinners are still very popular and a great way to showcase the club to the community. Monthly waffle nights are well attended with many new members and guests to experience food and fun, family activities. The Kringen Valley Ukes, ukulele band, provides music while guests can eat, sing, dance or enjoy board games. The 2022 International membership goal of 244 new members was met and surpassed due to the hard, diligent work of members!!!

Wahpeton lodge-Henrik Ibsen 565

The lodge saw limited activities due to snow, cold temperatures, more snow and lower cold temperatures! Members are looking forward to a February get together to plan spring activities and expanded plans for May 17.

Kay Halverson

District IV Zone 2 Director



ZONE 3

Martha Elliot, Director



Lodges in Zone 3 have had a good fall but then again trying to plan and then have a Yulefest was difficult. Some lodges did have a Yulefest, and other Christmas gatherings were cancelled. Now we all focus in spring and summer

events. Still with the weather and snow and fog and huge banks of snow in Bismarck and western North Dakota, hopes are the snow melts slowly and moisture is added to the ground for crops this year.

As Zone Director I encourage the lodges to plan at least a Syttende Mai celebration. We can plan on some summer picnics, lodge socials with interesting programs, and anything else you find interesting for your lodge members.

Attached are photos from our Minot ND lodge.

Martha



This is a picture of Norwegian items that are used in the Norwegian homes during the Christmas season. These items were shown and talked about at the Lille Julaften in December.



The Gol Stave Church at the Heritage Park in Minot. Ten Thor Lodge members served as tour guides each week during the summer of 2022. Over 5,800 people visited the Gol Stave Church.

ZONE 4

Russ Wiigs, Director



Greetings:

It seems to me that winter started earlier this year and made it difficult for many of us to get together for meetings and other SON events! COVID has not helped.

Now that we have closed off 2022 and welcomed in 2023, we are looking to get back to work with our Sons of Norway friends! How will we get our members to participate more?

Many of our lodges in Zone 4 need a major revitalization. As our membership shows signs of shrinking, lodges that have regular meetings with a good attendance are very rare. Many of our lodges in Zone 4 have been working to stay alive and I hope that they all succeed! But it takes effort from many of us! I hope that we can get to work and do some rejuvenation to our lodges so that the next generation will have the benefits of being a Sons of Norway member! How do you encourage nonmembers to share in our Norwegian culture and heritage?

As I reflect on the last 30 years, involvement with Sons of Norway, I cannot help but worry about our future. It seems the number of members is shrinking each year and attendance at meetings and other activities is dwindling. Without those members remaining active we will have dwindling members



and resources. Sverdrup Lodge members Tom Marple and Audrey Solheim assisted State Historical Society of ND staff with a translation on an 1829 ale or wedding bowl in their collection. Tom leads and Audrey attends the lodge's Norwegian language classes.



ZONE 6

Paul Christofferson, Director

Hello Everyone,

During the last three months I visited the lodges in Missoula (Normanden) and Cutbank (Normont). I planned to visit other lodges in December but didn't believe Christmas parties would be the best time for this.



The visit to the Normanden Lodge included a successful new member event with a very good Norwegian meal. They own their own building located just outside of the city. Their lodge building provided a great venue for the "well attended" event. During their meeting I learned of a Norwegian Christmas sale set at the Missoula lodge for the same day as the Butte Daughters of Norway Lodge Lutefisk Dinner, so Denise and I made a long round trip through Missoula, attending the sale and then the dinner. Our items purchased included a nice Hardanger wall hanging (part of her Christmas present) and gnomes for decorations. We enjoyed the excellent dinner in Butte on the way home. The only bad roads we encountered during our 270 plus miles of driving were inside the city of Butte. Located over a mile above sea level Butte endures some pretty bad winter weather so icy roads inside the city were not a surprise.

I also enjoyed the visit to the Normont Lodge for their December meeting. They leased their lodge to provide income for maintaining the structure and additional funds used primarily for: lodge activities; donations to local charities; and scholarships. With the lodge unavailable we met at a local restaurant, enjoying a good meal and fellowship. Although the roads were bare and dry, for my over 200-mile drive to Cutbank, ice existed in town and, especially, in the parking lots. As a result, their meeting attendance was down some but there were still around 13 in attendance. Quite a few of those in attendance drove from surrounding towns.

This year represents the Helena Hovedstad Lodge's 50th anniversary. In preparation for the discussion on how best to celebrate this anniversary I brought the

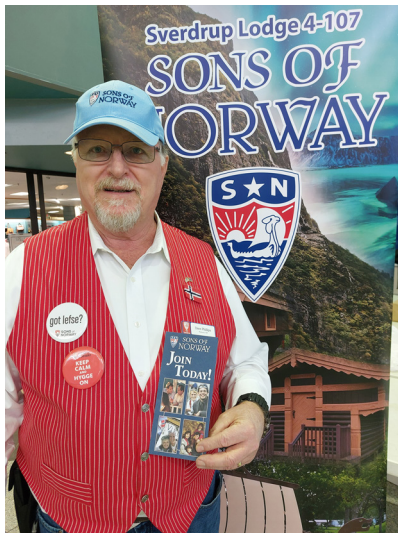
lodge's previous year scrap books home to review to see what had been done for past anniversaries. I enjoyed perusing these and seeing names and faces I recognized. (I did not realize how many of my local school classmates also had Norwegian roots!) At this point the discussion includes a possible banquet in May following our first Taste of Norway event since covid. Normally we hold the taste of Norway on a Sunday in April and realizing how much work it would be to have two events on the same day, this is subject to change. The discussion is just starting so more information will be included in the next Fabulous Fourth Newsletter!

I included a couple a picture of the cover of Hovedstad Lodge's first scrap book and one of their 1978 Sweepstakes winning float included in Helena's Last Chance Stampede Parade (the individuals are not identifiable). The lodge visit pictures included identifiable individuals, so I did not feel free to use these.





Parting Shots



Starting top left and going clockwise: Sverdrup Lodge President Dave Phillips promotes Sons of Norway memberships while selling lefse. Then, Sverdrup Lodge members enjoy their morning coffee at the Sverdrup Lodge's lefse sale. Lefse is sold the Saturday before Thanksgiving and Christmas. Staffing the first shift is, l to r, Chairperson Jim Skaret, Dave Phillips, Ruth Olson, Ken Lien, Vern Monger and Margaret Phillips.

President, Brett Hatler and quilt raffle winner, Sharron Anderson and sweater raffle winner, Gregg Holt. Proceeds from the raffle supported Lodsén Lodge 138 Education Scholarship Fund.

Mollargutten's culture day in January was woodcarving. Beginner carvers were Deanna Olson, Marie Williams, Bonnie Benson, and Ruth Lindgren. Carol Thompson and Doris Griffin were the teachers. They made penguins. Sverdrup Lodge members hosted their annual lutefisk and meatball dinner on October 15th. Five hundred pounds of lutefisk and 140 pounds of meatballs were served.