

# The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



## SONS of NORWAY

October 2021



Greetings to all Sons of Norway members in District IV Lodges. I hope all of you are doing well and surviving the past months of the Pandemic. It has been a rather long time of dealing with it and it has not had a good effect on our District. Anyway, there is a lot of work to be done in District IV and

it is going to take everyone helping to get us up and running again.

Of course, one of the main items we need to work with is membership. This will take much effort on everyone's part. We need to come up with ideas as to what we can do to get our lodges meeting again and having programs that will be interesting and inviting. It is important that the lodge membership will want to return to their meetings and that we have meetings that are interesting to draw new members. I feel we as the District Board need to come up with ideas, suggestions, and planning to help the lodges to accomplish this for a successful venture. I do so want to see District IV Membership on the plus side by spring. With everyone's help I do believe it can be accomplished.

Most of the lodges are getting started for the year 2021 and into 2022. Covid is still on the scene everywhere and I am so hoping that it will start to begin to go away. It has been one of those happenings that has taken a lot away from people individually and in groups. We do need to still be very careful and considerate of one another. But I believe that we can still have things happen for the good if we are very careful.

I would like to see the lodges start working on some of the cultural events that are available and are fun and interesting. It is also something that draws the people to get involved. Ask your

members what they might be interested in doing and make plans to make it happen.

I want to encourage Sons of Norway members to volunteer in their community and when they do be sure and wear a shirt or a name badge that identifies them with Sons of Norway. You can keep your volunteer hours just to one or two hours, or I know some of the members will volunteer for a full day. Whatever works for you as an individual is fine.

We had a District IV Board meeting in Billings, MT on September 22 -24. I feel we had an excellent meeting and accomplished a lot for the district. Also, it was wonderful to see the board in person. I do want to share with you the goals the District IV Board set up at the Board Meeting. They are as follows:

1. Increase or maintain the membership in all District Lodges to be in the positive column.

It was agreed that the board would like to see positive growth in all District IV Lodges by May 1, 2022. The starting reference point will be the Membership Report as of August 31, 2021.

2. Every lodge in District 4 will attend Convention in Fargo, ND
3. Every Lodge in District 4 will donate to the District 4 Scholarship Fund held by the Sons of Norway Foundation.
4. District 4 Zone Directors will promote an Inter-Lodge event by May 1 and report at the District Convention.

I believe all these goals are attainable with all the help of each and every member.

The committee that will be organizing the Inter-lodge event planning is already at work. The plans



### 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)



and information will be sent out to the District IV Board and Lodges.

I want to say thank you for what you do and have done for Sons of Norway during the past many months. We will get through this phase and hopefully all be better for it and what we have learned.

Please keep a positive attitude. Have a great Fall and a wonderful Holiday Season.

Nordy Riley, President

District IV Sons of Norway

---

### Lodge Calendar and Other Deadlines

#### *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



### Flo Kallenbach--District Director-Culture and Publicity

Like everyone else, I am hoping we can quit talking about Covid, and start having some fun. I have had a little bit of fun visiting lodges this spring and summer. I watched a parade at Mjøsen Lodge and ate sausage wrapped in lefse (polse med lompe), I had a quick lunch at the Kringen Lodge one day while in Fargo. When Nordlyset Lodge in Bottineau ND turned 50, I was happy to celebrate with them.

On Thursday, September 9, I participated in a Zoom meeting with all the District IV Zone Directors. Our focus was membership. One of the most important ideas discussed is that we need to concentrate on culture and fun at our meetings. We need to have fewer business meetings and more entertainment. It was also pointed out that, seriously, one of the main reasons we are losing members, is by death. Our aging population is working against us, and we need to figure out a way to infuse younger blood into our lodges.

I have been busy studying all the new changes that are coming down from the Central Office. I don't know that I will get them all straight. The one change that I need to talk about is the new submission form that is being used for sending in photos for the Viking magazine. It is important that the attached form must be used from now on when submitting photos. By the way, I'm always happy to receive your photos, so please encourage your lodges to send them in and let us know what they are doing.

Thank you for sending in those high resolution photos.of your events. Please keep them coming.





**Dan Rude –  
District Secretary  
and District  
Foundation  
Director**

Since October is Foundation Month I would like to focus on one aspect of Sons

of Norway that is very dear to me – our Sons of Norway Foundation.

The mission of the Foundation is to share and preserve Nordic heritage, to positively affect our members’ lives, and to make Sons of Norway communities better places to live. Since 1966, staying true to this purpose, the Foundation has been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

- In 2020 the Foundation provided \$10,742 in camperships for youth to attend Norwegian culture camps in the USA.
- In 2020 the Foundation provided \$3,800 in humanitarian aid to members and children in need.
- In 2020 the Foundation provided \$23,530 in grants for Nordic culture and heritage programs.
- In 2020 the Foundation provided \$17,170 in scholarships for American students studying in Norway.
- In 2020 the Foundation provided \$89,100 for students to study in the United States and Canada.
- The Sons of Norway has given over \$115,000 in scholarships and \$40,000 in grants SO FAR in 2021

- As of December 31, 2020, the net assets of the Foundation were \$9,864,547. Most of these assets are in scholarship endowments.

We need your help to continue supporting student scholarships, members in need, and lodge & community cultural events! To do so, the Sons of Norway Foundation is excited to announce the second annual “Together We Are the Future” Campaign – an effort to raise \$150,000!

Applications for Scholarships open on October 1. This year we are offering 16 different scholarships, including, for the first time, the Elaine Nelson Scholarship for student members studying Business, Agriculture, or Education.

For more information about grants and scholarships, go to the Sons of Norway website and click on Foundation. And remember . . . the Foundation is here for you . . . and it is here for good.

Thank you for your continued support.

**From this point forward, all photos you send from lodges** should be accompanied by the new **Content & Photo Submission** word document. If you do have multiple photos for a single event or member profile, it is okay to include both file names in the “file name” field on a single form, along with the description. The new form is attached to this email if you need to send it on to any of your lodges. Remember to include upcoming events or activities that are open to all members or members & the public.

Our **Events calendar** is a **FREE** tool that lodges can use to promote their activities and attract new members. PreCOVID the events calendar at [sofn.com/events](http://sofn.com/events) was seeing a lot of traffic—please ask lodges to post their events well in advance to give people time to make plans to attend. No log in is needed to post an event and you can add a colorful photo or poster to attract more attention. Questions? Just let me know. **Doris Kamstra**



# Zone Reports



## Zone 1 Director Becky Gunderson

Zone 1 Lodges

4-021 Gyda-Varden,  
Grand Forks

4-078 Mjosen, Mayville

4-178 Heim, Devils Lake

4-203 Fagerlund, Manfred

4-478 Mollargutten, Maddock

4-486 Vaarliv, Fairdale.

- Appointed Zone 1 Director in July, 2020.
- October 2020, E-mail correspondence to all Zone 1 Lodges introducing myself as the new Zone Director
- December 2020 e-mail to Lodge Presidents requesting them to send information and photos if they collected food items to celebrate SoN 125<sup>th</sup> Anniversary
- January, 2021 E-mailed the Lodges asking them several questions about their 2020 activity including if they were planning Syttende Mai 2021 activities.
- Attended Zoom meeting on April 14 and May 6
- Created a packet of materials and sent to each lodge. The packet included 2 handouts from President Nordy-Lodge Treasurer information and Lodge Membership Program Guide. The Lodge Foundation Director responsibilities from Dan Rude, Cover letter requesting Lodges to appoint a Foundation Director, include me on their newsletter, and a request to visit their lodge for a meeting

- Attended the Zoom meeting that Dan Rude, District Foundation Director set up for Lodge Presidents and Lodge Foundation Directors.
- Attended the Zone Directors Zoom meeting on September 9 discussing membership
- Phone visit with Kitty Overbo, President of Heim about their summer activities. They have been very visible in the area offering booths of Norwegian foods at an Art in the Park and at a Threshing bee. Several of their members attended the Mollargutten Syttende Mai event. They invited me to attend their Member Appreciation Event on October 10 and to teach Norwegian Folk Dancing at their March Meeting.
- Gyda Varden in Grand Forks sponsored author Eric Dregni on Saturday, October 9. He discussed his more than 20 books. This event was open to the public and members were encouraged to bring guests.
- Mjosen Lodge of Mayville sponsored a Norwegian Cultural Event as both a member appreciation and member recruitment. The event was held on October 21 from 5:30-7:00 pm at the Norsemen Archery and Event Center. Demonstrations of Kransekake, krumkake and Lefse; Cultural displays of Rosemaling, Wood carving, Hardanger and Tine Boxes; and displays on Sports Medals, Membership-reasons to Join Sons of Norway, the Lodge sponsored an Alzheimers Walk on October 23 "Make a Difference" day, Sons of Norway Foundation.





## Zone 2 Director Kay Halvorson

As of 8/31/21, Zone 2 had 1,327 members. The five lodges in Zone 2 all have returned to their membership meetings and social activities.

I have had the opportunity to meet personally with each lodge or members of the lodges in Zone 2.

In June, I attended Hjemdahl lodge in Valley City regular lodge meeting along with Elaine Nelson and Steve Halvorson. The meeting began with “Joke Time”. Several members contributed and a social time was enjoyed along with a light lunch. The program was an extremely informative video on the Hjemkomst Viking ship: The Robert Asp Story. The lodge is holding monthly meetings in the lower level of the Eagles Club.

Two lodge members and officers came from Cooperstown Lodge to Fargo for an inter-lodge dinner. I joined the two ladies at the dinner to share ideas, hear about lodge activities and functions held for potential membership recruitment. An outdoor picnic was held in July at President Ueland’s home. The event was well attended with about 30 people to enjoy the summer evening in a beautiful setting. Flags representing Norway were created. A game day with lunch was held at the local Bible camp with a fun, humorous movie: Lutefisk Wars. The lodge sold their building in November 2020. Meetings are being held in restaurants and other local venues, but plans are to return to the former lodge building when remodeling is completed and meeting space is available to rent.

On September 9, Kay and Steve Halvorson, Elaine Nelson, and John Andreason attended the Wahpeton Henrik Ibsen lodge membership recruitment dinner held at the Bagg Farm outside of Wahpeton. It was a farm to table dinner for about 30 people, prepared and served by Bagg Farm volunteers. Each of the

Fargo guests were part of the program and shared our thoughts and experiences in Sons of Norway. Elaine Nelson spoke on grants and scholarships, Steve Halvorson talked about the insurance component of SONS and benefits to members and lodges from the insurance policies. John Andreason told of his experiences of traveling to Norway as a student. Kay extended an invitation to the District 4 2022 convention to be held in Fargo. We had an informative visit with the lodge officers, shared in the camaraderie of the evening with singing, joke telling, and a wonderful meal. A special word of Congratulations went out to the Henrik Ibsen Lodge for an increase in membership over the last quarter.

Jamestown Wegeland Lodge has resumed their regular monthly membership meetings. The vice president has taken over lodge leadership after the resignation of the lodge president. The members celebrated Syttende Mai with a banquet, had a potluck picnic in August and sponsored a performance at Jamestown College funded by SONS grant money. I spoke with the secretary by phone and they are struggling with how to move forward in their lodge with the older members and lack of people willing to take on a leadership position.

Fargo Kringen Lodge has a full calendar of events while they continue to work on membership recruitment and retention and cultural programming. In June, a successful \$1,000,000 capital campaign was completed. Funds were used to renovate the kitchen, update the facility and replenish the reserve fund. Lutefisk dinners, Tuesday evening dinners, daily noon lunches, Norwegian waffle night and torsk club all keep the volunteers busy and the kitchen open. Monthly cultural events have been well attended along with participation in rosemaling, wood carving, language classes, accordion band and ukulele band.

For me personally, this has been a fun, growing year. I have had opportunities to learn more about the SONS organization and programming and to visit other lodges. I observed members enjoying returning to open meetings and lodges becoming more active.



### **Zone 3 Director and Vice President Martha Elliot**



Lodges in Zone 3 are doing the best they can. Most had at least one picnic or more during the summer. Very few business meetings.

Sverdrup is having their lutefisk dinner in October this year. They have planned that the socials will be held at the Eagles Club in Bismarck with a meal and a Norwegian program each month. Language classes have started. They are having a benefit auction for the Foundation.

Vennlig Lodge has a new slate of officers and are making plans to meet this fall. They are going to continue as a lodge and it will work well for them.

Hardanger Lodge meets weekly on cultural classes so they are doing well.

Vidda Lodge meets regularly and is planning on their Taste of Norway in October. The other lodges all have activities planned for the fall with meetings and socials.

Thor Lodge participated in the Midsummer Night Party in June. There were over 1,500 people in attendance on Friday night and at least 800 on Saturday. Thor Lodge sold over 250 root beer floats. My sorority sold slices of Norwegian almond cake. One sorority sister made 25 of the almond cakes. Daughters of Norway sold pieces of kransakake. All of these treats were sold out quickly. On Saturday there were 8 classes/lectures of heritage for people to attend. Thor Lodge had two sessions for the youth where they made a Norwegian flag. Over 80 youth attended these 2 classes.

Thor Lodge will have a raffle with proceeds to be

for the Foundation. The Heritage Park is staffed by volunteers every day during the summer. I am a tour guide at the Stave Church on Thursday afternoons and my records showed that over 5,500 people visited the church this summer. A very busy park. A place to share our heritage.

All lodges are meeting and doing what they can in their communities to share their heritage.

### **Zone 6 Director John Sverre Knudsen**



God dag,

Via phone call to all of the lodges in my zone (10 of them), I had conversations with four.

The Helena Lodge had a startup picnic, and they plan to continue that method after the Delta variant subsides. Susan Gobbs presented a slide show on the Viking exhibition at the Museum of the Rockies. They are negotiating a new place to meet or a reduction in rent. They have decided to suspend their Lutefisk/Meatball dinner and their Taste of Norway functions.

Bozeman has just recently had a potluck with the theme, "Just to Get Together and Visit". Membership has stalled, no real increase or decrease. Sending out a postcard rather than an email might be more effective. The lodge still wants to meet but it has been difficult during COVID,

Hamilton Lodge sold Vikings at the Beerfest and at the Keltic Festival. They have been getting together to play Norwegian Bingo.

Missoula Lodge has been meeting with many activities recently. These include social and business meetings. They are rosemaking and had a Summer Solstice Party.

During the last year and a half, I looked at membership for the ten lodges in my zone. All lodges had a deficit over that time with the exception of Bozemen, Bozeman Lodge gained one member over that period of time. This period of time was during the COVID-19 epidemic.

If you have not received your vaccination, "GIT R DONE". Don't let politics influence you not to receive your shot. Please check the science.



## Zone 4 Director Russ Wiigs

Sons of Norway is losing members! With COVID, it is hard to recruit just now. Many lodges do not encourage new membership. They do try, but they could try a little more. It is easier to go with what we have always done! Hopefully, we can turn the corner after COVID settles down.

An observation on my part (as I see and hear what lodges are doing) is that current members tend to stick together. They often do not encourage new members. The big question is, "Why do new members sign up?" Very often new members are looking to connect with their roots. How can we help them? It is not very easy unless there are members willing to assist these new members. This is not an easy task, but we need to change how we do things.

Zone 4 lodges and District 4 are not growing.

COVID has greatly reduced activities. Plus, the effect of a virus like COVID tends to hit those older members hardest. Younger members are cutting back to make sure exposure to COVID is limited. All our problems are NOT from COVID, but it makes it difficult to make any future plans. COVID was lower this last summer and many areas opened their doors and relaxed their rules. Hence, right now, COVID is at or near the peaks we experienced so far. We are not able to do as much, and the future is still hard to predict. We all hope that we will be able to get back to a normal situation very soon.

Since the border is closed, I am not able to travel to the US just now. If I was a 'smooth' talker, I might be able to get in. However, COVID is scary, and I hope that you are all careful.

Wear masks and stay safe.



## Zone 5 Director Becky Lewis



We are entering 2021 Holiday Season. My Norwegian Aunt Bertha would remind us to "Count Your Blessings,- Name them one by one." In our trying times we tend to forget the blessings of our freedom, our surrounding beautiful nature this time of year and our families. I know this is simplifying our lives but we need to preserve our Scandinavian heritage to the younger generation.

We can cook Norwegian food this time of year. We are celebrating all the wonderful recipes our ancestors brought with them. I have fond memories of my Aunt Bertha and Aunt Astrid who both immigrated from Norway, cooking and serving us traditional Norwegian food. Please write down and give the younger family the recipes. Someday they will realize what a treasure they have in the drawer.

We need to be excited about Sons of Norway membership. We need to be creative to bring in the younger generation. We could make our meetings more social events.

My active lodges are doing a good job despite Covid. Many were able to have their Fair booths. Big Timber Lodge, Fjell Heim just received a 10' Stave Church built and donated by Bob Holman. It will be displayed at the Crazy Mountain Museum, Big Timber, MT. Please visit and enjoy the Sons of Norway Stabbur at the museum.

We still need to be careful and be conservative on our social events. But you can always phone someone and emphasize we are listening to her or his needs.

I wish you all a blessed 2021 Holiday season.

God Jul og Godt Nytt ar.



# We Just Thought You Should Know

At our Fall Board meeting, we discussed some of the new changes that have come about at the head office. Dan Rude addressed our questions to Connie O'Brien as to why the Cultural Skills forms would now be judged locally and not from the head office as has been done in the past. We also wondered about the printing of membership applications. Below are pertinent parts of the response that was given.

Hi Dan,

Regarding the sports programs and cultural skills, we did move to align how both are handled. The sports medals were always handled more on the honor system and awarded by the sports director who received the information from the member. The goal was to encourage activity and engagement to this part of the culture. I adjusted the cultural skills to follow suit when I learned that we were not really doing anything differently than acknowledging what the member told us they achieved. We were using a valuable staff resource to receive, process and mail cultural skills medals to members and sometimes just based on her deep knowledge she would include a nice note about the work. But we did not truly judge them.

When I started working with Fraternal and realized the time and money we used for this process, I dug deeper. Then I discovered that the person who was receiving the info and packaging up the medals was more knowledgeable about Nordic culture than anyone on staff. She speaks, writes, and edits Norwegian! That was the start of moving the manual labor to a vendor and freeing her up to do more impactful work, like The Blinding Sea documentary for all members, the solitaire game and may other cultural digital experiences. She has a new documentary coming out this fall, can't wait to tell you more about this digital event!

While I realize this moved some things around for members, I did the research and about 5% of our members leverage our cultural skills medal program and in two districts they prefer not to get the medal and produce their own certificates. I have had many calls about this topic but after explaining what we gained by this move, most are understanding. I continue to look for ways that the Foundation or select member can support this program but have not landed on anything yet.

The person who I am referring to is Jana Velo and she has since been promoted to editor of our Viking magazine where she is knocking it out of the park. She took over the Viking and E-post early this year and I am totally amazed at her work and progress. Yet it breaks my heart to think we wasted 7 years of her talent stuffing little boxes. Hard decisions to make but I know by the work she has provided Sons it was the right decision. I always wish I had more staff, as I would love to execute every idea and do more for our members! But as you know budgets are always the battle we face each fall.

We did stop printing member applications as with Covid lodges were not ordering and we of course want to drive as much to the on-line sign up as possible. We do honor lodges and send when they ask (Doris and Sherry have a hard time saying no). Emily and I brought a large supply up to Fargo when we went. But we do try to manage the print budget, if possible, as we know lodges order more than they need and then when they get outdated it is a waste. I am happy to revisit this at any point if we start to feel it is slowing our growth!

**Connie O'Brien**

Director of Fraternal & Foundation Development  
cobrien@sofn.com



# Lutefisk!!

By Flo Kallenbach

I have been to a couple of lutefisk dinners this fall. Bless his heart, my full-blooded German husband goes with me and gorges himself on the meatballs and lefse. Lutefisk—no thanks. I like lutefisk. I even eat it without butter.

The most recent lutefisk dinner that I attended was yesterday afternoon at the St. Olaf Church in Devils Lake. The meal was delicious in every way. I couldn't count the pieces of lefse Mike ate, but what caught my eye was the PILE of lutefisk on a nearby plate. I saw a few pieces of herring on the plate along with the lutefisk. I didn't see anything else. We had to butter our own lefse at the table. I noticed that the PILE of lutefisk person likes lefse almost as much as the lutefisk.

All this has brought me to thinking about lutefisk. I know that lutefisk came about as a way of preserving the fish. I wonder why we still eat it like that. It is a lengthy process one must go through to make lutefisk. Why don't we just freeze the fish and send it to the grocery store? I wonder which is the best way to cook it? I looked for pictures of lutefisk on the internet, but I couldn't find a single picture that looks like my kind of lutefisk. Maybe they don't cook it in a large enamel kettle like my mom used. Maybe they were really eating something else in those photos?

I found some interesting information in an article by Matt Sulem published in [The Daily Meal](#):

**“Lutefisk is whitefish — which refers to several species of finned fish such as cod, ling, or burbot — that has been air-dried and may or may not be salted. (The unsalted version is also known as “stockfish.”) It is first soaked in cold water for five or six days, with the water changed daily. The now-saturated fish is then soaked again for two days in an unchanged solution of cold water and lye. Lye, for the record, is a substance obtained by leaching ashes, and is also known as sodium hydroxide. After this weeklong process, the fish loses half of its protein and gains a jelly-like consistency. At this point it is also caustic (you may remember lye as the stuff Tyler Durden used in Fight Club to cause chemical burns and also make soap), so it needs another four to six days of soaking in cold water, refreshed daily, before it is ready to be cooked. Since the saturated fish is quite delicate, a layer of salt is added about a half-hour before it is cooked. This releases some of the water being held. It is then placed in a sealed pan and steam cooked on low heat for 20-25 minutes or wrapped in aluminum foil and baked at 435 degrees F for 40-50 minutes.”**

I'm pretty sure Mom never timed the cooking of the fish. I think those older Norwegians just had a feel for that kind of thing. I remember that she picked her lutefisk from cow watering tanks that Super Pete had outside of his grocery store from about this time of year until after the first of the new year. Gone now are Pederson's Super Valu and the water tanks. I hope they still have lutefisk in Starbuck MN.

May your lutefisk season never end!!