

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



**SONS of
NORWAY**

May 2025



**Jerry Saude
President**

***Sommer kommer,
sommer kommer***

***Sol og regn og
latter og sang....***

That verse reminds me that its summer time here on the prairies and mountains of District IV and that its “camp time” also. I trust that your lodge has a few summer activities to keep your lodge members engaged but not overwhelmed. Many of our lodges are participating in something this summer or fall to commemorate the 200th anniversary of the first organized emigration from Norway in 1825. The “CROSSINGS” events are widespread in activities and a great way to incorporate a theme for summer parade participants and local festivities that Sons of Norway can be a part of.

My home lodge in Bismarck is participating in the Mandan Rodeo’s 4th of July parade and hosting a “Crossings” event at the Former ND Governors Mansion on August 10th. Sverdrup lodge also sponsors a Mystery Bus Trip and that is July 9th. Only the recreation director knows where the bus is going for the day. Nonmembers are invited to fill the bus and it allows the lodge a chance to show the fun of lodge membership. Members receive scholarships to partially reimburse their fee. It’s a great way to promote our lodge and give everyone a chance to experience their local area without driving and planning anything.

Remember to promote your lodge and more importantly consider Sons of Norway financial products with your immediate family and friends. The SofN Insurance and other financial products are the backbone of our origins in 1895. Social memberships are great for the local lodge, but the rewards of securing your legacy and providing for

your family in times of financial needs are greater. If you think your age disqualifies you for affordable life insurance, think of your children and their children. The other financial products offered by Sons of Norway may fit your stage of life better. But you won’t know if you don’t ask. There are agents serving ND and MT lodges. They are only a phone call away. Schedule a phone call and then maybe an inperson visit with a knowledgeable Sons of Norway representative.

District IV will again have an information booth at the 2025 Norsk Høstfest September 24-27.

Please stop by and greet the volunteers that are there if you can attend this event. Minot North Dakota is a great Scandinavian heritage destination, each fall. Great food, great entertainment and great shopping!

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This fall’s issue of the Fabulous 4th will be geared towards providing lodge leaders with a calendar of events to help keep you on track with reporting and programming. Details on the 2026 convention will be available by then too. Please consider sending delegates from your lodge.

***And now....Sol og regn og later, ha ha ha, Later,
sol or sang.***

Ha en god sommer...Jerry

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 2025

JUNE

- Election of Lodge Officers

June 12 – 15 Trollfjorden Cultural Camp

June 26 Normanden 4-424 Flathead Lake Cruise

JULY

July 4 Restauration departs from Stavanger

AUGUST

August 10 Crossings Event, Former Governor's Mansion, Bismarck, ND

SEPTEMBER

September 24-27 Norsk Høstfest, Minot, ND

OCTOBER

October 9 Restauration arrives New York, NY

NOVEMBER

- Election of Lodge officer

November 15 - Lodge Liability Insurance due

Deadline Reminders

Lodge officers and project leaders, remember to submit your applications for cultural grants and scholarships. Check the District IV website and SofN.com for details and deadlines. The district has opportunities to help you with membership dinners, charitable fundraising, cultural events and classes and more. **Contact Zone 1 Director Becky Gunderson as the temporary district cultural director if needed, but your own zone director can assist you also.**

Check This Out!

You didn't hear it from me...but a lodge is seriously working on a final proposal for hosting the 2026 convention. We'll share that final decision as soon as we can finalize. The board will be contacting lodges that have not been represented at the most recent conventions, to promote your participation. Good news is coming in 2025.



Gratularer med dagen! Phyllis Myhre shared lefse and Kransekake at our December Lodge meeting in celebration of her 95 birthday. Submitted by Nancy Light, Normont Lodge President 4-507.

District Officer Needed

Regrettably our Culture and Publicity Director position is vacated at this time. Qualified candidates are encouraged to contact the District President for an application. This is an executive board position and vital to the district board. Candidates must hold a financial product, be familiar with a design program to assemble the Fabulous Fourth newsletter 3 times annually, receive photos from the lodges to submit to the VIKING publication, be willing and able to attend the in-person board meetings, assist with cultural programming questions and assist the convention host committee with cultural activities as requested. Better yet, if you know of someone with those qualifications, please forward their name to your zone director or any other officer.



Tolly Eriksson **District Secretary**

By the time you read this it will almost be summer. In Norway, Sankt Hans or midsummer is celebrated every year on June 24.

The festivities typically begin on June 23, or Sankthansaften. Bonfires, the key part of the celebration, are lit, while singing and dancing commence. Foods, most commonly eaten, are rømmegrøt and spekemat, cured meat. Children may make flower garlands and turn them into crowns. Flowers or small branches decorate homes. This celebration is easily replicated in your lodge. Since the bonfire is a key element, make a fire (of any size) and have a picnic or potluck. Dancing and singing are always a nice touch but do what you can with what you have. Call it a Sankt Hans celebration and start a tradition.

Now for a little business – Several deadlines for compliance for the Sons of Norway were in the not-too-distant past. Unfortunately, not all the lodges in District IV completed their forms in a timely manner. Help is always available, especially if lodge officers let District officers or the

***In Norway, Sankt Hans or
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year on June 24...
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international office know the situation. I know we can do better.

At the District IV Board meeting in April, it was approved that the District IV directories would not be printed and sent to lodges. It will now only be emailed to lodge leaders.

One program District IV offers for all the lodges is **reimbursement for New Member Events**. Very few lodges have taken advantage of this program. The District will provide reimbursement of up to \$300 for expenses for holding a membership event.

These could include dinner, breakfast or brunch, or a heritage event. Membership events must include displays and demonstrations. Each lodge can be reimbursed for one event each year. The benefits of this type of event are many. They take planning and demanding work. However, the results are beneficial for lodges and the public in general.

This summer my lodge, Normanden 4-424, has put together a cruise on Flathead Lake and invited many of the surrounding lodges. It will happen on July 26 and following the boat ride, we will all meet in a Lakeside city park to share refreshments and get better acquainted. This is all happening thanks to Betty Rude's efforts. Summer always goes by too quickly and we need to make the most of each day.

Fraternally,

Tolly Eriksson

Dsecretary04@gmail.com

406-274-7534

390 Trail Blazer Loop; Missoula, MT 59801

CALLING ALL LODGE MEMBERS WHO ARE GRANDPARENTS

Do your Grandchildren own a life insurance policy? Please consider buying a Sons of Norway Viking Voyager policy for them.

Why might you ask?

- 1 – this policy is for ages 0 to 17 years old, if they should develop cancer or another condition, they may not be insurable in the future.
- 2 – it is unthinkable, but it would pay for burial expenses.
- 3 – Our Representative in Eastern ND is ***Daniel Haglund***, says this policy averages out to about four dollars per month.

Please check with your SoN Insurance representative or go to the Sons of Norway website and search for an agent near you to discuss this very important matter.

Rebecca J Gunderson,
D IV Zone 1 Director and
President Mjosen 4-078 Lodge



Claudia Berg **International Director**

International Director Report to District IV, May 2025

International Board:

The International Board of Directors (IBOD) met virtually

May 21-23. We held a joint meeting with District Presidents on the second day. Dates for district conventions are almost all set. The May-June Viking has the 2024 Annual Report, it was another busy and interesting year. As an insurance company a great deal of time and attention is devoted to financial and investment reports. Several committees are in place and meeting often — Corporate Matters, Finance, Benefits, Communication, Leadership as well as Executive, all providing information, research and data for the board.

Communication is key to operations and membership; how does information support the board? Leadership Training in Jan, May and June, regularly scheduled District Presidents, District Secretaries and District Foundation Directors meetings, Younger Members Focus Group May 4, Foundation Board Meeting April 11-12, All Members Meeting on April 29, Leadership Academy May 8 and 22, IBOD meetings Jan 16-17, Feb 19 and May 21-23 have all shared information about the Sons of Norway while garnering insights, concerns and ideas from members. All of these avenues of communication will inform leadership at all levels. ***The website is an under used resource for information. Future training might include a live demonstration on the network of resources at <http://www.sofn.com>.***

SON Foundation:

It has been a busy few months. As the chair of the Grants and Scholarship Committee, grants were the first to be reviewed. Seventy-six grants were submitted in five different categories, 70 grants were funded at some level, totaling \$115,700. There were over 200 scholarship applications, 37 awards were made totaling \$152,188. The final awards were for Camperships totaling \$21,800. Districts 1-6 were each awarded \$2500 in Draxten camperships, District 4 was also awarded \$3800 in Evanson camperships, and \$3000 was awarded to District 2 in Sophie Olson camperships. We are

gathering ideas and potential program resources from the grants to share with lodges in the coming months. Thank you to Amy Tuchenhausen and Connie O'Brien for all their work on administering these programs. Thank you, also, to those who assisted in the review of scholarships.

Crossing 200:

A full report was sent to everyone in mid-April. It was also sent to Zone Directors, hoping this info was passed along to lodges?

Mid-May an International Crossings board meeting was held with Norway, Canada and the US. Norway shared a great deal of excitement. A reminder, Crossings is Norway and North America, not just the US. It was suggested that Lief Erickson Day, Oct 9th, also the day the Restauration docks in New York, will spur Canadian and American activities.

Did you Know? The landing of Lief Erickson is an unknown date, October 9th the landing of the Restauration in New York was chosen as the date of celebration. Lief Erickson Day was first used in 1929 and officially recognized in 1935.

The SON Foundation recently awarded a \$2000 grant to the Norwegian efforts in boat repairs to be ready for this summer. International Chair Luella Grangaard will represent SON and present the check at the launch of the Restauration in Stavanger on July 4th.



The District IV Board met at the Home Office in Minneapolis for their April meeting. Starting at the top: President Jerry Saude, VP Susan Gobbs, Treasurer Sandy Birkland, Zone 5 Director Noel Birkland, Zone 3 Director Judith Hammer, Zone 1 Director Becky Gunderson, Secretary Tolly Eriksson, Zone 6 Director Paul Christofferson, Zone 4 Director Karen Larson, International Director Claudia Berg, and Zone 2 Director Kay Halverson.



Zone Reports



Zone 1 **Becky Gunderson**

**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**

Gyda-Varden 4-021 of Grand Forks

Douglas C. Munki, Lodge President

The Gyda Varden Lodge members enjoyed many programs since the last Newsletter. In April, the lodge heard from Paul and Debbie Todhunter about their experiences with Syttende Mai while spending a semester at American College of Norway. They focused their slide-illustrated talk on celebrations in more rural Norway outside of Oslo.

A Rosemaling Paint-In at the Lodge was held on April 13, 2025.

On May 4, the Norwegian author Rolf Melheim shared the geography, history, economy, and culture of Nordfjord. He presented an amazingly detailed, but thoroughly enjoyable illustrated travelogue, on this part of southwestern Norway. Through using a digital platform in real time (2:00 AM on Friday Nordfjord time) his enthusiasm was contagious among the lodge members hearing him at 7:00 PM on Thursday evening. A copy of his lavishly illustrated book about Nordfjord arrived in time so that lodge members could have a physical connection to this virtual presentation. Details about ordering the book, can be obtained by contacting the author directly.

Thanks to a stupendous group of volunteers within the lodge, Syttende Mai was a marvelous celebration. In preparation, the lodge participated in the University of North Dakota's community wide Big Event service project on Saturday, May 3, 2025. The university's men's hockey team helped lodge members clean up the building and grounds for the

lodge's "Big Event" for Syttende Mai. While the chilly, rainy weather on May 17, 2025, was not conducive to having the usual musical concert outdoors, the Gyda Varden Lodge social hall was a buzz of good cheer with the music, fellowship, and culinary delights of this annual luncheon. Indeed, the dreary weather was to the lodge's advantage because rather than people go to their lake cabins that day, they stayed in town and helped the lodge have its most successful Syttende Mai event since the 2020 COVID-19 lockdown.

Plans already are underway for the annual lodge picnic in June, social events in July, participating in the East Grand Forks Heritage Days parade in August, on the Minnesota side of the Red River of the North, and gearing up for the annual Potato Bowl Parade in September as part of the activities during that week. Tentative themes for the decoration of the lodge's Viking Ship float include sharing the story of the first Norwegian emigrants to the United States in 1825. All is well in Grand Forks at the Gyda Varden Lodge with expectations of a fabulous summer and a fabulous fall as a Sons of Norway Lodge in the Fabulous IV District.

Mjosen Lodge 4-078 of Mayville

A very successful Sju Slag Cookie Box fundraiser was completed in December selling 24 boxes of 7 types of Norwegian Christmas Cookies.

Mjosen Lodge members have decided that Mother Nature does not like to play with us---our December Christmas party was cancelled because of weather, it was postponed to January. Again, the meeting was cancelled because of the weather. Finally in February, we celebrated Valentines Day instead of Christmas. Members played games after holding their annual meeting that included approving a budget, learning to use the Sign of the Order and welcoming three new members.

An early Syttende Mai was celebrated sharing activities with the Peter Boe Jr

Elementary 4th Grade class (see photo) learning about Syttende Mai, the Norwegian flag, making Krumkake, learning how to do the folk dance-Klappdans and of course eating ice cream! Despite the wind and the rain, our Lodge members held



Zone 1 report continued ...

their annual car parade and potluck picnic with Polse med lompe.

Finally, several Lodge Members participated in celebrating the special day with residents at Luther Memorial Home and Sun Center Assisted Living. Part of the celebration included a Norwegian Sweater Parade. — President Rebecca Gunderson

4-078 Mjosen Lodge Members Steve Gunderson, Jacque Moore, Laurie Papenfuss, Becky Gunderson, Sharyl Hanson and Sheryl Vinje among the Peter Boe Jr Elementary 4th grade students celebrating Syttende Mai.

Fagerlund 4-203 of Manfred

Activities -Jan-May 2025

submitted by Wanda Melcherz

Fagerlund members have taken part in a variety of activities during the early months of 2025. The Julefest was held in early January with guests and members enjoying an ethnic meal and program with special touches such as a tree decorated with Norwegian flags and the tables decorated with Norwegian decor and angel chimes. February – we did a service project for a soup supper fundraiser benefiting a local museum society. March – an interesting program was held for the public on Sami culture given by two people from Norway of Sami descent. April - was game night, always a fun time. May – a number of Fagerlund members attended the Syttende Mai celebration at Møllargutten Sons of Norway of Maddock. Call 701-870-4627 for upcoming events. Velkommen!

Mollargutten 4-478 of Maddock

Greetings from Mollargutten Lodge in Maddock. January, we enjoyed wearing our Norwegian sweaters or other clothing of Norwegian descent. We played the card game golf and had a fun afternoon. February was our annual potluck Sweetheart Dinner. We also had a Charitable Cause basket for matching funds given to the Memorial Home for a project. For our culture day we made homemade heart shaped decorated cookies and delivered them to the residents at the Memorial Home. For our program in March, we enjoyed Chad Filley a Norwegian storyteller. Our culture day in March was the Passport to Norway field day for our school children. They were divided into 4 age groups and enjoyed learning how to make krumkake, a language station, craft station of Viking helmets for the younger kids and painting dala horses for the intermediate ages. The older students learn how to play the game of Klub. There was also a cultural booth with many Norwegian artifacts and musical instruments. Our April meeting was a Mystery afternoon of finding out "who dun it". For May our culture day was making lefse and lompe for our Syttende Mai supper held on May 16. We served grilled hamburgers, lompe med pulse, open face Norwegian sandwiches, rommegrot, sot suppe, rice salad, lefse, Krumkake, sandbakkels, almond cake, Norwegian cake and ice cream. Our King and Queen were crowned, and a parade of flags was held. Several of our youth helped serve the meal.

President Bonnie Benson



4-078 Mjosen Lodge

Members Steve Gunderson, Jacque Moore, Laurie Papenfuss, Becky Gunderson, Sharyl Hanson and Sheryl Vinje among the Peter Boe Jr Elementary 4th grade students celebrating Syttende Mai.



Zone 2 Kay Halverson

Greetings from zone 2 and a happy welcome to this beautiful spring!!! Lodges are busy, especially after Syttende Mai celebrations, but planning ahead for fun summer activities.

Kringen - 4-025

The lodge celebrated their 50th anniversary with over 200 people in attendance for a party, dinner and celebration in the ballroom. Carol Javen and his wife, Barbara were honored for their involvement in Kringen lodge and specifically for Carol's vision to purchase the Russ Buick building in downtown Fargo for a SONS club. Only a few days after the celebration, Carol passed away. He will always be remembered as "Mr. Norway" and his numerous trips taking tourists, groups and friends to Norway. He was also known for being the chef for lutefisk dinners and preparing the meal as "the food of the gods".

Syttende Mai was a day long event with 200 people attending the colorful Taste of Norway luncheon with open faced sandwiches and desserts and a children's flag waving parade.

150 people came to the evening Banquet featuring Torsk and meatballs. Music was provided by the accordion band, Kringen choir and the Valley Ukes.

Governor and Mrs. Armstrong attended and Mrs. Armstrong participated in a 4 member panel discussing the Syttende Mai celebration in Norway.

All the panel participants had experienced the actual event in Norway. At this time, a special announcement was made regarding a memorial challenge match that has been established in honor of Carol Juven. An anonymous donor has given \$500,000 for a matching memorial to Kringen in

Carol's honor. Anyone interested in contributing to the Juven memorial can send their donation directly to Kringen lodge in Fargo designating the Juven matching memorial challenge.

The ballroom was also used for a Rotary dinner and special event hosting a meal prior to Recital for a Cause - eliminating polio worldwide.



There was a festive celebration in March recognizing the 50th anniversary of the Kringen Club. The Club building is located in downtown Fargo. Along with greetings from SON International Director Luella Grangaard, SON Foundation Director Robin Fossum, International Director Claudia Berg, Robin Fossum provided a violin presentation of Norwegian music. The event was co-organized by SON Foundation Governor Elaine Nelson.



Zone 2 report continued...

June 7 will be a St Hans dinner at Kringen. Also, Taste of Norway will be a Scandinavian luncheon on Wednesday with the Hjemkomst Scandinavian festival being held on Friday and Saturday June 20-21 at the Hjemkomst Center in Moorhead. This year the festival will feature Norway.

Jamestown -4-247

Members of Wergeland lodge travelled to Valley City to enjoy the Syttende Mai celebration with Hjemdahl lodge. A luncheon was held at the church. Norwegian food and fun fellowship was enjoyed for the afternoon celebration. Wergeland lodge will celebrate Mid Summer Eve on June 17 with a picnic at the home of one of their members.

Jamestown city park shelter will be the site for an Aug 19 picnic. Additional plans for the lodge include traveling to the Nome Schoolhouse in September. This is a very fun building and grounds to explore and enjoy a meal together.

Cooperstown 4-480

Ueland lodge hosted about 35 people to celebrate Syttende Mai at the Briggs County Museum. The program was Jerry Ness, woodcarver and storyteller. Jerry is from around the Nome area and travels in the area with his program. His presentation was very entertaining and included many stories about his life experiences and people he knows. The program was followed with an ice cream social. Lodge members plan to participate in numerous area parades.

Valley City 4-481

Syttende Mai was celebrated on Friday with a luncheon of delicious Norwegian food - sandwiches, salads and desserts. Guests included SONS members from Jamestown.

Hjemdahl members plan to participate in the city parade and have a booth during Valley City Days.



(Left) The Cod Squad are all family members, l to r, Michael Liudahl, Sharon Liudahl, Mike Mundahl and Sandy Mundahl.



(Below) Sverdrup Lodge members met for the annual March family bowling afternoon.



Zone 3 Judith Hammer

Our stellar year celebrating 200 years of Norwegian Immigration/Emigration continues apace, with varied events scheduled to capture our attention under the Crossings banner.

Syttende Mai will forever capture our hearts and minds. On social media, I noted that the Long X Visitors Center in Watford City hosted a 17th of May event. Thanks to Enighed Lodge for their participation and sharing our special and treasured heritage.



Bismarck Parks and Recreation's annual Arbor Day was held May 2nd at Custer Park. Sverdrup Lodge is a contributing sponsor to this event. Members attending the event were, l to r, Aaron Barth, Molly McLain, Anja Barth and her friend Tachame Bashale, Emily Sakariassen, and Claudia Berg.

Sverdrup 4-107

here in Bismarck is forgoing a Sankt Hans Picnic this year and will instead host a booth at Mandan's inaugural International Festival on the June 21 solstice. In July, Jerry Saude leads us on our annual mystery trip. Those of you in other zones are welcome to come along for the day: Wednesday, July 9. Sverdrup's signature Crossings event will find Sverdrup Lodge hosting the annual ice-cream social at the Former Governors' Mansion on August 10th.

Vidda Lodge 4-663

in Crosby has an ambitious summer schedule outlined in their newsletter. Will this be the year that this Zone 3 Director attends the Threshing Bee in Divide County? Vidda Lodge applied for and received a 2025 cultural grant to host classes in weaving, rosmaling and wood carving.

Just a year ago, preparations were underway for our district convention in Bismarck and I was elected the Zone 3 director. I envisioned by now that I would have made some lodge visits but we all know what is said about good intentions! It has been my good fortune to attend two far-flung district board meetings and have occasion to get to know the other dedicated Sons of Norway members who serve beyond the local lodge level. In October, we met in Billings and did "community service" helping serve Jotunheimen Lodge's fall torsk dinner. Fun, food and fellowship across state lines for the good of the order!

In late April, the board met in the Twin Cities and enjoyed hospitality within the environs of the Sons of Norway Headquarters. I was smitten with the artifacts and two-dimensional objets-d'art on display. Since cameras were allowed, I could document some of the marvelous historical relics for my continuous research on those "Norsk Ting in Nord Amerika".

As we relish our summer season and all its delights, in four months Minot's venerable Høstfest is calendared for September 24-27. District 4 will again host a booth and as always, the Høstfest organization welcomes volunteer participations. I'll see you there!



To help celebrate Syttende Mai at Missouri Slope Assisted Living Center Becky Barnes, a member of the Flickertale Woodcarvers, provided an acanthus woodcarving demonstration. Our member Vern Monger, who requested a little program in recognition of May 17th also attended the demonstration. Attendees were also treated to lefse and coffee.



Norwegian exchange student Lavrans Johnsgard and Navy veteran Bob Wefald led the Syttende Mai flag parade.



A festive group photo after the Flag Parade, l to r, President Tom Marple, Editor Audrey Solheim, Vice President Dan Sauerwein, former President Susan Hammer Schneider, First Lady Kjersti Armstrong, exchange student Lavrans Johnsgard, Marshal Paula Schilling, and Secretary Claudia Berg.



Zone 4 Karen Larson

Hello – I wish to take a minute to express my gratitude for the patience the District Board has provided as I underwent the first year in my new role as Zone IV

Director. The new experience has made me more aware of all that takes place behind the scenes to make District IV, and SON in general, a well run machine. My April board trip to Minneapolis MN started out with a bit of apprehension on my part at the thought of crossing the US border. It went smoothly and I was well received and respected by everyone throughout my stay. I want to let the District IV Lodges know that I expressed that the Saskatchewan and Alberta lodges are not in favor of dissolving the All Canadian District Resolution made at the 2022 District IV Convention, where it passed unanimously. At our April meeting all the Zone Directors were in favor of an All Canadian District and it is once again being put forth to the International Board. We are hopeful for a decision by year end. District 7 (British Columbia) President, Gloria Benazic, still waits for the decision too and she has let me know that BC welcomes the Prairie lodges to combine with them for an All Canadian District. – **Karen Larson, Zone 4 Director**

Valhalla 4-341 Calgary AB

About 60 individuals came out for May 17th Syttende Mai hosted by Valhalla Lodge in Calgary at the Scandinavian Centre. No rain on their parade! (below) Honorary Norwegian Consul Christoffer Mylde, Consul for southern Alberta, led it off



Party goers lined up on the steps of the Scandinavian Centre, ready for the Syttende Mai Parade in Calgary, no rain yet!



The Scandinavian Centre Choir and audience members singing “Norge i rødt, hvitt og blått.”

followed by his Son Lucas playing “Ja vi elsker” on alto saxophone. They had traditional games, a recreation of how tight the deck space was for the three-month voyage on the ship Restauration followed by an afternoon snack of hot dogs, potatoe salad, ice cream and other frozen treats. The program also included greetings for the day, the Scandinavian Centre Choir and a performance by the Nordic Folkdance group. (see above)



Thordis and John Kamp awarded 40-year membership pins at Syttende Mai Celebration in Calgary.

On Saturday Valhalla gave out long-term membership pins. John and Thordis Kamp received 40-year membership pins. They had a busy day with Thordis singing in the choir and John cooking hotdogs and folk dancing. Forty years after joining Sons of Norway they continue to be very active lodge members (see above).



Zone 4 report continued...

Ronning 4-504 Camrose AB

Ronning Lodge took their May 17th Syttende Mai celebration to The Lefse House in Camrose. (see below)



The Ronning Lodge celebrates the 17th of May at the Lefse House bakery in Camrose.

Solglyt 4-143 Edmonton AB

Solglyt Lodge continues to be an active lodge in 2025. To date, the lodge has hosted a Norwegian pancake lunch, a slideshow presentation of travels in Norway, a board games afternoon, a presentation on Owls, and a presentation in April on traditional Norwegian Easter customs.

I was a guest, representing District IV, Zone 4 at the April lodge meeting. (see below)



Karen Larson, Zone 4 Director & Arvid Pederson, Solglyt President. Karen attended the April fellowship meeting / Easter Tea.

In February and March, two rosemaling workshops were well-attended by enthusiastic members. (below top) The lodge continues with their Norsk classes and strives toward vocabulary achievement. May 17th, Syttende Mai, was very well attended by members, their guests and members of the public, despite May 17 falling on a long weekend this year. Participants were treated to a terrific dance performance by the Valhalla Junior Scandinavian Folk Dancers, followed by a flag-waving parade and delicious hot dog lunch. (below bottom) Plans for a members' BBQ in June are in progress.



Lodge member enjoying the instructive and fun cultural skills workshop on Rosemaling.



Solglyt members participating in the Syttende Mai Celebration.



Zone 4 report continued...

In August, many Solglyt members will be volunteering at the annual Edmonton Heritage Festival in the Scandinavian Pavilion. Norsk Mythology and a Crossings 200 event are in the planning stages for upcoming get togethers, following the summer break. At the monthly Sunday afternoon gatherings, the lodge strives for fellowship and a focus on including Norwegian themes. All members are invited to bring their ideas forward and naturally they like to feature good coffee along with delicious baking donated by members. Solglyt continues to build a network with other Sons of Norway lodges and Nordic societies, in order to foster friendships and create meaningful support for their activities. (below)



Installation of Solglyt Officers and Directors.

Northern Lights 4-493 Grande Prairie AB — No report.

Solsyd 4- 603 Lethbridge AB

From southern Alberta, Lodge Chair, Sharon Prenevost has issued an invitation for me to visit Solsyd lodge members at their monthly meeting, Wednesday June 18th, 2025. The plan is to visit two Sons of Norway sites in the city of Lethbridge followed up with a BBQ. I am looking forward to my stay in Lethbridge.

Nisse 4-567 North Battleford SK

Nisse Lodge may be small but they sure are mighty. Out of a lodge of just seven members they have amassed a group of 14 and will be making their way to Red Deer for the Scandinavian Culture Weekend June 13 – 15, 2025. We look forward to seeing you.

Aspelund 4-571 Red Deer AB

Aspelund Lodge has had a busy year and continues to make commitments. In February, lodge President, Tami Murdoch and I attended a scrumptious TorskeKlubben cod dinner at the Scandinavian Center in Calgary. In March we hosted a two day casino at Red Deer Resort & Casino. We are a small lodge and depended on the kindness of friends to help fill the 18 work shifts. Funds that calendar quarter will be pooled together and shared equally with the charities who worked it.

For Syttende Mai we joined together with the Norwegian Laft Hus to celebrate Independence Day. A felt & needle craft was offered, delightful lunch including meatball & potatoe soup. Desserts following including the traditional strawberry shortcake. (below top) A Bunad Parade concluded the celebration. (below bottom)



Edie, a member of the Norwegian Laft Hus and accomplished baker, provides a traditional tasty dessert, Strawberry Shortcake, for Red Deer's Syttende Mai Celebration.



Members of the Norwegian Laft Hus Museum and SON Aspelund Lodge gathered May 17 in front of the Laft Hus after the Bunad Parade.



Zone 4 report continued...

Efforts are underway to host the Scandinavian Culture Weekend June 13-15 in Red Deer. It kicks off with a Registration Dessert Reception with a presentation on 200 Crossings by Professor Ingrid Urberg who teaches Scandinavian Studies at University of Alberta. On Saturday there are competitions, the Laft Hus Annual Festival featuring vendors, animals, food and a stilt walker, and an ethnic dinner and concert by the Traveling Mabels. Sunday consists of a tour along the Scandinavian Trail in central Alberta starting with a pancake breakfast in historic Markerville and ending at the Danish Canadian Museum and Dickson Store.

The lodge wants to thank the sponsors of the Scan Culture Weekend: SON District IV Grant, SON Foundation Canada Grant, TorskeKlubben Calgary Donation, SON Foundation (HQ) Grant for the 200 Crossings presentation. Your financial support is deeply appreciated and is helping to keep registration costs affordable.

The Fanatullen Folk Society in Red Deer is calling all Scandinavian folk dancers to join us the weekend of October 3 – 5th, 2025 at Festival Hall in Red Deer. Professional folk dance instructors from the USA, Mikkel Thompson and Ginny Lee will be back. If you are interested in joining us please contact me and I will put you in touch with the Dance Director.

Trollhaugen Language, Arts and Culture Camp AB

Trollhaugen Camp will be August 10th to 16th, 2025. Registration is open to all District 4 lodge families and forms are available on the website. The deadline is past but they have been known to make room for late entrants. The registrar may be reached at Registrar@trollhaugenalberta.com.

Camp 2025 Theme - Norse Mythology. The Viking Vinland, live combat role play, will be returning to Camp this year! In addition to our typical classes - rosemaling, hardanger, ethnic cooking, Swedish weaving, we will once again be offering the following classes at the E-Adult level: tablet weaving, pottery, clothing making and embroidery, leather working and drop spinning. Lise Lorentzen is back at camp for a second year teaching advanced level rosemaling.

Support from local SON lodges helps to ensure the camp remains strong and continues to support the Board's mandate of sharing Norwegian language, arts, and culture with family and friends in Alberta and beyond.

The Dean Kelly Memorial Award is a joint effort between Dean's family and Trollhaugen Camp. Each year one camper will be selected from Group E and that camper will receive a monetary award equivalent to their camp cost for that year.

TorskeKlubben Edmonton AB

Torskeklubben Edmonton is hosting their June 3rd event which is a traditional meal of Torsk (cod) and a few glasses of Aquavit. Speaker Phillip J. Currie, a leading Canadian paleontologist and museum curator, will join us to talk about the Scandinavian and other polar dinosaurs. Phillip helped found the Royal Tyrrell Museum of Paleontology in Drumheller and is the namesake of Phillip J. Currie Dinosaur Museum near Grande Prairie. Event takes place at Chateau Nova Yellowhead.

TorskeKlubben Calgary AB

A big shout out to TorskeKlubben Calgary for their significant gaming fund donations of \$5000 each to SON Aspelund Lodge #4-571, the Norwegian Laft Hus Museum Society and the Fanatullen Folk Society all in Red Deer AB! As a member of all three organizations I know that the generosity of their fraternity is greatly appreciated on all three fronts!



Scandinavian Culture Weekend

June 13, 14, 15, 2025 Red Deer Alberta

Friday Night - 200 Crossings Presentation by Professor Ingrid Urberg

Saturday - Culture Competitions, Tournaments & Laft Hus Festival
- Banquet & The Traveling Mabels Folk Concert

Sunday - Tour the Central Alberta Scandinavian Trail by Motor Coach

EARLY BIRD SPECIALS:

- \$100 if received by March 30
- \$125 if received by April 30
- \$150 May 1 to May 30 (while space permits)

Includes 4 meals.

Email littlenorski@telus.net for registration forms.

Aspelund Lodge #4-571 may be reached at 403.358.4036



Trollhaugen

Language Arts and Culture Camp



August 10-16, 2025

WHAT WE OFFER

- Multi-Generational Family Camp
- Classes for adults and youth 5-18 years
- Instruction in Norwegian crafts, language, dance, and culture
- Sports program
- Held at the beautiful Deer Valley Meadows near Alix, AB
- Dormitory and RV accommodations



2025 RATES

Non-Member - Adult	\$495
Member - Adult	\$450
Youth - 12 to 17 years	\$425
Youth - 5 to 11 years	\$355
Child - 3 to 4 years	\$175
Preschool - 0 to 2 years	\$30
Senior	\$235
Yearly Membership Fee	\$20

2025 THEME: NORSE MYTHOLOGY!

We are excited to have the Vinland Vikings and Lis Lorentzen back this year to teach specialty classes including pottery, tablet weaving, drop spinning, costum making/embroidery, leather working, and advance rosemaling!



YOUTH AT CAMP

Our youth campers are grouped in classes according to their age, with teens also grouped by interest. Children are to stay with an accompanying adult until they have completed fourth grade, then are encouraged to dorm with their peers.

Youth & Adult Classes Include:

- Norsk Language
- Tablet Weaving
- Woodworking
- Leatherwork
- Ethnic Cooking
- Rosemaling
- Drop Spinning
- Folkdance
- Costume Making
- Embroidery
- Chip Carving
- Pottery
- Sports

Visit our website for more detailed information about the classes & programming
Trollhaugen offers!



FIND US AT:

trollhaugen_camp



trollhaugenalberta.com



registrar@trollhaugenalberta.com



Trollhaugen Language Arts and Culture Society





Zone 5

Noel Birkland

GENERATIONAL DIFFERENCES

If the heading of this article peaked your interest, one missed the great opportunity of

several presentations in a "Members Meeting" held virtually on April 29th by Sons of Norway International hosted by Luella Grangaard, Board Chair with other headquarters staff participating. Useful topics were presented by voice & visuals with all being informational and very well done.

"Generational Differences," one topic chosen to be highlighted was led by Luella Grangaard focusing on the issue many lodges face in wanting younger members to join the lodges. She gave honest/humorous/usable perspectives that lodge leaders & memberships need to hear and started with comments she has heard in her experience of leadership roles - "older members wanted younger members" and "younger members said older members didn't want to let go and wanted to micro manage them." Grangaard explained this was not

only referring to the organization but she found it true in her work management positions she has held also.

The "Generational Differences" presentation was divided in 5 steps for use with visuals provided.

- 1. TRAITS** — breakdown of age ranging generations and each ones traits.
- 2. HOW TO ENGAGE** — ideas on interacting/understanding/communicating between generations.
- 3. HOW TO FIND THEM** — locating/connecting to the younger generations.
- 4. BRIDGING THE GAP** — One size doesn't fit all! Ideas for gearing activity in lodges for incorporating interest for the different generations.
- 5. HOW TO REMEDIATE OUR ASSUMPTIONS** — a changing of the thought process of the "tradition" term which in our organization is the membership connection of our "cultural heritage" not the way we always do things in our local lodges.



Zone 6

Paul Christofferson

I hope everyone is having a great spring!

Although quite a bit went on in Zone six last fall and winter I will focus on upcoming (spring and summer) events in this

update. Many of the upcoming events involve Syttende Mai celebrations so they will probably be in the past when you read this although they are in the future as I write!

Great Falls (Lodsen 4-138)

With the installation of new fire suppression equipment their booth will reopen this year so in early May the lodge begins preparing meat balls for sale at the Montana State Fair which runs July 25th through August 2nd. Later in May they meet to prepare rosettes for sale at the fair. During the fair they make Vikings at their booth so volunteers are needed for this and to sell the baked goods at the window. This is a very large undertaking so let

them know if you would like to help. I will send more specifics about the event to your lodge president. They will celebrate Syttende Mai on Saturday the 17th with a barbeque social where they will also announce their annual scholarship winners.

Kalispell (Fedraheimen 4-140)

The lodge is planning a Syttende Mai celebration on May 17th at the Northwest Montana History Museum beginning at 1:00 PM. The public is invited to the meeting where they will share Scandinavian food and drinks (probably no aquavit!). I plan on making the trip to Kalispell for this meeting.

Missoula (Normanden 4-424)

They have quite a celebration planned for Syttende Mai which will include craft beers (adults only!), games, a royal parade, and a potluck dinner. What a day! In addition to their Lodge's Syddente Mai celebration their lodge has set up a no-host Flathead Lake Cruise on July 26th, inviting other lodge members from the surrounding area to attend. Later in the summer the Lodge participates in the Western Montana Fair which runs August 5th through the 10th.



Zone 6 report continued...

Cut Bank (Normont 4-507) – The Cut Bank Lodge will have a small Syttende Mai celebration on May 17th. On May 19th their president will attend an award ceremony for one of their scholarship recipients in Shelby (one of several towns in the Cut Bank area served by their lodge) and on Memorial Day they will put flags on the graves of members that passed during the last year. The lodge will take the summer off, resuming their activities in the fall.

Helena (Hovedstad 4-528)

The lodge is struggling with issues relating to their current meeting venue (where they have met since inception). As a result, the May meeting was held on the 3rd and included the Tiernan Irish dancers but the primary topic was the meeting venue issue, not Norwegian independence. Both the dancers and a room at our normal meeting place were not available on either the 17th or the 10th. The lodge was also asked to move their items out of the area storage at the building after the meeting on the 3rd. On a brighter note, a summer pot luck picnic is planned for either the Lewis and Clark fairgrounds picnic area or the Fish Wildlife and Parks Spring Meadow Lake pavilion. The date will depend on location availability

Libby (Norhaven 4-536)

A dinner at the Switchback Restaurant will be held celebrating Syttende Mai followed by a business meeting, and possible presentation from a German exchange student about his experiences, at their lodge.

Polson (Nordmanns 4-542)

A Syttende Mai celebration is planned for the 17th at Bottcher Park in Polson. This will run from 11:00 AM to 3:00 PM. If possible, I will attend the first hour of this event prior to heading off to the event in Kalispell. They also have a Sant Hans Aften (longest day) on June 21st, event planned for the same venue.

Bozeman (Fjelldal 4-453)

Their May meeting will be held from 2:00 to 4:00 PM on the 18th with a presentation by a Lodge member about her family's time in Norway. A summer picnic will be held on June 21st.

Dillon (Beverhode 4-589)

They will celebrate Syttende Mai on the 17th at the Dillon Seventh Day Adventist Church at 3:00 PM. This will include the presentation of a World War 2 move made in Norway. Since they don't meet on a regular schedule the president will keep me posted regarding their next event.

Hamilton (Bitterrootdalen 4-656)

I plan on attending the Longest Day celebration they are having June 21st at a park on Quast Lane north of Corvallis.

I hope everyone has a great spring and summer!



District IV Board members hard at work in the Home Office boardroom in the Twin Cities.

NORWEGIAN LAFT HUS SOCIETY

4402 - 47 Avenue, Red Deer, Alberta

Heritage Square (Behind the Recreation Centre or south of the Red Deer Museum)



Lundehund dog



Goats on the roof



Dancers



FESTIVAL

June 14, 2025

10:00 a.m. to 3:00 p.m.

Admission
FREE



Fjord Horses



Viking combat
plus kiddie vike

Demos:

Lefse making
Krumkake making
Aebelskiver
Rosemaling painting
Hardanger embroidery
Bark carving
Chip Carving
Chainsaw Carving
Nordic instruments

Games &
Face Painting for kids
"Fight the Knight"

Stiltwalker

Axe-throwing
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