

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



**SONS of
NORWAY**

Fall/Winter 2025



Jerry Saude President

This later edition is necessary due to evolving parts of our district business. I will elaborate in other articles in this edition. We are preparing for 2026 and our biennial convention. We trust your

lodges are also making plans. Our convention will be addressing by-laws amendments to bring us current with international board actions and the boundary changes specific to our former district lodge. This action was asked for by our lodge brothers and sisters in the prairie provinces of Canada. They are now joined with the lodges in British Columbia and District VII.

I had another great visit to Norway in August and was able to share that experience with 6 family members. As a semi-tour guide we traveled by cars to the west coast and Trondheim areas to introduce them to ancestral farm areas and relatives. The locals hosted us for two separate gatherings and we experienced many of Norway's beautiful cultural and heritage sites during that two weeks. I said goodbye to them from Trondheim and then had an additional week for a Crossings 200 event in Gausdal. The local genealogy group hosted descendants of immigrants from 3 parishes to a wonderful weekend of programs and farm tours. Nearly 200 Americans and Canadians with family ties to Gausdal were in attendance. I hope its a model for other Norwegian communities to strengthen ties with immigrants' descendants.

Upon returning I was on a plane again to visit Hawaii and join one of my sons for a week. While there we attended the Polynesian Cultural Center. It is a tourist attraction, but for someone interested in history and cultures, it's a very well-done presentation on diverse ethnic groups from the South Pacific islands. Each village offers hands on experiences with islander's historical culture skills

and traditions. We do this on a much smaller scale with our family heritage camps. But it reinforces the idea of sharing our heritage with all ages. Check out opportunities within our district and maybe your lodge has a local event that you share with the public.

I hope to see many of you in June in Bismarck. This is my final convention as President.

District Officers — Leaders Needed —

The district nominating committee is being appointed and will be in contact with the local lodge leadership. The offices of President, Vice President, Secretary, Cultural Director and Zone Directors for both Montana zones and NE ND zone 1 are up for election. These can be rewarding positions if you want to work for the good of our fraternal order. Think of leaders in your lodge and visit with them about being delegates first and candidates second. If you have questions please reach out to your zone director or any present board member.

Website Updates

Many updates need to be made with our district realignment and **we would also like to be in contact with someone who has experience in simple updates and editing to a WordPress supported website.** Another opportunity for service!

President continued page 2...

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



...President continued from page 1

2026 Convention News

Change is inevitable, and it affected our brothers and sisters at Fjell Heim lodge in Big Timber Montana. They offered to host the June 2026 convention and worked hard to accommodate the anticipated delegates and guests, but the rooms necessary were just not in the cards and they asked to withdraw. Members of the board met with them in July in Big Timber and were equally excited about this smaller community hosting this event. The area is richly steeped in Norwegian heritage and had many local attractions to feature for the enjoyment of delegates. Maybe another time for this enthusiastic lodge. The district board was able to secure the same dates in Bismarck ND and are working with Sverdrup Lodge to plan a great convention. Details will be coming out by Feb 1st. As you plan for delegates to be endorsed by the spring deadline, be sure to elect alternates too. It's a requirement that deadlines be met to support the convention host lodge and their dedicated efforts. Note June 18-20th (Thursday night to Saturday night) on your calendars.



District IV President Jerry Saude enjoying a much needed rest during a busy Norsk Høstfest.

International Board Actions

A formal announcement was made by the IBOD after they took action to consider our district's resolution to realign the Canadian lodges into one district. After months of planning they released their plan to create the all Canada district VII and transfer our District IV lodges in Canada to D-VII. It went smoothly and our zone 4 Director Karen Larson was welcomed as their new zone director for most of the Sask. & Alberta lodges. We wish them well but will miss their presence at our conventions. After 100 years of participation, many friendships were made at conventions and workshops.

Sons of Norway Foundation

Our foundation report appears in the Viking publication each year. Isn't it amazing the amount of funds that this unsung hero of our fraternal organization is able to award to young members applying for educational scholarships and grants to lodges for heritage and cultural programming? We just had our foundation auction at Sverdrup 4-107 and raised over \$1000 to donate to the foundation. Members donated Scandinavian items and others found homes for them. Maybe its a generation exchange, but it goes over well and bidding is lively and in good nature. The convention will have an opportunity for a foundation fundraiser. Consider budgeting for a lodge donation at the convention and lets make a bid District IV splash for this worthy cause.

International Board Elections

Several IBOD positions are up for election this year. Seeking adults with life experiences, business experience and fiduciary skills to serve on the IBOD and stand for election by financial benefits members across Sons of Norway. Yours truly is on the nominating committee and will be happy to answer your questions.

Ha det bra

Jerry Saude

President, District IV



Lodge Calendar and Reminders 2025

December

Before December 31 complete Officer Update online form D63.

Before December 31 District IV Grant Applications are due.

March

March 1 financial statement for each lodge is due at headquarters.

March 15 D17 Local Lodge Financial Statement for Sons of Norway lodges is due.

May

May 15 D18 Building Association Financial Statements for lodges owning property is due.

May 15 Form 990, 990-EZ and the 990-N electronic postcard are all due.



Hostfest 2025-26

District IV again hosted a booth for information and cultural instruction at the Norsk Hostfest in Minot ND. We are investigating an opportunity to financially help bring talent from Norway and other Scandinavian countries to the 2026 event. It may be a token stipend to an artesian or musician, but it will assist them on sharing their talents with the thousands of attendees from all over the US and Canada as well as European tour groups that include a Minot stop in their USA tours.

Held September 24-27, the District IV booth at the Norsk Hostfest offered hands-on opportunities. The booth was staffed by President Jerry Saude, Vice President Susan Gobbs and member Richard Gobbs, Treasurer Sandra Birkland, Zone directors Becky Gunderson, Judith Hammer, Noel Birkland, Foundation Director Elaine Nelson, International Director Claudia Berg, and several SON Bismarck and area lodge members.





Tolly Eriksson District Secretary

Greetings! As I look out the window to see a stark landscape, I know it must be late November in Montana. The holidays season will soon be upon us. This can be a frantic time with more events and demands than any of us has time for. And as you read this, I am going to remind you, lodge secretaries, of one more thing that needs to be done before December 31, 2025. Uffta!

As Secretary of your lodge, it is your duty to complete online form D63, which is the Officer Update. Even if your lodge's officers remain the same, this form must be sent in. The form can be done earlier than the end of the year if the information is available. Timely reporting of this information assures that your lodge's information will be correct in the Minneapolis database and the District IV online directory. Because 2026 is a District convention year, it is especially important that it is done by the deadline. I am happy to help with entering this information. If you have any questions, email me at dsecretary04@gmail.com or call me at 406-274-7564.

Just a reminder, in 2026 the District IV directory will only be online. No copies will be mailed to lodges.

The District IV Convention is coming up in the spring/summer of 2026. The official membership information from the Minneapolis office will be ready about the first week of February 2026. After that I will be sending out specific information about the convention to each lodge. This will include the number of delegates each lodge is entitled to elect, deadlines for bylaws and resolutions to the convention and other pertinent information.

Thank you for all you do to make your lodge and District IV run smoothly. Enjoy the holidays!

Fraternally,

Tolly Eriksson
dsecretary04@gmail.com
406-274-7534
390 Trail Blazer Loop; Missoula, MT 59801

NEW Sons of Norway Book Club Meeting Times Effective August, 2025

- 1) Last Thursday of each month**
8:00 pm ET.
- 2) Last Saturday of each month**
2:00 pm ET.

Both meeting times are available to all Sons of Norway members in the United States, Canada, and Norway. New schedule began on Thursday, August 28, 8:00 pm ET And ~~Saturday, August 30, 2:00 pm ET~~.

- Times in the Viking Magazine will be incorrect for a few months.
- See the Sons of Norway Book club schedule for the upcoming books to read.
- To join and get the ZOOM link for any given month, send an email to: SonsofNorwayBookClub@gmail.com. Please include your lodge name and lodge number. Free of charge to all Sons of Norway members.

Upcoming Selections:

Jan. 29, 2026

Butter in the Well: A Scandinavian Woman's Tale of Life on the Prairie by Linda K. Hubalek

Death at the Sanitorium by Ragnar Jónasson

Feb. 26, 2026

Stolen: A Novel by Ann-Helén Laestadius

The Traitor by Jørn Lier Horst



Claudia Berg International Director

Our last quarterly IBOD meeting of 2025 was held November 12-14 at Headquarters in Minneapolis.

The IBOD, under the leadership of Chair Luella Grangaard, International Officers and Directors and with the professional expertise of CEO Dan Seyfried and his staff, our board meetings reviewed in detail the operations of this organization. Special acknowledgement should be given to the Finance Committee and Dan Seyfried for their outstanding work focused on budgets, income, expenses, and investments of this insurance company. It is often overlooked that the benefit/insurance, the financial leg of the stool, funds the mission. Shifting insurance options and realigning relationships with insurance agents were important changes this past year.

A few statistics from the current membership analysis:

- 45,019 active members (in 2022 there were 59,151 active members)
- 29,954 social members
- 15,065 financial members
- 2,295 product owners in local lodges
- All categories dropped by a little over 9% this year

There are 1770 new members to date this year:

- Under 16 (11.7%)
- 16-24 (6%)
- 25-34 (5.9%)
- 35-44 (10.5%)
- 45-54 (12.7%)
- 55-64 (17.2%)
- 65-74 (19%)
- 75+ (14%)

The Borton Oversees Norway's Spirit Tour- Beauty, Culture & History, advertised in the Viking Magazine, and in partnership with the Sons of Norway, was cancelled. It was scheduled for May 2-20, it fell

too close to District Conventions that are scheduled to begin in May.

The deadline for the Foundation grant program was moved up two weeks this year to Dec. 15th to provide an earlier announcement of grant recipients. The Scholarship deadline is January 15th.

The Restauration was sailed back to Stavanger arriving on December 9th. A more northern route was mapped for the return, and the northern waters proved a little more challenging than the original southern passage for this very small sailing vessel. As Crossings 200 comes to a close, we Norwegians can look forward to the 250th celebration of the US and the 2026 winter Olympics. These events are opportunities for new initiatives, programming, and partnerships.

Tusen Takk — Claudia

Crossings 200 Event at the Former Governors' Mansion

Sverdrup Lodge partnered with the Former Governors' Mansion State Historic Site to provide the program for their annual Ice Cream Social. Lodge members provided the Crossings 200 musical entertainment, hands on activities, numerous demonstrations and lefse med pølse.



Sverdrup Lodge musicians (L-R) Molly McLain, Susan Wefald and Annika Plummer



Zone Reports



Zone 1 Becky Gunderson

ZONE 1 NEWS

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.

All Zone 1 Lodges have been spreading our Norwegian heritage in various ways.

Gyda-Varden participated in the UND Potato Bowl with their Viking ship float, have been hosting a Rosemaling & Craft Cafes, hosting a children's corner, offered a Norwegian Coffee tasting and are doing an online membership survey.

Mjosen Lodge held an online Pampered Chef fundraiser and raised over \$900 to provide items for the local Elementary & Middle school teachers to have items purchased for their classrooms that are not in the school budget (they applied for the D IV \$100 Charitable Giving matching Grant), they participated in MSU Farmer's Bowl parade, celebrated the Restauration Event with the local elementary school 4th graders, hosted the community for the movie "Carl Ben Eielson: Over the Top of the World" at the local movie theatre and provided over 140 free bags of popcorn, the Sju Slag Kaker bakers have started baking Norwegian cookies for the lodge's fundraiser, a baking Saturday morning is planned to work on their Norwegian Cultural Skills Pins and preparations have started for their Jul party.

Fagerlund Lodge played crochet at their summer potluck picnics held in Manfred, Wanda Melchert showed a historic poster with names and images of the 1814 Constitution's original signers with names and images of the members of the 1905 Storting when Norway received its independence from Sweden (contact her at 701-870-4627 if your lodge is interested in viewing this poster), an inter-lodge indoor picnic was hosted by Mollargutten lodge in August, the lodge served a soup supper at the Bowdon Farmers Market as a fundraiser, in October they invited the Mollargutten Lodge to a noon

dinner in Fessenden, they provided a program to a long-term facility and made krumkake, and at each meeting they provide information about the Sons of Norway Foundation.

Mollargutten hosted the local kindergarten teacher from the Philippines who shared a power point presentation of her country, the lodge served a pancake breakfast to the public during the communities Renaissance Festival, they took a bus trip to the Hostfest in Minot, a guest speaker from Fargo presented on Rural Country Schoolhouses which brought back memories, the culture group painted Dala horses and cubed Santas, the lodge lost a dear member and honored her at the funeral with a Norwegian Flag salute and in December they will host their annual catered Gnome Christmas Party with a visit from Julenissen.

Vinterfest

A Celebration of winter on the Northern Plains



KICK OFF EVENT

JANUARY 18TH 2:00-4:00

BSC Advanced Technology Center
1220 Schafer St, Bismarck, ND 58501

 learn about the events that make up Vinterfest

Sverdrup Lodge 4-107 is a planning partner with other Community Organizations in putting together Vinterfest, an annual event.



Zone 2 Kay Halverson

Greetings from Zone 2!

Ueland Lodge - Cooperstown

Lodge members participated in lefse making at the Griggs

County care center. Many members and helpers made lefse to be shared at the Care Center for their Thanksgiving dinner. There will be an additional lefse making day in December for the Care Center Christmas party. The Ueland Lodge will hold their annual member Christmas party on January 3, after the rush of the holiday season. For December, they will also be assembling and filling boxes at the local food bank for the food pantry collection.

Wergeland Lodge -Jamestown

Centerpieces will be made for the annual Parks and Recreation auction. They will also be holding an open house and auction for items at The Bunker Restaurant in Jamestown. Members of the Lodge are also sponsoring a table, which will have a snowman theme. The lodge has applied for a district grant to help cover expenses and decorations.

Kringen Lodge Fargo

Fall had been very busy for members of Kringen. In October, They had a week of Norwegian heritage with actress Jeanne Boe making a presentation and showing a clip from her movie. They also had a week of Taste of Norway. Lunches were served to many people in the community as well as members who volunteered for the week long event. The noon lunches featured all delicacies of Norwegian food. A Norwegian English worship service was held at First Lutheran Church in Fargo. This was followed by a Torsk dinner and program at Kringen Lodge. An offering was taken and proceeds went to a local charity for global mission. In December, the Lodge will be hosting a family Christmas on December 14. There will be a cookie exchange, a coffee and cocoa bar. Santa will be visiting with gifts for the children and there will be games, musical activities and a photo booth. The accordion band, the Valley ailed and the Kringen choir will be all performing at the event. There will be a traditional Christmas party hosted by Froda from Norway and his mother

is also going to be attending this year. There will be music and Norwegian delicacies for food.

The club will also be hosting this year a New Year's dinner and dance at a Kringen. There will be a prime rib dinner champagne toast, music in the Troll Lounge, followed by a dance with Front Fender providing the music. The event will be open to members and the public. The monthly lutefisk dinners served on the second Sunday of each month have been very successful. Numbers have ranged about 200 people attending per Sunday. The lodge is also keeping busy with weekly knitting, chair yoga, rose malting, genealogy, and language classes. They will be having a lefse/flatbread making class which will be a make and take. Members will learn how to roll and fry lefse and sample and take some home. There will be a winter class, which will also include Wood chipping. The valley yokes, the accordion band and the Kringen Kor Ichoir all still offer many musical opportunities for their members. Upon the recommendation of the Carole Juven family and an anonymous donor, the club have created a memorial fund with matching funds for donations. All are encouraged to help meet the challenge which will help cover building maintenance and improvements to the club building. Also in December members will be invited to participate in Fill the Stabu. An invitation letter will be sent with support for the SONS international foundation and also local support for food pantry. There is a Kringen challenge match which will include funds that will go directly to the lodge.

Hjemdahl- Valley city

A new member informational event was held on a Friday night in November. Members and guests were served a dinner with music provided by a couple from Norway. It was an entertaining and successful night with new members that were signed up for the local Lodge. Also plans are underway to have a Christmas party in December, which will include Lodge members playing games followed by a fun meal.

Tusen Takk,

Kay Halverson

District 4 zone 2 Director



Zone 3 Judith Hammer

Fast away the old year passes, here's my year in review as Zone 3 Director:

Despite my avowed good intent to hit the trail and accomplish site visits to Zone 3 lodges, that aim is now placed high on my list of 2026 Nytt År Resolutions. Contact via e-mail, telephone and USPS was my means of communication with the folks up north and out west.

Vidda Lodge 4-663 publishes a fine newsletter and hosted a rosemåling class in late April that was heralded as a smashing success. They plan to host another instructed session in the future to share more Norsk heritage and culture within the greater Crosby community.

Bjarne Lodge 4-086 partnered with Williston State College's welding class to create a handsome new sign for their lodge. And they celebrate Arlyss, who just received her 70 year membership pin! Way to go!



Bjarne Lodge recently celebrated their memberships and Arlyss Moline earned her 70-year membership pin. Arlyss joined the Sons of Norway lodge in Epping, ND, when she was just 19 years old. A cousin had sold her a \$2,000 life insurance policy which she still has. Arlyss then transferred her membership to the Williston lodge where she has been an active member since. In her free time, Arlyss likes to play accordion and make traditional Norwegian goodies like lefse and krumkake.

Williston State College welding students stepped up in a big way, partnering with the local Sons of Norway Bjarne Lodge and Studio 89 to bring a long-awaited signage project to life.

When the Lodge needed new signage mounted out front, Welding Instructor Tim Delorme and his students didn't just show up—they engineered the entire solution. The class designed and fabricated custom brackets to safely secure the signage to both sides of the pole, then handled the full installation with precision that would make any fabricator proud.

This collaboration wasn't just about metalwork. It was about showing what hands-on learning looks like when our students support community partners and put their skills into real-world action.

A huge thank-you to Tim and our Welding program for making this project happen, and to the Sons of Norway Lodge for trusting our students with the work. See construction next three photos





Zone 3 report continued ...



As their lodge's Crossings 200 activity, **Nordlyset**

Lodge 4-488 commissioned a local artist to carve a wooden sculpture of a Norseman. Neither District President Saude nor I was able to accept the invitation to be present for its dedication; I sent this message that was read to the assembled crowd at their event on August 27:

Greetings from your District 4 Zone 3 Director! On behalf of Sons of Norway District 4 and all our fraternal membership, I commend Nordlyset Lodge 4-488 for choosing this local and lasting project commemorating 200 years of Norwegian immigration to the "New World". How apropos, a "Norwegian Wood" Viking! That Nordlyset Lodge is partnering with Bottineau Community Outreach for this 1st annual event also garners much respect. Building a better community together is a positive in these modern times.

Work precludes me from joining you today but I am with you in spirit. What a year Sons of Norway members are enjoying with so many special events, occasions and programs highlighting Norwegians in America. Ja, vi elsker, you betcha!

Congratulations to the city of Bottineau and Skål! to Nordlyset Lodge for adding a sculpture to your cultural landscape. Presto! Now there is a new photo-op site in your hometown as well as a new "Norsk Ting in North Dakota" entry for me. Takk for det!

I'll close my remarks with this fun fact: Sondre Norheim was born in 1825. Høstfest's ceremony on September 23rd at Norway Church --not that far away from Bottineau-- might be extra special this year. Perhaps we will cross paths at Høstfest?

Located within Bottineau's Forestry Park, the unveiling was held in conjunction with Bottineau's inaugural Community Outreach gathering. The accompanying plaque to the 8 foot Viking figure in part declares that the statue is "dedicated to our Norwegian ancestors, celebrating strong ties between Norway, Canada and the United States" Photos of dedication following on next page.





Zone3 report continued...



Thor Lodge 4-67, Scandinavian Heritage Park, and the City of Minot lost a human dynamo with the recent passing of Martha Elliott. I'm glad I had a chance visit with Martha when I attended the Midsommer event in June. The Aggie Foundation out of Velva (my hometown) is the lead seed donor in a capital campaign for construction of an outdoor performance stage. Minot's Chamber of Commerce Red Coats held a ribbon cutting and the "temporary" permanent stage was christened the Ardent Stevens Stage, coincidentally honoring my dearly departed lifelong friend, an ardent Norwegian-American. Plenty of Thor Lodge members were on hand, serving as guides for the park structures. A surprise bonus: Sverdrup Lodge's photo- op panel of Munch's Scream was on loan and set up in the Gol Stave church.

Kudos to Rebecca Gunderson, Elaine Nelson, Noel and Sandy Birkland, Susan Gobbs and others from away who journeyed to Minot for Høstfest and who, along with several Sverdrup members, staffed the District 4 Sons of Norway booth in Oslo Hall. Plenty of outreach and bonhomie was extended to attendees during the four day event.

Sverdrup Lodge 4-107 participated in a Multi-Cultural Fair at Mandan's Dykshoorn Park in June. A few weeks later, they dusted off their Viking ship and rowed/rolled down Mandan's parade route on the 4th of July. In August, the Lodge partnered with the Former Governor's Mansion and pretty much hosted the annual ice-cream social with music, activities for children of all ages and cultural displays. Hundreds of Bismarck/Mandan folk hovered over Todd Hanson's tables of Norwegian artifacts. Kudos to Claudia Berg for chairing and coordinating Sverdrup's Crossings 200 event!

Sverdrup's language classes got underway in October, taught by Tom Marple, current lodge president. Class attendees intend to merit cultural skills recognition this year.



Nordlyset Lodge in Bottineau held a Crossings 200 event on August 27. A SON Foundation grant supported the lodge's outdoor sculpture project.



Zone 3 report continued ...

Jerry Saude, Claudia Berg and I journeyed to Fargo on October 12th and were guests at Kringen Lodge's Crossings 200 event: a Norwegian language church service at 1st Lutheran followed by a torsk dinner at the lodge itself. Claudia Berg presented a power point on the Restauration Journeys. I enjoyed exploring every nook and cranny of the building while inspecting historic photographs and decorative material objects on display. A panoramic picture taken at the 1912 dedication of Rollo the Viking made my day! Mange takk to Kay Halvorson, Elaine Nelson and, especially, Kringen Lodge President and Pastor John Andreasen who produced such a memorable event.

Sverdrup Lodge held a membership recruitment dinner at their October 17th social. After the "cream can supper" was served, 75 members and 19 prospective members were enthralled with the evening's program. Steve Schilling, retired college professor and local visual artist, shared a multi-media presentation focusing on the Norwegian Resistance during World War II and The Cold War. The very next day, lodge members regrouped to host their 54th Annual Lutefisk Dinner. Favorable reviews of "The Fish" filtered in and many hands made light work to garner its success.



(Above) On August 14 Sverdrup Lodge partnered with the Veterans Memorial Public Library in Bismarck to present a Crossings 200 program with Johan Stenslie. A genealogist, storyteller, musician, and a Mandan, ND native, now living in Bergan, Norway, entertained over 350 attendees. (Bottom Right) On August 15 Stenslie also presented a Crossings 200 program at Charity Lutheran Church in Bismarck. He sang and played different instruments presenting Norwegian hymns from the 1500s to the early 1900s.

This year Sverdrup Lodge has established a new partnership with Bismarck's 3 Crowns Swedish American Association to co-host their annual significant event on December 14th: celebrating the Feast of Santa Lucia. This stellar affair, kicking off the Jul season, offers an opportunity for our youth to participate in the processional pageant as Tomte and Star Boys while a 2025 Lucia maiden, wearing a candled crown, is accompanied by a bevy of attendants. The Lord of Life Lutheran Church provides an ideal setting for the celebration and the bountiful smorgasbord. (See photo below)

**That's all for now from Zone 3,
Fraternally yours, Judith Hammer**



Zone 3 report continued ...

Sverdrup Lodge held their annual Lutefisk Dinner on Oct 18th. (Right) The lutefisk was trimmed and prepped for cooking, the day before. (Below Right) The crowd enjoyed the all-you-can-eat dinner. (Below) Melted butter, lefse and homemade cookies completed the lutefisk and meatball dinner.



(Above) Sverdrup Lodge held their SON Foundation silent auction at the November social. A wonderful assortment of Nordic items found new homes through some nice competitive bidding.



(Above) The Sverdrup Lodge language class meets every Monday evening in person and via Zoom for learners in Minot, Maddock, and Fargo. (are there other towns?) Every class is fueled with coffee and baked treats.



Zone 4

Karen Larson

This is my final report for District IV as Zone IV Director. On September 30, the SON announcement was shared that the All Canadian District will be

realized, effective November 1, 2025. This was a pursuit of mine since 2019. I so appreciated the DIV Board members supporting me in this initiative. I am pleased that the Canadian prairie lodges, seven in all, will be joining the thirteen BC lodges for a total of twenty lodges in the new All Canadian District. I have been appointed as interim Zone V Director for District VII. Nominations take place at the AGM during the District VII convention in May.

My journey has been an adventure. I accepted the Zone IV Director position at the June Convention in Bismarck ND. My first sit down Board meeting happened in Billings MT in the fall of 2024. It was great experiencing head quarters in Minneapolis at the spring 2025 meetings. My last, in person, Board meeting was a few weeks ago in Great Falls MT. It has all been a positive experience. In the past year and a half I have become much more knowledgeable about the Sons of Norway. I am sad to miss the DIV Convention in Big Timber MT June 2026 and wish the District and the Board members all the best.

Karen Larson, Zone IV Director

Solglyt 4-143 Edmonton AB

In keeping with traditions, Solglyt had pea soup at the September meeting and a history speaker who went into detail on the areas their bus trip went through in August. The focus was Big Valley and the Central Alberta Region. The October meeting included a Crossings 200 Presentation by Professor Ingrid Urberg. She spoke about the Norwegian migration from Minnesota to Central Alberta.

The November meeting will include a Remembrance tribute by Dreena Davis, Cultural Director. It will involve World Wars I & II plus current armed forces deployment. Solglyt's annual Lefse Bee is November 15. This will be in preparation for their annual Christmas dinner scheduled for November 29. As you can see, Solglyt in Edmonton continues to be a highly active lodge



(Above) Jerry Saude – D4 President and Karen Larson, former Zone 4 Director at Great Falls Meeting.

Valhalla 4-341 Calgary AB

Another very active lodge is Valhalla based out of the Scandinavian Centre in Calgary. Several members participated in the Sports Weekend hosted by Aspelund Lodge in Red Deer June 13-15. Valhalla was the host of St. Hans Picnic, June 23 in North Glenmore Park. It was fun for the whole family including a playground, drinks, ice cream and games including Kubb.

The Lefse Bee has already taken place in preparation for the Christmas Market on Sunday November 9 and for the Christmas brunch



Zone 4 report continued...

December 6th. Valhalla sponsored the movie, A New Kind of Wilderness and a Love that Cannot be Tamed, Screened November 3 at the Calgary European Film Festival. Ski for Light Canada runs January 26 - February 1, 2026. It is a celebration of inclusion, possibility and athleticism. Their Lutefisk Dinner is scheduled for February 7th.

Northern Lights 4-493 Grande Prairie AB

For my lodge visit I attended their October meeting in the country northwest of Le Glace at Silverwing Hall managed by the Viking Cultural Society. They have tried and true annual events. There was a Mid-Summer Celebration on Saturday June 21 with 80 participants. In July there is a 3-day youth camp for 6 - 14 year olds with camping onsite. You can understand why it is so popular given the list of camp activities: archery, Viking chess, cooking, dance, orienteering, painting wooden mushrooms, bucket golf, and story telling. Their baking date is November 22 at 1 pm to bake goodies for the Lutefisk Supper / Christmas Party on November 30 at 4:30 pm.

Ronning 4-504 Camrose AB

On the date that the Restoration Ship docked in New York, October 9, 2025, Ronning Lodge was at a special Crossings 200 event in Camrose. At the Royal Theatre in historical downtown Camrose was the viewing of The Journey, by film director, Jan Harald Tomassen. Questions about accessing this film can be directed to Jan at jht@jhtomassen.no. Professor Ingrid Urberg was introduced by a colleague and presented on migration to Alberta. The tasty refreshments at the reception were provided by the much loved Lefse House. Ronning Lodge President, Daryl Olson, is working on an initiative for a site in the Camrose area to be recognized by the province as a Cultural Historical Scandinavian site.

Nisse 4-567 North Battleford SK

Nisse is incredibly unique. Small in membership number but involved in a larger network known as the Friends of Norway. I attended their Annual Corncob Boil September 6 at a lawn bowling venue. My travel companion and I enjoyed an instructional game of lawn bowling. Cards were in full swing with Whist in the afternoon and Canasta in the evening.

They had rented a small bus and came to the Scandinavian Culture Weekend in Red Deer in June. We were pleased to have so many attend from a lodge quite a distance away. The group play cards every 2 weeks at various locations around the greater North Battleford area. Their gatherings usually include a potluck or delivery. They were in the process of planning a fall bus trip. I see Nisse as a small but mighty lodge!

Aspelund 4-571 Red Deer AB

Aspelund was pleased to host the Sports Weekend / Scan Culture Weekend for 3 days in June. It was well attended with 63 delegates for the weekend and served 103 for the banquet dinner. A few of the highlights were the Norwegian Laft Hus Annual Festival, Fanatullen Dancers, Bus tour along the Scandinavian Trail in Central Alberta and the folk band, the Traveling Mabels, as the banquet entertainment. A big shout out to our sponsors who made the event a possibility: TorskeKlubben Calgary \$5K, SON Foundation Canada \$750, District IV \$500 and SON HQ \$500.

We hosted a two-day casino in March which provided gaming funds for us to use on preapproved programs and initiatives. Our pride is sponsoring kids to the Trollhaugen Language & Culture Camp. This past summer we provided 17 camperships to kids who might not otherwise be able to attend. We also had our annual giving campaign in the fall giving to local, regional and national charities.

This year at Trollhaugen we were both the Host Lodge and Assistant Host Lodge providing volunteer services for registration, morning & afternoon snacks for the youngest two groups, arranging night patrol and fitting 30+ kids in Bunads.

For the lodge Christmas party we are doing it different by inviting Fanatullen Folk Society and The Norwegian Laft Hus Society members to join us for a turkey dinner at a subsidized rate.

Solsyd 4- 603 Lethbridge AB

It was a hot and sunny day, perfect for tree dedications in Legacy & Henderson Parks in Lethbridge Alberta. On June 18th, Solsyd had the city's permission to attach a tree decoration as a



Zone 4 report continued...

remembrance for those who have gone before us. In the Japanese gardens I was reacquainted with a Norwegian Maple Tree. In 2018, I was on the original planting crew at Solsyd's Sports Weekend. The tree is doing well. After the two dedications the membership met at Parkbridge Hall for a BBQ & meeting.

Solsyd participated in Heritage Day at a City festival at Henderson Park. The lodge had a booth and distributed Lefse samples. An in house artist, Magna, air sprayed tattoos of Norwegian Flags on kids faces and limbs. October is Foundation Month and a Solsyd family, the Olsons, coordinated a remarkably successful silent auction fundraiser. Wednesday December 10 is the lodge Christmas party.

January 17, 2026 is the Nordic Noir Symphony Concert in Lethbridge. Solsyd is the Host Lodge at Trollhaugen Camp summer near Alix at Deer Valley Meadows campground in August 2026. 2026 also brings the 40th Anniversary of Solsyd Lodge 7 – 603. A worthy milestone!

Trollhaugen Language, Arts & Culture Camp AB

The 2025 culture camp was a success at 103 campers registered. Beginning on Sunday it runs for a week with a finale on Saturday. Trollhaugen camp is open to all SON members, family and friends. It is located in Central Alberta near the town of Alix. Trollhaugen rents the Deer Valley Meadows church campground for the week.

The 2026 dates for Trollhaugen are August 9 to 15. The theme is the Olympics. There are advantages to registering early. The 2027 theme is the Sami.

For inquiries or to share ideas about camp please contact Heidi Mapstone, President, at heidi@trollhaugenalberta.com.

TorskeKlubben Calgary AB

What we have here is a very generous klubb that financially supports Norwegian culture in a very big way in southern and Central Alberta. Their casino dates fell in July at the same time as the Calgary Stampede which made for a very busy casino. I had the fortune of working a double shift as Cashier and my window brought in \$300K in chips which meant it was a big loss for the house. All the activity made

the time go quickly. However, volunteer casino shifts are long and late so they aren't for the faint of heart!

TorskeKlubben Edmonton AB

Torskeklubben Edmonton hosts a variety of monthly dinners and SON members are welcome to partake. September was a Danish Smorrebrod feast with friends at Three Vikings Food & Drink which served open face sandwiches at \$75 a plate.

The October 7th event held at Chateau Nova Yellowhead restaurant served a traditional Scandinavian meal of herring, flatbread, and torsk washed down with shots of Aquavit. The speaker this month was David Makowsky, Director of the Ukrainian Cultural Heritage Village.

Norwegian Laft Hus Museum

This is a society managed by a small group of volunteers and part-time staff. It used to be known as the best kept secret in Red Deer but recently we have been on the radio, television, blogs and getting better exposure on social media. It is common for out of town visitors to stop in.

The Syttende Mai – May 17 was celebrated by hosting a Bunad parade, a heart felting project, meatball soup and a variety of cakes.

The Laft Hus Annual Festival 2025 in June had record attendance, sometimes three deep on the boardwalk around Heritage Park. This year it was partnered with Sons of Norway Aspelund Lodge to coincide with the three day Scan Culture Weekend, whose main venue was a block away.

There are many programs offered throughout the year including musical acts like Dr. Joan Paddock who demonstrated the Lur. Magnus Wiik serenaded us for an enchanted evening in the park. Classes offered include face painting, felting, Sami bracelets, spoon carving, and Christmas traditions.

Over the past several weeks, baking has been taking place at the Laft Hus. I volunteered for make lefse, flat bread, lace cookies and rosettes. This is in preparation for the 2 day bake sale November 22 & 23, which is the major fundraiser of the year.

If you are ever passing through Red Deer on the Queen Elizabeth #2 Highway plan to stop in for an artifact and gift shop visit. Call ahead to ensure it will be open at your required time. 403.347.2055.

Zone 4 report continued...



(Above) of matching Bunads at Laft Hus Festival 2025.

Fanatullen Folk Society

The folk dancers group had been invited to dance at several events and locations. Annually they perform at the Laft Hus Annual Festival on the outdoor wooden platforming Heritage Square in June. On Canada Day they dance at Bower Ponds. The local instructors, Carroll and Tami, share their skills at Trollhaugen Camp each year and teach classes to the campers to prepare them to dance in the Saturday program.

The Danish community in Central Alberta celebrated a 40 year celebration this summer. The Canadian Danish Museum and the Dickson Store Museum have been in place for 40 years. A Banquet was planned and the Fanatullen Dances performed Danish dances as part of their program



(Above) Fanatullen performing Canada Day July 1, 2025



Zone 5

Noel Birkland

The lodges in zone 5 have been staying busy with their usual summer and fall activities, some of which included floats in parades, food booth at local fairs, annual dinners, and lefse bakes and sales.

We need to give Fjell Heim of big Timber a big thank you for stepping up to the plate and offering to take on the task of hosting the 2026 District IV Convention. It should be very interesting and exciting. Best of luck.

The Fall District IV Board Meeting covered a lot of interesting material. There were good discussions on the 2026 convention, by-law changes, and a review of the Policy and Procedures. Lodsen Lodge 4-138 in Great Falls needs a large thank you for the use of their wonderful lodge where we held our business meetings.



Zone 6

Paul Christofferson

Zone 6 Fall/Winter 2025 newsletter Article

I hope everyone is having a great fall! Most of the lodges in zone 6 had a fairly active

summer and fall and have additional Winter events planned. Some health 1 issues impacted my ability to travel this year but I was able to visit several lodges and participate in the Missoula Lodge sponsored Flathead Lake boat tour during the summer. Unfortunately, many of the holiday events included in this document will be over by the time you receive it.

Great Falls (Lodsen 4-138)

First I would like to thank the Great Falls lodge for allowing us to use their lodge for our fall district board meeting. I enjoyed working with their officers during their September board meeting. Thanks again!

Great Falls had a successful Montana state fair booth last summer. Their Vikings on a stick

received rave reviews in the local media, not only generating revenue for the lodge but providing a lot of great local publicity. Their Christmas bake sale will be held on December 6th so plan a trip to Great Falls to purchase Christmas baked items and frozen, non-battered (naked), Viking meatballs. Normally the lodge members also assist the local Salvation Army with their Christmas bell ringer donation drive.

Kalispell (Fedraheimen 4-140)

I have not been able to attend a lodge or board meeting in Kalispell since last year. I planned to attend their Syttende Mai celebration last spring but my wife and I were both down with bad colds and their October board meeting was cancelled. The lodge did have a Lutefisk dinner this November which was open to reservations only. They had 72 reservations for the dinner. I did manage to meet with a lodge board member and pick up dance materials to pass on to the North Dakota camp at the district convention this summer during an unrelated, medical related, quick trip to Kalispell.

Missoula (Normandien 4-424)

The no-host Flathead Lake Cruise in July was quite successful. Their lodge also sold Vikings on a stick at their local Missoula County fair. The lodge is having their annual Scandinavian market place and food sale on Sunday December 7th this year. I have attended this several times over the last few years. It is a don't miss event! My wife Denise bought a very nice Hardanger wall hanging the previously won a fair award at this event. Plan a trip to Missoula if you are not going to Great Falls!

Cut Bank (Normont 4-507)

The Cut Bank lodge provided large donations to their local food bank this year. Lodge members also attended the Joplin Montana lutefisk dinner. Members of the Great Falls lodge also attend this dinner. Next the Lodge is gearing up for their lutefisk dinner that will be held at the local St Paul Lutheran Church on Sunday December 7th.



Zone 6 report continued...



Cut Bank lodge members attended the Joplin Montana lutefisk dinner.

Helena (Hovedstad 4-528)

The lodge had a successful summer picnic with about 25 in attendance. New members were gained at the event. In December the lodge will have a presentation from the local Sons of Norway insurance representative. The lodge is working on having the Irish dancers again this year and is planning a Spring bake sale instead of competing with all of the local churches! All Helena Lodge meetings include a potluck dinner.

Libby (Norhaven 4-536)

Lodge members made lefsa to sell for the holidays at their lodge. The lodge is also currently having a food drive for the Libby Food Pantry.

Polson (Nordmanns Vis 4-542)

Unfortunately I was not able to attend the Polson lodge's Syttende Mai celebration set for the same day as the one in Kalispell. I do not have an update for this fall and winter from their lodge for this newsletter.

Bozeman (Fjelldal 4-453)

In September their lodge celebrated their 50th anniversary. Both Susan Gobbs, District Vice President, and I attended the event. The had quite a display of Norwegian items at the gathering along with a genealogy presentation and Norwegian inspired foods. The lodge received a Sons of Norway grant to help with the event costs. They had a presentation on the Red Bull Ragnarok Snow Kite Race in Norway in November and are planning a December 21st Christmas potluck.

Dillon (Beverhode 4-589)

Lodge members went on an excursion to South Dakota in September. The lodge had their fall meeting on November second. I plan to attend their next lodge meeting Scheduled for February 10th. See pictures of their adventure below.



Hamilton (Bitterrootdalen 4-656)

The lodge had a turkey dinner on November fourth and shared memories of games played when they were young. On December Second, they will be assisting the nearby town of Corvallis with their annual "bringing in Christmas" celebration. On Tuesday February 3rd they are planning a lodge 25th anniversary celebration at 5:30 in Hamilton's Grace Lutheran church.

It looks like December 6th and 7th are very busy days in Zone 6, especially when you add to the mix the December 6th Daughters of Norway Lutefisk or Swedish meatball dinner in Butte. Butte is much closer but I have family ties to Cut Bank. Much will depend on our wonderful Montana winter roads!

Have a great fall and winter and see you at the convention this Spring!



Now is the time to apply for District IV and Sons of Norway Foundation Grants!

DISTRICT IV FRATERNAL FUNDS GRANT APPLICATION

The purpose of the Fraternal Grant Program is to assist lodges in promoting **cultural programs, sports events, inter-lodge activities and programs for youth groups**. A lodge can apply for up to \$300, the actual grant amount to be determined by the Cultural Director based on the number of grant applications received and availability of funds.

IMPORTANT: DEADLINE FOR APPLICATION IS DECEMBER 31 to the Lodge's Zone Director.

The Zone Director must then immediately send the application to the District IV Director.

SONS OF NORWAY FOUNDATION LODGE CULTURE & HERITAGE GRANT

Want to add programming to your lodge's calendar of events? Is there a lodge project that needs attention? Now is the time to apply for a 2026 Lodge Culture and Heritage Grant or a Lodge Vitality Grant. Grant applications are due on December 15, 2025. Winners will be announced in late May 2026.

Congratulations to the following District IV Lodges for receiving 2025 Helping Hands to Children

Grant: Gyda-Varden Lodge 4-021 to create a Children's Corner and to Mollargutten Lodge 4-478 to purchase Chromebooks for students.

Congratulations to the following District IV Lodges for receiving 2025 Lodge Culture & Heritage Grants:

Gyda-Varden Lodge 4-021-Beginning Norwegian Class, Henrik Ibsen Lodge 4-565-New Beginnings for a New President in the twin towns, Nordlyset Lodge 4-488-SON Park Wood Carving, Vidda Lodge 4-663-Hosting a Scandinavian Visiting Performing Group.

Congratulations to the following District IV Lodges for receiving 2025 Lodge Vitality Grants: Normandien Lodge 4-424-Furnace replacement, Fjelldal Lodge 4-543-Lodge 50th Anniversary.

Total Grant awards by the Sons of Norway Foundation for the 2024-25 cycles was \$110,400.

Stavern Folk High School in Norway is starting a new program in 2026-2027

with the goal to let youth reconnect with their «roots» and experience daily life in Norway in an inclusive and meaningful way.

A special program for American youth who are descendants of Norwegians who emigrated to America from Norway. The goal is for them to become well acquainted with Norwegian culture and to connect with their Norwegian relatives, learning more about their Norwegian heritage.

The only requirement is that they have contact, or at least contact information, for relatives in Norway whom they would like to visit.

Students who are interested in attending the school must be from 18 - 27 years old.

You can learn more about the school and their program here at:

www.stavernfhs.no/roots

A small greeting from Norway:

U rge art lke sk le i ver 1-0 rvært et ste s r pers lig utvikling, v skap g læring ute karakterer. Ma ge u ge er seg selv g ye ret ger i livet gjenn et slikt r. Vi per ere vil være ne ele e e mulig et vi ere til u ge ne rsk tilk ytt g i Amerika.

Stavern Folk High School

Helgeroveien 102,

3294 Stavern, Norway

Tlf: 004733156800 |

Epost: post@stavernfhs.no