



# Fra Presidenten Jon Tehven



SONS OF  
NORWAY

Gloria and I wish each of you a Blessed Christmas and a Happy New Year. We hope that 2006 was a blessed year for you and that 2007 will be the same. Thank you for all you do for the Sons of Norway.

We haven't reached the end of 2006, but I can report some significant results as of the end of November.

**Our membership recruiting and retention** is up dramatically from 2005, when we lost over 1,500 members. 2006 should see us close to maintaining our membership. As of November 31, we have 35 Lodges showing an increase in adult membership, and as a District, we are only at a minus 28 adult members. At this writing, I do not have the adult and juvenile numbers.

Thanks and credit for these membership numbers go to your Lodge leadership and the many membership activity and events.

Congratulations to these Lodges for increases in adult membership: Haafager 1-040, Virginia, MN who has increased by 34. Storting 1-519, Austin, MN and Norsdofdt 1-590, Morris, MN have both increased by 16, and Heimskringla 1-012, Fergus Falls, MN has increased by 14.

**Leadership workshops** are being conducted throughout the District and the feedback from attendees is good. Here some things to keep in mind:

- Attendees should be the Lodge President, Vice President, Membership Secretary, and a member who will facilitate the workshop with your Lodge leadership.
- Some expected outcomes of the workshop are:
  - Workshop conducted for the Lodge leadership
  - Goals and activities for 2007
  - An active membership committee formed

There are 16 District 1 facilitators who are conducting the workshops, either in clusters or with individual Lodges. Thanks to the facilitators and the Lodges that host clusters.

**Language and Heritage Camp Scholarship information and application** have been sent to your Lodge by District 1 Scholarship Coordinator Florence Netland. For youth attending Skogfjorden, **you must use the District 1 Scholarship application. Do not use the online application, which is the generic Skogfjorden application.**

In addition to the District 1 Scholarship of \$85.00 per week per membership formula, we have funds for families that need financial assistance through the Mikal Kartvedt Scholarship Trust Fund. Information and an application are included in your packet.

Scholarship Coordinator Netland receives about 100 scholarship applications, so please read and follow the instructions carefully.

I want to thank and commend Wendy Winkelman, District 1 Publicity Director, for the speed in which she gets the *Posten* published and for her work in updating the District 1 website. Take a look at [www.sofn-1.com](http://www.sofn-1.com).

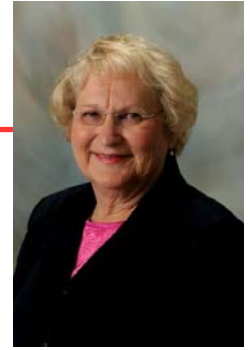
**Please share the *Posten* with your Lodge leadership!**

Thank you for all you do, and again, Merry Christmas and Happy New Year.

Jon Tehven

## Fra New International Direktor, Marge Grorud

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The fall International Board meeting and orientation for new members was held November 8-11<sup>th</sup>. It was 4 days packed with information and committee meetings, with lots of great food and fellowship. We also took time to pay tribute to Phyllis Omer and Jim and Phyllis Olson for their years of dedication.

Deadlines to apply for Foundation Grants and Scholarships are fast approaching – January 15-April 1 depending upon which one you are interested in. The Sons of Norway web site, as well as the October 2006 Viking Magazine, will provide you with information regarding the Grants and Scholarships available. At the Board meeting we were honored to meet some very deserving student recipients of the Sons of Norway Scholarships from St. Olaf. Fall is usually the time set aside to receive information about the Sons

of Norway Foundation, what it is and how we can contribute through Lodge Fundraisers, personal donations, or legacy gifts – lets not limit ourselves to a certain date but make it ongoing.

The International Goals were finalized:

1. Achieve net membership growth in the “Local Lodge Members Adult and Juvenile” category between July 31, 2006 and December 31, 2007.
2. Have active Membership Committees in at least 70% of Lodges by Dec. 31, 2007.
3. Complete the second leadership workshops in all Districts, evaluate results and formulate a plan for follow-up.
4. Grow membership of 40-55

year olds by a net of 5% over the time period July 31, 2007 to June 30, 2008.

5. Grow participation in insurance programs by increasing the number of policyholders by 3% over the time period July 31, 2006 to June 30, 2008.

The benefits committee is working on a new membership incentive program for the year 2007. We anticipate it to be a good one, so let's go shake some hands, make new friends and sign up members for Sons of Norway.

Fraternally,

Marge Grorud



## Fra Vise Presidenten—Joel Brude

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Joel will write again in March, 2007.

## Scholarship Trust Fund

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Gifts to the District 1 Scholarship Trust Fund

### Memory of Eugene Jorgenson

Lloyd and Ramona Swenson  
Storting Lodge 1-519, Austin, MN

### Memory of Raymond Olson

Lin-Hans-Rud Lodge 1-479, Hanska, MN

### Memory of Harold Campbell

District 1

### Memory of Bardulf Ueland

District 1

### Memory of Daniel Varner

Lee and Dick Bjelland

### Gifts from Lodges

Fjordland Lodge 1-508, Brookings, SD  
Runic Vennskap Lodge 1-530, Alexandria, MN

### Honoring Gjoa Lodge's 100<sup>th</sup> Anniversary

Jon and Gloria Tehven

## Fra District Secretary—Karl Hella

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Convention years give the Secretary extra work like assembling delegate lists, creating a reports book, taking minutes at an extra board meeting and the convention, compiling the minutes, and getting them published. These tasks ended, when I mailed minutes to all delegates and Presidents of lodge not in attendance on Thanksgiving weekend. If anyone did not receive a copy and would like one, we can post an electronic PDF file on the web site or I can US Mail one to you. Send me an email or give me a call.

Publicity Director Winkelman has taken over management of the District web site. Be sure to check it regularly, I am sure she will include more content than I did.

I am attaching a few paragraphs that I wrote for my lodge newsletter. I see other lodges are also having success with membership events.

Let's share the success and build momentum.

### Membership and Leadership

A few years ago, Sons of Norway woke up from a 20-year slumber and realized its membership was declining. Then we looked a little closer and found that 65% of our members were over 65. One key finding was that leadership was being recycled and not being trained in how to lead, manage and grow the organization.

After deciding Sons of Norway was worth keeping around (the why), we began to address the how. In District 1 we decided, "Every event should be a membership event" so people would always be welcomed and encouraged to join. Then we addressed the issue of leadership training to help lodge leaders (whether officers or not) know their jobs and do them better as vision-

ary as well as functional leaders.

Sons of Norway needs to continue so lets each be a membership person and keep every event a membership event. When you meet someone whose children are named Synnove and Haldor or who talks wistfully about lefse and lute-fisk, invite them to a meeting, introduce them to members and encourage them to participate.

If there is something you do not like about a meeting or the Lodge or Sons of Norway, talk to me, or someone else you trust, privately and we will see what we can do about solving or mitigating the problem.

Karl Hella



## Fra District Kasseereren—Arleen Field

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As I write this article, the beautiful fall colors are gone and the farm fields are barren. We've had our first snowfall, so we know that winter is just around the corner. The year end closing of the Treasurer's books is rapidly approaching and I would like to remind the District Board members that your December expense reports must be in my hands by 25 December in order for me to get everything paid by 31 December. Please remember to use the standard expense forms for lodge visitations and the workshops expense forms for all expenses associated with your workshops. I would like to remind all lodges that now is an excellent time to review your finances and to make a contribution to the District

Scholarship Trust if you haven't done so this year. The Trust is very important in providing scholarships to eligible youth who attend a Heritage camp. The District provided assistance to many villagers this year. We thank those of you who contributed as lodges and individuals. As this is the last newsletter for 2006, it is a time to reflect upon our Blessings that we have enjoyed this past year. Roger and I want to take this opportunity to extend our best wishes for a most joyous Holiday Season to everyone. It is also our wish that 2007 will be a continuation of the same.

Arlene Field

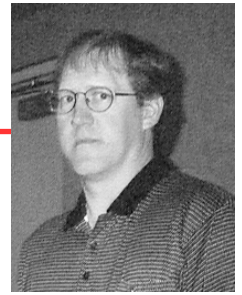
## Fra District Sosial Direktor—David Susag

As I write this, Christmas is just a couple weeks away. I have been preparing by doing a lot of baking. I like trying the favorite traditional recipes and finding some undiscovered traditional recipes. In Norway it is traditional to have seven different kinds of cookies. My wife and I, this year will have eleven different kinds of cookies. My favorite cookbook is "Norwegian National Recipes" by Arne Brimi and Ardis Kaspersen. It has a collection of recipes sorted county by county. There are 26 different recipes for lefse in the cookbook. Do I try lefse from Gol, Tydal, Romsdal or the lefse from where my great-grandparents came from? Is it lefse, lefser, or lemse? All three are used in Norway. Which flatbrød do I make? Each county has their own recipe or I can make a Norwegian-American flatbread with cornmeal or graham flour. All of these recipes give me a chance to try something new. To eat the same

food that my great-grandparents ate when they lived in Norway before they came to America is a special way to celebrate my Norwegian heritage. When I find a recipe I like, I take some samples to a lodge meeting to share with my lodge members. One of the 14 cultural skills is Traditional Norwegian Cooking. This is a great way to try a new recipe along with some of the recipes most member are familiar with. One of the optional activities is to plan or participate in a cookie exchange. This would be a way for members that don't have time to bake seven different kinds of cookies to make a batch of cookies and exchange them with other lodge members. It might also be a way for lodge members to try different recipes and share the results with other members. Another optional activity is to take a cooking class featuring Norwegian food. Vesterheim Museum in Decorah, IA has some

classes coming up in 2007. You will find me in a couple of them, especially the soup and flatbread class. Some lodges include cooking and baking in their cultural skills classes. Maybe a group of members could show their talents to other members that need a little help with some of the Norwegian cooking. Mentoring is also a part of the cultural skills program. There are a lot of Norwegian recipes that sound difficult to make until you see it done. Later you will wonder, why didn't I try it sooner? One of these recipes for me, was Steinkjerkaker. I will definitely make this cookie again next year. If you have heard of Steinkjerkaker or are interested in trying the recipe let me know. I would like to hear from you.

David Susag



## Fra Rekreasjon Direktor—Earl Evenstad

As we move into the season of winter sports, several lodges are making plans for possible skiing events according to their newsletters. The Barnebirke (children's skiing event) will be held again in Hayward, Wisconsin. The date is February 22. The City of the Lakes Loppet is being held February 3 & 4 in Minneapolis. Sons of Norway is helping to sponsor both events. Volunteers are needed for both events, so please contact SofN Headquarters for future information.

Vonheim 1-108 has two league bowling teams this year with many enthusiastic bowlers. However, you don't need organized teams to have fun. Lodges could have their own family bowling event and could in-

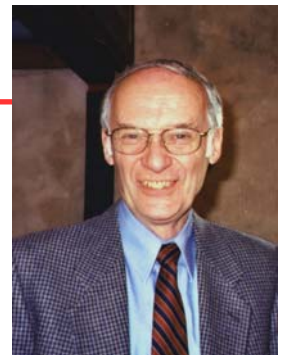
vite non-members or even "team up" with another lodge and make it a party. The District Bowling Jamboree will be held on May 5, 2007, in Morris, Minnesota. It is sponsored by Norskfodt Lodge 1-590. All are welcome. Further information will be sent closer to the event.

In January, I plan to get a District Newsletter (e-mail) sent out to all sports directors. I hope this form of communication will be helpful to our lodges and that sports directors will send me information about their events.

If lodges are interested in the sports medal, please log on to the Sons of Norway website for information. The sports medals are free and

forms are available on the website. The login time to earn a medal runs from January 1 to December 31, so start getting organized right away.

Earl Evenstad



## Adopt A School Coordinator—Marilyn Syverson

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The Adopt A School program in the Kenyon Viking Lodge 1-487, Kenyon, MN featured Karen Solgård of Minneapolis in a Hardanger Fiddle Concert/Fun Night at the KWM/HS Auditorium and Commons on Fri., November 17, 2006. She mixed fiddle tunes with her own compositions and folk songs and told stories about Norway. After the concert those interested tried Norwegian games, dancing, & Hardanger embroidery. It was co-sponsored by K-W Community Education, Thrivent and Goodhue County Public Health.

Fjordland Lodge 1-508, Brookings, SD, has a very active folk dance group called the Nordic Nimble Feet including youth and adults. They recently performed at Gjøa Lodge's 100<sup>th</sup> Anniversary in Sioux Falls on Nov. 10<sup>th</sup>. Linda Vaa, leader of the folk dance group, worked her magic

on 1<sup>st</sup> and 2<sup>nd</sup> graders at Central Elementary School on September 28<sup>th</sup>. The two classes were told all about Norwegian trolls, learned to count to 10 and went through the months of the year. Both groups were taught a Norwegian Folk Dance and received a ginger cookie to break into three parts (hopefully) for good luck. The program was very well received and one of the teachers was so impressed, that the one hour program turned into an hour-and-a-half! The lodge will, also, help with the Barneløpet ski race on Sunday, Feb. 4, 2007 and serve refreshments and hot dogs.

Both lodges are to be commended for being so active and involved with the youth to preserve our Scandinavian heritage.

Many other lodges are, also, in-

involved in the Adopt-A-School program in their communities and schools in District 1. It would be my pleasure to highlight you, now numbering 52, in the Posten sometime in 2007. Please contact me and let me know of your activities. My name and address is: Marilyn Syverson, 210 South St., Morris, MN. E-mail address is: [msyver-son@hometownsolutions.net](mailto:msyver-son@hometownsolutions.net).

Marilyn Syverson

## Fra Publicity Director—Wendy Winkelman

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This has been an exciting year for me with Sons of Norway! I am so excited to see changes happening in our District. Every day I get at least one, two or three newsletters sent to me with ways that you are helping your Lodge grow! Everyone, please keep me informed on your methods of publicizing your Lodge! I add them to the newly updated District Website.

I hope that by now all of you have taken a look at the website (sofn-1.com). I am trying to add a lot more content that will be helpful to your Lodge. I also am listing events happening throughout the District

and types of entertainment that people are using in their Lodges. Please, let me know if there is anything you would like posted on the site. I will try to accommodate you. I want our website to be a place where you will go first, when you have questions or suggestions.

I continue to get photos for the Viking Magazine every month. In fact, I had more than enough and have realized in my short time as Publicity Director, that I get a lot of photos from the same Lodges. I would like to put at least one photo from each Lodge in during a calendar year. I can only put in 4 each

month, so if you have sent in more than one, I will probably hold on to the second one until I make sure I have enough from all the other Lodges.

I wish everyone a wonderful holiday and please keep the emails, newsletters, and suggestions coming!

Wendy Winkelman

**We're on the Web**

[www.sofn-1.com](http://www.sofn-1.com)

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## Adopt A School Coordinators

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### Zone 1

Nortun #16 - Duluth, MN - Bente Soderlind  
Terje Viken #17 - Two Harbors, MN - Lucille Hansen  
Sagatun #18 - Brainerd, MN - Sharon Carlson  
Haarfager #40 - Virginia, MN - Janet Nelson  
Nordstjernen #563 - Grand Rapids, MN - Carmen Solem  
Skogvannet #658 - Walker, MN - Alice Groth  
Tusevann #659 - Isle, MN - Susi Lyback-Dahl

### Zone 2

Nidaros #1 - Minneapolis, MN - Jim Townsend  
Oslo #2 - Minneapolis, MN - Herbert Morgenthaler  
Synnove-Nordkap #8 - St. Paul, MN - Ruth Gibson  
Vonheim #108 - Minneapolis, MN - Carol Gillespie  
Trollheim #511 - St. Cloud, MN - Debbie Backus  
Syttende Mai #517 - Minneapolis, MN - Dennis Rusinko  
Vennekretsen #559 - Anoka, Mn - Chester Tollefson  
Norsota #602 - Lakeville, MN - Kenneth Brandt

### Zone 3

Snorre #70 - Thief River Falls, MN - Elody Olson  
Vikingsland #495 - Detroit Lakes, MN - Lyle Dahl & Joan Taylor  
Nordskogen #626 - Park Rapids, MN - Sissel Brandon

### Zone 4

Bjorgvin #10 - Benson, MN - Mary Ann Larson & Gaye Klyve  
Heimskringla #12 - Fergus Falls, MN - Bob & Joyce Bruns  
Nornen #41 - Madison, MN - Camey Maland  
Fedraheimen #59 - Willmar, MN - Jean Eddy, Millie Buer, Barb Anderson  
Mjosjen #175 - Glenwood, MN - Marlene Nelson  
Jaabeck #264 - Montevideo, MN - Eileen Nokleby  
Elvidal #509 - Granite Falls, MN - Larry Stensrud  
Runic Venenskap #530 - Alexandria, MN - Dale Braunschweig  
Venenskap #554 - Canby, MN - Ruth Leppke  
Leif Erikson #32—Vining, MN—Carol Pagel  
Norskfodt #590 - Morris, MN - Marilyn Syverson

### Zone 5

Normanna #52 - Albert Lea, MN - Roger Lonning  
Valheim Lodge #364 - Spring Grove, MN - Emma Landsome  
Heimbygda #376- Lansboro, MN - Lynn Susag  
Lin-Hans-Rud #479 - Hanska, MN - Shirley Olson  
Kenyon Viking #487 - Kenyon, MN - Carol Lozon  
Nor-Win #505 - Winona, MN - Joan Klagge  
Storting #519 - Austin, MN - Arlene Hein  
Stavanger #538 - Windom, MN - Tom Wickie  
Elvesvingen #582 - Mankato, MN - Kris Norland

### Zone 6

Viking #463 - Watertown, SD - Geri Mahlen & Shirley Stormo  
Fjordland #508 - Brookings, SD - Mary Fiedler  
Greig #578 - Aberdeen, SD - Luella Lampert  
Hovedstad #597 - Pierre, SD - Vonnie Shields  
Vakre Vann #619 - Madison, SD - Nancy Sabbe  
Granittdahlen #651 - Milbank, SD - Norma Shelsta

### Zone 7

Glitne Sioux Viking #167 - Sioux City, IA - Janet Gross  
Kong Sverre #482 - Story City, IA - Diana Erickson  
Solglimt #547 - Cedar Falls, IA - Joyce Spande  
Restauration #548 - Cedar Rapids, IA - Lois McCormick  
Marsteinen #596 - Des Moines, IA - Roger & Arlene Field  
Elveby #604 - Omaha, NE - Larry & Carol Johnson  
Storelva #655 - Davenport, IA - Cindy Bleich

### Zone 8

Cleung Peerson #645 - Austin, TX - Leila Tackett