



Fra Presidenten



I hope you are enjoying the warmth of summer as much as I am. I don't even mind the yard work, painting fences, trimming grass, etc., etc., etc. I just wish there was time for a little fishing and golf!

Membership

Your membership activities are paying off! As of April 30, 2007, we were down only 96 adult and juvenile members. As of April 30, 2006, we were down 194 adult and juvenile members.

As of April 30, 2007, we had 23 Lodges showing membership gain and 10 staying even. The loss of membership is one or two in each Lodge, but it adds up.

Congratulations to those Lodges that have conducted Membership Events so far this year and qualify for MAP grants: Kristiania Lodge 1-047, Rochester recruited 15; Midnatsolen 1-058, Hibbing recruited 32 (outstanding!); Nidaros 1-001, Minneapolis recruited 6 and had 5 transfers; and Runic Vennscap 1-530, Alexandria recruited 15 new members.

Five additional Lodges have been approved for MAP grants. How about you're Lodge?

The membership activity tells me that there are active membership committees. But, remember: Every event is a Membership Event! And every member is part of the Membership Committee!

Financial Benefits Counselor

One of the 2006 – 2008 Sons of Norway goals is to increase insurance participation. I urge every Lodge to provide 5 – 10 minutes at Lodge meetings for the Financial Benefits Counselor to make a brief presentation. Our Sons of Norway Mission Statement includes the words, "... and provide quality insurance and financial products to its members."

More than \$800,000 from the benefits side of the Sons of Norway supports the fraternal side. It is in our self-interest to promote insurance sales to our members.

Thank you in advance for opening your doors to your FBC!

Membership Challenge Workshop

The next round of area workshops will focus on Membership. Why membership? Two reasons: first, membership is the survival of our Order, and secondly, it's what those who attended the last workshop asked for.

Zone Directors are already scheduling meetings starting in September. Conducting our workshops in the Fall was a suggestion from many Lodges. We'll do that, too!

Nominating Committee

It's about time to think about your 2008 officers and getting your nominating committee thinking about your Lodge's future leadership!

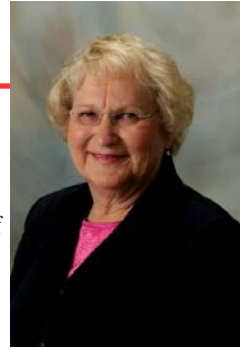
Have a great summer,

Jon Tehven

First District Viking Youth Day

Now you can be a Viking for a day! August 18, 2007, Danebo Danish Center 3030 W. River Parkway, Minneapolis—Registration 9 am—Activities start at 10 until 4 pm. Rain or Shine (we have cover) Children, grandchildren 5 to 15, and guests of Sons of Norway members, accompanied by an adult member of Sons of Norway, are invited to a Viking Youth Day. Some of the activities planned are: Ax throwing, make your own Viking money pouch, make your own Viking necklace, play real Viking board games, test your skill on the balance beam, and more! Best of all - be a Viking! Please RSVP by August 11 to: garya@vikingage.com

Fra International Direktor, Marge Grorud



Spring is a wonderful time of the year; it usually brings renewed ideas and plans for the summer. Spring and summer are also a good time to be planning and nurturing ideas for membership growth. Nichole Neuman, Membership Coordinator at Sons of Norway headquarters, has articles and ideas on Membership Growth, which she has been sending to Lodge Vice Presidents. The information could become a valuable tool to start a dialogue as to what might work in your lodge. When I think of the Lodge system it reminds me of how I plant my garden. Planning ahead is a crucial part in what needs to be done; what did or did not work in the past, ideas for the future and what needs to be changed. This information and more is in your **Problem and Decision Making section** of the Workshop Material to help you determine

the activity needed to achieve your goals. Now might be the time to survey your Lodge members, if you haven't already completed one. The information you receive will be valuable. There is a sample survey on the Sons of Norway web site. Log in as a member, go to Lodge Management, click on Lodge Forms, then on Members Satisfaction Survey. The Sons of Norway web site, www.sonsofnorway.com has so much to offer. Computers are a wonderful part of many people's lives today, however, the sad part is many members are only using theirs for email. Has your Lodge ever considered offering a mini computer class to help members find their way to our web site and how to use it? Membership Growth needs to be ongoing. Are you always prepared to sign up a new prospect by having an application in your possession?

Remember the applications for the new members, **must be received** at the Sons of Norway Headquarters by 12/31/07 to qualify for an entry into the drawing for the "NORWEGIAN EXPERIENCE OF A LIFETIME TRIP".

Have a good summer,
Marge Grorud

Gammel Kyrkan

First sanctuary of Elim Lutheran church built in 1856

(Church where Wendy Winkelman & Bill Bultinck were married June 2, 2007)



Lodge Scholarship Fund Procedures

Here are the procedures that must be followed when establishing, keeping records, and awarding scholarships:

1. Monies collected for Lodge scholarship funds must be kept in segregated funds, be accounted for separately on financial statements and not co-mingled with general operating funds.
2. Monies solicited for scholarships must be used for scholarships, no exceptions.
3. Written guidelines must be established for each individual scholarship.
4. Application forms must be made available through publicity to all who may qualify; newsletters, websites and Lodge publications
5. Scholarship committees (not a single individual) must review the applications, based on the written guidelines, in an impartial manner.
6. Regarding questions on tax deductibility, the wording is "Donations to Lodge scholarship funds may be tax deductible. Check with your financial advisor." Only 501 (c)(3) organizations are guaranteed tax deductible status to U. S. citizens who file with the IRS.

NOTE: These rules apply to the District 1 Scholarship Trust Fund

Source: Sons of Norway Legal Department

Fra Vise Presidenten—Joel Brude

Hei Alle Sammen,

In this issue we will focus on membership and the importance it has at this point in the history of Sons of Norway. As many of you have heard me speak on membership you'll have heard the demographic breakdown of our membership. We have a challenge. The Sons of Norway is a rapidly aging order with a large percentage of our members 65 and older. If this issue is not addressed our order will have great difficulty remaining viable because there's such a small number of our members under 55.

So how is District 1 working to meet this challenge? We are first through active membership committees as one example, are revamping our lodge leadership structure to be more effective. Secondly have been our workshops with phase 4 coming this September dealing solely with mem-

bership and how to grow your lodge, Thirdly to improve communication in which we use teleconferencing to put a voice to our message. We have begun regular teleconferences with the ZD and myself and it is working very well. We will test in Zone 5 with Jodie Walschlaeger the use of a teleconference between ZD and lodge leadership in June. Lastly we must continue to build momentum on membership growth to assure renewed growth of Sons of Norway.

This effort so far is starting to see results with tremendous growth coming from the Haarfager Lodge in Virginia and the Midnatsolen lodge in Hibbing. We congratulate them on their great effort to grow membership. We must continue to encourage lodges to establish membership committees whose work is to see to growth activity the year round.

I would also like to congratulate and recognize the efforts of the leaders developing our newest lodge in Hutchinson Minnesota. They are well on their way to becoming instituted this fall and have a dynamic enthusiasm for their heritage.

One of my favorite lines comes from an old Disney movie and it states and I quote "Hope dawns brightest when it comes from fear" We know our fear and now the great hope of renewed growth which springs from that lies ahead.

Hilsen, Joel Brude



Fra District Secretary—Karl Hella

I'm on deadline. Publicity Director Winkelman has sent me the third notice that this is due and I have no idea what to say. My job is pretty functional – write minutes, send this, receive that – so I won't bore you with any details. Let's think about vision.

What is Sons of Norway worth? Why are you a member? I am sometimes asked if membership is the most important focus for Sons of Norway or a particular lodge. I say no, but if Sons of Norway has value, aren't there other people who would benefit from being a member? If all you want to do is gossip or remember the good old days, there is

no reason to find new members. If you think there is value in our shared heritage and lessons that could benefit others, invite them to join. The huge growth spurt that Sons of Norway enjoyed in the 1970's was probably related to savings on travel to Norway. That was an easily identifiable benefit and many people used it. President Carter's deregulation of the airline industry killed that benefit, although deregulation has made general airline travel less expensive. We need to answer those questions I posed in the previous paragraph to decide if what I ask in the next paragraph is worth the

trouble. I won't swear this is exact, but I remember Vice President Brude saying each lodge has to grow by seven members for District 1 to reach its growth goal. Seven is such a small number. Everyone knows seven people with enough Nordic connection to qualify. There may even be that many in your family! If you think Sons of Norway has value, why not ask them to join? The worst that can happen is they say no! A recent study indicated most adult children of Sons of Norway members had never been asked to join.

Karl Hella



Fra Youth Direktor—Gary Anderson

The big news is that the First District Viking Youth Day is on August 18th. That's a Saturday. The Danabo Center in Minneapolis, at 3030 West River Parkway, is the new location for the event. One that we feel is more central in location for everyone. This event is open to the public, so bring all the kids 5-15 to have some fun! This is a great way to get new members into your Lodge, so bring those prospective new members, oh, and the adults too. After all, we are all kids at heart. Lets this event be the best ever. Oh, do not worry about the weather. We have an indoors area if it rains. Not a big report I know, but one aimed to get people active, and out of the house. Lots of work goes into Viking Youth Day, and the volunteers are proud of what they have set up. I know all the events should produce fun for all, and as I said before, let the adults be kids too. Be active, bring the kids, and HAVE FUN! Gary Anderson

Fra District Sosial Direktor—David Susag

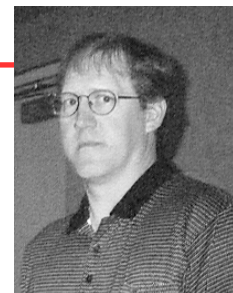
Summer is here and with it plans for vacation and trips. Some people when they take a trip they bring a book along to read. Reading is one of the cultural skills and it's one of those areas that doesn't require a lot of tools to buy, like carving or rosemaling. Take a book along on your trip and work on your reading cultural skill at the same time. If you're not taking a vacation, find a shady tree or a quiet corner in the house and pick up a good book.

For the reading cultural skills requirements contact me, your lodge cultural director or the Sons of Norway web site.

Two of the optional activities for the cultural skill is to go to your local library and see what they have for Norwegian and Norwegian-American authors. You could check the books out of the library and not have to buy them. Another option is to start a reading group in your lodge. You could each

read the same book and talk about what you read or each of you could read a different book and tell the rest of the group what you are reading. When you are done reading your book you could exchange it with someone else. Reading groups in lodges have been a success.

Some other sources for books are Scandinavian gift shops, Vesterheim, and



Fra District Kasseereren—Arleen Field

On behalf of the District 1 Board of Directors, I wish to thank the lodges and individuals who have been contributing to the First District Scholarship Trust Fund. This Fund is important to the youth of our members, as it provides assistance to those who attend a Heritage Language camp. If you haven't been contributing, please consider to do so and remember it is tax deductible. I recently returned from a trip to visit some of our most southern lodges in OK and TX. These visits were a combination of leadership training workshops and lending an ear to some

of their problems, and giving advice on membership recruitment. An enjoyable experience. My first stop was with the Hundrearsjubileum Lodge in Oklahoma City. They were instituted in June of 2006, started with 101 members and have approximately 140 members today. The average age of their members is 42. A special event is being planned for Syttende Mai and they have invited many Scandinavian groups to attend as prospective members. This is an aggressive group with excellent leadership. Nordtex Lodge in Plano, TX. (listed as Dallas) was my next visit.

They are in the midst of revitalizing their lodge and have invited 17 new families for their Syttende Mai celebration. Several of the board members, who are recent transfers, are providing the leadership for their revitalization. They are putting a lot of energy into a major recruitment effort. When making my plans for this trip, I was very disappointed when I contacted Northern Lights Lodge in Tyler, TX, only to find that



Fra Rekreasjon Direktor—Earl Evenstad

The Lutefisk Open will be held Sunday, July 15, 2007, in Owatonna, MN, sponsored by Nortonna Lodge 1-638. Information and registration is on the Sons of Norway website under Events, www.sonsofnorway.com. You can also contact Nina B. Zak at 1-507-451-5841. The Kong Sverre Lodge #1-482, in Story City, Iowa, is planning the UffDa Open Golf Tournament for Monday, September 17, 2007, in Story City. You will be hearing more from Denise Bjelland, their Lodge Sports/Rec Director later. And, of course, the 6th Annual Norsk Open will be held at the Blueberry Pines Golf Club on September 8, 2007, in Me-

nahga, MN. A very successful Bowling Jamboree was held in Morris, MN, hosted by Norskfødt 1-590. Thirty-four bowlers from ten lodges participated and many who were not Sons of Norway members but were friends and relatives of members. Two non-members joined the Norskfødt Lodge after their fun time at the Jamboree. The oldest bowler was 90 and the youngest was 12. The highest game (200) was bowled by Lyle Bigwood, a member of Vonheim 1-108. The evening banquet had 36 attendees where several bowling awards were given out followed by entertainment by a local barber shop quartet. The Sports Medal Program information is on the Sons of Nor-

way website. If you need forms, go to Member Login (red square, upper right-hand corner on screen), you need a User Name and a Password, then click on to Lodge Programing, and then to the Sports Medal Program. You can print off the forms that you need. Please encourage your members to participate in the Sports Medal Program, keeping fit is important for everyone!

Ha det bra! Earl Evenstad



Continued from Arlene Field (cont. from page 4)

they are disbanding. They had informed the Home Office and not the District Board. I talked to them about meeting with them in an attempt to get them to reconsider and try to revitalize the lodge, but it was too late as they had made their final decision.

My last visit was with the Steering Committee for a new lodge in Houston, TX. They have 24 members recruited at this time and are now planning a major recruitment event in conjunction with the Syttende Mai Celebration at the Norwegian Seaman's Church in

Houston. The church had about 800 who attended last years event and are expecting more this year. The committee will have a table with information, have registrations for gifts and invite them to a membership event that will be held on June 3, with a 2nd event planned for fall. Their goal is to be able to recruit enough members for a lodge institution by the end/first of the year. The Committee has made a commitment to get a lodge formed. I continually receive invitations to visit

lodes in the District and I'm very appreciative of this. This is always an exciting time to visit with you and share ideas. My congratulations to the lodges that have held new membership events and used MAP. These events have resulted in many new members. In closing, I would like to quote from one of our members, "Our reason for existence as a lodge is to celebrate the wonderful heritage of our Norwegian culture". *This is most certainly true!*

Arlene Field

Fra Publicity Direktor—Wendy Winkelman

As I write this, I am sitting in Phoenix, Arizona. I recently moved here with my new husband, Bill Bultinck. Bill took a job in Phoenix so that is the reason for the move. As I reflect back to one year ago, we were preparing for the District convention in Bloomington, MN. It was an exciting time for me, because it was my first time to a convention. I took everything very seriously and the new duties given to me as District 1 Publicity Director. Since then, I hope that I have done the job that you have expected. The District is doing lots of publicizing of their lodges

to bring in new members. This is something that we can be proud of and should continue to do!

I have made many new friends over the last year and will continue to do this job from Arizona until we can find a replacement for me.

This Saturday will be my first time visiting a lodge here in Arizona. I am looking forward to it. My new address is 5553 E. Gable Ave, Mesa, AZ 85206 for anyone that needs to submit photos for the Viking and/or your Lodge newsletters. Please don't forget the District

website is a great place to publicize your upcoming events.

On another note, my Swedish / Norwegian wedding was so much fun that I wish you all could have been able to attend it with us! Enjoy your summer and please keep publicizing your lodges so that our heritage continues to



Wanted: District 1 Publicity Direktor

District 1 Publicity Director Wendy Winkelman has gotten married and moved to Mesa, Arizona.

The District 1 Publicity Director is a member of the Board of Directors, attends two Board meetings per year, publishes the *First District Friendly Posten*, and maintains the District 1 website.

Anyone interested in assuming this position, or if you would like to recommend someone who has the background and experience, please contact me.

Wendy has done an outstanding job in the year since being elected to the Board. She has given both the *Posten* and the website a new look. Check out the website at www.sofn-1.com.

Thanks for all you have done, Wendy.

We will miss you.

Jon Tehven



David Susag (cont. from page 4)

the internet. Whenever I go to a Scandinavian gift shop I always have to see if any new books are in by Norwegian or Norwegian-American authors. Some of the books I have enjoyed in the past are...

For Love of Norway - Pål Espolin Johnson The Uffda Trial - Gerald Anderson
Captured by the Vikings - Torhill Thorstad Hauger The Boat of Longing - O.E.Rølvaag
Between Rocks and Hard Places - Ann Urness Gesme

Some books that are on my reading list for this summer...

In the Hands of My Enemy - Sigrid Heide Astri, My Astri: Norwegian Heritage Stories - Deb Nelson Gourley
The Cotter's Son - H.A. Foss Sigrid Nilsdatter's Family - Maxine Lee Shulstad
Pan - Knut Hamsun Happy Times in Norway - Sigrid Undeset

And finally Summer Light by Canadian author Andrew Stevenson. After reading this book I am ready to plan a hiking trip in Norway .

David Susag

Adopt A School Coordinator—Marilyn Syverson

Valdres Lodge 1-503, Decorah, IA, cooperates in several Adopt A School programs with the area schools as part of Vesterheim Norwegian-American Life Long Learning Programs. Five Valdres Lodge members participate in the Featherlite Pioneer Immersion Program. During the pioneer program, Vesterheim educational staff visits the schools, and in lessons that illustrate what it is like to immigrate to a new country, they share readings from immigrant's journals and explain pioneer artifacts from the Vesterheim collection. Next, in a series of museum visits, the students tour the museum and participate in programs that explore aspects of pioneer life, like doing chores, building a log home, and learning in a one-room school. (These programs are taught by the Valdres Lodge volunteers).

As a part of their experience, students are directed by their classroom teachers in creating their own pioneer journal and creating a pioneer project. The

pioneer projects form a special exhibition so that parents, friends, relatives, and the community can view the student's work. (Members of Valdres Lodge attend the exhibition). The lodge helps sponsor the Barnek-lubb, activity tent for children, in a kiosk at the Nordic Fest during July in Decorah. All of these programs are ongoing and many members contributed and participated in them.

The Maihaugen Lodge 1-665, Kansas City, KS, was kicked off on Feb. 23, 2007, when Lodge members presented an Adopt-A-School program at Briarwood Elementary School in Prairie Village, Kansas. They shared information about Sons of Norway and showed a 15-minute video about Norway with the four 2nd grades. The children made paper-plate clocks with Norwegian numbers, taught them how to count in Norwegian, read a folk tale, and served Scandinavian goodies. While the kids were eating, lodge members showed them Norwegian

crafts and articles including rosemailing, a pewter Viking ship, bunads, Norwegian sweaters, a book with pictures of Norway, and a special appearance of an 87 yr. old member wearing her bunad. The program was highly praised by the teachers and very well received by the students. It was a tremendous success according to Diane Adamson the lodge Adopt-A-School Coordinator.

Heimskringla Lodge 1-012, Fergus Falls, MN, wrote in their newsletter about meeting with 3rd grade students at Adams School once a month to share their Norwegian culture. They have presented various topics and help out with reading. They quoted, "What a great way to make Norway come alive to these young people".

Marilyn Syverson





We're on the Web

www.sofn-1.com

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Adopt A School Coordinators

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
Mjosen #175 - Glenwood, MN - Marlene Nelson
Jaabeck #264 - Montevideo, MN - Eileen Nokleby
Elvidal #509 - Granite Falls, MN - Larry Stensrud
Runic Vennskap #530 - Alexandria, MN - Dale Braunschweig
Vennskap #554 - Canby, MN - Ruth Leppke
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 - Norm Shelsta

Zone 7

Glitne Sioux Viking #167 - Sioux City, IA - Janet Gross
Kong Sverre #482 - Story City, IA - Diana Erickson
Valdres #503—Decorah, IA—Jean Iverson
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
Mailhaugen #665—Overland Park, KS—Diane Adamson

Zone 8

Cleung Peerson #645 - Austin, TX - Leila Tackett

Gifts to the District 1 Scholarship Trust Fund

Memory of Eugene Carlson

Norm Carlson

Memory of Marlys Hanson

Fjordland Lodge 1-508, Brookings, SD

Memory of Dorothy Rud

Fjordland Lodge 1-508, Brookings, SD

Memory of Virgil Locken

Loren Locken

Elmer & Elaine Roth

Memory of Evelyn Kittlesby

Solglimt Lodge 1-547, Cedar Falls, IA

Memory of Mildren Stiles

Lee & Richard Bjelland

Memory of Caroline Dransgstveit

Lee & Richard Bjelland

Memory of Rev. John Carlson

Marsteinen Lodge 1-596, Des Moines, IA

Memory of Rose Ann Walstrom

Ramona & Lloyd Swenson

Rose Folken

Storting Lodge 1-519, Austin, MN

Memory of Gladys Davidson

Runic Vennschap Lodge 1-530, Alexandria, MN

Memory of MaDonna Nordaker

Arlene & Roger Field

Martsteinen Lodge 1-596, Des Moines, IA

Memory of Jean Rostenbach

Marsteinen Lodge 1-596, Des Moines, IA

Memory of Emma Elvrum

Runic Vennschap Lodge 1-530, Alexandria, MN

Audrey & Bruce Aga

Memory of Minnie Osterholt

Runic Vennschap Lodge 1-530, Alexandria, MN

Memory of Mavis Rogness

Fjordland Lodge 1-508, Brookings, SD

Gift from Individual

Matt Fardal, Marsteinen Lodge 1-596, Des Moines, IA

Gifts from Lodges

Leif Erickson Lodge 1-032, Vining, MN

Solglimt Lodge 1-547, Cedar Falls, IA

Storting Lodge 1-519, Austin, MN