

Fra Presidenten Jon Tehven



SONS OF NORWAY



**The Friendly First
Posten**

By the time you read this, Gloria and I will have returned from cruising the Danube River , from Bucharest, Romania to Vienna , Austria . No phone, no computer, but we will survive! I hope you've had a great summer.

District Convention

First of all, thank you for your confidence and support by re-electing me your District President for another two years. You honor me, and in all modesty I very much enjoy what we – all of us - are doing to grow the Sons of Norway and District 1. Here are some of the highlights:

- We started on time and we finished early.
- Thursday afternoon workshops.
- Our music was outstanding: led by Arna Rennan and accompanied by Irma Chamberlain.
- Speakers: Consul General Rolf Hansen, International President Jim Olson, SON CEO John Lund, Director of Agencies Len Carlson, Foundation Director Cindy Olson, Ski for Light Leif Andahl.
- The Convention Committees who gave us valuable suggestions, such

as shortening the Convention. We are already discussing this with the 2008 Mankato Convention Committee.

- The discussion that led to adding the Social Director and Cultural Director in the resolution about required Lodge Officers. This resolution was passed at the International Convention. Thanks to all of you who spoke to this issue.
- The Vendor's Fair was outstanding.
- The Folk Art Fair – what great artistic talent we have in the District!
- Banquet, awards, and the Dixieland Band.
- Friendship re-established and new ones made.
- Scholarship Walk; Foundation \$\$.
- New District Officers and the 'Journey Continues'.
- Leadership of Carolyn Townsend and Marlys Thomson and the Conven-

tion Committee – JOB WELL DONE!

International Convention

It was a long week in Vancouver , but the weather was wonderful and it is such a beautiful city. There were 160+ delegates attending. Here are some of the highlights:

- Gene Brandvold was elected International Treasurer; Marge Grorud was elected District 1 International Board Representative. I was elected chair of the District President's Council.
- The new Sons of Norway Mission statement reads: "The mission of the Sons of Norway is to promote and preserve the heritage of Norway and provide quality insurance and financial products to its members"
- It was announced that International dues will increase by \$3.00 per member beginning 2007 (This was a highlight??)

Newly Elected District 1 Board



Fra Past International Direktor, Gene Brandvold



The District and International Conventions are over and Sons of Norway Lodges and members should be ready to start new activities and sign up new members. Just think how great our organization would become if everyone signed up one new member. It can be done.

The International Convention in Vancouver, Canada, was a busy time with many decisions made on the future direction of the Sons of Norway. I was honored by the delegates to be elected International Treasurer. I want to say "Tusen Takk" to all delegates, especially those from District 1, for supporting me. I enjoyed serving District 1 as the International Director the past two years

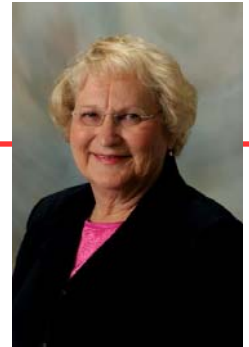
and looking forward to the new challenges as International Treasurer. I am confident that newly installed International Director Marge Grorud will serve the District well.

So I can continue to be aware of what is happening in District 1, I would still like to receive a copy of each Lodge newsletter issued.

I look forward to still attending District 1 Board meetings and various Lodge activities and events throughout the District. Myrt and I want to say TAKK to all the District 1 great members and Lodges. District 1 continues to be a leader in the organization and I am sure you will improve. If there is anyway I can be of assistance, contact me.

Fraternally, Gene Brandvold

Fra New International Direktor, Marge Grorud



The conventions are over. District One's convention in Bloomington, MN was hosted by the Lodges in Zone 2. I would like to thank the Co-Chairwomen and the other committees' for the hard work to make it organized and enjoyable. The Convention glided through the days under the leadership of President Tevhen. Congratulations to the newly elected board officers. Vancouver, Canada was the site of the International Convention. It is a beautiful city with the sea on one side, and the mountains on the other. Congratulations are in order as Gene Brandvold won his election for Treasurer. We now have an-

other member from District 1 on the International Officer's Board. The International Convention held several one-hour sessions on Leadership, Foundation, Technology, Membership, Lodge Promotion and Publicity. Jon Tehven lead a Leadership training session. At the Convention, Jon was referred to as "Mr. Leadership". District One leads the other Districts in the number of Training Workshops conducted.

The International Board meets November 9-11th in Minneapolis. There is an orientation session on November 8th for new board members. I look forward to representing

District One at the meeting. Contact me at any time and I would appreciate receiving your Lodge Newsletters.

Fraternally,
Marge Grorud

Fra Vice Presidenten—Joel Brude

Hosting a major convention is a huge undertaking. I commend the Metropolitan Area Joint Committee our First District Convention Host and District 7 our International Convention Host in Vancouver for well-organized and enjoyable conventions this summer. It was also encouraging to talk to so many delegates both at the district and international conventions who are aware of the major challenge we face with membership. District 1 is clearly way ahead of the curve in lodge leadership development and our membership workshops planned for the third phase this fall. Our membership numbers have improved over the summer from the previous year as our lodges have begun to meet the membership challenge and gained valuable leadership

and organizational skills from our previous workshops. As District Membership Committee Chair, we face a huge challenge with the demographics on age in our order. In District 1 over the next many years it will take a minimum of 400 – 500 members just to stay even and then additional new members to grow. To help us with membership growth it was very exciting to see the new Sons of Norway marketing piece and membership packet. These professional high quality pieces will be a very valuable tool for our lodges to present to potential new members. It is also important to point out here as we get into the fall meeting time and membership events the huge base of Norwegians we have in our district. In Decorah, Iowa at Nordic Fest 18, people

from the host-city of Decorah were interested in joining. In most areas you will find many prospects not even aware that you exist. We are going to help change that in the membership workshops. We must also pass along our enthusiasm for the great organization we have in the Sons of Norway to our children and to other young people. We have so much to be thankful for that our parents, grandparents and great-grandparents have maintained such a strong tie to their homeland and its culture, heritage and history. Make Every Event a Membership Event.

Joel Brude



Fra District Secretary—Karl Hella

Summer 2006 has been busy and relaxed. While the District 1 Convention was technically a spring event, it did fall between Memorial Day and Labor Day so I consider it a summer activity. The District Lodge Meeting and Convention was a different experience sitting at the front table instead of on the floor. If something went wrong, everyone saw it. Fortunately things went well, by and large. I was impressed that we had a candidate for every office. It would be better if there were some contests. And there were people

willing to pay the price to serve as delegates to the International Lodge Meeting and Convention in Vancouver – more so than the 2004 event in Washington DC. Although Vancouver is an attractive city, I consider Washington a better destination. And Rochester stepped up to bid for the 2010 District Convention. All in all a successful convention with people stepping up to take leadership. The International Lodge Meeting and Convention was a success too. There were contests for International officers, at least for Vice President and Treasurer. It took two ballots

to elect Dan Rude of Montana as the new Vice President. I think everyone was impressed by his work with youth. And our own Gene Brandvold took over as Treasurer. He certainly has the experience in the numbers game to help guide Sons of Norway's financial future. There was also a three-way contest to host the 2010 International Convention with a beautiful setting (Coeur d'Alene) beating out the two less expensive District 1 offerings (Minneapolis and Rapid



Fra District Kasseereren—Arlene Field

This has been a time of familiarization in reviewing the bookkeeping system, the trust funds and all of the various accounts. I found that there is much to learn. My first monthly financial statement has been completed and balanced! I must admit that it took some time as I had to go back to my predecessor's last statement to review his work. Chuck Hauck is to be commended for his accurate and complete records and I am so grateful for his help and pa-

tience when I have questions. A GREAT mentor. I am now in the process of preparing the First District budget for 2007 with the assistance of the other executive committee members. There is much to consider when preparing budgets, Problems such as how much will costs escalate and how much will income decline. Summer is waning and fall is in the air as the day and night temperatures are becoming lower. Soon we will be

seeing the farms fields become barren as the crops are harvested. The beautiful fall colors will be emerging, may we enjoy them. Till we meet again.

Arlene Field



Fra District Sosial Direktor—David Susag

Summer is almost over and fall is near. Some lodges are starting to meet again after taking a summer break. It seems like the District Convention in Bloomington was a long time ago but it wasn't. I was reelected for another term and I am looking forward to that. The last two years has been a learning experience. The Folk Art Exhibit at the Convention was a new challenge for me. I had entered in the past but I didn't know what to expect the first day of the Convention. There were 120 articles of Folk Art on exhibit and display. I am proud of the lodge members that exhibited there items at the Convention and made the Folk Art Exhibit a Success. Nor-Win Lodge 1-505 Winona brought over 20 items. What a wonderful challenge for other lodges to strive for at the next convention. It's not too early to start

thinking about the next Folk Art Exhibit in 2008 at Mankato.

Are you looking for ideas for lodge programs? Try the Sons of Norway website at www.sofn.com. Go to "Member login". After you have logged in, on the right side of the screen you will find Cultural & Historic Resources, Cultural Skills Programs and the Lending Library. Most of this information can be downloaded and printed out.

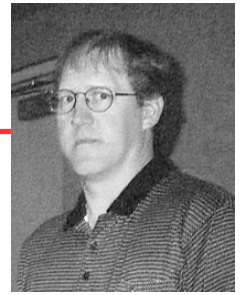
In the Cultural & Historic Resources you will find the Idea Bank, this includes ideas submitted from other lodges. Information bank, this includes pamphlets containing practical knowledge on Norwegian customs and culture. Mini Presentations, these are three minute presentation on various topics about Norway. Under Cultural Skills Program you will find information that

is required to complete the 14 Cultural Skills Programs and the 5 Youth Cultural Skills. The Lending Library includes children and youth media, slide programs, video programs and music CD's. These are items that you as a member can borrow for lodge programs free of charge, you pay the return shipping.

If you don't have access to the internet try your local library or check with some of your fellow lodge members.

If you have any questions or need any help please don't hesitate to contact me. I always enjoy talking to fellow lodge members about Norwegian Culture and Heritage.

David Susag



Fra Rekreasjon Direktor—Earl Evenstad

As your newly-elected Sports Director, I look forward to seeing you at many events in the next two years. I was able to attend the Lute-fisk Open on July 16, 2006, at Brooktree Golf Course in Owatonna. Forty-four golfers plus four non-golfers enjoyed a great lunch and awards program following the golf outing. A special thank you to Nina Zak and Nortonna Lodge-638 for hosting this fun event. They are planning to host this event again next year, and I hope you will be able to attend.

Nordskogen Lodge-626, Park Rapids, is hosting the 5th annual Norsk Open on Saturday, September 9,

2006, starting at 9 a.m. The golfing event will be at the Blueberry Pines Golf Club, 8 miles south of Park Rapids. Again, a big thank you to Nordskogen Lodge for hosting this sports event.

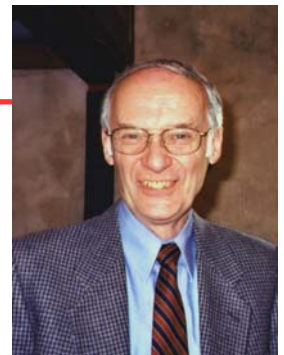
Marilyn Syverson, the previous Sports Director, reported that at the 2006 District 1 Convention \$1220 was raised for the Scholarship Trust Fund Walk. Several walkers participated in the two-day event.

I hope if any Lodges would like to sponsor a sports event or if you have any questions about an event that you will give me a call or send an e-mail (612) 861-4793 or

even-

stad@mindspring.com.

Earl Evenstad



Remember: Continue to work on your sports medal awards as spring will be here soon. Cards are available from your lodge Sports Director and from the supply department at the Sons of Norway office in Minneapolis, MN.

Adopt A School Coordinator—Marilyn Syverson



There are 51 lodges involved in the Adopt A School program at this time. I received a newspaper article from Austin, MN, about Sons of Norway members getting involved in the Neveln Elementary School. The Swenson and Akkermans from Storting Lodge #519, were among the nine different presenters who shared their cultures with the students during their Ethnic festival this spring. Lodge members entertained and informed two sessions of first through fifth graders about Norway. The two couples sang a song in Norwegian about a man, “who traded his violin for a cow and then wanted the violin back again,” Lloyd Swenson told students, who laughed at the song’s description. They also shared the recipe for varme polse (wiener wrapped in lefse) and other Norwegian delicacies, explained rosemaling and described the popularity of wood carving. They

passed around authentic examples of all the crafts. The students willingly attempted to pronounce Norwegian words and attempted to “recruit” honorary Vikings among the students by distributing a Sons of Norway publication designed for kids. Coordinator Joyce Spande from Solglimt Lodge #547, Cedar Falls/ Waterloo, IA, has made an excellent booklet of ideas for volunteers to use as a resource when they go into the schools as Adopt A School participants. It has detailed lesson plans, songs, and information everyone will enjoy. They new coordinator from Synnove-Nordkap Lodge #008, St. Paul, MN is Ruth Gibson. She is excited about the enthusiasm of the school and is confident they will have a successful and productive program of events. School will be starting soon, so I encourage coordinators to start planning activities involving the

lodge in their designated schools. The reports I received from many of you have been great! Keep up the good work!

Lodges that don’t have a coordinator yet should think about selecting one. The District Goal is to have 65 coordinators and we are getting close. Please contact me as soon as you have selected one and keep the stories coming about your success in the schools.

Marilyn Syverson

Continued from Jon Tehven (page 1)

- There were 8 workshops on Thursday afternoon; all were well attended and we learned a lot!
- New Marketing/Membership materials: you will soon receive from Headquarters a booklet entitled “Something for Everyone”. Also, a poster we can use for advertising our events. It is in full color in a magazine format. Each Lodge will receive a supply, hopefully by October 1. Along with the booklet is a Marketing Kit – a ‘how to’ for membership event planning. Great stuff and Eivind Heiberg and his staff are to be commended!
- Shirley Evenstad, Norsota Lodge, Lakeville, MN and Joanne MacVey, Storelva Lodge, Davenport, IA took the top prizes at the Folk Art Competition. Both artists are, of course, from District 1. Congratulations!
- 2008 International Convention is in San Diego
- 2010 International Convention is in Coeur d’Alene, Idaho. Also bidding on the 2010 Convention were Borgund

Lodge, Rapid City, SD, and Draxten Lodge, Minneapolis.

Tour Norway in September 2007

Gloria and I are working with Terje Solheim (Past International Board Member from District 8 – Norway) and his wife Kristin, on a 10-day tour in September 2007 of Southern Norway. Our preliminary cost estimates are \$2,500.00 per person plus airfare. You will receive more details before the end of the year; however, if you are interested, let me know.

Membership Events and Funding

I want to clarify the funding available for membership events:

- The Sons of Norway Marketing Department will provide up to \$400.00 for a ‘meal’ event: breakfast, lunch, dinner. The Marketing Department will pay for meals, not rent, programs, etc. You should have at least 10 prospective members to qualify for funds. You must notify Director of Agencies Len Carlson well in advance of your event. Informa-

tion about this program is available in the back of your 2006 District 1 Lodge Directory or call Len at 1-800-945-8851.

- The District 1 Membership Assistance Program (MAP) rewards Lodges for membership recruiting results. The District will reward Lodges \$20.00 per new member from the time of its membership event and 15 days thereafter, up to \$200.00 per Lodge. Applications can be found in the back of your 2006 District 1 Lodge Directory or at our website: www.sofn-1.com under ‘Forms’. The application must be sent to the District President and is approved by the District Executive Committee.

That’s enough! I have another page I could write, but . . . Have a great fall,

Jon Tehven

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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
Mjosens #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
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

Continued from Karl Hella (page 3)

City)

Gene Brandvold's ascension to International Treasurer means Marge Grorud moved up to the position of International Director from District 1 – a first for the “good old boy” Friendly First. The International Lodge meeting changed the mission statement in a manner that is largely accurate but not really helpful.

What I found most challenging outcome of the convention happened at the banquet when some awards were distributed. Three of the four Lodge of the Year awards went to District 4 and both awards for the greatest percentage membership growth went to District 4. (There were LoY awards for 2004 and 2005 for large and small lodges and growth awards for 2005 for large and small lodges.) North Dakota, Montana, Saskatchewan and Alberta comprise District 4. Not exactly the population center of North America (although it is the geographic center.) The Cooperstown, North Dakota, lodge doubled its membership in 2005. There are less than 20,000 people within 50 miles of Cooperstown (although about half of those are of Norwegian descent.)

My lodge had net growth of 7% in 2005 which means it would take us 10 years to double. I need to work harder! How about you? Talk to people about Sons of Norway – my question is “How Norwegian are you or how Norwegian do you want to be?” Invite people to meetings. Carry membership applications with you. We should be able to do half as well as Cooperstown!

Karl Hella

Fra Publicity Director—Wendy Winkelman

Hei District 1! I am so excited to be the new Publicity Director for District 1. I hope that you have all received notes from me introducing myself and asking for your input on how you publicize your Lodges. Please send me (by email) all the different ways you do this and I hope to put your ideas together and make a list to put on our District Website.

Another duty I have is collecting photos for the Viking Magazine each month by mail and email. Mail is eas-

ier for the people at the Viking to copy, but they will accept emailed photos if they are the correct size (300 dpi). I can only send in four each month, so I will try and put them in order as I receive them and then submit.

Please, if your lodge is having an upcoming event, send those to me too and we can get them posted on the district website.

I visited Hadeland, Norway in August and had a delightful time! We bathed

(as the Norwegians say) in the Randsfjord every day and visited my ancestors farm. My family was even in the Hadeland newspaper!

I hope that as your Lodges get back into the swing of things this fall, you remember to publicize all of your events through various ways and include me on how you are doing that!

Wendy Winkelman



2006 Joint Committee Picnic

You're invited for food, fellowship and fun. Join us for the Sons of Norway, Joint Committee Picnic at Vinland Center on Lake Independence.

Date: Saturday, September 16th
Time: Arrive at Noon; Eat at 1PM
Place: Vinland Center in Loretto

Please bring your own beverage, plates, etc. and a dish to share. Vinland Center will serve dessert. This event is for all District 1, Sons of Norway, members, their families and friends. We will gather at the shelter by the lake, and there will be Viking

games and activities provided by the Viking Age Club following lunch. This event will take place rain or shine! Vinland Center was founded in 1976 as a bi-centennial gift from the government of Norway to the US. Modeled on a Norwegian rehabilitation center, Beitestolen, it was built with the help of Sons of Norway and lodges. Vinland Center will provide tours of the facilities. Directions: Vinland Center is located at 3675 Induhapi Road, about 22 miles west of downtown Minneapolis. Drive west on Highway 55, 9 miles past 494 to Loretto. South on Cty Rd 19 to

County Road 11, 1 mile, then west to Iduhapi Road, 1 mile, and then south to Vinland, 1/4 mile.