

# Dynamic 2

Volume 32

Sons of Norway District 2

Spring 2022



In-person Lodge Activities are returning!



## Contents

President’s Message - Jerry Erickson .....	3
Vice President’s Message- Joanne Gray .....	4
Secretary’s Message - James Wraalstad.....	5
Counselor’s Message - Sally Dwyer.....	6
Cultural Director’s message - Nancy Holter.....	7
Foundation Director’s message - Darrin Lee.....	7
Youth Director and Historian’s message - Doug Quammen.....	10
Sports Director’s message - Laurie Berg.....	11
Publicity and Social Director’s Message - Robert Kodalen.....	12
Zone Director messages.....	12
Zone 1 - Regina Agerter.....	12
Zone 2 - Norma Jean Sands.....	14
Zone 3 - Andrea Torland.....	15
Zone 4 - Joanne Gray.....	17
Zone 5 - Darrin Lee.....	18
Zone 6 -Christie Ericson.....	19
International Director’s message - Chris Hicks.....	21
International Vice President’s message - Mark Agerter.....	22
Tubfrim.....	24
District 2 Youth Camp - Seth Tufteland.....	25
Scandinavian Hour Radio Program.....	26
Ski For Light - Puget Sound.....	28
Borderfest.....	30
Trollhaugen.....	30
District 2 Board Members, June 2018 - June 2022.....	32

## President's Message - Jerry Erickson



Greetings to all District 2 members and guests. I hope that you are enjoying beautiful spring weather and warming temperatures. This is a very busy time of the year and especially being a Convention year.

It has been four years since we were able to get together for our District 2 Convention due to the Corona Virus epidemic. I am excited to be able to gather in person and conduct the business of our District and also enjoy cultural and heritage activities once again. This convention is hosted by the Grieg Lodge, 2-015. The Convention Committee along with many members of the Lodge has worked very hard to ensure that this Convention will be a great experience for all who attend.

It has been my privilege to serve as your District 2 President for the past four years. The last two years have been nothing like we would have imagined. Technology has kept many Lodges in touch with their members, and present programs to keep things going. A number of Lodges have thought outside the box to come up with activities such as drive-up pancake breakfasts, drive-up lutefisk dinners, local drive around parades to celebrate Syttende Mai and birthdays of members. This has done a lot to keep Sons of Norway active in our local communities. There are a few who have gone dormant, and I hope that they will get back to their normal schedule of meetings and activities very soon. A good number of Lodges have been meeting face to face for several months now and they seem to be doing very well.

Over the past four years many Lodges celebrated significant anniversaries.

2019	Norden Lodge	115 years	2021	Normanna Lodge	110 years
	Helgeland Lodge	85 years		Fedrelandet Lodge	110 years
	Bernt Balchen Lodge	75 years		Poulsbo Lodge	105 years
	Columbia Lodge	70 years		Fjeldheim Lodge	105 years
	Hovedstad Lodge	50 years		Whidbey Island Nordic Lodge	20 years
	Grondal Lodge	40 years	2022	Grays Harbor Lodge	115 years
2020	Harald Haarfager	110 years		Tordenskjold Lodge	115 years
	Grieg Lodge	110 years		Wergeland Lodge	95 years
	Nidaros Lodge	110 years		Abel Lodge	90 years
	Breidablik Lodge	90 years		Midnatsol Lodge	95 years
	Svalbard Lodge	85 years		Sonja Lodge	85 years
	Oslo Lodge	85 years		Roald Lodge	85 years
	Olympic Lodge	65 years		Arctic Viking Lodge	50 years

Congratulations to all of these Lodges many of whom were not able to hold celebrations and have not been recognized, but we are so fortunate here in District 2 to have so many Lodges with long histories in Sons of Norway. Speaking of recognition, we will recognize all of the Lodges who have qualified for Lodge of the Year Awards and Family Lodge of the Year Awards. These will be awarded at the Convention.

We have not held in-person Zone Seminars for two years. We did hold a virtual one last spring on Zoom and it was well attended and was well received. Next year we will again hold in-person

Seminars in each Zone and really look forward to again connecting with Lodge leaders and any others who wish to attend. They are a great way to share ideas and programs that are successful in their local Lodge.

This year we will be celebrating the 50th Anniversary of the groundbreaking for Trollhaugen, our District 2 Lodge in the Cascades. It is such a wonderful asset in our District for special events, family gatherings and our Youth Camp in the summer. The Trollhaugen Board has done an outstanding job of keeping the Lodge open and operating over the past few years even with the limitations caused by COVID. A big thank you to Erik Balstad and the entire Board for all of their work. We look forward to a busy summer and winter with many events taking place there.

Our Youth Camp Committee is working hard to plan our Youth Camps for this summer at all three locations, Camp Nidaros in Oregon, Camp Normanna and Trollhaugen in Washington. They have worked very hard to provide material for our youth over the past couple of years when we couldn't hold in-person camps. The youth are our future and providing them with these camps is so important.

Thank you for all of your work you do in your Lodges. It is my hope that 2022 will be a reawakening year for all of us and that we can get back to holding meetings, social events, picnics, and outdoor activities as we have in the past. I look forward to seeing many of you at Convention and at Trollhaugen this summer. I also hope to get around to visiting more Lodges in person this year. Have a great summer!

### **Vice President's Message- Joanne Gray**



Reflecting back on the past four years, we have seen so many changes and adaptations to the way we operate. The past two years while dealing with the COVID pandemic our Lodges have learned many ways to keep in touch with their members and retain their membership. Amazingly, membership in the lodges have experienced minimal changes. With the use of Zoom, members have been able to attend business meetings, board meetings and events. There have been so many creative ways to keep their members interested. Drive thru meals, bake sales, events and parking lot gatherings have evolved as acceptable ways to socially distance. Fortunately, it seems the impacts of COVID have diminished and the lodges are, once again, beginning to meet and greet in person. Kudos to all the lodges for maintaining the Nordic spirit of survival throughout the challenging years.

Looking forward, 2022 appears to be a much better year. We are looking forward to a number of lodges hosting festivals and festivities. This year marks fifty years since the groundbreaking for the Trollhaugen Lodge. There will be Horseshoe and Kubb competitions in connection with the Steak Fry at Trollhaugen July 16<sup>th</sup>. There will be a Golf Tournament in Spokane August 13<sup>th</sup>, followed by the Doreen J Parker Cultural and Heritage Retreat at Trollhaugen September 16<sup>th</sup> and 17<sup>th</sup>. We have so much to look forward to in the upcoming months, including our District 2 Convention in Portland.



## Secretary's Message – James Wraalstad



It has been a terrific experience jumping into the Secretarial Post on the District 2 Board. I want to thank Jane Bueing for guiding me through the mountain of information and records of the district. This was an experience where I just kept my eyes forward and on the immediate goal of producing the District 2 Directory. The process of revising proceeded through January with the completion of the

Lodge Officer Report produced at the end of January.

The directory was printed the first week of February and 310 units were shipped to the lodges and individuals the second week of February. I want to thank my daughter, Whitney, for carrying the bulk of boxes to the post office.



I had the pleasure of visiting Odin Lodge for their officer installation which was conducted by Nancy Holter. Chris Hicks and I had an opportunity to meet so many wonderful people who keep Odin a vital lodge.

Now the production on the Convention Reports Book continues. My goal is to have the document to the printer the first week of May. I regard this convention as the Miracle in Portland. The past four years have presented many challenges to the Sons of Norway. Recently, the International Board of Directors made the very hard decision to cancel the in-person International Convention. Many lodges have struggled during the Covid lock down and are working to restore in-person events. I personally believe that nothing compares to seeing all of you in person, face to face. As convenient as online services such as Zoom, Team, and others are, I don't get the same connection. So it is that the District 2 Board pushed very hard to get past the lock down, ensure a very safe environment, and try to bring us all together again. I look forward to meeting many of you at the convention.

## Counselor's Message - Sally Dwyer



Hurra, Hurra, Hurra! Syttende Mai is almost here. Will we have parades, Kaffe Hus indoors and the annual Bunad Style show and luncheon? Oh that is the BIG question around my lodge??...

This year, celebrating in our traditional way will still be different for everyone. Remember sometimes change is hard, but it can also start the creative juices flowing in trying to redo and share our heritage differently. Instead of thinking of what we are missing from the past, embrace what is new and refreshing.

Get that Bunad out, shine up your solje, and remember the reason for the celebration. It's not only about the food and fun but honoring those in our rich past who wrote the Constitution for Norway at Eidsvoll.

District things I have been working on.

- 1) Sent in the info for the convention booklet for the Pillowcases as we need to keep things alive and growing.
- 2) Refining and working on the Memorial service for the convention. Selecting the musicians and music with help from Kirk Beinigen.
- 3) Working on masks for Trollhaugen and the District.
- 4) P&P changes continue with lots and lots of input and time from James, Chris, Laurie and Nancy.
- 5) Touching base with Christie about our Zone and the Alaska night that is quickly approaching. Do we plan for doing the whole thing solo or will the District join in?
- 6) Getting Laurie/Sports interested in co-sponsoring the Lil' Fisk Derby here in Petersburg during Syttende Mai and working with our members Ambre and Glo.

As many of you know, the day I returned home from the Ex. Board meeting, my mom was declared dying from Covid which she had caught at her Assisted Living Residence. We spent the next 14 days at a vigil as she refused any food, water or IV's until she passed late in the evening March 7th. A very strong, spirited 93-year-old who will be missed by not just the family, but the community. Her service and celebration of life is 4/2 and if my attention span is short-that is why. Until that happens, my time is not my own, but in details ensuring the final chapter of her life well lived runs smoothly and is a happy event.

So, in closing I wish you a safe and memorable Syttende Mai 2022!

Fraternally,

Sally, whose bunad may have shrunk in the closet, Norheim Dwyer



## **Cultural Director's message – Nancy Holter**



As Cultural Director for District 2, I have been communicating with the Cultural Directors of every lodge in District 2, as well as the District Cultural Directors of the other Districts, to facilitate the exchange of ideas between lodges to enable every lodge to have vibrant, exciting programs and events.

In March we had a District-wide cultural event in conjunction with Vesterheim Museum. We were offered the opportunity to view a restricted release video and then have a Zoom Q&A session with a member of Vesterheim's development team, who spent half an hour or so answering our questions. Although the attendance was low, we felt it was successful enough to plan another one later in the year.

As Cultural Director I also helped Zone 5 arrange for multiple lodges to have Marilyn McGriff from Minneapolis present a program about the nyckelharpa. The lodges were able to work together to provide transportation and lodging instead of the load falling on only one lodge. It would be wonderful if we could do that for more programs across the District.

This is my first convention as Cultural Director and I hope we managed to get people excited about the Folk Art competition and Exhibition (FACE). Since entries were allowed from the last four years instead of only the last two, I am curious to see if we have twice as many entries as in past conventions.

## **Foundation Director's message – Darrin Lee**



The Sons of Norway Foundation is dedicated to funding activities that preserve and promote our Nordic heritage, positively affect members, and make Sons of Norway communities a more vibrant place to live. You can learn more here: <https://www.sofn.com/foundation/>

Hallo! I'm Darrin Lee, your District 2 Foundation Director as well as a Governor of the Foundation. On behalf of the Sons of Norway Foundation Board of Governors, I want to thank our District 2 lodges and members for their financial support during the 'Together We Are The Future' fundraiser. You will recall that the first fundraiser was in 2020 and the goal was to raise \$100,000 for the Foundation between October 2020 (Foundation Month) and January 15, 2021. The total raised was \$137,000! Our 2021 goal was to raise \$150,000. Again, our lodges and members exceed the goal by donating \$158,276 between October 2021 and January 15, 2022. A total of 137 lodges in Districts 1 through 6 donated \$68,657.

In District 2, 17 lodges donated \$20,275 in 2021! So, TUSEN TAKK to all who joined in making the 2021 campaign another success. Please check out the Humanitarian Fund Grants for Disaster and Medical Relief. These grants are up to \$5,000 for members who have experienced financial loss due to property loss as a result of natural disasters or due to extreme illness or injury. Again, check out the website to learn more <https://www.sofn.com/foundation/> The recent Grant and

Scholarship applications are currently being reviewed and hope to share at the upcoming District 2 Convention in June.

We ask members to help us celebrate and support the services that the Sons of Norway Foundation provides to members. The Foundation is here for our members in 3 ways!

<p><b>1) GRANTS</b></p> <p><i>We provide grants to our lodges and other partners to advance our core values.</i></p>	<p><b>2) SCHOLARSHIPS</b></p> <p><i>We provide scholarships to members and their children and grandchildren for post secondary education and cross-cultural exchanges. One scholarship makes many many years of membership well worth it!</i></p>	<p><b>3) PHILANTHROPIC GOALS</b></p> <p><i>We provide the opportunity to leave a legacy based on your interests and passions.</i></p>
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**GRANTS Opportunities:**

~\$20,000 - \$50,000 given out annually depending on applications. All due December 31st – please apply!

- Lodge Vitality Grant: Operational or small capital support for lodges, up to \$1,000
- Lodge Culture and Heritage: Focusing on Norwegian heritage and culture, lodges only, up to \$1,500
- Community Partnership: Norwegian heritage and culture, non-members only, up to \$1,000
- Helping Hands to Children: Lodges that run programs or partner with local orgs for kids, up to \$1,000
- Helping Hands to Members: Helps members affected by natural disasters or severe illness/injury, up to \$5,000

Learn more online here: <https://www.sofn.com/foundation/grants/>

**SCHOLARSHIP Opportunities:**

Applications always open in October. Start planning and encourage students and members in your lodge to apply! With the rising cost of higher education, the Sons of Norway Foundation is here to help with 15 different scholarship opportunities. For many recipients, these awards are a life changing opportunity to explore educational passions here in the US or in Norway. Over \$100,000 awarded annually to students of all types! Learn more online here:

<https://www.sofn.com/foundation/scholarships/> You can also contact the Foundation with specific scholarship questions.

**How to Apply for a Grant or Scholarship?**

- Online only: [www.SonsofNorway.com/Foundation](http://www.SonsofNorway.com/Foundation)
- Grant and Scholarship Portal Opens: Every year in October
- Deadlines vary by opportunity – be sure to check the website often



## Camperships

The Foundation provides over \$10,000 annually for youth to attend Norwegian camps through the Draxten Fund & Evenson Fund. The Foundation sends funds to each District, the District makes the awards. Camps are available everywhere:

- Skogfjorden (Concordia Language Village) – In District 1
- Camp Trollhaugen, Nidaros and Normanna – In District 2
- Land of the Vikings – In District 3
- Trollfjorden, Bjørnetann and Trollhaugen - In District 4
- Masse Moro – In District 5
- Camp Norge – In District 6

## How Can I Give?



Visit <https://www.sofn.com/foundation/> By contributing to the Sons of Norway Foundation, you are supporting programs that benefit your lodge, your community, and the young Sons of Norway members who will keep our Nordic legacy strong for future generations. The Sons of Norway Foundation is a 501c3 organization. Gifts are tax deductible in accordance with state and federal law.

## How Else Can I Get Involved?

<p><b>1) Become a District or Lodge Foundation Director</b></p> <p><i>Be an ambassador for the Foundation's grant and scholarship recipients, help raise funds, promote the Foundation's values</i></p>	<p><b>2) Apply for the Board of Governors</b></p> <p><i>Take on a leadership role that is passionate about serving others and sharing our Nordic values</i></p>	<p><b>3) Become a scholarship or grant reviewer:</b></p> <p><i>Help the foundation make funding decisions by providing your expertise and time</i></p>
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## Contact the Foundation today!

Darrin Lee  
Foundation Director-District 2  
425-241-2392  
Email: [Sofn.d2.foundation@gmail.com](mailto:Sofn.d2.foundation@gmail.com)

Emily Stark  
Foundation Manager  
612-821-4632  
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[www.sofn.com/foundation](http://www.sofn.com/foundation)

## Youth Director and Historian's message - Doug Quammen



Coming back to a convention this year is a little like waking from a dream. At first, I was concerned that the time gap we've gone through, due to COVID, would be an issue at the convention. Looking back, I realized that every convention I've attended was unique. Different weather, different cities, different people, a different time, a different place. And so, in maintaining traditions, this convention too, will be different and unique.

Our organization, as well as the society it is a part of, is recovering from the Covid Disruption. Like a patient recovering from the bug, and you've been down a while, you may be a little weak and wobbly, you need support and understanding.

Our camp system has been offline since 2018. As a result, our progression of campers from one year to the next, from one camp to another, is suspended. Now that we are coming back to life, our pool of potential campers has shrunk. The same goes for staffers. Although we have a rabid core, for which there is no cure, others need to reserve time, make plans and make it habitual, year after year. It may be a bit of a stretch, this year, to have all three camps open, staffed and running. We are doing everything in our power to ensure that the camps are open this year. The real challenge is getting enough campers lined up to make running the camps feasible. Do not be surprised if you see us beating the bushes, seeking campers, at the convention.

Another challenge for the camps has been to incorporate the various and changing requirements dealing with health and safety issues.

For a bit of background, I got involved with the camps when my folks sponsored my daughters to Camp Nidaros. Margie Brokaw, who had run Nidaros for 33 years, asked me to be camp director. I didn't know what I was doing but that never stopped me before. I had a staff who steered me in the right direction (kept me out of trouble). The main reason that I stepped up was my daughters' enthusiasm for the camp. If they thought it was that good, how could I not add my support. It has been my privilege to be a part of the camps, to see councilors become camp directors, to see campers become staffers and Youth Directors. It's especially rewarding to see how staffers work to make camp the best experience possible.

In my years at camp, I've observed the bonds and friendships developed over two weeks at camp are as strong or stronger than with their fellow students and friends with whom they spend the rest of the year. Looking forward to two weeks with your friends you haven't seen since last year. The next revelation was that the staffers have the same experience.

Truly, it has been an honor and a privilege working with the D-2 Board over the years and I'm looking forward to leaving a vacancy for someone else to fill. Takk for alt.

## Sports Director's message - Laurie Berg



A Happy May and Welcome Summer!

The annual DISTRICT 2 Golf Tournament will be on August 13, 2022, in Spokane WA. No experience is necessary. This is an event for all ages. Registration and flyer will be coming out in May. This year's tournament is hosted by Tordenskjold Lodge.

The annual district two horseshoe/kubb tournament will be held in conjunction with the 50<sup>TH</sup> Anniversary of the groundbreaking on July 16<sup>th</sup>, 2022. Registration will start at 9:30 am with the tournament starting at 10 am. There is a \$5 suggested donation for snacks. Ticket information for the dinner will be coming out shortly.

This February we were unable to have an in-person Ski race at Trollhaugen. Once again, we challenged all skiers to cross country ski for the whole month of February. I have received some results but expect more in the coming weeks. The 2021 and 2022 participants will receive a cross country ski race participation medal in the mail in May. It is not too late to let me know you participated in the virtual event. Some of these miles were put in back yards, ski trails, Ski for light events, and backcountry skiing blazing your own trail. As I am writing this report it is snowing here in APRIL.

Sons of Norway has a terrific sports medal program. You can earn medals for just about anything from skiing, biking, and swimming to walking, bowling, gardening and so much more. Holding competitions across lodges is a great way to get more people involved, meet other lodge members, and have tons of fun (while you kick the other lodges' bums.) I have an ever-growing list of ideas for sports events like having a biking day, a lodge-wide 5k, kubb tournaments, etc. If you need assistance, please give me a call. I am available by phone, email, or even personal invite to your lodge if planned in advance. Remember: no matter how slow you go; you are still lapping everyone on the couch. Happy exercising!

## Publicity and Social Director's Message – Robert Kodalen



Greetings to all those attending the 2022 District 2 Convention and thanks to Greg Lodge 2-015 for hosting it. It is a lot of hard work to put one on, but we sure appreciate it when it happens.

Wow, it has been four years since our last convention in 2018. It has been my privilege to serve as your District 2 Publicity / Social Director for 4 years! In-person meetings were replaced by “Zoom Meetings” due to Covid-19. I am glad that in-person meetings are getting back to normal.

I have 2 jobs as your Publicity Director. I put together the biannual Dynamic 2 Newsletter and I email a monthly request for pictures for your lodge activities. I then submit up to 5 pictures with details for use in the Viking Magazine. I have enjoyed working with all District 2 Lodges gathering the wonderful District 2 pictures. I try to share equally across all lodges but unfortunately not all send me pictures. If you haven't, please consider sending me something. You'd probably be surprised how easy cell phones can capture those great photos. Please send me your lodge's great pictures to [publicity.d2@gmail.com](mailto:publicity.d2@gmail.com).

Now a little bit about myself. I was born in Great Falls Montana. I went to my first Sons of Norway Lodge there. I moved to Poulsbo Washington in August 1983 and worked for the Naval Undersea Warfare Center (NUWC) as an electrical engineer for 32 years before retiring in 2015. I joined the Poulsbo (Washington) Sons of Norway Lodge 2-044 at the beginning of 1984. I've held many Poulsbo lodge board positions and was president there for 4 years (2017 & 18). Now Poulsbo lodge is the largest of all the lodges.

Well, that's about all for now. I look forward to meeting old friends and making new ones at this convention.

## Zone Director messages

### Zone 1 – Regina Agerter



Greetings to all of our District Two members and friends. It has been my pleasure to serve as your Zone Director for the past four years. This will be my last article for the Dynamic Two. I would like to thank all of my contacts in our Zone 1 lodges for sharing your activities and insights with me. I hope we can connect during the upcoming convention and beyond. Following are lodge activities reported to me recently:

#### Grieg Lodge #15 - Portland

Grieg lodge is hosting the District Two convention and as you can imagine, they are very busy with all the preparations needed for that event. They are looking forward to starting up their pancake breakfasts once again – just waiting for a break from Covid. The Book Discussion Group is back up and running as are their TGIFF (Thank Goodness Its First Friday) dinner and social gatherings.

### **Nidaros Lodge #16 - Astoria**

Nidaros lodge held a Crab Feed in February. They will host the Astoria Scandinavian Midsummer Festival and Court in May with an Ice Cream Social and the court's presentation. They will have a food booth at the Midsummer Festival in June selling Lefse, Krumkake, baked goods and smoked salmon sandwiches. Northwest Natural Gas has re-graveled their property after using the ballfield area for staging for many weeks of utility work under the highway.

### **Sonja Lodge #38 – Eugene**

Several Sonja Lodge members participated in the Viking Fest at Hoodoo Ski Resort to raise lodge visibility. 200 bags of cookies were donated by 12 members and sold to participants. A bonus was that 6 members were able to enjoy a blue-sky ski day on the mountain. The successful sale, with a matching donation from one of the members, resulted in \$550 income that was sent to Doctors Without Borders earmarked for Ukraine relief efforts.

### **Thor Lodge #42 – Salem**

Their April meeting featured a presentation on genealogy. Lodge members are working on the cultural skills pin for the program on Literature. They continue to hold board meetings in-person as well as monthly socials. The May meeting will feature a program that includes presentations on the art of Norsk Smørbrød and a history on Norwegian Constitution Day.

### **Fjeldheim Lodge #47 - Bend**

Lodge members have been holding in-person meetings since November and have been distancing and wearing masks. They will continue to hold meetings once a month. They have also resumed holding socials. In January they had a dinner attended by 15 people. Last week they held another dinner attended by 35 people. More dinners are planned for April and May. They are working on scheduling cultural get togethers: baking, language, rosemaling, knitting and a movie night are all things they would like to schedule.

### **Columbia Lodge #58 - Vancouver**

Lodge members are trying to get back to normal. It often seems one step forward and then a step back because of another Covid variant. One of the lodge regular activities is baking lefse for sale. They attempted to get started again last fall and then decided to stop for a few months after a surge. After the holidays they again started on a somewhat regular schedule, mostly disrupted by shortage of volunteers. They are all 2 years older now and that is having its effect on the number of volunteers which effects other activities as well. Their last Sunday brunch was March 2020. They are planning a trial brunch for this May. There will be some changes in service to reduce the number of volunteers and if this works, they hope to continue in the fall. The lodge board held regular meetings throughout the pandemic. Since January they have had monthly movie events as well as open house socials for coffee and conversation.



## Zone 2 – Norma Jean Sands



It is mostly quiet on the northwest front here, from Bellingham to Edmonds. In general, there is a reluctance to attend in-person gatherings and as such, only three of the six lodges have plans to send delegates to the District 2 Convention in June.

The exception is **Normanna Lodge 2**: Normanna is our largest Lodge by far with over 1200 members. They have many in-person events every month including dancing meets, bok klubben, meat raffles and sewing group! They are having monthly dinner lodge meetings. And they are continuing with their drive thru pancake breakfast the second Saturday of each month. Last November they held their Holiday Bazaar with music, vendors, food, and boutique and it was quite successful! They are an active group. They have a new President and VP on the Board. And they are sending a large delegation to the D2 Convention in Portland in June!

**Fritjov Lodge 17**: This Lodge has not utilized Zoom for meetings. The Board gathers in person. They were hoping to get new people on the Board but had no luck there. They did have a lutefisk dinner in December with limited seating. They did have a Christmas cookie making class in December, again with limited attendance. They will hold their 6<sup>th</sup> annual Troll Stroll, a 5K run/walk, May 14<sup>th</sup>. They have 1 delegate to the D2 Convention.

**Wergeland Lodge 21**: This Lodge has not used Zoom nor met in person but have kept in touch by phone. The Board remains the same as last year. I have not had the opportunity to talk with them recently.

**Abel Lodge 29**: Abel is our smallest Lodge. Rental of the Lodge building in Conway has helped with their expenses. The building, however, needs repair and they are planning on a garage sale May 21 & 22 to help raise funds for that. They have started meeting in person for lodge meetings this spring. They have a new president, VP, and Secretary this year. They are looking forward to a summer picnic to renew enthusiasm and activity within the lodge.

**Edmonds Lodge 130**: Edmonds continues to hold Board and Lodge meetings by Zoom. The Board has lost several members this past year and was not able to recruit new members to the board. There have been no in-person meetings this past 6 months. The Lodge's three times a year pancake breakfasts are still on hold, but there is talk of having our first since the pandemic began in late summer or early fall if conditions continue to improve. The Lodge has a couple of outdoor work parties to finalize refurbishing our parade float Viking ship in anticipation of 17<sup>th</sup> of May and 4<sup>th</sup> of July parades in 2022. And they are looking forward to their annual summer picnic in July to visit in person and renew enthusiasm. They will be sending 2 delegates to the D2 convention.

**Whidbey Island Nordic Lodge 164**: Whidbey Lodge has had a turnover in Board officers Building board of directors. They have not had any in-person meetings or events yet but are looking forward to starting in May. In general, members are reluctant to meet in person, but on the other hand want to start up again. They have plans for their summer festival in June as an outdoor affair.

## **Zone 3 – Andrea Torland**



Hi Everyone!! I can't believe that Spring is here, and we are finally looking forward to an in-person District 2 Convention in Portland. Many thanks to Grieg Lodge for hosting this important event.

Lodges are still conducting ZOOM meetings with some limited meetings and event activities. Throughout the time of COVID, Zone 3 Lodges have continued to operate on a virtual basis using ZOOM for regular member meetings. I have enjoyed listening to many interesting program presentations. Please continue to remember to send me your newsletters and include me in your ZOOM meetings! Let me know if you have questions or if I can assist your Lodge. Following are the reports of the Zone 3 Lodges.

### **Leif Erikson Lodge** Seth Maristuen, President

Leif Erikson Lodge is now back to in-person meetings for our monthly members nights and other lodge events. In March we had our annual "Winter Denial Party" complete with live Hawaiian music and island attire. A great crowd came out and enjoyed a delicious meal and fun drinks together in the hall. In March we also held our annual Heritage Day event, and after a 2 year hiatus were able to once again host the Leif to Leif 5k fun run! This year we had our largest number of runners yet, with children as young as 5 and members into their 80s completing the jaunt. After the race we enjoyed live music and lots of great food in our lodge garage. The LEL board is growing very excited for Syttende Mai, and all the fun things happening around Ballard on Norwegian Constitution day. We will have an afternoon Open House and hope you can join us to celebrate May 17th. Come by from 1-5 and have some fun with us before you settle in for the parade! Our members are already making plans to march or drive in the parade, and we are just delighted it's back this year. We will also have our monthly members meetings and dinners in April and May, and an ice cream social in June before we take our usual summer break. In April Christine Anderson will cook for us a traditional Norwegian meal, and our program will feature Lori Ann Rheinall joining us from the Norwegian American Weekly. In addition we will find out the recipients of the annual scholarships given out by the Leif Erikson Lodge Education Foundation. In May we will welcome back to the lodge Dave Ellingson, who will talk to us about his experiences kayaking through America. May is also when we have the privilege of giving out membership awards and announcing the Leif Erikson Lodge Man & Woman of the year. There are a lot of projects being worked on around the lodge, as we try to keep our cherished building in top shape, and we can always use volunteers for any number of jobs around LEL. We hope to see you around Ballard this spring, and up at Trollhaugen in July for the 50th Anniversary party!

**Vesterdalen Lodge** (Auburn) Vernene Scheurer, President

Verdalen Lodge has continued on ZOOM meetings, including some very interesting programs. Following is a recent example:

April Program will feature the important insights of a noted Norwegian peace dialogue worker, Steinar Bryn. Dr. Bryn has been nominated seven times for the Nobel Peace Prize. As senior advisor at the Nansen Center for Peace and Dialogue in Lillehammer from 1999 (he retired in 2019), Dr. Bryn conducted more than 300 dialogue seminars, mainly between Serbs and Albanians from Mitrovica, between Macedonians and Albanians from Macedonia, and between Croats and Muslims from Mostar. He also led seminars with larger groups, including seminars in Bethlehem and Jerusalem with Israelis, Arabs and Palestinians. Dr. Bryn's methodology, knowledge, and example, have inspired thousands around the world, and led to the creation of more than 10 Nansen Dialogue Centers which facilitate dialogue in situations of conflict. A film about his work was awarded the Amanda film festival prize for best documentary. Norway, of course, is home to the Nobel Peace Prize. The Greater Tacoma Peace Prize — the only one of its kind affiliated with an American city — is modeled on the criterion of the Nobel Peace Prize and is the brainchild of a Sons of Norway Auburn lodge officer Tom Heavey. As Dr. Bryn lives in Norway, the presentation — with questions after - will be prerecorded. The regular meeting will follow. In addition, members have hosted Kaffe Stua in their homes when possible.

**Cascade Lodge** (Mercer Island) Don Post, VP

Cascade Lodge has continued through the pandemic with bi-monthly ZOOM members meetings, including very interesting program presentations: From the newsletter:

April Program: "US – NORWAY Navy Exchange Program and Strategic Partnerships". Cascade Lodge Member Captain Douglas Holtan will provide an overview of US Navy and other service exchange programs with Norway and the strategic importance of the US – Norway bilateral military partnerships. Synopsis: An overview will be presented of US Navy and other service exchange programs with Norway and the strategic importance of the US – Norway bilateral military partnerships. Presenter's Bio: Our Program will be presented by Cascade Lodge Member US Navy Captain Douglas Holtan. Captain Holtan, a graduate of WSU with a Bachelor of Science in Mechanical Engineering, has served our country in a number of deployments including a two year tour with the Royal Norwegian Navy in Bergen and NATO STANAVFORLANT. Currently, Douglas is a Professional Engineer with NOAA in Seattle. Ted Fosberg, Newsletter Editor

**Bothell Lodge** Kay Schertzl, President

Although Bothell Lodge still conducts virtual meetings on ZOOM, they also offer monthly Drive Thru Swedish Pancakes (made by Norwegians) for \$10, and is open to all who come. In addition, there are also occasional drive thru dinners offered, such as Torsk (Cod) dinner in April. And of course, Lutefisk dinner to pick up in December. Bothell Lodge has an active reading group, and offers some classes such as rosemaling. Heritage Day in March was a success with vendors and demonstrations, along with special bakery items for purchase, as well as food to go. Meatball sundae is a specialty!

## Zone 4 - Joanne Gray



Kudos, Two years and counting since we entered into the COVID pandemic. Since then, our lodges have had many challenges facing them, uppermost is how to retain and recruit new members while they were unable to hold meetings and events. During the past two years, lodges have devised creative ways to keep the interest alive such as the use of Zoom for business meetings, board meetings and classes. Virtual programs took the lead in ways to present programs and games such as Bingo to their members. A number of lodges held drive thru or parking lot meals, bake sales or social events.

**Norden Lodge** will start holding their meetings in person in April and plan to resume many of their normal activities as soon as possible. They hope to resume their monthly breakfasts soon. They have used this down time to accomplish a few of the necessary repairs to the building.

**Grays Harbor Lodge** celebrated their 115<sup>th</sup> anniversary in March of this year. Congratulations Grays Harbor Lodge! We wish you many more years of happy lodge activities.

**Breidablik Lodge** has resumed holding their business meetings in person and have opened up their hall for special activities. They are, however, waiting to resume their breakfast sales until later in the year. They have a new Cultural Director who has fresh ideas for language classes and other special events, including a special 17 May event. They are planning to hold a garage-collectible sale in the near future, an event that has been very successful in the past.

**Helgeland Lodge** anticipates holding in-person meetings in the near future but has not established a specific date at this time. In the meantime, Lodge members are still enjoying their monthly Bingo sessions while wearing masks and utilizing social distancing. Lodge members are working on a special 17 May celebration.

**Oslo Lodge** has been meeting in person and have had several interesting programs recently. In January I had the privilege of attending the installation of Ralph Petersen as their new president. Future events include participation in the Armed Forces Parade in Bremerton and participating in the Viking Fest in Poulsbo later this year.

**Olympic Lodge** will begin holding in-person business meetings in the near future but are still postponing meeting in person at this time. Members of the lodge gather and walk around the neighborhoods while enjoying the ocean air. This gives them a chance to meet and catch on the latest news while getting their exercise.

**Poulsbo Lodge** is doing well. They are back to meeting in person and have hosted several functions. They are enjoying getting back to “almost normal” at this time. They continue to host a men’s choir but are not serving their weekly lunches at this time. They put their morning breakfasts on hold for the short term but hope to resume the breakfasts soon. They enjoyed a very successful lutefisk dinner earlier this year with more than three hundred attendees They have plans for a Midsomer event which will include a Viking bonfire and Market Bazaar.

**Hovedstad Lodge** resumed their in-person business meetings last September however they continue to hold their board meetings by Zoom; an arrangement that seems to work well for the lodge. They held their Julefest in December with the Prillar Guri Daughters of Norway Lodge as their guests. Children were treated to a special Nisse bearing gifts for all the children. Currently Lodge members are busily preparing for their Norway Day event. This event has been cancelled the past two years and they anticipate a large enthusiastic crowd this year.

I have enjoyed my years of serving as District 2 Zone 4 Director and anticipate more interaction with the lodges in the future.

## **Zone 5 – Darrin Lee**



Elastisitet! (Resilience)-The capacity to recover quickly from difficulties; toughness. We are doing it! The Lodges and its members in Zone 5, like others across the Sons of Norway, are definitely a resilient bunch! Zone 5 is made up the following eight lodges geographically diverse and spread across 2 states; Central and Eastern Washington and Northern and Southern Idaho.

- Tordenskjold Lodge No. 5, Spokane, WA
- Harald Haarfager Lodge No. 11 Coeur d’Alene, ID
- Odin Lodge No. 41, Yakima, WA:
- Columbia Basin Lodge No. 80, Moses Lake, WA
- Sol-Land Lodge No. 86, Kennewick, WA:
- Epledalen Lodge No. 96, Wenatchee, WA
- Grondal Lodge No. 122, Boise, ID:
- Elvedalen Lodge No 129, Clarkston, WA

As we come out of the pandemic and move into spring and summer activities each Lodge is slowly starting to get back into their pre-covid routines and involvement in the community by holding monthly member meetings as well as special events such as nordic breakfast and luncheons.

Many if not all of the lodges in Zone 5 are planning their annual Syttende Mai – Norwegian Constitution Day celebrations. Harald Haarfager just held its annual “Taste of Norway” potluck on April 23<sup>rd</sup>. Both Tordenskjold and Harald Haarfager are involved in Adopt a Highway programs which members get together bi-annually and pick up trash from the ditches of a specific area. Tordenskjold is celebrating its 115<sup>th</sup> anniversary in September.

**Tordenskjold** is hosting a couple of events in May that all are welcome to attend:

- May 7<sup>th</sup> 1-4pm: “Nordic Dance Lesson” by Gretchen Makinson of SolLand Lodge. Location is in Spokane at the Dwight Merkel Sports Complex picnic shelter. This is a free event and if interested contact Lois McKinnel ([Sofnspokanecultural@gmail.com](mailto:Sofnspokanecultural@gmail.com) or (907)-750-6516)
- May 17<sup>th</sup> 5-8pm: Syttende Mai Nyckelharpa Concert by Viktoria Borgessen of Minnesota. Location is in Spokane at the Dwight Merkel Sports Complex picnic shelter. This event is in combination of Tordenskjold’s annual Syttende Mai picnic, Kubb tournament and parade. Following the meal, we will be entertained by musical guest and storyteller Viktoria Borgessen playing the traditional nyckelharpa. The nyckelharpa is a Swedish 16 stringed instrument that



is played with a bow. “Viktoria” is a humorous character played by Marilyn McGriff of Minneapolis, MN who is also a historian and the author of the mystery novel “Caught in the Lye”. Copies of her book will be available for sale. If interested contact Lois McKinnel (Sofnspokanecultural@gmail.com or (907)-750-6516)

- Viking 1, the lodges parade ship sailed in the recent St Patricks Day parade and will be sailing again in the Spokane Lilac Festival May 21<sup>st</sup> at 7:45pm as well as the Medical Lake Founders Parade June 18<sup>th</sup> at 10am. Viking dressed Crew members are always welcome to ride in the ship!

I’m excited to see the many delegates from Zone 5 who will be attending our District 2 Convention hosted by Grieg Lodge in Portland from June 1-4<sup>th</sup>. Congratulations and tusen takk to Grieg Lodge for finally being able to host this event after having to postpone the 2020 Convention.

Also – mark your calendars! Don’t miss out on the following District 2 events in July and August!

- July 16<sup>th</sup> – 50<sup>th</sup> Anniversary Celebration at Trollhaugen!
- August 13<sup>th</sup> – District 2 Annual Golf Tournament, hosted and held in Spokane by Tordenskjold Lodge.

Have a fun and safe spring and summer!

## **Zone 6 -Christie Ericson**



Since my last report in Fall 2021, many of the Alaska lodges have gradually begun resuming in-person monthly meetings and events. Several of the smaller lodges are still struggling, however, and have had limited or no activity. Everyone continues to do the best that they can under the circumstances.

Some of the alternative ideas that were tried out the past few years were so successful that lodges are incorporating them into their regular activities. Outdoor activities have been popular with many lodges throughout the winter and will likely increase as the weather improves and members continue to embrace the concept of *friluftsliv*. Some of the lodges have become more active on social media, and it’s been fun to see photos of their activities. Arctic Viking, Svalbard, Fedrelandet, and Bernt Balchen are all on Facebook, and Bernt Balchen is also on Instagram.

### **Zone 6 Lodge Updates/News:**

**Fedrelandet Lodge 2-23 (Petersburg):** Fedrelandet started up their popular Bingo nights again and some of the fun events that their creative members have held include the Christmas Bazaar (December), Wine and Rosemaling (February), the Meatball Palooza Potluck (February), and the Harvest Potluck (March). Preparations are also underway for the Little Norway Festival in celebration of 17 mai.

**Midnatsol 2-32 (Ketchikan):** It's been a challenging time for Midnatsol the past few years as they have not been able to gather due to COVID, but they recently began holding in-person meetings again. They've even signed up three new members! Gratulerer, Midnatsol!

**Svalbard Lodge 2-33 (Juneau):** In December Svalbard Lodge held a Nordic Film Weekend in partnership with Juneau's Gold Town Theater at their temporary drive-in theater. They showed the films Riders of Justice (Danish) and Amundsen: The Greatest Expedition (Norwegian). Their Knitting Circle met twice weekly via Zoom for knitting and company, but recently began meeting in person again as COVID restrictions lifted.

They also held their annual membership dinner at a local restaurant in February and members met for a ski/snowshoe/walk and an outdoor picnic at a local campground in March.

**Bernt Balchen Lodge 2-46 (Anchorage):** Bernt Balchen Lodge has continued to be active, with a combination of in person, outdoor, and Zoom events. In October they held their annual Nordic Market/Scandinavian Bazaar, which is their biggest fundraiser of the year. This year's hybrid indoor/outdoor event was very successful – "one of their best ever." The annual Lutefisk & Meatball Dinner was held as take-out only in November. The annual Lucia Christmas program was held outdoors at a local park. The temperature was minus 2 degrees, but members had a festive time, and the Lucia family was very appreciative. Lodge members continue to organize monthly outdoor Friluftsliv events, and in March they held the first Jaysen Mathiesen Memorial Kubb Tournament in the snow. Also in March, members brought their Norwegian flags and cheered on Iditarod Race mushers (particularly those with Scandinavian ties) during the ceremonial start in Anchorage. The very next day, members dressed up as trolls (the Troll Patrol) and met on a local bridge to cheer on skiers in the Tour of Anchorage Ski Race. The Strikkekafé knitting group continues to meet bi-weekly in-person, and the Norwegian conversation group meets weekly via Zoom.

**Arctic Viking Lodge 2-117 (Fairbanks):** Arctic Viking Lodge also continues to be active and has resumed in-person monthly meetings and cultural presentations. In November their cultural program speaker was a university student whose family herds reindeer on St Michael Island in western Alaska. At the March cultural meeting, they learned about kicksledding and afterward got to try out kicksleds from Kicksled Alaska. "Sooooo much fun!!!!" The Lodge held its Santa Lucia Celebration in December and the Lutefisk and Swedish Meatball Dinner in January. In March they held their annual Fastelavn Festival at a local lake, with kicksledding races, ice fishing, and burgers and brats on the grill. They entered two of their photos from the event in the Fairbanks Daily Newsminer's ice fishing photo contest. Their photos won first place in the Youth category and second place in the Adult category! Gratulerer Arctic Viking!

**Island Viking Lodge 2-145 (Kodiak):** Island Viking Lodge continues to struggle. Members have still not been able to meet, but they keep in touch with each other as best they can. I have been working with past officers to help identify new leadership and revitalize interest.

## International Director's message – Chris Hicks



Our district and lodges have found many innovative ways to stay connected and support our members over the last couple of years. Because of COVID-19 this, has affected our ability to gather in person and at public events.

Lodges have been creative and learn to think outside the box to help our organization survive and for that we are grateful, and I congratulate all of you for doing so.

Membership is always an ongoing topic for Sons of Norway. In recent years the Home Office has used Facebook and other Social media to continue to bring a steady stream of new members to our district and lodges.

As well as new financial products which is what our order was founded for, over 125 years ago to support one another.

The Districts have a “000- Central Lodge” that members can join, when there is no local lodge in their immediate area, or a lack of available information about a lodge.

It is our job as leadership to reach out to those members that have joined the 000 lodge and let them know what your local lodge has to offer. Local Lodge Vice Presidents can reach out to the District VP Joanne or any of the district officer to get a list of those members in your area, in hopes that you can reach out to those members and see if they would like to join your local lodge and all you have to offer.

The District 2 convention is coming up and I know that you have many of you have delegates that are planning on attending.

One of the great things about the convention is networking with the other lodges and being able to come up with some new inventive ideas to help your lodge and to share some of the ideas that you've had with others, and I look forward in being able to do that again.

Because we had to make some decisions early on hotels, for financial reasons and the amount of time and resources that are needed, we have determined that the International Convention will be a virtual convention this year.

Although that was not our first choice, out of an abundance of caution and safety for all of our members we determined that this was our best course of action.

We are still working out the details so be patient but I'm sure we will have a successful end.



## International Vice President's message – Mark Agerter



**Greetings all** - It is a pleasure to be able to be getting back to the business of our Dynamic District Two and our upcoming convention is a sign that things are moving in the right direction. There are many good things happening in Sons of Norway and I am happy to be able to bring you news of some those developments.

Sons of Norway continues to grow membership with 3 solid years of unprecedented growth. We have experienced positive net membership gains for 33 out of the last 37 months. **Since July, 2020 – when membership went over 50,000**, it has remained there and been steadily climbing ever since. We were at 54,283 as of the end of March 2021 and are now, as of the end of February, at 63,706.

Again, and for two years running, all organizational goals were met in 2021. Our 2021 achievements included:

- 10,862 new insurance owning members, which was 290% of goal
- \$9.9M or 272% of goal for new life premiums
- \$12.5M in new annuity premium, 143% of goal
- 8,200 new members, 211% of goal
- \$1,177,654, nearly 450% of goal.

Goals for 2022 for which we are largely on track are:

- 8,300 new insurance members
- \$7.16M new life premium
- \$8.8M annuity premium
- 12,000 new members
- \$290,400 foundation funds, \$99,000 of which are unrestricted, that is, not designated to a particular purpose or fund.

One of my responsibilities is to chair a series of meetings with the district Vice Presidents. Our last meeting was this past January. During these we are able to touch base on many subjects with the goal of enhancing communication among ourselves and, by extension, to the district boards and our members. We were joined at this meeting by Connie O'Brien, the SON Fraternal and Membership Director, who gave updates on the 2022 convention cycle, the SON Foundation, a staffing update, and answered many of our questions. I want to recognize our D2 VP, Joanne Gray, who has "volunteered" to assist by taking minutes during our meetings. Thanks Joanne!

Recruiting new members through the various social media platforms that SON employs has been very effective. We currently have internet presence on Facebook with 14,641 followers, Instagram with 2,650 followers, and Twitter. Additionally, the SON website analytics remain strong with 25,591 users participating in 36,941 sessions this past January.

Another popular feature are our leadership videos. The industry standard open or view rate for this type of offering runs around 20% yet we are experiencing open rates in excess of 50%.

And, one last-minute announcement is that the SON Foundation has been granted the King's Charitable Patronage through 2025. This is wonderful news and simply means that our charitable efforts are recognized and supported by the King of Norway. According to the Royal House of Norway website, "To be eligible for Royal patronage, an organization must be well-established, non-controversial and have a sound financial status. Royal patronage is generally granted for a period of five years, after which an organization must submit a new application. Royal patronage serves to raise public awareness of an organization or a specific event that supports a worthy cause." This is indeed a great honor of which we can be very proud.

### **Governance Update**

Since the governance referendum passed, transferring responsibility for governance from the International Lodge to the International Board, the Charter, Constitution and Policy and Procedures re-write Committee (CC/PP) has been working hard to make all the necessary changes to these documents. This committee is comprised of Marci Larson, International Secretary, Mary Beth Ingvaldstad, International Director from District 6, Robin Fossum, ID from District 5, Kathy Dollymore, District 3 President, Luella Grangaaard, District 6 President and myself as chair.

Governance responsibilities that were relegated to the International Lodge are being re-written to become the responsibility of the International Board of Directors. Much of the content of the old Constitution were really procedures, not bylaws. These have been moved to the Policy & Procedures sections. And the entire document is being streamlined and redundant clauses removed. The Constitution will now be renamed bylaws as well to better reflect current governance trends. So instead of a Charter, Constitutions, Policies and Procedures we will now have a Charter, Bylaws, Policy and Procedures!

The Updated Charter has already been accepted by the Minnesota Department of Commerce (MDOC), our corporate oversight body. The revised bylaws have been submitted to the MDOC and approval is expected within the next two months. Unless there is a department mandated change, they will be official very soon. The revised P&P will follow.

Even though responsibility for CB/PP amendments has shifted to the IBOD, it is expected that districts may pass non-binding resolutions to forward to the IBOD for any bylaw and procedural suggestions. SON has always enjoyed valuable suggestions from the membership, and we expect that to continue. These resolutions must be implemented in the same manner as in the past. They must originate either at the local or district level. If local, the local lodge must approve the suggestion to move forward to the district for district approval. District level resolutions must then pass at the district convention before being forwarded to the IBOD for consideration.

I hope you will join me in continuing to assist our lodges in keeping their heads up and continuing to do the things we do best. Supporting our members and communities, keeping our heritage top of mind and fulfilling the mission of Sons of Norway, "To promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members."

I am looking forward to seeing many of you in Portland at the convention.





**TUBFRIM**  
NO-3540 NESBYEN - NORGE



Thank you to all the lodges that collected stamps for Tubfrim, Sons of Norway's Special Projects that sells used postage stamps using the proceeds to help provide financial aid to help improve the quality of life for handicapped children and youth.

At this time, we have 216 pounds of stamps ready to ship with stamps continuing to come in.

**What can your lodge do?** Got Scissors? Got Time? Lodge members can clip the stamps off of envelopes or packages received in the mail, being careful to leave a ½ inch margin to protect the stamps. When they get a pound of stamps, they need to write their name, address, phone number, lodge name and lodge number on a 3" by 5" card and place it with the stamps into a zip lock bag. It is very important we have the name of the Lodge and the name of the person who prepared the stamps. We have many pounds of stamps that didn't include this information. This year there will be a drawing in June at the District Convention with these cards for \$1000.00. \$500.00 will go to the lodge and \$500 to the lodge member who did the trimming. Stamps received by May 1, 2022, were eligible for the drawing at the District Convention. If only the lodge is listed, the lodge will receive the \$1000.00. This is only for lodges and members in District 2. Forever Stamps are acceptable. Please don't send stamps with damaged perforation, edges, etc. They will be thrown away. The stamps will need to be shipped or delivered to Laurie Beach at Bothell Lodge, PO Box 492, Bothell, WA 98041. Laurie is the Tubfrim coordinators for District 2 and will arrange to have them shipped to Norway. Please call Laurie Beach at 425-736-0555 or email at [beachplace21@comcast.net](mailto:beachplace21@comcast.net) if you have any questions.

This is a simple and easy way to contribute to one of Sons of Norway charitable projects.

## District 2 Youth Camp – Seth Tufteland

The Camp Committee has been working hard and are excited to say that we are going through with having in-person camps this summer! There will be fewer campers and staff than normal to help encourage more space between everyone. Our priority is maintaining the safety and health of campers and staff. COVID 19 vaccines are being required for all campers and staff.

The dates for the 2022 Youth Camps are:

**Camp Trollhaugen- June 26 - July 9**  
**Camp Nidaros- July 10 - July 23**  
**Camp Normanna- July 24 - August 6**

The Camp Director(s) for 2022 are:

**Camp Trollhaugen- Matt and Ashley Huff**  
**Camp Nidaros- Hannah Thom**  
**Camp Normanna- Seth Tufteland and Melissa Rude**

The camps are continually looking for ways to fundraise for both the camps and the Sofie Olson scholarships. We continue supporting the Sofie Olson Scholarship Fund by selling the Norwegian flag state stickers and camp T-shirt design decals.

If you are interested in working at any of our camps or would like more information, please let us know. You can email the Camp Committee at [sofncamps@gmail.com](mailto:sofncamps@gmail.com)





## The Scandinavian Hour Radio Program

Since 1961, the weekly Scandinavian Hour radio program has been broadcast on the airwaves in Seattle, WA and has not missed a week. It has had the same host, Doug Warne, from 1961 to 2020. Since 2020, Seth Tufteland has been the new host and producer of this program. Bringing you music, news, and interviews from all the Nordic countries, the Scandinavian Hour has been a staple for the Nordic community in the Puget Sound area. We also include a monthly events bulletin for our Scandinavian Hour associates/partners. Scandinavian Hour associates/partners are clubs/organizations who donate \$200 or more to the program for the year. The benefits include unlimited advertising of their events on our monthly bulletin board, a history of your group vignette, a membership drive advertisement, and an opportunity to co-host a show. We also have regular advertising at \$50 a week for a 105-word ad. We are now able to expand beyond the borders of Puget Sound by streaming live online. Broadcasting on KKNW 1150AM in Bellevue, WA from 9am-10am Pacific Time every Saturday morning and re-aired at 6am Pacific Time both Saturday and Sunday mornings. You can stream online from our website [www.thescandinavianhour.org](http://www.thescandinavianhour.org) from anywhere in the world. We have regular listeners from all over the US, Canada, and Scandinavia.

If your Lodge or group is interested in advertising or becoming a Scandinavian Hour Associate/Partner, contact Seth Tufteland at [scanhourkknw@outlook.com](mailto:scanhourkknw@outlook.com).

Let your friends and family know about this radio program too! Our website features an archive of interviews, book reviews, vignettes, and bulletin board features. Find us at [www.thescandinavianhour.org](http://www.thescandinavianhour.org).

Seth Tufteland  
Host/Producer  
The Scandinavian Hour

## The Scandinavian Hour

with your host  
**Seth Tufteland**



**Saturday & Sunday 6:00-7:00am, Saturday 9:00-10am**

Stream us online at <https://1150kknw.com/listen-online>

Visit our website at [www.thescandinavianhour.org](http://www.thescandinavianhour.org)

Advertising opportunities available

***Music, News, & Interviews for the Scandinavian Community***

## Ski For Light - Puget Sound

The first Saturday, we had to cancel: High risk of avalanches, doubts about the ability to complete the entire season, and COVID's continuing to create havoc around the globe had all given us pause that week. After that, though, it was all systems go as the Ski for Light Puget Sound Regional managed to pull off a very successful 2022 season!

It was spring skiing for the most part this year -- sunny and warm. Every time I thought the snow would be all gone for the next trip, Mother Nature would generously serve up a bit to cover up the old and icy stuff! We started off quite rusty and out of practice, due to lack of skiing last year and to the shortened event the year before that. everyone seemed to forget some little things, such as standing in the tracks instead of stepping out when stopping, standing right at the bottom of a hill, not mentioning little branches sticking out or occasional, scant debris in the tracks, etc. but we got quite good at it again. The only problem was -- It was the end of the season!

We had 2 new skiers and a guide joining the program this year, and they are already planning on returning next winter! We also had 3 people who found out about us quite late in the season and, instead of training them, we invited them to come ski, share, and learn.

Congratulations to Erling Berg who is our oldest (90+years) and longest serving member (since 1976), and I do mean serving. From guiding countless skiers over many years to building and maintaining our ski trails to working on fundraising, even to playing a large part in building the Trollhaugen Lodge that we've been using for lunch and breaks, he does it all with beautiful modesty.

Our vice president, Doug Sundberg, received permission from the Forestry Department to rename one of the trails in Erling's honor, so we commissioned a new sign that's about 24 inches long by 10 inches high, on Spanish Cedar wood carved in black letters. It reads in three lines:

Erling Berg

Forest Loop

Skog Vei (Skog Vei is Norwegian for Forest Loop). Next to that is a Norwegian Flag, a blue cross over a white cross, off center on a red field.

This is, of course, a way to honor Erling, inadequate as it seems. He is a most valued friend.





I couldn't be more grateful for all this group's volunteers who jumped in whenever and wherever they were needed! On the second Saturday, there weren't enough participants to justify spending \$1,350 for a rental bus, so our volunteers gladly used their personal vehicles to transport skiers. On our final Saturday, there were more skiers than guides, so I shouted out for help and WOW! They re-arranged their schedules to be available! Cheers to all these outstanding folks! Their commitment and unrelenting spirit is greatly appreciated!

Speaking of the last Saturday of the season, we were able to gather for our traditional potluck to celebrate. Besides knowing how to have fun on the slopes, this group sure knows how to put on a potluck -- all sorts of delicious foods and drinks, and what a feast!

I would like to thank all our participants for diligently and religiously following the COVID safety guidelines, including masking on the bus and in the ski lodge. I was grateful for not having to deal with the problems that the airlines have.

To our knowledge, The Puget Sound Regional is the only adaptive X/C skiing program in the world that meets six Saturdays each winter, from January to March. We can be found at <https://skiforlightpugetsound.azurewebsites.net> or e-mail [skiforlightpugetsound@gmail.com](mailto:skiforlightpugetsound@gmail.com).

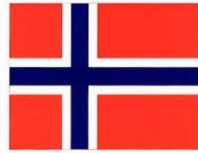
Deng Kong  
President, Ski for Light Puget Sound



## SONS OF NORWAY BORDER FESTIVAL PICNIC



District Two  
United States



District Seven  
British Columbia

**Sadly, Border Festival has been cancelled for 2022**

### Trollhaugen

Greetings and welcome to Spring time!

Trollhaugen is still in winter mode with snow in the forecast each week. The snow park area is open, however, as of 3/30/22 it has been reported that the grooming and plowing has ended.

A big mange takk goes to Roger Young and Sherice Halvorson for doing the majority of filling the Trollhaugen managers roll.

Also, Trollhaugen's 50<sup>th</sup> anniversary celebration is July 16<sup>th</sup> with a luncheon of meatballs, fiskeballer, red potatoes and side salads. If your lodge is looking at participating, we are asking for baskets to be raffled during the celebration and you can get them to us at the convention or bring it with you July 16, 2022.



Has reached another milestone. 50 years from breaking ground in the beautiful Washington Cascade Mountains. To celebrate this occasion Trollhaugen will be having an Anniversary dinner July 16, 2022.

We will have slide shows of the beginnings of Trollhaugen and the 45 Anniversary, games, dancing and more.

How can your lodge or individual member be a part of the celebration? Easy!

Make a basket to be raffled off.

Find articles or photos and send us a copy.

Make plans to come to the dinner July 16, 2022 at Trollhaugen.

Send photos to Erick Balstad

3407 80th St. E., Tacoma, WA 98443 or

Email: trollhau@outlook.com

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### **District 2 Facebook Page**

<https://www.facebook.com/groups/53491219856/>

### **District 2 Camp Website**

<http://www.sofncamps.com/>

### **District 2 Web Site**

<http://www.sonsofnorway2.com/>

### **District 2 Flickr page**

<https://www.flickr.com/photos/130888324@N06/collections/>

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