

Dynamic 2

Volume 29

Sons of Norway District 2

Spring 2020



Sue Haney,
Odin Lodge #41



Contents

President’s Message - Jerry Erickson 3

Vice President’s Message- Joanne Gray 5

Secretary’s Message – Jane Bueing..... 6

Counselor’s Message - Sally Dwyer..... 6

Cultural/Foundation Director’s message - Ron Rolla 9

Youth Director and Historian’s message - Doug Quammen..... 9

Sports Director’s message - Laurie Berg 10

Publicity and Social Director’s Message – Robert Kodalen..... 13

Zone Director messages 14

Zone 1 – Regina Agerter..... 14

Zone 2 – Norma Jean Sands..... 15

Zone 3 – Andrea Torland 16

Zone 4 – Joanne Gray 19

Zone 5 – Darrin Lee 20

Zone 6 -Christie Ericson..... 21

International Director’s message – Chris Hicks 23

International Vice President’s message – Mark Agerter..... 24

Borderfest 25

District 2 Youth Camp..... 26

Ski For Light..... 28

Trollhaugen..... 29

Tubfrim..... 31

District 2 Board Members, June 2018 – June 2022..... 32

President's Message - Jerry Erickson



By the time you read this Spring of 2020 Dynamic 2 we should have been well into a busy season of District and Lodge events. Instead, we are facing a situation that none of us could have predicted would happen. Instead of a multitude of Lodge and District events, we are in a Lock-Down mode where our meetings and events have been cancelled. We have to communicate by phone, e-mail and by computer programs such as Zoom or others where we can at least see each other. We held our District 2 Board Executive Board meeting on February 22nd at the hotel in Portland where our District 2 Convention was supposed to be held this year. We had a joint meeting with the Grieg Lodge Convention Committee and they did a wonderful presentation on where plans stood for the Convention. We are still working on how the usual awards that are passed out at the Conventions will be handled. As soon as a plan is made, we will get the word out and there may be some travel involved to present those awards. It looks like we will be holding the 2022 Convention in Portland. Just to let you all know, because the 2020 Conventions are not being held, all District and International Officers will continue to serve until 2022. Also, those of you who were Delegates at the 2018 District and International Conventions, will continue to serve as Delegates until 2022.

Let me back up a little to fill in the gap between our Fall 2019 Dynamic 2 and the present. I attended the District Presidents Advisory Council meeting at the Home Office in Minneapolis. We met with key staff and the International Board. We discussed a number of issues concerning membership, insurance operations and governance. They are looking to hire more Insurance Professionals (new term for FBC) so that we can increase insurance sales. There was a discussion on changing the name of Sons of Norway. This seems to come up every few years as some folks think our name is out of date. It was great to spend time with the other District Presidents and find out what activities and events other Districts are doing. I was looking forward to our meeting the first week of May back in Minneapolis, but like everything else this year, it has been cancelled.

I want to congratulate our twenty-four Lodges who met and exceeded the 2019 Recruitment Goal set by the Home Office. A lot of work and enthusiasm went into achieving these results. It would be wonderful if all of our Lodges make their goal in 2020. We are off to a very slow start this year due to the Corona Virus lock downs, but I hope that when things return to normal, we will continue to grow. We are the leading District in recruiting and retention, and I know that we can keep these successes going into 2020. With all fraternal and many other organizations struggling with membership, I hope we can keep doing what we are doing and build for the future.

So far in 2020 we had our District Ski Race at Trollhaugen in February. We had a good turnout and it was fun to participate in the race although conditions were a little wet. Trollhaugen had lots of snow this winter and a good winter season up until mid-February. Youth Camps for 2020 have been cancelled due to the virus and the Youth Camp Committee is looking at ways to reach out to the campers who had signed up to provide programs for them to do at home. This was a tough call to make and I want to thank our Youth Camp Committee for all the work they have done to get

ready for this summer's program and looking ahead to see how they can still serve our youth without a resident camp. We are still looking forward to holding the Steak Dinner at Trollhaugen in July and the Golf Tournament in August. We will have to see how things go this summer. There were so many plans to celebrate our 125th Anniversary that have been cancelled or postponed until later this year. There has been a variety of ideas on how District 2 and our Lodges will celebrate that anniversary. We will have a District 2 125th Anniversary pin available when we can get back together.

2020 will be a challenging year that will be remembered forever by those of us experiencing this time. This is a time for all of us to keep in touch with our members and make sure we communicate to everyone that we care about and look out for their well-being. It is my hope that we can participate in Lodge and District activities this summer and fall. We will look back on this year with disappointment on all of the events and activities we have had to cancel, but we need to look ahead to 2021 and come back stronger than ever. I thank the District Board and all of our local Lodge leaders for your work and support for our membership. Remember to keep that fraternal spirit and work together in harmony for the good of our Order.

Some fun events early in 2020



Presentation at Cascade Lodge to Past International President, Ted Fosberg, of his Life Membership Certificate and pin.

Harald Haarfager Lodge 2-011 held a celebration to Commemorate its 110th Anniversary since its founding on January 10th 1910.



Vice President's Message- Joanne Gray



In this trying time, it is so very important to keep in touch with our family, friends and lodge members. With our meetings and special events cancelled or postponed folks are confused about the future events. Unfortunately, our District Conventions and our International Convention in Ringsaker, Norway were cancelled for 2020. Most, if not all, Syttende Mai celebrations have also been cancelled. Interestingly, a number of lodges have devised means to keep in touch with their membership including newsletters, email messages, Facebook, and virtual meetings. Now would be a good time to encourage our lodge members to work on their Cultural Skills and Sports Medals. We are still able to get out and exercise. As I am writing this, it appears that there may be a light at the end of the tunnel. We are all anxious to get back to our regular activities and to reunite with our friends, families and fellow lodge members.

Congratulations go out to Lodges who are celebrating milestone anniversaries this Year:

Harald Haarfager 2-11, Coeur d'Alene, ID; Grieg 2-15, Portland, OR; Nidaros 2-16, Gearhart, OR and Fritjov 2-17, Stanwood, WA all 110 years and going strong.

Breidablik 2-27, Kelso WA 90 years

Svalbard 2-33, Juneau, AK and Oslo 2-35, Bremerton 85 years

Thor 2-42, Salem, OR 89 years

Olympia 2-37, Port Angeles, WA 65 years

Epleдалen 2-96, East Wenatchee, WA 50 years

Island Viking 2-145, Kodiak, AK 30 years

Sadly, the DJP Adult Heritage Retreat at Trollhaugen was among the casualties of the virus.

Hopefully, it will rebound with a new retreat scheduled for later this year or early next year. Watch for more information as it becomes available.

As of this writing, the Golf Tournament and Steak Fry at Trollhaugen are still scheduled. More information will be forthcoming as it becomes available

Congratulations to Jane Bueing for the nice job on the 2020 Directory. It is a big job to compile all the pieces of information etc. and get it published and distributed in a timely manner.

With all the "free" time we have on our hands, Zone Directors may want to give thoughts to the next Zone Seminars that will be coming up after the first of the year. We will need a meeting site for each Zone. The Seminars in 2019 were very well attended and successful. Let's look at making them even better next year.

Secretary's Message - Jane Bueing



The District 2 Directories have been sent to almost every lodge. I have had to send in shifts. It was not fun before Easter watching the people stand 6 feet behind me while waiting for me to send a bunch of directories. I thought I'd better wait until the week after Easter. I have just a few more that will go next week.

I want to wish all safety and hope all are well, as well as, your families are safe. I hope those of you that are on Face Book are enjoying the different lodges posting pictures of Norway and the history Norway. They have been great! Cultural people having fun with knitting and suggestions from others on what to do for fun at home.

Counselor's Message - Sally Dwyer



Happy Spring to one and ALL!

I have a few little things to share with you today, so follow right along-

#1-People have been asking if we are still supporting the **Pillowcases for Campers** this year. The answer is yes, keep sewing and hang on to them until we all meet again. This project is so well received by the campers and staff, it deserves to stay around.

At the past 2 conventions we received approximately 650 pillowcases and have a few left. One of the things I did with our fantastic numbers is to send them in to the national One Million Pillowcase Challenge under Sons of Norway, District 2's name. The last update on the total US count as of February 12th was 941,263! Pretty cool that we are part of this project. I am sure thru the pandemic more will be sewn, and the goal will be met.

#2-If you know me, you know that I love to bake, quilt, rosemal and read. So here is a recipe I love that doesn't use eggs (heard that eggs are short in some areas). [Go to the end of Sally's message to see the Almond Cookies recipe]

OK, quilting. I have several quilts started but have switched gears and have become the Little Maskmaker along with several quilting friends. To date have made 213 and given each one away. Some people try to pay me, but I encourage them to give to the local Salvation Army Food Bank instead. I have so much fabric stash, I could make masks for another month or so before I even made a small dent in it. We have no place to purchase the bias tape for the ties, so I make my own that matches the face mask and they are gorgeous. Colorful and bright for adults and kids. Below is the pattern I have been using. It is not Lab grade of course, but great for daily casual wear and fully washable. Finding the #20 coated copper wire can be a challenge, so find something flexible that will hold the bend at the nose. Too thick and it is hard to push into the fabric channel. [Go to the end of Sally's message to see the Cloth Face Mask directions]

Next on my list is rosemaling. I have to admit I am a social painter and without my buddies to paint with-I have temporarily stopped. I will start up again with my group as we have several orders for storefronts for our Main Street (Nordic Drive), but no gathering right now.

Last on the list of who I am is reading. I am not only a voracious reader-I love anything about WW2. One of my favorite series is by Nancy Revell, all about the women who worked in the shipyards in England. I think there were 8 books with another to come out in October. Wonderful stories about life with rationing, bombs falling, handsome soldiers, lovely lady welders and the troubles of daily life.

I received a photo text from a friend in Seattle that I wanted to send to you, but since it is now all over Facebook-perhaps you have seen it already. It is of the statue as you enter Poulsbo, WA of I think Leif Eriksson (??), anyway a huge Viking with a facemask on. So fitting for these times.

Lastly, I want to encourage you to wash your hands over and over, wear a mask when in public (grocery store, Post office etc.), keep away from group gatherings, build a 6 foot bubble around yourself and remember to be kind. We are all in the same boat and with following a few simple steps, we shall flatten out the curve and get our busy lives back to normal.

Almond Cookies

Collection of Sally Dwyer from Bev Siercks

This recipe makes one of the most delightfully crisp and flavorful cookies I have ever made.

I usually do a double batch as they keep really well if in an airtight container-3 + weeks! Sally

Single batch Ingredients:

1 cup butter, room temp. (no substitutions)

1 cup sugar

1 tsp. real almond extract or almond emulsion

1-3/4 cups AP flour

½ tsp. baking soda

¼ tsp. baking powder

1/8 tsp. Salt

½ cup sliced almonds, broken up (or can use slivered almonds chopped fine or mix both)

Bake at 350 degrees

In a mixing bowl, cream butter and sugar until almost white, about 6-7 minutes. Beat in the almond extract, baking soda, baking powder and salt. Scrape down the sides of the bowl. Gradually add the flour until well mixed then add the nuts and mix well.

Roll or scoop 1" balls of dough and place on a cookie sheet about 2" apart. I used parchment paper for mine. Gently press each ball down slightly-I used the bottom of a juice glass dipped in sugar each time to do mine...Bake for 10 minutes or so until lightly browned around the edges. Cool for 2-3 minutes, then remove to wire racks to cool completely. Makes about 45-50 nice thin and crisp cookies per batch.

Do try this recipe if you have the time (couldn't resist that) or better yet, bake a double batch and take some around to friends for a treat.

Cloth Face Mask

You will need: 6-1/2" by 9" piece of good material, 4" wire piece for the bridge of the nose (we used #20 copper clad with plastic so when washed it won't rust), 2 selvege/selvege pieces of fabric cut into a size you are comfortable with sewing. I cut mine each 1-1/4". Keep yours narrow so the ties will stay tied when used. No more than 1-1/2".

#1-Iron 6-1/2" x 9" material flat, iron in 3 pleats per the pleat sheet if needed. I did not use it, just made the top pleat a bit wider and ironed in two more pressing well. Pleats should be facing downhill. Tack pleats closed along both short edges, then fold raw edges over and sew a ¼ "seam in to finish that seam. Iron again nice and flat.

#2-Take the 2 cut strips and give a quick press on the wrong side of the fabric. Iron one of the long raw edges in towards the center of the strip, turn around and do the other side into the center. This is your first single fold bias strip. Make another one just the same.

#3-Find the center of the bias strip, open up a smaller side and pin the front side of the opened bias strip to the back side of the upper edge of the mask pinning as needed. Starting at the pinned edge, stitch in the ditch of the fold that is exposed all along the upper edge of the mask. Press the bias tape up, over the top of the mask. Just use the tip of the iron to push it a bit.

#4-Bring the folded bias tape over and down on the other (front) side, covering the raw edge. Sew close to the folded edge of the bias tape, 4/5th of the way across, stop and needle down, presser foot up, slide the nose wire into the channel created by the bias tape. Push it is past where you are sewing. Continue sewing to the edge and beyond down the long ties, folding in the bias as you go nice and neatly right off the end. Finish tail by putting a knot on the end when you know how long the person getting the mask needs it. I have made most of mine at 33-35" to start with, but some guys heads are larger and need more tie room.

#5-Repeat previous step, except for the nose piece. Finish sewing, iron, and be careful not to melt the nose piece.

Use that stash and have fun!

There are many styles on the internet and at quilt shops so if you don't like this one, find one you do like and start making them for your family and friends. Who knows, you might even become the next Little Maskmaker!

Our local lodge was approached by Petersburg Mental Health and an ad hoc community group to use our Sons commercial kitchen once a week and distribute Soup and Bread lunches to whomever needs them out in our Park next to the hall. After checking with the Borough officials, they gave us a short list of rules to follow and encouraged us to help meet this need for those folks who have been marginalized by closures and lack of jobs. I am the token member to be present and we have successfully operated for 2 weeks. Local groups have helped make the soups/cookies/rolls/bread etc. and have pledged more as needed.

Another thing our lodge did was to take advantage of the offer from Big Sons to spend \$\$ towards a local food bank up to \$200 and they would reimburse from the recruitment dinner funding. Let them know your plans at headquarters and then send in your receipts, a check will be returned to your lodge. it all helps, every little bit.

Cultural/Foundation Director's message - Ron Rolla



We are in a place we have not experienced before, and I hope and pray we all come through together. As the District convention and the International convention were canceled, and many of us had planned to enter the Folk Art Exhibit we have decided to give you a chance to exhibit your entries on a page that is being developed as I write this message. As soon as it is up and running, I will give you the information on how to show your work so all of us may see it.

As there were no elections, all of the officers have been asked to continue on in their roles for another 2 years. I look forward to working with you to develop your cultural skills. If you need help in accessing the cultural skills pages on the internet, please don't hesitate to give me a call and perhaps together we can find what you are looking for. Some of the pages are not readily available and some hunting has to take place. As for me, I'm working on my language pin by being a member of a group in my lodge who get-together weekly and practice reading, writing and speaking. We're using the Sons of Norway language pages, a book that we all have, and an online program, Duolingo, that is a free resource.

I'm encouraging each Cultural Director in each lodge to help their members earn a pin in one or more skills. Find out who is working on a skill and keep track so they may complete their task.

If there were a pin for the skill of surviving this covid19, we would all be winners.

Youth Director and Historian's message - Doug Quammen



Is it Spring or Summer, I can't tell. I remember a curse from the past. Maybe it was Roman. Anyway, it's subtle but expressive. "May you live in interesting times." I daresay that we do indeed live in interesting times.

We are all getting used to new conditions in our communities. The same goes for us within Sons of Norway. With our new focus on 'social distancing', many of you have been wondering about the status of our camps, this summer. As so many of you have done in your own lodges, we've curtailed all our group activities. This includes camps at Trollhaugen, Nidaros and Normanna, as well as this spring's Cultural Retreat at Trollhaugen. We are all in new territory here. There were a lot of anxious campers and parents out there, waiting as fast as they could, to find out the status of the camps.

Getting set up for camp each year involves a great deal of planning, staffing and organizing. On the Camp Committee, we decided to maintain connection with our camp applicants over the summer. They may not be able to come to camp, but our staffers are working on ways to bring some camp activities to their home. We have a bunch of Classic (old) camp t-shirts to send to the campers along with project ideas (think u-tube). Those camp staffers are a dedicated bunch, so just because they can't go to camp, doesn't mean that they won't find some ways to bring camp to the campers. All these obstacles just become opportunities for improvement. In the end, we'll probably have a few more arrows in our quiver.

As chairman of the Scholarship Committee, I'd like to announce and introduce Karissa Stevens as the winner of this year's Carl M. Saltveit Scholarship for study at the International Summer School at University of Oslo. As you may be wondering, she'll apply her scholarship next year. Gratulare Kari! I must also point out that we had a batch of really well qualified applicants to work through this year.

We all must look after each other's needs, even if that need is to stay away. So, take this time to try something different. Check out the Cultural Skills Program. There are a lot of good ideas in there.

The Nature of Friendship
A bad friend
Is far away
Though his cottage is close.
A true friend
Lies a trodden road
Though his farm lies far away.

Sports Director's message - Laurie Berg



The annual district two Golf Tournament is back in Leavenworth this year and will take place August 1st at the Leavenworth Golf Course. No experience necessary. Come join us in getting our suntans on while we chase little white balls. Registration is \$95 and will include your ticket to the banquet. If you'd like to come to the banquet but don't fancy the stroll around the course you can pay \$25. Return registration forms to Leif Erickson Sons of Norway with a check made payable to Leif Erickson Sons of Norway as soon as possible. Thank you to them for hosting this year. Lodging for this event has been reserved at the Hampton Inn and Suites. Contact them and mention the District Two Golf Tournament for special pricing.

The annual district two horseshoe/kubb tournament will be held in conjunction with the annual Trollhaugen Steak Fry on July 18th. Registration will start at 9:30 am with the tournament starting at 10 am. There is a \$5 suggested donation for snacks. To get tickets to the steak fry, please contact Bill Hicks – 425-672-0194 (hicks1015@msn.com)

This past February we had our annual district two ski race at Trollhaugen lodge. Many lodges participated and the rain stopped just barely in the nick of time for a clear race! A big thank you to Norden for providing such a delicious lunch.

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!

DISTRICT 2

GOLF

2020

TOURNAMENT

1ST OF AUGUST 2020



LEAVENWORTH GOLF CLUB

9375, 9101 Icicle Rd, Leavenworth, WA 98826

ALL AGES EVENT FOR MEMBERS ONLY

Advance Tickets

\$95 per player, including lunch and banquet.

\$25 per additional banquet plate.

LODGING

Contact Hampton Inn & Suites Leavenworth:

509-470-9798

Mention Sons of Norway District 2 for special rates.

Deadline for reservations is the 5th of July.

CONTACT

Gail Engler

206-706-2703

Email: englergail32@gmail.com

Please fill out and return registration form on second page to:

Leif Erikson Lodge

ATTN: District 2 Golf Tournament

2245 NW 57th St.

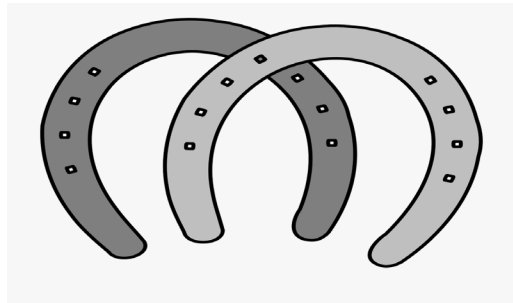
Seattle, WA 98107

Return registration form with a check made payable to

Leif Erikson Lodge.

DISTRICT 2 HORSESHOE/KUBB TOURNAMENT

Hosted By Sol-land Lodge #86



Game on!

Yes, you read that right! Join us for a low stakes tournament that will take place the morning of the Annual Trollhaugen Steak Fry.

Registration Starts at 9:30 AM

Tournament Starts at 10:00 AM

Donation of \$5 is requested for snacks.

If you have any questions about this event, please contact Laurie Berg: laurieberg.lb@gmail.com

To get your tickets to the Steak Fry, please contact:

Bill Hicks: (425) 672-0194

Hicks1015@msn.com

If you would like to stay for a night or the whole weekend, please contact the Trollhaugen Managers (509) 656-9997

Trollhau@outlook.com

July 18, 2020 Trollhaugen Lodge

From I-90 take Exit # 62 onto Stampede Pass Road.
Head toward Stampede pass and continue for approx. 1 mile.
Look for Norwegian Flag sign. Driveway is on the left.

Address: 314 Stampede Pass Road
Easton, WA 98925

Publicity and Social Director's Message – Robert Kodalen



Here we go again on my fourth publication of the Dynamic 2. I hope you are enjoying what you are seeing. We have tried to make this informative during this Covid-19 epidemic.

Congratulations to the following lodges whose milestones occur during this calendar year. I would really like to feature each lodge in the Viking Magazine on their accomplishment. Please send in an anniversary picture and write-up for this special occasion. Look in the April Maaken for Harald Haarfarger and in the June Maaken for Svalbard's celebration pictures.

Lodge #	Lodge Name	Date	Years	Lodge #	Lodge Name	Date	Years
33	Svalbard	1/4/1935	85	145	Kodiak	4/28/1990	30
11	Harald Haarfarger	1/10/1910	110	42	Thor	5/4/1940	80
96	Epledalen	4/11/1970	50	37	Olympic	5/14/1955	65
15	Grieg	4/17/1910	110	35	Oslo	8/22/1935	85
16	Nidaros	4/18/1910	110	27	Briedablik	10/4/1930	90
17	Fritjov	4/24/1910	110				

As we all know the district convention has been cancelled, thus the Newsletter Competition will be postponed until the next convention in 2022. I have really enjoyed the many newsletters that I am receiving throughout our district. There is such a wide variety of talented people putting together all the newsletters that we have. I had hoped to have the competition to showcase all the newsletters for both the large and small lodges. Below are all the lodges that have a newsletter. If I have missed yours, please let me know. If they are marked red I am not receiving them, please include me in your distribution at publicity.d2@gmail.com

Lodge #	Lodge Name	Newsletter Name	Lodge #	Lodge Name	Newsletter Name
1	Leif Erikson	Vikingen	42	Thor	Thor Saga
2	Norden	Wazzup	44	Poulsbo	Maaken / Missive
3	Normanna	Normanna News	46	Bernt Balchen	The Flyer / eblast
5	Tordenskjold	Sons of Norway Bulletin	58	Columbia	Nyheter
11	Harald Haarfarger	Haarfarger Harald	86	Sol-land	Desert Viking
15	Grieg	Grieg Notes	87	Cascade	NewSance
27	Briedablik	Breidablik Lodge Brev	94	Hovedstad	Hovedstad Posten
29	Abel	Nyheter	96	Epledalen	Epledalen Newsletter
33	Svalbard	Uff Da	106	Bothel	The Nyheter
35	Oslo	Nyheter	129	Elvedalen	Elvedalen Lodge Newsletter
37	Olympic	Brevet	130	Edmonds	Sterkt Lys
38	Sonja	Sonja Herald	131	Vesterdalen	Vikingskip
39	Roald	Roald Newsletter	143	Roguedalen	Hilsen Fra Roguedalen
41	Odin	Oden News	164	Whidbey Island	Oy Nordic Nyheter

I thank everyone who has sent in pictures and articles for the Viking Magazine. Please continue sending me your wonderful pictures.

I ask you to now share this with your other lodge members. You'll see the next publication Fall of 2020.

Zone Director messages

Zone 1 - Regina Agerter



We all know that lodge activities have been cancelled so I reached out to each of the lodges in Zone 1 to learn more about how the lodge members are handling their “new normal.”

Grieg Lodge #15 – Portland

- All activities at Grieg Lodge have been cancelled (the D2 convention, Syttende Mai, etc.)
- Grieg Lodge confirmed that they have done a lot of work for the convention and they want to move forward and host the 2022 convention

Nidaros Lodge #16 – Astoria

- The lodge is closed and there is no access to any of the buildings
- All local motels are closed
- The lodge has already cancelled 2 weddings and the Midsummer Festival
- The lodge wants to know whether the camps will be operating this summer

Sonja Lodge #38 – Eugene

- Lodge activities have been cancelled for April
- The board approved a large donation for **Food for Lane County**, a private 501(c) (3) non-profit food bank
- Members have volunteered to pick up groceries, provide deliveries and to call our members to see if they are doing well

Thor Lodge #42 - Salem

- The March meetings were cancelled and it was later decided to cancel the April and May meetings as well
- Members hope to be able to have their June Ice Cream Feed and the Picnic at Johan Vineyards in August

Fjeldheim Lodge #47 - Bend

- Lodge activities have been cancelled for April
- Groups that rent the lodge on a regular basis have stopped for now
- The board made a commitment to the groups that they will hold their usual rental times and days for them without charge
- Five lodge members announced that they are available to help with groceries or deliveries

Columbia Lodge #58 – Vancouver, WA

- Lodge members have chosen to postpone or cancel their usual public events

Lodge Anniversaries

Congratulations to the following lodges:

110th for Grieg #2-15

110th for Nidaros #2-16

80th for Thor #2-42

Zone 2 – Norma Jean Sands



Hilsen alle Zone 2 Lodges –

I want to start by congratulating Fritjov Lodge on their 110th anniversary this month! Three other lodges in District 2 are also celebrating 110 years: Harald Haarfager (Coeur d’Alene, ID), Grieg (Portland, OR), and Nidaros (Gearhart, OR) 1910 must have been a pretty good year for SON. We look forward to your celebration parties later in the year.

The District 2 Board had another conference call meeting today (4/11). It looks like the District 2 convention in 2022 will be held in Portland and the Anchorage committee will think about bidding for the 2024 convention. It is not looking good for our 3 Youth Camps, although the final decision has not been made by the Camp Committee Board. But we should have an answer within the next week.

D2 activities for April, of course, are on hold. It looks like May and June will follow suit. The Doreen Parker Adult Heritage Retreat, scheduled for May 1-3, is postponed again. Skandia’s Midsummer Fest at St Edwards Park has been cancelled, although they are talking about a virtual dance and music session. Activities for July are waiting to see how things go. This includes Border Fest July 12, Trollhaugen Steak Fry with horseshoes and Kubb tournaments, and the Golf Tournament in Leavenworth Aug 1.

This is a difficult time for retaining membership. Keep contacts up. I loved Whidbey’s very upbeat newsletter with pictures and stories. Both Whidbey and Normanna have book clubs that continue to be active, at a distance, Whidbey through video conferencing.

For those Lodges with their own buildings, we hope you have put your buildings in dormant mode. Turn down heat, reduce lighting, put garbage on vacation hold. These ideas can help reduce costs during this period.

I know of two lodges in our zone who are taking advantage of SON offer to use a portion (up to \$200) of New Member Recruitment Event funds to donate to charity such as local food banks: Whidbey and Edmonds. I urge other Lodges in our zone to also do this, as it cost your lodge nothing, and you contribute to great needs within your community. Some Lodges are also donating additional funds from their Lodge coffers. Demands for food bank resources has increased greatly during this time, so please consider helping.

If you have any questions, do not hesitate to ask. Everyone on the District 2 Board are willing to help all of our lodges.

Zone 3 – Andrea Torland



Hi Everyone!! I have certainly missed seeing all of you at the Lodge meetings and events. I am glad to report that most of you are keeping that positive attitude and finding new and creative ways of doing things!

Probably a lot more home cooking and going for walks which is great! Anyway, I am looking forward to getting back on track by sometime this summer, so then we can all start anew this fall.

Remember to reach out to your fellow Lodge members if you need some assistance or just need someone to talk with. We are all here for each other! Following are the reports from Zone 3 Lodges.

Vesterdalen Lodge in the heart of South King County is doing its best in the current crisis. So far we have no reported cases of the dreaded virus, and that is likely to our members following the good sense directives of the Governor. Alas, we have decided to cancel our spring Nordic Fest, normally a highlight of the year. All of our meetings have been put on hold. We are hoping to have our annual summer picnic in July but will wait and see.

The Vesterdalen Board has been “meeting” via email. The Board decided to suspend all lodge activities for the near term and the executive committee has been empowered to act for the lodge.

The lodge newsletter “Vikingskip,” continues publication and distribution, electronically and via print for those who do not have e-mail. Our editors, Nils and Lois Ladderud are working closely with our “publisher” Andy Wangstad.

Vesterdalen members are staying touch with each other on Facebook and have even had a virtual Kaffe Stua using Zoom. In this world crisis, it is more important than ever that we reach out to each other in safe and responsible manner.

Alt for Norge!

Tom Heavey

Acting President Vesterdalen Auburn Lodge

Leif Erikson Lodge: While it has been a challenge to stay connected the last few months, we at Leif Erikson Lodge have been doing what we can to reach out to our membership and keep in touch with our plans and goals for the year. We have been holding our regular board and members meetings via Zoom teleconference, and it has gone quite smoothly for the most part. A few technical glitches aside, we have been able to keep things moving forward. A small and dedicated group has also been working as a team to call members who are less likely to join our virtual events and check in to see how they are doing. I am happy to report, though feeling cooped up, people are letting us know they are healthy and safe at home. Aside from our regular meetings, we have set up a few fun online events as well. An online trivia night for members, as well as an online crafting group have hopefully given people a chance to connect and have some fun! Sports Director Kathleen Lange and I have also been trading pictures of our Norwegian Buhunds, the dogs are surely appreciating all the extra time with us at home. In addition, LEL will hold an online

“gathering” on May 17th to celebrate the day and sing songs together. Many of our members have been busy working on their lawns and gardens, as well as other projects around the house, to stay busy and prepare for what looks to be lovely spring and summer seasons. Another source of activity has been writing letters to friends and family around the world, many of us reaching out to our relatives in Norway to check in and reconnect. Taking time to catch up on our reading is another great way to spend time while sheltering in place.

An extra emphasis has needed to be placed on fundraising, as our rental income has come to a halt. Asking for donations and applying for grants and other assistance programs will hopefully help make up some of the shortfall, and we will be ready to push hard once things open back up to host many new events for the late summer and fall. It will certainly be a challenge to meet our membership goals in 2020, but we do think folks will be very excited to participate in all our activities when we are able to again open the doors to the lodge. We may end up carrying on with some of our new virtual events for the long term, as another way to stay in touch with those who are not able to make it to Ballard as often as they might hope. Despite all the changes and difficulties this pandemic has caused us to deal with, our sincere hope is that we will come out a stronger and tighter knit community when this does eventually pass.

Seth Maristuen
President, Leif Erikson Lodge

Bothell Lodge: Hils fra the Bothell Lodge! Although we have not had any Lodge in-person events and all events for May are cancelled/postponed, we remain eager for our next events. Fortunately, our member health is good; thankfully only one known case of the virus and that member beat the virus and is now recovering at home. We look forward to this summer's activities and catching up on events postponed. We enjoy the neighborhoods that we live in with incredible spring weather, bright lovely spring flowers as we socially distant walk in high spirits with the warmth of the sun on our faces. Our members have made a difference by actively participating in food drives and other assistance.

GOOD NEWS!!! Yes, indeed we do have good news. Bothell Lodge was just awarded the Sons of Norway Founder's Award “recognizing the contributions of your members' outstanding work in reaching the recruitment goal.” Please see related article in our Nyheter.

New Golden Member!!! We are very fortunate to have a new Golden Member! Jane Prestbye, it is our Lodge's honor to award to her with the Golden Member award for the terrific achievement in loyal continuous active participative membership in Sons of Norway. We are extremely fortunate for Jane as a member. Jane, you are GOLDEN!! Best wishes to you and Fergus as now you both are GOLDEN!

We invite our SoN brothers and sisters to join us at all our events when we resume, we miss visiting with you be it at our Lodge or yours or somewhere else. Our Lodge meetings are the third Thursday of the month (not July) with social time at 6, dinner at 6:30.... Don't be late as guests serve up first! Just a mile south of the I-405 and Bothell-Everett Highway intersection. We are really looking forward to our next scheduled Lodge meeting on June 17! It will be a time to CELEBRATE!!! and give thanks. Our very best wishes go out to all.

Please find activities that you can do away from the Lodge and away from others... things to do at home or online... Perhaps learn Norwegian on-line; read the news in Norway or view picturesque sites in Norway.... Take long walks... make music... Cook Norwegian recipes... and work on your sports pins and culture pins... Make contributions to food banks...

Let's look to the future to get together in even happier times than these. We are hopeful that right now is not a bad time for you, just a bit different; a bit like a "vanilla only" existence. It will be so nice to have some additional zesty "flavors" back to our lives.....

Happy May 17th!!! Although we are sequestered and socially distant, let's enjoy the moment in our unique special Norwegian way..... Perhaps wear your Bunad or Norwegian Sweater and wave the Norwegian flag from a window or outside... and show the world what makes us tick...

Very best wishes and blessings to you and yours from the Bothell Lodge.

Bob Steed

President Bothell Lodge

Cascade Lodge is contacting members to determine their wellbeing and to provide encouragement during these unprecedented times. We are hopeful to be awarding a scholarship for one of our youngsters to attend a District 2 Youth Camp this summer. Also, we are inviting members to submit an article for our newsletter describing their Norway Connection or a topic of their choice. Cascade Members are also pursuing Sports Medals in a number of categories.

Ted Fosberg

Editor Cascade Lodge

Zone 4 - Joanne Gray



BTQ (Before the Quarantine) I had the privilege of serving as the installing officer at Breidablik Lodge 2-027 in Kelso, installing Nancy Harris as -President and Doug Quammen as Vice President.



Jane Bueing, Chris Hicks, and I attended the installation of Ingrid Hueneke as President of Oslo Lodge 2-035 in Bremerton, Washington



Hovedstad Lodge 2-094 in Olympia sponsored a display at the Timberland Library. Interestingly, there were many favorable comments on the display and created a keen awareness of Sons of Norway.



Linda Fialkowski, President, Hovedstad Lodge 2-094 presents incoming Theresa Hunt, President of Norden 2-002, Tacoma, Washington, with a gift in honor of her reelection. Linda and I shared the honor of presiding as Installing Marshals at the installation.

During my recent conversations with District 4 lodges, most lodges share common concerns about member retention, building expenses, and addressing the needs of their members. We will have our work cut out for us and, I look forward to working with all the Lodges in Zone 4 as soon as we get back to our normal schedules. We will have a lot of catching up to do and the prospect of a bright new beginning **ATQ (After the Quarantine)**.

Zone 5 – Darrin Lee



Gratulerer og gratulerer 50-årsjubileum! It to Epledalen Lodge 02-96! Located in Wenatchee, Washington, Epledalen Lodge was organized April 11, 1970. It currently has approximately 36 active members. The lodge was planning a celebration gathering in April and I was so looking forward to attend as I have yet to attend an Epledalen Lodge event as Zone 5 Director. I'm incredibly excited that the Lodge decided to communicate they would "postpone" their celebration to the Fall, versus "cancelling" such an important milestone celebration. Such is the resilient culture we Norwegian / Nordic people are known for.

While I have to postpone my visits Epledalen, Odin, and Elvedalen this Spring, I am so looking forward to attending the events they and the other Zone 5 lodges have postponed. I had the honor of installing the new officers in Columbia Basin (Moses Lake) and Tordenskjold (Spokane) in January and February as well as attending the Lutefisk Dinner at Haarfager (Coeur d'Alene) in February. The events were fun with great conversation, fellowship and food!

Elastisitet! (Resilience)---The capacity to recover quickly from difficulties; toughness.

The Lodges and its members in Zone 5, like others across the Sons of Norway, are a resilient bunch! In order to protect our members and its communities all of the Lodges have done their part and have been responsible by initially cancelling their monthly meetings, culture activities and community gathering in April and May. However many are finding creative ways of getting together from home to continue some activities now and postpone others. Many are utilizing technology to enable getting together for Lodge Meetings, Lodge Board Meetings and Culture Activities through free conference calls services such as <https://www.freeconferencecall.com/>, Skype or Zoom. In the spirit of our Sons of Norway Mission, many of the Lodges have reached out to its members and their community asking "how can we help". From running errands, delivering food, to helping to fix things that can't wait.

On March 20th, SON HQ announced a Community Support program where the Lodges can use a portion of its New Membership Recruitment funds up to \$200 to support local food shelves or other. Many of the Lodges in Zone 5 are currently discussing what local organization in their community can benefit from this support and \$ donation. Currently, being involved in the Tordenskjold Lodge, I'm aware they have decided to donate this support to Meals on Wheels and 2nd Harvest. I'm currently reaching out to my other Zone 5 lodges to ensure the funds are being utilized.

While this is an unprecedented time for all of us, I'm reminded of this simple but meaningful quote:

" Uansett hvor mye faller på oss, fortsetter vi å pløye fremover. Det er den eneste måten å holde veiene klare på" ("No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear.")

— **Greg Kincaid**

Zone 6 -Christie Ericson



Greetings from your Zone 6 Director! In last spring's newsletter I was reporting on the earthquake in Alaska and now here we are dealing with the challenges of a global pandemic! Like most lodges around the district, the Alaska lodges have cancelled meetings, rentals, and events in March, April, and beyond, but for the most part our members are doing well for now.

I'm sure you all have heard by now that the 2020 conventions have been cancelled and postponed until 2022. As co-chair of the Anchorage District 2 Convention originally scheduled for 2022, much of my time since my last report has been spent on preparing for the convention which was to be held in Portland this May. My Anchorage co-chair, Linda Bustamante, and I have been working with the Anchorage Convention and Visitors Bureau, and we, along with our convention mascots, Sig and Bjørn, were very excited to promote Anchorage as the next convention site. We wholeheartedly support and applaud Portland's decision to host the convention in 2022, however, and the Anchorage planning committee is prepared to offer any support or assistance that Portland might need.



Since my last report, most of the Zone 6 lodges were busy this winter with holiday bazaars, lutefisk dinners, and Lucia/Christmas celebrations. As social distancing measures have increased due to coronavirus, lodges have been reaching out to their members in various ways to check up on them, with offers to run shopping errands, or just providing some much-needed social interaction over the phone. Other members have been busy making face masks, including our D2 Counselor Sally Dwyer, who has personally made over 200 masks!

Please join me in celebrating milestones for two Zone 6 lodges. This year marks the 85th anniversary of Svalbard Lodge 2-33 in Juneau (1/4/1935) and the 30th anniversary of Island Viking Lodge 2-145 in Kodiak (4/28/1990). Congratulations to Svalbard and Island Viking!

Some additional highlights of lodge activities:

Arctic Viking #117 – Fairbanks: In December the lodge participated in the Community Christmas Trees event at the public library with a Sons of Norway tree decorated with Scandinavian ornaments. In February they also held a Fastelavn event with an ice kubb game and ice fishing contest at Chena Lakes Recreation Area.

Svalbard #33 – Juneau: The lodge held their annual holiday bazaar in November.

Fedrelandet #23 – Petersburg: Sadly, the Little Norway Festival scheduled for May was cancelled due to coronavirus precautions. The lodge has been collaborating with local community groups to hand out lunches to those in need. They have also used their Bingo fund to donate \$200 to their local foodbank, as part of the Sons of Norway Insurance Community Support Program.

Bernt Balchen #46 – Anchorage: In January lodge members were very excited to resurrect the popular Wooden Ski Classic in collaboration with the Nordic Skiing Association of Anchorage. (Although some skiers had trouble with a troll on the trails!) In February the lodge hosted the 6th annual Nordic Language Fair and also participated in the Bridge Builders Meet the World cultural event. The lodge also recently bought a kubb game and were excited to try it out at their Syttende Mai celebration, but unfortunately that has been cancelled.

As Zone Director, I still hope to visit more of the Alaska lodges once travel restrictions let up, including Norske Venner #119 in Sitka, Midnatsol #32 in Ketchikan, and Island Viking #145 in Kodiak. We've also heard from some potential new members in Nome, who are interested in possibly starting up a lodge there.

It's also not too early to start thinking about Zone Seminars and brainstorming topics of interest to members. Petersburg has tentatively expressed interest in hosting a Zone Seminar, as it's been a number of years since one was held in SE Alaska.

I'm looking forward to continuing to work with the lodges in Zone 6, and I'd like to wish everyone a safe and wonderful summer!



International Director's message - Chris Hicks



As your International Director, I represent District Two as a member of the International Board (IB) of Directors. It is our job as the International board it to help shape policies of the society and ensuring that the decisions of the board and the International Lodge are carried out.

Additionally, board members are stewards of the assets of the organization through their oversight functions. As liaisons between the district and the IB, they “keep the district board fully informed concerning policy and explain matters pertaining to the IB decisions.” In addition to these duties, which are required of all board members, served on the finance committee.

It was announced recently that the International 2020 Convention in Ringsaker, Norway has been postponed until 2022. This was not an easy decision for your International Board but for the safety of our members and the uncertain environment we are currently in one that we needed to make. It has not yet been determined where the 2022 international convention will be held but we would like to thank District 8 for the work they have put into the convention at this point.

Along the same lines our District 2 convention has also been postponed. Grieg lodge in Portland has agreed to host the District Convention in 2022. Again Grieg lodge had already put a lot of work into this convention and we are excited to hear they are willing to host the 2022 convention.

“Sons of Norway was built on the spirit of community and has a strong philanthropic heart. Now is a perfect time for us to rally together and do what we can for our neighbors and communities.” Chris Pinkerton, our new CEO recently announced “To support your lodge with its community efforts, we would like to invite your lodge to use a portion of its New Member Recruitment Event funds to support local food shelves or other community needs. Under this program lodges can receive up to \$200 to go towards donations of food or supplies to a local food shelf.”

To be eligible for this program, lodges must notify Sons of Norway headquarters of their plans to participate and send receipts to: Matt Roedel 1455 W. Lake Street Minneapolis, MN 55408. Please include a brief description of the aid given, including donation amount and the name and contact information of the recipient organization. Any lodge can use a portion of its New Member Recruitment Event funds, up to \$200.

This is also the time to reach out to your lodge members. Isolating, especially for people who live alone can be very stressful. Take some to reach out and check in with your members and neighbors to offer some words of encouragement. As a lodge board look to the future and plan some events that can be implemented when this is all over.

For Lodges that have buildings I encourage you to take extra care that they are secured. And as they are not being used, take a little time to maybe look at how to lessen your expense by turning the heat down or hot water heaters. Lights on times can help with security but not leaving them on all the time. Nothing can replace having a schedule for your trustees to stop in and check the building and do an inside and outside walk around.

As we navigate this new normal your International board is working hard for you.

Stay safe.

International Vice President's message – Mark Agerter



Greetings all: The phrase “I hope this finds you all well” has taken on a whole new level of meaning and concern for all of our Sons of Norway members. We are all sharing in new realities with cancelled activities and “sheltering in place”. And speaking of that, a whole new vocabulary as well!

As you know by now, the main responsibility of vice presidents at all levels of Sons of Norway is membership. As part of my job, I am in touch with all eight of the district vice presidents. Our Vice President's Council has conference calls several times during the year to analyze membership and recruitment contest results. We also disseminate information and share ideas for the furtherance of our duties. In general, we support each other and try to increase our effectiveness in helping our lodges to recruit and retain members.

Our latest teleconference was held on Sunday, March 15, 2020 with all 8 district VPs in attendance. Also present was Connie O'Brien, Sons of Norway Director of Fraternal and Marketing.

Connie led off the call with positive news regarding the recent leadership change at the home office. Staff has rallied around the new CEO and there is a lot of positive energy flowing. International President Ron Stubbings was at HQ all the previous week and was able to communicate with, encourage and support employees. All this in the face of the worries centered around the COVID 19 crisis.

We went over the 2019 year-end membership reports noting the unprecedented success during 14 out of the past 17 months. In that time frame SON experienced positive net gains in membership totals with 5,985 new members and a total of 49,569 members as of 12/31/19. Retention suffered a bit compared to 2018 but, with dues imbedded into some of the insurance premiums, we should see a much better retention rate over time.

Also, on a positive note was the status of our 000/999 members. 000 members are those that own financial products but do not necessarily belong to a local lodge. 999 members are those that join from the website but again, have yet to join a local lodge. Organization wide, we had 4,693 – 000 members at YE2019 compared to 3015 at YE2018, a gain of roughly 56%! There were 624 - 999 members at YE2019 compared to 526 in 2018. This is roughly a 19% increase.

Sons of Norway achieved highly successful results with the 2019 membership contest. We recruited 5,985 new members, organization wide, which was 153% of our goal of 3,900. This goal was reached by the end of September! District Two did an outstanding job. 24 of our 40 lodges met their 2019 goals. Congratulations to all and good luck with the 2020 recruitment campaign.

As of March 1, the total FBC/Agent (now Insurance Professionals or IPs) count is 559. The goal for 2020 is 700. New online training modules and webinars have been created for the use of IPs as they are coming on board. Individual lodges are now being paired with IPs and under-performing IPs are being replaced.

Some of the positive suggestions discussed during our VP teleconference were:

- Contact with past due members is critical. Follow up with monthly membership reports.
- Weekly membership tips on Facebook assist with recruiting and keep members engaged.
- Leadership training and seminars continue to be helpful.
- Instant online membership processing is great.
- One district has cultural skills Sundays – open lodge for members to work on skills.

My parting thoughts:

- The Leadership Guides have been revised and the new office of Webmaster has been added.
- Communication, especially during these stressful times is crucial.
- Sons of Norway is on the move (literally!) and lots of good things are happening.

Borderfest



**District Two
United States**

**SONS OF NORWAY
BORDER FESTIVAL PICNIC**



**District Seven
British Columbia**

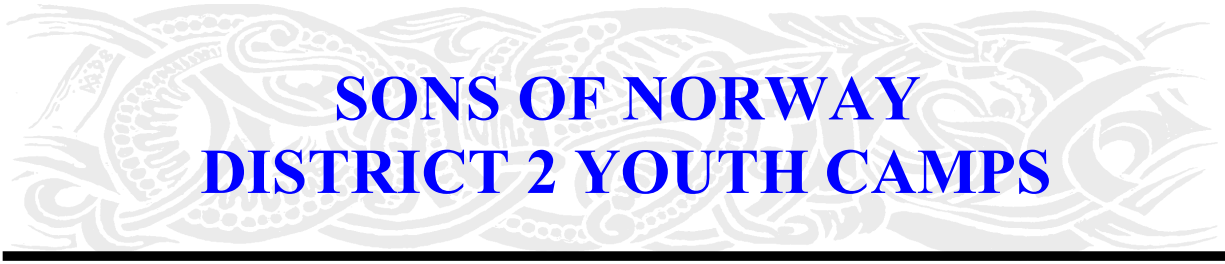


Border Festival has been cancelled

**On April 14, Whatcom County Health Director, Erika Lautenbach, recommended that all 2020 summer events in Bellingham and Whatcom County should be cancelled – including parades, community festivals and fireworks displays. With this in mind, Boarder Festival between District 2 and District 7 that was planned for July 2020 will not be held this year.
Board Festival Committee**

District 2 Youth Camp

The following letter was sent to all D2 lodges about 2020 youth camps.



Letter to all D2 Lodges

Your District 2 Youth Camp Staff has worked hard all year to make each camp a success. That is why it is with heavy hearts, and out of an abundance of caution with our current environment, we are announcing that we will not be holding the 2020 camp session.

The dates for 2021 are

- Trollhaugen June 27 – July 10
- Nidaros July 11 – July 24
- Normanna: July 25 – August 7

As always, we want our campers and staff to be safe and we cannot guarantee that at this time.

We will be sending the campers that have already registered information in the next few months to keep the spirit of camp alive.

Thank you for your support of our camp program.

Please post information in your Lodge Newsletters as you have room

Fraternally,

Seth Tuffeland
Committee Chair
District 2 Youth Camp Committee

All of the camps went well last summer. We had low enrollment for camps Nidaros and Normanna, however both camps made it work. There is always a few years that there are lower enrollments for the younger camps and then it transitions to a low enrollment for Trollhaugen.

The Committee voted to raise tuition for the 2020 camp session to \$675.

Camps Nidaros purchased new mattresses.

The committee is continuously reviewing and updating all of our forms as needed.

The committee is submitting some needed changes and additions to the Policy and Procedures Manual. They have been submitted to the District Counselor for review.

The dates for the 2021 Youth Camps are;

Camp Trollhaugen- June 27 - July 10

Camp Nidaros- July 11 - July 24

Camp Normanna- July 25 - August 7

To help facilitate better planning and scheduling, the Youth Camp Committee is now planning camp dates for 3 year in advance.

This is to help with advanced scheduling with the camp sites as well as having the ability to announce the next year's camp dates at the final programs of each camp.

The Camp Director(s) for 2020 are;

Camp Trollhaugen- Matt and Ashley Huff

Camp Nidaros- Andrew Agerter

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 at all 3 camps. We also created and are selling camp T-shirt design decals to support the Sofie Olson Scholarship Fund.

Respectfully Submitted,

Seth Tufteland

Youth Camp Committee Chair



Ski For Light

The Exception to the Rule

You know how 20/20 hindsight is supposed to make everything clear? Well, I guess there's an exception to every rule, and our 2020 ski season is that exception!

Throughout December and early January, we were all holding our breath and doing our snow dances to see if there would even be enough snow for our first outing on January 11. I guess it worked a little too well, because our first outing was canceled at the last minute due to too much snow. I'm still shaking my head over that one!

I believe T. S. Elliot once said, "And this is how the world ends. Not with a bang, but a whimper." Well, he must have been describing our 2020 ski season which sadly and abruptly ended with the outbreak of Covid-19. Due to our state's stay at home order, we were unable to complete the season with our customary ski and potluck at Trollhaugen.

Prior to this ignominious ending, however, eleven skiers and seven guides piled into several private vehicles and journeyed across the mountains to enjoy our sixth outing at the Methow Valley ski area. Several local guides joined us as well, and we shared three days of outstanding skiing, excellent food and fun camaraderie.

In addition to all our ski adventures, we have recruited two new members to our board, bringing the total to twelve. We also recruited one new skier and seven new guides. Recruiting skiers has proven to be a challenge in most years.

Finally, we will sponsor a skier and a guide for the 2021 SFL International, and they are both looking forward to representing SFL Puget Sound next year in Colorado. Let's all keep our fingers crossed for an exciting, but somewhat more predictable, 2021 season!

Sheri Richardson, Secretary
Ski for Light Puget Sound

Trollhaugen

Trollhaugen had a good year of winter snow and spring found us in the mist of Covid 19. Our managers Jerry and Betsy French gave their two weeks' notice in February. We are currently running ads for new managers. Roger Young had time to give and has been staying at Trollhaugen and covering the times we had members until we closed the lodge per the Governor's orders. Since we have had no guest Roger has performed much need upkeep tasks and repairs. Mange takk Roger and Sherice (who has also been helping Roger) with repairs and touch ups work. Trollhaugen is planning to have the Steak Fry dinner on July 18 - but of course that will be tentative until we know what will be allowed at that time.

Our sno-cats (Ole, Sven & Freya) have been working and repaired as needed. They are tucked away and waiting more TLC planned for this summer. Our newest sno-cat has also been worked on minor repairs/maintenance.

Work parties/board meetings. We do have a board meeting schedule May 8 and depending on the status of gathering allowed we may or may not have it and the work party has been canceled. The board will still be keeping a watch on the lodge and making sure no pipes break or leaks leak.

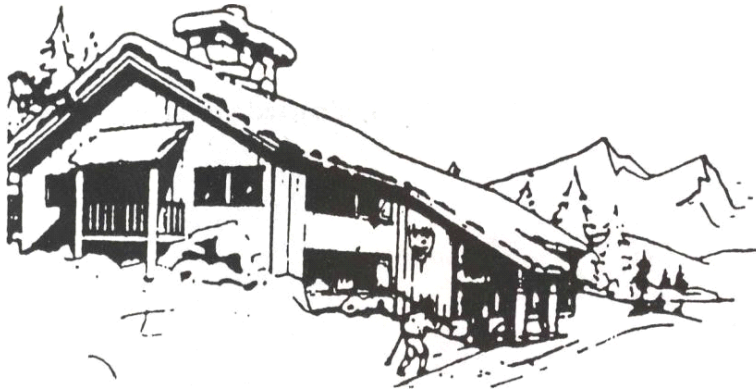
We will be keeping the website up to date with the Lodge events - www.trollhaugensofn.com.

Thank you for your continued support of your recreational facility. The board feels it's a privilege to keep Trollhaugen running and knows we are lucky that district 2 has such a place to call our own.

Fraternally, Erick A. Balstad



TROLLHAUGEN



2020

ANNUAL STEAK FRY

We are planning for a great day in the Cascade Mountains at your Trollhaugen Lodge

Come and participate in the Family and group activities we are planning for the day. All activities will start at 10:00 AM. There is a plan in hand to have a Horseshoe Tournament hosted by District 2 Starting at 10 AM more to come.

Come and be part of a great experience and enjoy an excellent dinner.

There will also be salmon available instead of steak.

When ordering please specify whether you would like steak or salmon.

Kids meal for \$5.00 ages 12 and under.

Come for the day, the night or the weekend.

When: July 18th 2020

Happy Hour (BYOB): 2:30 pm Dinner

Tickets are \$22.00 Reservation deadline: **7 July 2020**

For dinner reservations: **Contact Bill Hicks (425) 672-0194** or e-mail at:

Hicks1015@msn.com

For overnight reservation contact the Trollhaugen Managers.

Trollhaugen phone is (509) 656-9997 or e-mail Trollhau@outlook.com

Tubfrim



TUBFRIM
NO-3540 NESBYEN - NORGE



Tubfrim – One of Sons of Norway’s Special Projects.

The word tubfrim comes from two words, tuberculosis and frimerker, which is Norwegian for stamps. Hence stamps for tuberculosis. Tubfrim is an institution in Nesbyen, Norway that receives and packages new or used postage stamps (of all types) and phone cards for resale, using the proceeds to help handicapped children. Today the profits provide financial aid to help improve the quality of life for handicapped children and youth.

What can your lodge do? 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 and lodge number on a 3” by 5” card and place it with the stamps into a zip lock bag. The cards will be sent the International Sons of Norway Office in Minneapolis and entered into a **drawing for a trip to Norway**.

Tubfrim is also happy to receive stamp collections, old envelopes, and postcards. Don’t cut off the stamp if the envelope or postcard is more than 50 years old. Forever Stamps are acceptable. Please don’t send stamps with damaged perforation, edges, etc. They will be thrown away.

Where do you send them? The stamps will need to be shipped or delivered to Laurie Beach at Bothell Lodge, PO Box 492, Bothell, WA 98041 or Jane Bueing at Edmonds Lodge, PO Box 1651, Edmonds, WA 98020-1651. Laurie and Jane are the Tubfrim coordinators for District Two and will arrange to have them shipped to Norway. Please call Laurie Beach at 425-736-0555 or email at laurie.cosbybeach@comcast.net or Jane Bueing at 425-268-9627 if you have any questions.

This is a simple, fun and easy way to make a contribution to one of Sons of Norway’s great charitable projects. Last year we collected 118 pounds of stamps which was great since we didn’t have a convention in 2019.

We have already collected about 20 pounds for 2020.

Once we are done collecting stamps for the year, we box them and ship them through DSV Air and Sea who transports them by truck to New York and then they go on a cargo ship to Norway. The only expense the district has had for the last 2 years is for the supplies to box them.

District 2 Board Members, June 2018 – June 2022

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Email: norvegr@wavecable.com

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Youth Director

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Sports Director

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Social/Publicity Director

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Director Zone 5

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Director Zone 6

Christie Ericson
(907) 602-0673
Email: christieak@gmail.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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