

Dynamic 2

Volume 31

Sons of Norway District 2 Spring 2021



Social Distancing





With Zoom Meetings

Norwegian Style



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President's Message - Jerry Erickson



Welcome to 2021 and a new year where we hope that we will have our lives improved and things will get back to a more normal way of living. Last year will be a year to remember and one our children will tell their grandchildren about. District 2 has worked its way through this time with Zoom meetings, and teleconferences; and with things opening up, back to a few face-to-face meetings. Our Lodges have used a number of these tools to meet and stay in touch with their members. To say the least, this past year and a half has been a tough time for all of us. On a positive note, using these tools we have been able to meet, have programs and even have meals that keeps us connected and our spirit alive. I have

been able to remotely attend a number of Lodge events over the past few months and enjoy seeing members that I haven't seen for some time. We continue to use Zoom for our Board meetings and it's a great tool that is free to use for short meetings and events.

Lodges held drive up pancake breakfasts and dinners as a way of supporting the Lodge and keeping active in the community. Many Lodges have provided support to their local communities in donations and supporting community outreach programs. This is what Fraternalism is all about and I commend those Lodges for their support. We have had to cancel other District events this past year; but look forward to holding them this year. Last year plans were made to hold the Steak Fry, Golf Tournament and the Adult Heritage weekend, but unfortunately, they didn't take place. We are planning for these events to take place this summer. Our District 2 Ski Race in February took on a new look this year; some skiers came to Trollhaugen for the day and most tracked their mileage wherever they were able to ski. The final results have not been released, but we know of at least one skier, who is very active with Ski for Light clocking over 300 kilometers. What an achievement!

On Saturday April 20th we held our "Zooming with District 2" Seminar. Normally, we hold in person Zone Seminars this time of year, but because of COVID we decided to do it by Zoom. District 5 had held one in January and it went over very well. Our District 2 Vice-President, Joanne Gray put the program together, contacted the speakers and sent out the information to all so they could register. We had 68 attendees by the Zoom count, but this did not include couples on the same computer. I think we had about 78 attending. We had speakers from the Home Office (Connie O'Brien and Doris Kamstra), Sally Dwyer and Christie Ericson from Alaska, Mark Agerter (our International VP), Karen Frascone (Insurance Professional) from Oregon and the other presenters from Washington State. Chris Hicks, our District 2 International Director hosted the Seminar and also gave a presentation. A big thank you to Joanne and all of our presenters and participants for doing a terrific job making sure this was a successful program.

Our membership in District 2 continues to drop somewhat. We have a net loss through March of 130 members. Lodges continue to recruit new members, but with the lack of activity, a number of our members are not renewing. I hope as we move into being able to meet face to face and resume normal activities these members will rejoin. This could be a lot worse, and I applaud Lodges throughout the District for doing all that they can to encourage their members to stay. I am

sure that this will get better soon and District 2, which still leads the way in membership numbers, will grow even more in 2021.

Sons of Norway was founded on providing insurance protection for the Norwegian immigrants back in 1895 and to this day provides the financial foundation for our members and provides funding for our fraternal operations. The financial products that we have today are some of the best available in the insurance industry. I would encourage you to contact your Insurance professional either assigned to your Lodge or one that is close to your area. I have done that, and I have been very happy with the results.

We have been through a difficult time and I hope that we all try hard to keep a positive attitude. Keeping in touch with each other and our members is very important, now more than ever. As we look to the rest of this year it is my hope that we can get together and enjoy and celebrate our Norwegian heritage face to face. I look forward to seeing you soon.

Vice President's Message-Joanne Gray



It's been more than a year since we began the Covid dilemma, and it is gratifying to see how the lodges in District 2 have weathered the storm. Many of our lodges have developed creative ways to keep in touch with their members with phone calls, greeting cards and newsletters. Several lodges have conducted drive through pancake breakfasts, dinners, and bake sales. It is rewarding to see how well these drive thru meals have been received as our members are so eager to associate with other members, albeit at a distance. Zoom meetings are, seemingly, becoming the new normal and are an effective way to maintain communication. Hopefully,

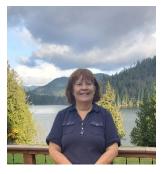
soon we will be back to some degree of normalcy in the near future with warmer weather and outdoor activities and vaccinations.

We recently held our District 2 Zone Seminar via Zoom. This was an experiment that worked effectively and was well attended. It afforded multiple members from lodges to attend without the need to travel to a distant location. We had excellent speakers from Headquarters speaking on membership, Fraternal development, and marketing strategies. Additional topics included Programs for Lodges, Reporting Dates and Requirements, Cultural, Youth and Sports programs, Financial Products, updates on Trollhaugen events and news regarding The Scandinavian Hour.

Unfortunately, for the second year in a row, the Youth Camps were cancelled out of an abundance of caution. Seth and his staff have done a commendable job of keeping in touch with the campers and retaining interest in future camps. Hopefully, they will return next summer with a new group of kids.

On a cheerful note, the Steak Fry is scheduled for July 17th at Trollhaugen. A Horseshoe Tournament and a Kubb Tournament will also take place at Trollhaugen on the 17th. A lot of fun packed into one special day. The Adult Heritage Retreat is scheduled for September 17-19th at Trollhaugen after being cancelled due to Covid last year.

Secretary's Message - Jane Bueing



The last several months have been interesting with so many zoom meetings, some with great programs, videos of different types being shown, power points, virtual classes, friends, and families sharing and just happy to see faces instead of just voices.

The different lodges are certainly at different comfort levels with Zoom or online viewing of virtual meetings. If you are uncomfortable signing on to a virtual meeting, try asking a member of the lodge to help you get on to

view the virtual meeting or a virtual meeting with family, you will hopefully be enlightened to see faces. Of course, not the same as in person, but at least a smile will come to your face. It is important to participate to help lodges keep their spirits up until we are able to meet once again in person.

New directories should be in the hands of your Secretary or President. If you are needing to update any officer's addresses, let me know. Email waldo1jane@aol.com. Please feel free to email me with any questions you may have.

Counselor's Message - Sally Dwyer



Hurra, Hurra! Syttende Mai is almost here.

It's time to try on your Bunad to see if it shrunk in the closet this winter or if there really is something to the 25# Pandemic weight gain...

This year, celebrating in our traditional way will be different for everyone. 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. Hopefully next year we can go back to the "normal" but perhaps with some innovative and new ideas to add to the old traditions.

Get that Bunad out, shine up your soljes, dig out a Norwegian flag to wave at your friends and neighbors 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. Did you know they modeled it from the US constitution? Ja, they did.

Here are a few things our lodge, Fedrelandet #23 is doing to celebrate.

1) The Kaffe Hus usually set indoors will now be outside with all cookies, cakes and Smor Brod to go on wrapped plates. Lodge ornaments, cookbooks, coffee mugs and bumper stickers will be sold at the cashier's tent.

- 2) The Bunad Style Show & Luncheon will also be outdoors, the luncheon will be to go, all nicely bagged Festival Shrimp salad, a roll and cookies. The Style Show will be free this year and limited to approximately 12 models instead of 65. It will be out in the Park where people can socially distance to watch and enjoy.
- 3) The Little Viking Fish derby for kids will still take place as usual as it is always down at the North Harbor. Lifejackets are required.
- 4) Our 36' Viking ship, the Valhalla will lead the parade filled with the class of 2021 who are vaccinated and wearing Viking Spirit masks the school provides. The Leikerring will follow the ship then lodge members will follow, all marching in masks with flags and smiling eyes.
- 5) The Sons of Norway selects the Norwegian Award honoree(s). He/She/They will be honored at an outdoor, masked community event and presented with a rosemaled trunk with their name painted on the inside of the lid by my rosemal group, the Muskeg Maleriers.

That's about it that the lodge will be participating in. Of course, there are many other things planned for the community-40+ Food/Craft Booths, Street bands, roaming Vikings and Valkyries, a Salmon bake at the beach, the 4.5 mile festival Renne (run?) and much more. We do this celebrating for 4-5 days.

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

Cultural Director's message - Nancy Holter



This will be a short report, as I've only been in this position a couple of months.

I have been in contact with the cultural Directors of most of the other Districts. We have decided to attempt a Zoom meeting this spring/summer to share ideas and keep everyone excited. The directors from Districts 1, 5, and 6 have sent me links to programs/presentations they have offered, which was nice. We all agree that having a directory of people who are willing to do presentations, demonstrations, and/or teach would be a big

help and that the biggest obstacle to achieving this is getting people to actually admit that they CAN do it.

I have begun the effort to contact every District 2 Cultural Director – or someone in their lodge who has an email address and can communicate with their CD. Ideally, I'd like to have a Zoom with all of them this spring, too, so we can get to know each other and to share ideas. And maybe if we talk together, we can pry out more names for a Resource Directory.

My intention is to provide something to the lodge CDs monthly, or nearly so, to help them in their jobs – links, articles, videos, etc. If you have suggestions to pass along, please send them to me – d2.cultural@gmail.com.

Youth Director and Historian's message - Doug Quammen



Greetings, Venner Min,

Well folks, we've been living in a sort of pseudo-limbo. It's been a learning experience for all of us. Fortunately, our investment in keeping our distance from our fellows and keeping a low profile seems to be paying dividends. In the meantime, we learned to appreciate a lot of the little things, and a lot of those little things turned out to be big things. Little things like human contact, hugs, and being able to read someone's expression when all you can see is the smile in their eyes.

No camps were held in 2020. The following year, the only activity at Camp Nidaros was a grooming of the grounds and clearing non-native plants by staffers who just can't stay away. Doing without camp was just as hard for staffers as it was for campers. We tried to give the campers a taste of camp through mailings, Youtube videos, and craft projects. We found out that there's a lot more involved in these productions. Lucky for us, we get to try again for 2021. I'll be working with some of the staffers to record videos; 'how to's, folktales, camp songs and mythology.

Our camp scholarship, the Sofie/Olson Memorial Scholarship Fund awards from interest on the fund. With no campers, we chose to fold those interest awards back into the fund. Every little bit helps.

My first real contact with Sons of Norway was through the camps. My folks were camp enthusiasts so when my daughters were old enough, off to camp. Back then, Margie Brokaw had been running the show for about thirty years. I visited camp on my weekends (offset due to shift work). There were many little maintenance projects (to-do list) to keep me entertained. Margie crooked her finger at me and said she wanted me to be camp director in '93. Not knowing any better, I said yes. I didn't know what I was doing then, but I had a really good staff that kept me in line, especially girls counsellor, Julie Carlson and Doreen Parker in the kitchen. At the time, I figured my job was to keep this system together till someone better comes along. And there they were, John Stenerson and Eric Brakstad, the boys' counsellors. They were reformed campers and helped educate me in so many ways. They were the authentic, qualified directors that I only pretended to be.

The biggest thing I learned from camp was the bonding you experience there. I've seen friendships developed through two weeks of camp that were stronger than those at home, through the school year. The same goes for the staffers. You become part of an extended family. I'm sorry I can't explain it any better. It's something you must experience yourself.

There will be a convention coming up in 2022. REALLY! Time for some new faces. I have reached and surpassed my 'sell by-' date. It's time for you to find a new candidate. No pressure. You've got all year.

Sports Director's message - Laurie Berg



A message from your District 2 Sports Director

The annual district two Golf Tournament will take place August 14th, 2021 at the Cle Elum Golf Course and RV Park. No experience necessary. Come join us in getting our suntans on while we chase little white balls. Registration is \$120 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. Tee off will be at 9am sharp. Return registration forms to Bothell Sons of Norway with a check made payable to Bothell Sons of

Norway as soon as possible. More information is available on the flier.

The annual district two horseshoe/kubb tournament will be held in conjunction with the annual Trollhaugen Steak Fry on July 17th. 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)

Both these events are pending that we are open and able to social distance together.

This past February we had a Distance Ski Event in lieu of our annual district two ski race at Trollhaugen lodge. Members were invited to track the miles they skied throughout the whole month of February and submit those miles to me. These miles were logged in people's yards, at Trollhaugen, as part of Ski for Light Events, and even backcountry skiing. Talk about trailblazing! Participants included: Jeff and Joyce Hagen from Odin, Jerry Erickson from Oslo, Roger Young from Tordenskjold, Juanita Holmes from Leif Erikson, Joanne Graves from Poulsbo, Stacie Dread from Fjeldheim, and Bob and Kay Schertzl from Bothell. Altogether, this group logged over 250 miles!

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 and when we can meet again. Remember: no matter how slow you go, you are still lapping everyone on the couch. Happy exercising!

DISTRICT 2 HORSESHOE TOURNAMENT



Host Lodge: TBD

Game on!

Join us for a low stakes horseshoe 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: <u>laurieberg.lb@amail.com</u>

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 17, 2021 Trollhaugen Lodge

Heading East on I-90 take Exit # 62 onto Stampede Pass Road.

Turn right at stop and continue for approx.1 mile.

Driveway is on the left.

Address: 314 Stampede Pass Road

Easton, WA 98925

DISTRICT TWO GOLF TOURNAMENT

August 14, 2021



Sun Country Golf Course

841 ST ANDREWS DRIVE CLE ELUM WA 98922

Hosted by: Bothell Lodge

ALL AGES EVENT

ADVANCE TICKETS

\$120 per player, including lunch and banquet. \$25 per additional banquet plate.

LODGING

Three options: Hotel of your choice. RV park @Golf Course. Trollhaugen Lodge.

CONTACT

Laurie Berg (District 2 Sports Director) (206) 235-5558 Laurieherg.lb@gmail.com

Please fill out and return registration form on second page to:
Attn: Golf Tournament Laurie Berg
Bothell Lodge
PO Box 492. Bothell WA 98041
with an attached check made payable to:
Bothell Sons of Norway

Publicity and Social Director's Message - Robert Kodalen



Here is my sixth 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.

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.

Congratulations to the following lodges whose milestones occur during this calendar year:

Normana, 2-003, 110 years;

Fedrelandet, 2-023, 110 years;

Poulsbo, 2-044, 105 years;

Fjeldheim, 2-047, 105 years,

Whidbey Island Nordic, 2-164, 20 years.

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 2021.

Zone Director messages

Zone 1 - Regina Agerter



Grieg Lodge #15 – Portland

Grieg Lodge is providing take-out dinners or desserts for Syttende Mai. The lodge is also hoping to provide scholarships.

Nidaros Lodge #16 - Astoria

Lodge members are meeting in person. Masks and distancing are required. They are again seeking rentals (weddings, etc.).

Sonja Lodge #38 – Eugene

The building has been closed for several months. They continue to have Zoom

board and lodge meetings and cultural presentations.

Thor Lodge #42 – Salem

Tom Grindeland, President confirmed that they are not having any meetings but they are getting a newsletter to all members so they can keep in touch. And, as reported in the May Sonja Herald, Salem's Thor Lodge members are invited to join Sonja Lodge's zoom cultural events and receive the Sonja Herald online.

Fjeldheim Lodge #47 – Bend

Saving and cutting stamps

The board and trustees have been busy at the lodge doing ongoing maintenance.

Columbia Lodge #58 – Vancouver, WA

Due to the Coronavirus outbreak, public and social events at Columbia Lodge have been temporarily suspended since March 2020 at the direction of federal, state, and local authorities. "We are doing what we can to minimize unnecessary exposure for our members and guests. As more and more people get immunized against the virus, we expect to relax some of the restrictions, consistent with state and local health rules. We aren't quite there yet, but progress is being made. Get your shots if at all possible and check our calendar or this web page for updates and last-minute changes. Yes, we have lefse again. Lefse classes are resuming as health guidelines allow."

Zone 2 - Norma Jean Sands



Well, it was a quiet few months in Zone 2, District 2, my home area, out here on the edge of the Pacific Northwest. Starting in the north, things are still moving at a glacial pace (which means things are slowly picking up the pace a bit with global warming). Zoom is still slow to be picked up. Restrictions at the border are still in effect and, again in 2021, there will be no Border Fest, usually a festive annual affair with comradely, music, eating, and kubb! Wergeland Lodge members keep in touch via email.

Moving south, there are two lovely houses pining from lack of their usual monthly bustle. But they are still being maintained and cared for, waiting for the day they can open their doors wide. At Abel Lodge plans are in the works to rent out the building to other groups to help raise funds for it. Members keep in contact by phone and email. At Fritjov Lodge, they use email and Facebook to keep in touch. They are planning a 5-k run to gather and stay distanced outside.

The Pacific Northwest boasts many beautiful islands, and Whidbey Island is no exception. There, there stands another lovely house watched over by a vigilant Viking. Whidbey Island Nordic Lodge has been having Lodge meetings with Zoom and discovering the diversity of programs they can do, including a presenter from Sweden! They are hoping to resume their mid-summer pig roast, which they had to miss out on last year.

Moving further south, In the bustling city of Everett, is an imposing brick building whose doors swing closed and open with the changing tide of Snohomish County's phases. But at Normanna Lodge the aroma of Norwegian pancakes can again be detected on a monthly basis (2nd Saturday, last one before summer break is this May), a drive thru pick-up meal. Inside, limited participation (social distancing) meetings, dinners, and other gatherings are seen to return including Lodge meetings and the Viking Lounge.

Edmonds is still a picturesque, sleepy town, with the Masonic Building still closed and the beautiful new Edmonds Waterfront Center finished but closed to visitors until further, more optimistic, social gathering news. But you can buy coffee from their kiosk and sit on the beach and watch the ferries come and go. But on the waves (of the internet) Edmonds Lodge has been conducting monthly

Board and Lodge meetings on Zoom. Programs have included local travel guru Rick Steves and local information about the new Waterfront Center.

And up and down the coast, hope abounds that summer picnics will be a reality in 2021. So, get vaccinated, wear a mask, and follow social distancing codes and we will get there! Well, that is the news from Zone 2, where all the women are active, the men are good thinkers, and the children are above average active.

Zone 3 - Andrea Torland



Throughout the year of COVID, Zone 3 Lodges have continued to operate on a virtual basis using ZOOM for regular member meetings, as well as some very interesting program presentations. While I have missed attending the in-person meetings along with wonderful meals and company, I have really enjoyed being able to attend virtual programs from places and individuals from other areas, such as Norway! Below is a sample of what is happening at the various Zone 3 Lodges.

Cascade Lodge

April 27th ZOOM Program

"Vikings in Byzantium: Scandinavia and the East in the Early Middle Ages" Much of what we know today about the Vikings centers on their activities in the West. However, they also held a strong presence in the East, traveling the river systems to Russia and beyond, and ultimately seeking gold and glory within the powerful Byzantine and Islamic Empires. An overview of the history of Viking Age activity in these regions is presented by Rue Taylor, a PhD candidate in the Department of Scandinavian and Programs in Medieval Studies at the University of California, Berkeley. Rue is currently writing his dissertation on Viking mercenaries in the Byzantine army, and their fictional depictions in medieval sagas and modern media.

MAY 17th from 7 to 8 pm, CASCADE LODGE CELEBRATES SYTTENDE MAI "Syttende My Oh My: 17 Surprising Things About Norway's Constitution"

May 17th is the biggest national holiday on the Norwegian calendar. But what is the story behind all the flags and parades? This program will explore the surprising origins of this much-celebrated Constitution Day. We will see how the Norwegian Constitution was partially inspired by, and yet differs dramatically from, the U.S. Constitution. We will examine the pivotal role it has played in building an independent Norway, and how it has changed with the times. And we will try to understand why the Constitution remains an enduring focus of Norwegian pride--despite a few embarrassing provisions that everyone would prefer to forget. *Sannheten kan overraske deg!* (The truth may surprise you.) Presented by **Dean Falvy**, a practicing attorney and Affiliate Instructor of Law at the University of Washington School of Law, where he teaches Constitutional Law and other subjects. **Dean** is a graduate of Yale University and Harvard Law School.

After May, we won't have Lodge activities until Fall. We normally have a summer picnic but not likely this year. **Ted Fosberg** and **Don Post, President**

Bothell Lodge

On **Saturday May 8**, come for the take-away pancakes (Take some home for Mother's Day breakfast which is the very next day!) and on May 16 come for a wonderful take-away dinner (buy some for May 17th, the next day!), then linger, parked in our picturesque arboretum or a nearby park as you eat your food, made by our terrific Norwegian chefs!!! RSVP required. On **May 17th**, we will have a Parade on-site at our Lodge followed immediately by our annual Parade in a local Bothell Neighborhood. Our Viking Ship float will "sail" that day! Member meeting on **May 20**: we will have a drawing for those virtually "there" at the end; Poet Corner: by day before, send **Robert Steed, President** (Fragnits359@yahoo.com) your original poem; if approved, you can share.

Summer activities include:

June 12 – Swedish Pancake Take-away
June 17 - ZOOM Member Meeting
July 4th - Picnic at the Lodge with Patriotic events
August 19th - Annual BBQ at the Lodge Meeting

Note: In-person gatherings dependent on Washington State COVID restrictions

Leif Erickson Lodge - Celebrating 118 Years (Founded in May 1903)

In May, we will be attempting our first hybrid members meeting, combining some folks meeting in the lodge, with others joining via Zoom. This will be a bit of a simpler night than our normal members meetings, we will celebrate the Lodge's birthday with cake and refreshments and enjoy a program on masks led by Madison Leiren. This is dependent on us staying in Phase 3, and if Seattle is moved back to Phase 2 we will have to make adjustments to our plan. Also in May, we will begin having limited opening of our Kaffestua, which has been closed throughout the pandemic. Our volunteers will serve coffee and food. It will be limited to Fridays and we will see how it goes through May. Please check out the Lodge website and newsletter to stay informed about any changes to our plan. Lastly, on **Syttende Mai**, we will be hosting a drive through/walk through desserts and coffee in the garage and LEL. Many folks will be walking down from **Scandanavian Specialties**, we hope you can pop in to say hi and grab a treat! Doors will be open from 4-6pm, we will not be able to allow guests into the Lodge but hope to see you in the garage on May 17th. From there you can head on down to **Bergen Place** and stop at **Skal** for drinks and more food.

SYTTENDE MAI 2021



Leif Erikson Lodge welcomes everyone to celebrate Syttende Mai. We will have a drive/walk-through dessert and coffee from 4:00PM - 6:00 PM. Blødtkake and krumkake.

Enjoy your treats as you listen to your favorite Scandinavian folk tunes by the Sølje Sisters.

Join in the Parade Walk starting at Scandinavian Specialties (6719 15th Ave. NW, Seattle, WA 98117) where you can enjoy pølse and Solo (A classic Norwegian orange pop). Between 5:00 PM - 5:30 PM walk on down to Leif Erikson Lodge (2245 NW 57th St., Seattle, WA 98107) for dessert. Bunads and flag waving highly encouraged!

Continue your trek to Bergen Place for more flag waving and then journey on to Skål Beer Hall (5429 Ballard Ave. Seattle, WA 98107) for refreshments and dedication of Bjarne's Booth!

We generally have quieter months around the lodge in July and August, with no board or members meetings. But, again depending on the government regulations, we will have another hybrid gathering in early June for our last members meeting until the fall. Our hope is that by the fall we will be in a better place with vaccinations and protocols and can explore more options. **Seth Maristuen, President**

Leikarringen and Norsk Folkedans Stemne will be having a fundraising salmon dinner on August 18. Norsk Folkedans Stemne will be at Grieg Hall (Poulsbo Lodge 2-044) in Poulsbo the weekend of August 20-22. It will be a weekend of dancing, music, and more if all goes well with vaccinations and COVID restrictions. *Christine Anderson*.

Vesterdalen Lodge Auburn

As we move on into spring, we look forward to warmer weather and our celebration of **Syttende Mai**, Norwegian Constitution Day. Our next lodge meeting happens to fall on May 17, so we will do some celebrating at our meeting. At our May 17th meeting, we will also honor those lodge members whom we have lost this past year with our annual Memorial Service.

We will also be having Kaffe Stua each month. At the April Kaffe Stua, we were so gratified to Lois Ladderud as well as their daughter, Jean, for arranging the presentation by their relative Else Lillian Dukene, from Tvedestrand, in Southern Norway. Lois, Nils, and Jean put together a stunning slide show of Tvedestrand, full of scenic pictures of its historic white buildings, summer boat races, and a delectable-looking Norwegian picnic on one of the many rock islands. Else showed us some of her colorful graphic designs as well as her daughter's cake designs. We learned that before the pandemic, many southern Norwegians made regular shopping sojourns to Sweden in part because some foods are less expensive, but those shopping expeditions are now curtailed because the border is closed. The May Kaffe Stua is coming right up: Saturday, May 1st, at 11:00 am.

We tentatively have a picnic planned for mid-July, depending on the County's phase. This has been a most unusual year and we miss meeting in person. We don't know how much longer we will be meeting remotely, but we have had some wonderful programs and Kaffe Stuas to share time and Norwegian culture together. We will continue to keep our lodge moving forward in these ways until we can meet in person again. **Vernene Scheurer, President**

Zone 4 - Joanne Gray



Kudos to the lodges in Zone 4 for keeping it all together during the past most-difficult year. Our lodges have been creative in retaining the interest of their member over the past year in a number of ways. In addition to the usual methods of contact such as personal phone calls and newsletters, several lodges have offered drive through dinners. Others have offered variations of breakfast meals. These are always a favorite with our members. Several lodges have held bake sales to provide freshly baked goodies just prior to Easter or upon other occasions. Our members still clamor for lefse. There

seems to be no end to the need for lefse. A virtual murder mystery and virtual Bingo games were other attractions for house bound members.

Perhaps the "New Norm" is the advent of Zoom meetings. These meetings have proven to be an effective way for our lodge members to get together with one another without face-to-face contact. Zoom meetings have given a new meaning to "Social Distancing". They reach members who are typically unable to get out to attend the meetings. A few lodges are offering Zoom classes. One example is Norden 02 Lodge in Tacoma. They have had a series of gnome making classes which have been extremely popular, and they are continuing to plan more classes during the next few months.

Our Zoom Zone District 2 Seminar held April 17th was, as anticipated, very successful. We had lodges from all four states in attendance as well as speakers from Sons of Norway Headquarters. A lot of good information was disseminated in just a few short hours.

Zone 4 lodges are gradually making plans for holding meetings in person, keeping in mind the Covid restrictions. We are all looking forward to the possibility of resuming normalcy in the fall.

Zone 5 - Darrin Lee

Elastisitet! (Resilience)-The capacity to recover quickly from difficulties; toughness. We are doing it...almost there!



The Lodges and its members in Zone 5, like others across the Sons of Norway, are definitely a resilient bunch! Zone 5 geographically is diverse and spread across 2 states (Central and Eastern Washington and Northern and Southern Idaho), and each in a different county having achieved different levels of stages and restrictions approved by their government for Coronavirus.

Over the last year, in order to protect our members and its communities all of the Lodges in Zone 5 have done their part and have been responsible by

following the Cornavirus County government guidelines and related rescrictions. I celebrate and applaud how each has handled the pandemic over the last year. However as vaccines have

become available and guidelines have become less restrictive in Phase 3, many are continuing to find creative ways of getting together. Many are utilizing technology to enable getting together for Lodge Meetings and Culture Activities through various conference calls services as well attendig in person through carefully planned social distancing and mask wearing. In the spirit of our Sons of Norway Mission, many of the Lodges continued to reach 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.

Many, if not all, are planning Syttende Mai celebrations either in person, outside or other. I feel the celebration is extra special this year for all the Lodges as it might be the first time getting together after a year of hibernation! Some examples of how the lodges have been getting together over the past few months and planned future:

- Tordenskjold Lodge No. 5, Spokane, WA: Board has been Zooming monthly and in April held its first hybrid zoom and in person Lodge Meeting with dinner. The annual Memorial and dinner is planned at the next Lodge Meeting May 6 and Syttende Mai celebration outside picnic is planned.
- Harald Haarfager Lodge No. 11 Coeur d'Alene, ID: The lodge has been getting together in person for its Business Meetings for some time with adhering to social distancing and safety.
 In April they had a delicious "Taste of Norway" potluck lunch and have plans for Syttende Mai celebrations.
- Epledalen Lodge No. 96, Wenatchee, WA: The lodge has been having Lodge Meetings via zoom monthly for some time. In March they had a picnic at Entiat Park with a "Fjord" Riverwalk and are planning a Syttende Mai celebration at the Wenatchee Riverfront Railway and socially distanced pot-luck meal!
- Grondal Lodge No. 122, Boise, ID: The Lodge has been sending out regular newsletters via Facebook throughout Covid with members sharing very interesting stories about themselves.

I'm looking foward to seeing everyone soon either on Zoom, at the lodge or at a District 2 event this summer. While this continues to be an unprecedented time for all of us, there is strong light coming thru at the end of pandemic tunnel! This quote I've shared before remains meaningful "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



Since my last report in Fall 2020, I've continued to attend District 2 Board meetings via Zoom and have attempted to stay in touch with the Alaska lodges. Activities this past winter and spring have varied greatly among the lodges. Some lodges have gotten creative about staying in contact with their members and have been planning alternate activities.

In April I attended the District 2 Zoom Zone Seminar and presented information about the Cultural Skills programs along with D2 Counselor Sally Dwyer from Petersburg. I also briefly shared information about my experience with the International Summer School as a Sons of Norway

scholarship recipient. The Seminar was well-attended, and I was glad to see a good turnout of members from the Zone 6 lodges. I received positive feedback from several of the Alaskan members who attended the Seminar and found it very inspiring.

Zone 6 Lodge Updates/News:

Fedrelandet 2-23 (Petersburg)

- In November the lodge held a To Go Potato Ball and Ham Dinner. They also delivered goodie bags to the kids for Christmas and Easter.
- A modified Syttende mai event is planned for May 15th. The lodge will be hosting an outdoor Kaffe Hus and will be preparing several types of smørbrød and Norwegian cookies, all pre-wrapped to go.

Midnatsol 2-32 (Ketchikan)

• Most activities have been on hold, but the lodge is starting to make plans to get together. Members hope to plan something at the Pioneer Home for Syttende mai.

Bernt Balchen 2-46 (Anchorage)

- In November the lodge held a Lutefisk Dinner To Go, which was very successful. In December the lodge's twin Lucias put together goodie bags to donate to a local charity. The lodge also created Lucia craft kits for kids.
- The lodge has been organizing monthly outdoor "friluftsliv" events. Events have included local hikes, Kubb games, and bird watching. More events are being planned for the summer months, including a weekend camp out and Kubb tournament.
- The lodge's Norwegian language class was held via Zoom this year and the majority of students were very satisfied with how it went. A Norwegian language conversation group was also organized via Zoom, with participants from several states and countries. The conversation group will continue over the summer via Zoom as a Norwegian language reading club.
- The lodge is planning a modified Syttende Mai event with a parade, hot dogs, and prepackaged ice cream bars, as well as a Kubb game.

Arctic Viking Lodge 2-117 (Fairbanks)

- The Fairbanks lodge has been continuing to hold meetings and events on a limited basis. In February they had their annual Fastelavn Celebration, with an ice fishing contest and BBQ.
- This spring they resumed in-person meetings (potluck/meeting/cultural presentation) at their lodge but are only getting about half of their normal attendance.
- Syttende Mai plans: Like last year, members will hike downtown along the river carrying Norwegian flags and banners. They will be planning more outdoor events for the summer, with the hope to resume a normal schedule this fall.



<u>International Director's message - Chris Hicks</u>



Greetings from the International Board, I hope this finds you all Healthy – Well – and Safe.

This past year everyone has had to "Think outside the Box" and lodges have stepped up to make that happen. With most places not meeting in person and those that could having to social distance, it has been a challenge for all and has brought a whole new meaning to staying out of someone's "Personal Bubble".

Everyone has gotten better at Zoom or Teams to have our meetings. Remember to send a quick reminder to your members the day of the

meeting, some are still not used to logging on again. Those of us that are still working, sometimes spend most of the day on one online meeting or another, so block it out in the evenings and forget. Sorry!

At our Zooming with D2 Meeting in April I talked about Lodge Programing. You can search YouTube and you will find a number of items you can use with the Norwegian flavor. But YouTube is one of those things that you have to keep looking and do not give up. You are going to find something way cool when you do not expect it or need it.

Your own lodge members are a resource. It may take a bit of asking and prodding but you never know when they have a presentation that they can give, or a contact with someone in the community that has something interesting to share. You have to ask and sometimes ask again, or you will not find those hidden talents just waiting to get out.

A couple of other resources I talked about were:

Rick Steves has traveled all over Europe and loves to talk about it. On his website he has something called: Classroom Europe! It is a free online video library designed for teachers, students, and parents, but he is more than willing to share with our Sons of Norway community. He created a custom playlist with roughly 500 educational clips featuring the best of European history, art, culture, and experiences (plus topics beyond Europe). Go to his website and click on Watch-Listen-Read. Under Watch Classroom Europe. Programs are anywhere from 2 minutes to 30 minutes. From Norway they include - Oslo: Vigeland's Many Statues or Oslo: City Hall and Resistance Museum.

A number of lodges Had David Ellingson on as a guest. He has a number of programs on his website under the "Paddle Pilgrim Series". Recently he was at a zoom meeting presenting "KAYAKING the Fjords of NORWAY". They cannot always be online or in person but they are willing to share programs.

As International Director I get the opportunity to reach out to lodges when they have been delayed turning in Lodge Financial forms such as the D17 & D18 both of which were due March 15, 2021. Also, the IRS Form 990 – Due May 15, 2021. Every year, each lodge is required to file a minimum of two financial forms. These are the Local Lodge Financial Statement (Form D17) and the IRS Form 990. Lodges who own property also must complete the Local Lodge Property Financial Statement (D18). Filing these forms on or before the dues dates are important because we are a 501c8 organization: Per IRS regulations – those with the lodge system, the parent lodge (home office) is responsible for financial oversite of the local lodges. At the time of the Zoom meeting I told you 14 out of 40 have not turned in the D17 report. 35% have not turned in report to headquarters. At the time of this writing, we are only waiting for 6 more and have heard from most of them that they are working on them. And only 3 more D18s.

This spring we also asked your Treasurers to fill out an ACH Deposit form which will allow Sons of Norway to make a direct deposit for your local lodge dues into your lodge's bank account on a monthly basis. No more waiting on the post office. This will help you receive your monthly lodge dues payments in a more timely and efficient manner, as well as being more cost effective. Most lodges have gotten this in, and this will start in May. If you are a Treasurer and still need to do this please do so as soon as possible.

Thank you all for your diligence on getting these reports turned in.

<u>International Vice President's message - Mark Agerter</u>



Greetings all – I hope this finds you well and enjoying the changes in the weather and the special time of year that Spring is. The following is an outline of a presentation that I gave at the recent District Two Zone Seminar on Zoom.

Membership report

*Sons of Norway has had positive membership gains for 23 out of last 27 months

* In July, 2020 - membership went over 50,000 for the first time in years. It has remained there and has been steadily climbing ever since. We are now at

54,283 as of the end of March.

*As recently as September 2018 membership was 47,975, a 6,308 member increase in just 2 years!

*Members owning financial products at the end of February was 32.1% - also highest in years

D2 continues to be the largest district in terms of lodge members with 9,358 as of the end of March. While our participation in the purchase of financial products has inched up somewhat, it is still 1/3 to 1/2 of that in all districts other than Norway and Canada where financial products are not sold. This is truly unfortunate since sales in the financial side of the business are what pays for our heritage programs and the Viking Magazine. No sales, no organization as we know it now!

Sons of Norway overall continues to grow with a long string of positive months of membership gains. In January we added 434 net new members, February 502 net new members and March 1,173. As an organization we have seen growth each month since April of 2020.

2021 Member Recruitment Campaign

- *Lodge goals are now online for lodge leaders to access.
- *\$125 award for lodges meeting goal
- *Beautiful new 2021 Recruiter Pin for members who recruit at least one new member.
- *Achievement certificates will be given to both the lodge and recruiting lodge members.
- *Quarterly updates will be posted to the online goals report.

- *All new members added from January 1 through December 13 are counted toward the total.
- *If you recruit or pass out a membership application, make sure your member number is included.

*Periodic result updates will appear in our digital newsletters: *Leadership Resource* (sent to lodge officers) and *E-Post* (sent to all members). Email any questions to membership@sofn.com.

2020 Goal Recap

Astoundingly, for the first time in a very long time, all organizational goals were met in 2020. These included 3,167 new insurance owning members, \$3.148M new life premiums sold, \$10.33M in new annuities sold, 7,815 new members and \$386,400 in new foundation funds.

2021 Int Board Goals

- *3,750 new insurance members 61% there already
- *\$3.65M in new life premiums 57% achieved as of March.
- *\$8.75M in new annuity premiums 28% of goal so far
- *8,200 new members already at 50% of goal
- *\$264,000 in Foundation funds at 8% now

Keep in mind that most annuity purchase and Foundation donations are made near the end of the tax year. All of this great progress has been achieved in just 25% of the year!!

One of my main responsibilities is to chair the Corporate Matters and Governance Committee.

Our job is to keep an eye on issues that may affect the smooth governance of Sons of Norway and to propose solutions to issues that may need addressing. In 2020 we saw the need to make some policy and procedure enhancements early on during the pandemic and we advanced several referendums to assist lodge operations during covid and any potential future disruptions to lodge business:

- 1. To allow local lodges to meet via electronic means and outlining a process with which to hold virtual elections.
- 2. To allow district boards to hold referendums via electronic means in order to transact business during times where in-person meetings are not possible.
- 3. To allow local lodge boards to hold referendums via electronic means and outlining uniform procedures to be used.

*Other key issues addressed by the board in the past year include:

- 1. An update to the Nominating Committee sections of the Constitution to conform with the guidelines and procedures that are already in place.
- 2. To establish youth protection measures for all youth-involved activities.
- To define the process, whereby the International Board is able to appoint directors, in order to fill gaps in expertise as needed.

4. To update the bylaws template to include dissolution, distribution of assets and compliance clauses to meet regulatory guidelines. Special note – all lodges are asked to review their current bylaws to see if they include dissolution, distribution and compliance. clauses and to revise as necessary, using the online template to make sure that they are in place. If the online template is not followed, any bylaw changes submitted will not be approved.

A couple of years ago, at an International Board meeting, Harold Bohrmann, chair of Catholic Financial Life, gave a very informative presentation regarding the importance of Fraternal organizations in our world today. Some of his main points were:

- 5. To stay relevant, fraternals must change how we do business and how we reach new members.
- 6. Co-ops are embraced by most all and fraternal benefit companies, like SON, are basically insurance co-ops.
- 7. Millennials are our friends; they make us change and force us to modernize.
- 8. Volunteerism is big with our younger members and there are plenty of opportunities for volunteering in SON.
- 9. Fraternals bring integrity, connection, trust and value to our communities, but we must get faster, better and stronger at what we do.
- 10. Fraternals must embrace the future.
 - a) The old can become new again such as meetings, now held via Zoom, Teams, etc.
 - b) Mistrust of big Wall Street firms works to our advantage we have a personal edge
 - c) Millennials love us once they meet us because we do things that they value
 - d) In a divisive society people are looking for ways to connect especially post-pandemic as happened after the 1918 Spanish Flu epidemic! And that is an interesting story. After the Flu epidemic was over, people flocked to social organizations to reestablish their connections and the social fabric of society. We could easily see the same kind of reawakening in our lodges, hopefully soon.
 - e) Fraternals are well positioned but need to work together to get our message out like never before.

His final point:

THE FUTURE IS IN OUR HANDS - WE JUST HAVE TO GET OUR MESSAGE IN FRONT OF PEOPLE!

Keep up all the good work that you and your lodges are doing. I know you are looking forward to once again re-connecting with your lodge families as am I. We will all continue to work together for a bigger, better and more dynamic Sons of Norway.







DISTRICT 2 IS STILL COLLECTING STAMPS

Thank you to all the lodges that collected stamps for Tubfrim, one 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.

NEW FOR DISTRICT TWO: \$1000

There have been some changes in the program, but District 2 will still be collecting stamps as a District. We will announce the winner at the District 2 Convention. Stamps collected this year up until May 1, 2022 will be eligible for a drawing at the 2022 Convention in Portland. The drawing will be \$1000 with \$500 to the winning lodge and \$500 for the person submitting stamps. If ONLY the lodge is listed, the \$1000 will go to the lodge. A postcard MUST be submitted with the name of the lodge and/or person submitting stamps. Remember to have the stamps delivered to Bothell Lodge by May 1 so that the postcards can be submitted for the drawing.

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 and lodge number on a 3" by 5" card and place it with the stamps into a zip lock bag. 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 Berg and Jane Bueing of Edmonds Lodge are the Tubfrim coordinators for District Two and will arrange to have them shipped to Norway. We have been fortunate so far to have them shipped with no cost to the district except for boxing materials. Please call Laurie Beach at 425-736-0555 or email at beachlaurie@comcast.net or Jane Bueing at 425-882-2212 if you have any questions.

This is a simple and easy way to contribute to one of Sons of Norway charitable projects. Don't forget to count your clipping hours and turn them in as Community Volunteer hours for your lodge.

District 2 Youth Camp - Seth Tufteland

The Camp Committee made the difficult decision to not hold in-person camps again this summer. We understand that it may not have been the most popular decision for parents but we have to make sure we can maintain the health and safety of both the campers and the staff. We are planning on holding camp in-person again for the 2022 session.

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- TBD
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.

The committee is working to try to have an alternative activity in place this summer.

I encourage you all to search YouTube and find activities to watch and learn. There are great resourc_es on Instagram as well.







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. Now in 2021, Seth Tufteland is 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. Broadcast 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 from anywhere in the world. We have 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.

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.

Seth Tufteland Host/Producer The Scandinavian Hour KKNW 1150AM

Ski For Light - Puget Sound

Unlike many other Ski for Light events around the globe, our Puget Sound Program managed to avoid the complete washed-out for the 2021 winter season though it was quite a scaled down version. Normally, we have up to 40 participants on any given weekends; however, this winter we had no more than 10 participating for the entire season. It was quite unfortunate that the pandemic kept our folks from venturing out to enjoy that bountiful snow!

Instead of renting a bus to shuffle the group to Stampede Pass, we asked our sighted volunteers to provide transportation to our blind skiers and skiers chip in for gas and parking passes and everyone had to follow the COVID-19 guidelines set by the State. Those without their own ski equipment, we sent them home with ours and asked them to keep it for the season.

There were reports that parking lot at Crystal Spring was plum full every weekend and one of our teams drove for nearly an hour looking for a parking spot.

Due to the outbreak of Covid-19, we were unable to complete the season with our customary ski and potluck at Trollhaugen.

Our extended program in Methow Valley, sadly, did not fare as well as our daytrips at Stampede Pass. We had to cancel that event and those of us who make the trek year after year were quite disappointed.

Let's all keep our fingers and legs crossed for an exciting, but somewhat more predictable, 2022 season!

Deng Kong President, Ski for Light Puget Sound



Sadly, Border Festival has been cancelled for 2021

Trollhaugen

The parking lot is closed, the snow is melting, and flowers are sprouting up in our gardens. It must be spring. Time to put away the snowshoes, and cross-country skis and dust off our hiking boots and find our bike shorts.

Trollhaugen is a great place to get outdoors in all kinds of seasons. We are in phase 3 and in a few short days the road to Trollhaugen will be open for driving up to the lodge. Please call the managers Quinten and Angel to get the latest information 509/656-9997.

TROLLHAUGEN



2021 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. District 2 invites you to a Horseshoe and Kubb tournament, starting at 10 AM more to come. We will also notify everyone if there are any other changes. Safety concerns will be in place at the lodge.

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 and enjoy your lodge

When: July 17th 2021 Happy Hour (BYOB): 2:30 pm Dinner

Tickets are \$25.00 Reservation deadline: **7 July 2021**For dinner reservations: **Contact Bill Hicks (425) 672-0194** or e-mail at: Hicks 1015@msn.com

For overnight reservation contact the Trollhaugen Managers. Trollhaugen phone is (509) 656-9997 or e-mail Trollhau@outlook.com

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Vice President

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Treasurer

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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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