

District 2 Fall 2023 Board Meeting



Back Row: Darrin Lee, Robert Kodalen, Ernie Foss,
Middle Row: Mark Agerter, Nancy Holter, Laurie Berg, Seth Tufteland, Chris Hicks, Cynthia McManus
Front Row: James Wraalstad, Joanne Gray, Jerry Erickson, Judy Moxley, Roberta Morrow
Not Pictured: Vernene Scheurer, Duane Esperum, Sally Dwyer and Alisha Anunson



Zone 6 Meeting in Fairbanks Alaska

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President's Message - Jerry Erickson



As we begin our Fall season and Lodges get back to having many meetings and events, we look forward to being able to get together again and share our Norwegian culture, heritage and fraternal spirit.

Since the Spring Board meeting there have been many activities and events including several Zone Seminars, The Border Festival, Trollhaugen Steak Fry (including the horseshoe and Kubb Tournaments), District 2 Golf Tournament and our Doreen Parker Adult Heritage Retreat. I want to thank all of you who put in so much time and effort to make sure these events went well.

Our Youth Camps did very well this summer with the exception of Nidaros which didn't have enough campers again to hold camp. The other camps were very successful and you can see from Seth's report how well they did.

The Trollhaugen Board continues to do an outstanding job of keeping the Lodge open and maintained. We had caretakers in place, but they had to be let go. The Board puts in a lot of time and effort throughout the year to make sure our special place is in great condition.

We are still feeling the effects of COVID in that attendance to Lodge meetings is still down and I hope that as time goes by more of our members will come back and take part in the meetings and events that make belonging to the Sons of Norway and District 2 so special. This is also true in having members step up into leadership at the local Lodge. This is a challenge not only for small Lodges, but also for our largest Lodges. Nominating committees have a real challenge getting folks to step up. This is also the time for our District Nominating Committee to begin working to make sure we have qualified members filling our District Board positions.

I want to thank all of our District 2 Board members for their work this past year. It has been another challenging year and all of you have worked very hard to make sure District 2 is an outstanding District within the Sons of Norway. We have a change in Zone 6 as Hanna has resigned her position due to her workload in her job. I thank Hanna for serving as the Zone Director and hope to see her back on the Board in the future. I have appointed Sally Dwyer as her replacement until the Convention in June. I look forward to working with you in the coming months and as we prepare for another District Convention next year. I'm excited for what the coming months will bring.

It has been my honor and privilege to serve as District 2 President for the past five years and I'm excited for our future in the coming years for a time of fellowship, growth and enthusiasm for the Sons of Norway and District 2.

Jerry Erickson
President

Vice President's Message- Joanne Gray



In the few short months since our Spring District 2 board meeting, we have completed our series of Zone Seminars. As I mentioned in my last report, we started Zone Seminars at Abel Lodge in Conway, WA. The lodge members were very receptive to us, despite the fact that they had furnace problems the night before our seminar, they worked very industriously to get the lodge in good shape for the meeting.

Our second seminar at the Poulsbo Lodge for Zones 3 and 4 was well attended and resulted in good feedback from the attendees. At this meeting we introduced an on-line demonstration of the Sons of Norway website.

This was very well received and assisted in guiding the attendees in navigating through the website and locating resources that were beneficial to the operation of the lodges.

Next, we flew to Fairbanks for the Zone 6 seminar at the Arctic Viking Lodge. The lodge was very welcoming and accommodating. Several of the attendees flew from Anchorage to attend the meeting. The folks had many questions and good input. Once again, demonstrating the Sons of Norway website proved to be very informative and well received.

We ended the month of April by presenting our Zone 5 seminar in Kennewick, WA with the Sol Land Lodge hosting us. This seminar proved to be very effective with the attendees asking many good questions.

In May we traveled to Eugene for the Zone 1 seminar held at the Sonja Lodge. Once again, the demonstration of the Sons of Norway website was very effective in educating the attendees on the resources available to them.

At the end of September, we traveled to Petersburg, AK to present a special Zone 6 seminar at the Fedrelandet Lodge. We experienced a well-attended seminar. The Lodge rolled out the "Red Carpet" starting with a trip on a fishing vessel to capture a small iceberg for our enjoyment. Leikarringen dancers and Vikings entertained us during breaks in the seminar and the Lodge planned a potluck in our honor after the seminar.

All the Zone Directors and lodge members worked very hard to ensure these seminars were successful and well attended. Survey reports reflected a very positive response to the seminars and were very constructive. These seminars are a valuable tool in keeping the lodges active and well informed. Compliments also go to the speakers. All were experts in their topics and contributed heavily to strengthening the lodge and District 2 relationships.

Congratulations to Leif Ericksen, Odin, Columbia Basin, Sol-Land, Cascade, Bothell, Elvedalen, Edmonds and Vesterdalen Lodges as they celebrate their milestone anniversaries this year.

A quick review of the membership reports indicates a slight change in membership over the past year. A number of lodges enjoyed an increase in membership while a number of other lodges noticed a drop in their membership. Fortunately, we have seen an increase in overall membership. Needless to say, we have our work cut out for us. Lodges are challenged when it comes to attracting and retaining their membership

Joanne Gray
District 2 Vice President

Secretary's Message – James Wraalstad



Welcome to fall. I did enjoy the summer we shared. Now to the matters at hand.

The details. The lodges need to remember to submit the “D” forms as appropriate. Refer to the D17, D18, and IRS 990 Tax Filing form.

Remember to keep your membership rolls current. The stroke of Midnight, on the 31st of December, the Chariots all turn into Pumpkins and the die will be cast as to how many delegates your lodge will be able to send to next year's convention in Coeur d'Alene. One of my fondest memories was of the convention in Coeur d'Alene. You will not regret being there.

I am aware that many lodges are having trouble filling the officer positions. Do what you are able by the end of the year. Sometime around the middle of January, I will be receiving a report from the Home Office and will begin sending letters to the lodges requesting the names of their delegates for the convention. I have some flexibility, but I have to freeze the District Directory the first part of February and go to print for distribution to the lodges so please ensure that your officer list is current with the Home Office. This is the D63 lodge officer update form but it's so much easier online. IF YOU NEED ASSISTANCE, please contact me.

Speaking of District 2 Officers, a Big Welcome to Sally Dwyer stepping into the Zone 6 Director position. I want to remind Sally and the other officers that next year they are responsible for 3 (three) reports. One for the District Directory which is due in February. The second is for the Reports Book which goes to print in late April and the third for the Convention Book (preliminary title) which is produced by the Convention Committee. The latter is a greeting to the delegates and honored guests.

Petersburg. Wow. Oh, what a time. I was so blessed by the kindness of the people of Fedrelandet Lodge. Their warmth and hospitality were overwhelming. A small group traveled to present a Zone Seminar, but I believe that their lodge taught me more about what it is to be a lodge than I could ever present to them. I am truly humbled. Thank you so much.

Next stop, Vesterdalen Lodge and celebrate their 40th anniversary Monday, October 16th. Then, in January, if everything goes well, Joan and I will travel to Eugene to partake in Sonja Lodge's Lutefisk dinner on Sunday, January 28th.

Fraternally,
James Wraalstad
Secretary, District 2 Sons of Norway

Cultural Director's Message – Nancy Holter



District 2 held most of the Zone meetings this spring. My part of the program was to remind members of the Cultural Skills program and to encourage the exchange of ideas for successful program and fund-raising ideas. Now that the final seminar was held the end of September, I will finish collating the ideas and get them out to the lodges.

The next thing on every officer's plate is the District Convention next spring. I can't believe it is already time to ramp up for the Fine Arts Competition and Exhibition (FACE) at the convention. We have about eight (8) months to get people excited, started, and finished with their projects so that we can have a FANTASTIC show of crafts. Lodge officers are the ones who can best assist in this. They can remind their members about the convention and the competition, they can find out if any of their members would like to learn (or improve) a skill, and help them find classes/teachers/other resources. My job is to help the officers do the last part. Let me know if you have a need for a particular teacher, AND if you discover a new resource in your lodge/community. Lois McKinnell will be the member of the convention committee responsible for FACE, if you need/want to contact her, her email is culturalson@gmail.com.

One of the duties of the District 2 Cultural/Social Director is to handle the music we sing at the convention. If you have any particular song(s) you would enjoy singing at the convention – or something you do NOT want to sing! – PLEASE let me know!

Most people who join Sons of Norway do it because they are interested in their heritage – the culture, the traditions, the crafts, the music, the food, etc. If we want them to stay in our organization, we need to provide those things and the best way to do that is to share our knowledge and resources. If we can involve members in the teaching and learning, we can keep them active.

A heartfelt thank you to all of you who have contributed to our bank of knowledge. If we keep working together, we WILL see dividends.

Nancy Holter



Foundation Director's Message – Darrin Lee



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



Hallo! I'm Darrin Lee and I'm proud to be your District 2 Foundation Director as well as a Governor and Treasurer of the Foundation.

On behalf of the Sons of Norway Foundation Board of Governors, I want to thank our District 2 lodges and members for their financial support during the "Together We Are The Future" fundraiser. October every year is officially Foundation Month at Sons of Norway where annually we kick off the "Together We Are The Future" fundraising campaign that runs this year from October 1, 2023 to January 15, 2024. Help us raise \$185,000 before January 15, 2024! Contributions of any amount and any gift vehicle count (cash, IRA QCDs, etc.) By contributing to the Sons of Norway Foundation, you are supporting programs that benefit your lodge, your community, and Sons of Norway members who will keep our Nordic legacy strong for future generations to come. Learn more here <https://www.sofn.com/foundation/> and donate! Here is a brief "Together We Are The Future" recap:

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| <p>Together We Are the Future" past history:</p> <ul style="list-style-type: none">• 2020 goal: \$100,000 raised \$137,000• 2021 goal: \$150,000 raised \$164,600• 2022 goal: \$175,000 raised \$195,000• 2023 goal: \$185,000 | <p>And how have our lodges and members benefited:</p> <ul style="list-style-type: none">▪ Lodge grants in 2020 were \$27,330 and scholarships were \$119,012.▪ Lodge grants in 2021 were \$30,990 and scholarships were \$119,767.▪ Lodge grants in 2022 were \$33,329 and scholarships were \$140,000.▪ Lodge grants in 2023 were \$54,155 and scholarships were \$190,000! |
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In 2023, the Foundation Board of Governors and District 2 have been busy and have a lot to celebrate!

- District 2 moved its Sofie Olson Memorial Scholarship Fund to be managed by the Foundation. **Thus, making your donations to the Fund now tax deductible!** In our 2023 Together We Are the Future campaign; we will be encouraging District 2 lodges and individual members within District 2 to consider giving to the Sophie Olsen Memorial Scholarship Fund versus unrestricted so we can grow the Fund as it benefits District 2 campers.
- At the September 2023 District 2 Board Meeting, the District 2 Board agreed to match District 2 Lodges donations to the Sophie Olson Memorial Scholarship Fund up to \$5,000 for the duration of the 2023 Together We Are The Future Campaign which goes from October 1st, 2023 to January 14th, 2024. So please donate and indicate on your correspondence (letter or envelope, or if online in the memo line ...that you are donating to the Sofie Olson Memorial Scholarship Fund!
- District 2 arranged a Mariner's fundraiser called "Nordic Heritage Night" raising \$84 for the Sophie Olson Scholarship Fund.

- In August 2023, the Foundation updated its mission, core values and created a tag line.
 - **Mission:** "The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities."
 - **Core Values:**
 - Building Nordic culture and heritage for the future
 - Committing to life-long learning and service
 - Demonstrating compassion for our members in need
 - Sustaining the link to contemporary Norway
 - Fostering a community of generosity
 - **Tag line:** "Celebrating Nordic Heritage - Empowering Lives"
 - **Annual Report:** 2022 Annual Report Posted to https://www.sofn.com/wp-content/uploads/2023/09/2022_Foundation-Annual-Report-FINAL-1.pdf

In 2023, overall, the Foundation provided 37 scholarships for \$190,500 and 32 grants for \$54,156. District 2 members received 5 scholarships for \$30,500 and 7 grants for \$8,250.

2023 Grants:

| Grant Type* | Lodge/Org | Location | Zone | Project | Amount |
|-------------|--------------------------|---------------|------|---------------------------------------|---------|
| LV | Breidablik 2-027 | Kelso, WA | 3 | Library: Preserving Cultural Material | \$625 |
| LV | Columbia 2-058 | Vancouver, WA | 1 | Install Attic Insulation | \$1,500 |
| CP | Homer Council | Homer, AK | 6 | Hardanger/Nordic Dance | \$1,000 |
| CP | Seattle Lill Spelmanslag | Seattle, WA | 3 | Norway Tour 2023 | \$1,875 |
| HHC | Elvedalen 2-129 | Clarkston, WA | 5 | Help for Food Insecure Children | \$1,250 |
| HHC | Vesterdalen 2-131 | Auburn, WA | 3 | Little League Baseball Team | \$500 |
| HHC | Harald Haarfager 2-011 | CDA, ID | 5 | Kids Summer Heritage/Culture Camp | \$1,500 |

*LV = Lodge Vitality, CP=Community Partnership, HHC=Helping Hands for Children)

2023 Scholarships:

| Scholarship | Recipient | Lodge | Location | Zone | School Attending |
|-----------------------|-----------------|-------------------|--------------|------|-----------------------------|
| Bernt Anker | Arne Grette | Vesterdalen 2-131 | Auburn, WA | 3 | Dartmouth College |
| Carl Saltveit | Kayla Hanson | Grieg 2-015 | Portland, OR | 1 | University of Oslo |
| Elaine Nelson | Piper Westhead | Grieg 2-015 | Portland, OR | 1 | Oregon State Univ |
| Lund Fund | Hanna Grinstead | Norden 2-002 | Tacoma, WA | 4 | Nordvestland Folkenhogskule |
| Nancy Lorraine Jensen | Grace Maier | Grieg 2-015 | Portland, OR | 1 | Boise State Univ |

Over the past 5 years (2019 - 2023), the Foundation has provided our members and lodges \$884,436 in scholarships and grants. The current assets of the Foundation are over \$11,300,000, which is almost double of its assets in 2017 of \$6,688,561.

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

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

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

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

Please remember to check out the Humanitarian Fund Grants for Disaster and Medical Relief. These grants are up to \$5,000 for members who have experienced financial loss due to property loss as a result of natural disasters or due to extreme illness or injury. Application can be at any time through out the year; there is NO deadline. Again, check out the website to learn more Learn more online here: <https://www.sofn.com/foundation/grants/>

SCHOLARSHIP Opportunities:

Applications always open in October. Start planning and encourage students and members in your lodge to apply! With the rising cost of higher education, the Sons of Norway Foundation is here to help with 25 different scholarship opportunities. For many recipients, these awards are a life changing opportunity to explore educational passions here in the US or in Norway. Over \$100,000 awarded annually to students of all types! Learn more online here:

<https://www.sofn.com/foundation/scholarships/>

You can also contact the Foundation with specific scholarship questions.

How to Apply for a Grant or Scholarship?

- Online only: www.SonsofNorway.com/Foundation
- Grant and Scholarship Portal opens every year in October
- Deadlines vary by opportunity – be sure to check the website often

Camperships

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

- Skogfjorden (Concordia Language Village) – In District 1
- Camp Trollhaugen, Nidaros and Normanna – In District 2: See Chris Hick’s District 2 Youth Camps and Seth Tufteland’s Youth Director’s Message for more information on the District 2 camps and scholarships.
- Land of the Vikings – In District 3
- Trollfjorden, Bjørnetann and Trollhaugen - In District 4
- Masse Moro – In District 5
- Camp Norge – In District 6

How Can I Give?



Visit the web site <https://www.sofn.com/foundation/>. By contributing to the Sons of Norway Foundation, you are supporting programs that benefit your lodge, your community, and the Sons of Norway members who will keep our Nordic legacy

strong for future generations. The Sons of Norway Foundation is a 501c3 organization. Gifts are tax deductible in accordance with state and federal law.

How Else Can I Get Involved?

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

If you have any questions regarding grants, scholarships or supporting this year’s campaign by donating; or if you’d like to get involved as a Foundation Director for your Lodge or District, a Governor, or reviewer of scholarships and grants, contact your lodge Foundation Director, or the below contacts.

Darrin Lee; Foundation Director-District 2
 425-241-2392
 Email: Sofn.d2.foundation@gmail.com

Amy (Olson) Tuchenhagen; Director, Sons of Norway Foundation. Direct 612.821.4655
 Email: ATuchenhagen@sofn.com

Sports Director’s Message - Laurie Berg



July 15. Horseshoes and Kubb

6 lodges participated this year. Like last year Kubb is the game of choice. Medals went to Spokane and Tacoma. Come on out and join in the fun. A Kubb set was bought for District 2.

Aug 19 Golf Tournament in Leavenworth WA

We had 5 teams of golfers this year. The teams that took first place in their divisions were Men's Tordenskold and Coed Bothell and Greys Harbor. A delicious BBQ banquet was served in the Club House. Congrats to all the golfers and I look forward to August 17,

2024 in Cle Elum WA. A Host Lodge is needed for the 2024 tournament.

Please let me know if lodges would like to learn more about the SON sports programs. I am available to help.

Thank you
 Laurie Berg
 District 2 Sports Director

Youth Director's Message - Seth Tufteland



Only 2 of the camps were able to be put on this summer: Camps Trollhaugen and Normanna. Learn more about the camps by reading the report of the Youth Camp Committee. About half of the kids that go to the Youth Camps are not active in Sons of Norway. Getting these kids involved in activities at your local lodges is also a great way to get new families into your lodges. Several of the kids at camp are friends of other Sons of Norway members.

The Unger Venner program is for teens/young adults ages 16 - 23. There has been a hiatus of an organized group, but it is my goal to get one started again. Quite a few of the Unger Venner are also working behind the scenes as the staff for the Youth Camps.

I have been on staff at the Youth Camps for 24 years now and I believe it is a great environment for teaching kids about the culture and heritage of Norway and other Scandinavian countries. District 2 is fortunate to have 3 camps during the summer. Camp Trollhaugen on Stampede Pass for 13-15 year olds, Camp Nidaros in Gearhart, Oregon for 9-12 year olds, and Camp Normanna in Arlington, WA for 9-12 year olds.

I am working on making a Youth Camp PowerPoint program/video available for all lodges to use as a recruiting tool in their lodges. Please continue to support youth programming. There is only one way for the Sons of Norway to continue in the future, and that is to get younger people involved.

I am happy to provide ideas on programs you can start and use at your lodge. Just send me an email.

The dates for the Youth Camps in 2024 are as follows.

Trollhaugen: June 24 – July 7

Nidaros: July 8-July 21

Normanna: July 22- August 4

Fraternally,

Seth Tufteland

District 2 Youth/Unge Venner Director

sofnseth@yahoo.com

Publicity Director's Message – Robert Kodalen



As most of you know, I am now going on 6 years as your Publicity Director. My job is basically broken into three parts, D2 Lodge Activity photo submitter to the Viking Magazine, Editor and publisher for the Bi-annual Dynamic 2 Newsletter and provider of updates to social media such as Facebook.

Many changes have occurred over those years. In preparing this report, I am looking over my reports from the past. There have been many changes, almost too many to mention. For example, the people I have submit to at International changed multiple times (5?) which shows the ongoing evolution International is experiencing. I now send to Kristen Lehman who is the “Fraternal Membership Engagement Manager”. Also, the photo submittal frequency (every other month) and methodology (how to document the lodges photo inputs) has changed. Now what’s supposed to happen is the photos that don’t make it into the Viking Magazine are posted to the SON International Happenings webpage. It is my understanding that only 10 from each district will be displayed in the Happenings section. That is only a small fraction of the photos that I have submitted which have not been featured in the Viking Magazine.

What has stayed the same, and is probably the most time consuming and challenging, is putting together the Dynamic 2 Newsletter.

What other news can I tell you? I have enjoyed presenting at the various zone seminars. There was a Mariner Baseball “Nordic Heritage Night” event August 1st with the Seattle Mariners to benefit the SOFN Foundation, specifically District 2’s Sophie/Olsen Memorial Scholarship Fund. Well, that was a big flop. The Mariners never provided the flier they promised. I spoke to the organizer Tom Baxter on 15 September. He apologized for the way it was handled. He said only 12 tickets were purchased for that event and those were within the mariner organization. No funds were generated for the scholarship. He said we will do it again next year and promised it will go much better. We should be able to pick a date for the event before Christmas. More information will follow.

Thats all for now. In closing, let me leave you with what I have said before, my goal is to get more lodges involved in submitting photos of lodge activities. Please help me attain that goal.

Rob Kodalen
District 2 Publicity Director

Zone Directors' Messages

Zone 1 – Duane Esperum



Grieg Lodge #2-15 Portland Website: norsehall.org

- **November 12, Lutefisk Dinner** at 12pm, tickets \$40 for adults, kids under 10 are \$15. 4 seatings: 12 noon, 2:00pm Sold Out. 4:00pm, 6:00 pm
- **CHRISTMAS PARTY** Join us the first Saturday of December from 1 to 4 pm for a traditional Christmas celebration. There will be singing and dancing around the enormous tree in the center of our Ballroom, cookies galore, and a special appearance by Santa. For kids of all ages.
- **VIKING PANCAKE BREAKFASTS** (generally the second Sunday of the month, except for July, August, November and December) What better way to start the day than with a plate of delicious, all-you-can pancakes? Our popular breakfast also includes sides of scrambled eggs, roasted sausages, fresh fruit, applesauce, orange juice, tea, and bottomless coffee – all served up with Norwegian charm

Nidaros Lodge #2-16 Astoria Website: www.facebook.com/people/Nidaros-Lodge-16-Sons-Of-Norway

- No information from Nidaros lodge at the time of this report.

Sonja Lodge #2-38, Eugene Website: sonjalodge.org

- At our October meeting, we celebrated both our lodge's 86th anniversary and Leif Erikson Day.
- Kristin Kirchglesler received a SON scholarship to attend International Summer School in Oslo. Kristin gave a photo presentation and told of her experiences attending Elverum Folk High School in Norway, and her exciting adventures in Norway! What a super experience! No grades, just fun. If your child or grandchild wants to spend a few months at one of the many folk schools in Norway, or the summer attending the International Summer School in Oslo.
- November 2, 2023 is the lodge business meeting with a pot-luck dinner, followed by Mike Bagaason presenting a program on music at our November get together. Music has been a part of Scandinavian culture for centuries and kids in Norway still sing every day at school. Next will be the business meeting and voting for 2024 lodge officers.
- Saturday Nov 18, (9am-2pm) Sonja Daughters Annual Holiday Faire and Bake Sale with a light lunch of yellow split pea soup, open faced sandwiches and desserts.
- December 7th business meeting will include Pancake dinner and baked goodies. The cultural program will be by Steffanie Peters on her recent trip to Norway for a family wedding.
- Sunday, January 28, 2024 Annual lodge Lutefisk Dinner. There will be two seatings at 1:00pm or 4:00pm. Tickets \$45 for adults, \$20 for kids under 12. If you want a group of 8 to sit together buy your tickets together! Tickets must be reserved by 1/20/2024. More information coming soon! See sonjalodge.org for updates and buy tickets online.

Roald Lodge #2-39, Klamath Falls Website: www.facebook.com/RoaldLodge/

- September 16, 2023, Duane and his wife Steffanie attended Roald Lodge # 2-39, Klamath Falls.
- Duane along with lodge president Diann Kerr presented members their pins.

- They are in the planning stages to sponsor Klamath Falls Nordic Highlands games, which will be a mix of Nordic and Scottish Highland games for adults and kids. Klamath Fall members will be cooking fish and chips along with other vendors, food, crafts, demonstrations and more.
- Meeting location and time: Odd Fellows Lodge #137 2209 Gary St, Klamath Falls, OR 97603. 3rd Saturday, 12:30pm

Thor Lodge #2-42, Salem Website: www.facebook.com/ThorLodge2042

- At the October 14 meeting we will be electing lodge officers for the coming (2024) year.
- On November 11 there will be a Special Dinner Meeting and Fundraiser, tickets are \$10. For ticket information contact Pat Ehrlich at (503) 390-0219 or e-mail her at patehrlich@gmail.com.
- Thor lodge has an “Affiliate Lodge” at Avamere Court. Paula Davis, Lorraine Hickman, Leslie O’Brien and Ruth Peterson gather for dinner Monday evenings at Avamere Court in Keizer for their own weekly Sons of Norway meeting. They all share news, photos, perhaps a Norsk goodie someone has made, an Ole and Sven joke, any other information they’ve learned the past week, and even sometimes enjoy learning some new Norsk vocabulary. Rock on, Ladies!
- Meeting location and time: Salem Masonic Temple, 1625 Brush College Rd NW Salem, Oregon 97304 2nd Saturday 6:30 pm Apr-Nov, or 3 pm Dec-Mar.

Fjeldheim Lodge #2-47, Bend Website: bendsonsofnorway.wixsite.com

- No information from Fjeldheim lodge at the time of this report.

Columbia Lodge # 2-58, Vancouver Website: www.sofnvancouver.com

- Saturday, December 2, 9:30am - 4:00pm. Scandinavian Christmas Bazaar, featuring handcrafted items and local artisans
- Lodge open house on Tuesdays 10:00am-Noon, purchase lefse \$10 for a package of 5
- Monthly Socials held one Saturday each month from 2-5pm, featuring family friendly entertainment and light refreshments

Zone 2 – Roberta Morrow



The lodges in Zone 2 participated in several area summer events as a lodge and as individual members. The lodges have now begun their individual meetings for the season.

Normanna Lodge in Everett is our largest lodge and maintains a very busy schedule. So busy that their newsletter is weekly! Lee Brevik asked about the rosemaling that is on the front of their building around the doorway that looks a bit worn. I reached out to the Western Rosemaling Association to see if anyone is interested in either restoring it or providing new pieces to replace it. Lee didn’t know who the original artist was. Normanna has a bazaar coming up in November. Best wishes for a quick recovery to President Gary Strombo, recovering from recent surgery.

Fritjov Lodge in Stanwood participated in the 17th of May Parade in Ballard and a parade in Stanwood. They had a summer party at a winery with music provided by Leif Holmes. Their first fall meeting was held this September. Coming up are some holiday classes planned for November and December.

Wergeland Lodge in Bellingham is struggling with declining membership. They participated in Borderfest this summer. They have a board meeting coming up in early October and they are planning a potluck for Thursday, Oct 12 instead of on Friday. They would like to have a lutefisk dinner, but they have lost members who were doing the lutefisk and lefse.

Abel Lodge folks in Conway worked on Borderfest and had a member who was the king but didn't make it to the event because of a detour to Canada and trouble getting back into the states, so they had an event later at Conway to crown him. They have a cultural event coming up in October to help raise money to replace their ailing furnace.

Edmonds Lodge had the Viking ship Thor in the 17th of May parade in Ballard, the 4th of July Parade in Edmonds and at Midsommarfest at St. Edward State Park in Kenmore. Several members attended Borderfest, including one brand new member, and several members attended Abel Lodge's event. The first meeting after the summer break happens in September with a potluck dinner. Our meeting place's kitchen is too poorly maintained to prepare meals there. President Norma Jean Sands had knee surgery and has been in a rehab center since. She is hoping to be home this weekend. Best wishes for a speedy recovery to her also!

Whidbey Island Nordic Lodge in Coupeville has a cultural event coming up in early October that includes Ebelskiver, fjord horses and elkhounds, among other things. Twenty-four people attended their Octoberfest held in September.

Roberta K. Morrow, Zone 2 Director

Zone 3 – Vernene Scheurer



I am writing this on my way back to Amsterdam aboard the Holland America Rotterdam, after having visited Oslo, Kristiansand, Stavanger and Flam, as well as my grandfather's family farm (Liahagen) in Torpo in Hallingdal Valley. It has been a wonderful week seeing Norway for the first time. I will be continuing the cruise for two more weeks around Scandinavia and the Baltic States and Germany and will finish my trip with three nights in Iceland.

The last time I visited any of the Zone 3 lodges was in June, when they had their lodge meetings.

Vesterdalen Lodge was unable to hold their Nordic Fest, as there were not enough participants to plan it properly. There was a summer Lodge picnic and a Kaffe Stua in July. They also participated in a 4th of July parade in Enumclaw and began planning for their 40th Anniversary Party. They also made a big decision to release their Vikingship Float to another lodge. Harald Haarfagar Lodge in Couer d'Alene was excited to take over the float, so it left its home in Black Diamond and was shipped across the state to its new home in Idaho. It was bittersweet for the Lodge, but best for the float.

Leif Erikson Lodge has upgraded the heating and cooling in their Lodge and are working on getting funding for upgrading their elevator. They held their summer picnic at Norway Park this summer. They returned to their monthly meetings on Sept 13. They will be holding their Fall Bazaar on October 29th and 30th. They also keep very busy with events each week, so check out their online calendar.

Bothell Lodge held a BBQ at the June meeting. Their annual Car Show was in August, along with their annual BBQ. Their meetings will resume on September 21. The Ski for Light Dinner is on October 7. Then they will hold their Annual Bazaar and Bake sale on November 4. Finally, their annual Lutefisk dinner will be on December 2. Their events are always well attended.

I do not have much information on Cascade Lodge. They had Chris Hicks speak at their last meeting in the late spring. They also held a picnic in the summer and had a few girls attend Trollhaugen Camp this summer. I do not know their upcoming schedule. I will reconnect with them when I return.

I will also attend October meetings for the other Zone 3 lodges.

Sincerely,
Vernene Scheurer,
Zone 3 Director

Zone 4 – Alisha Anunson



Once again, Lodges in District 2's Zone 4 are gearing up for a busy holiday season! Food is often a gathering point for people; indeed, it is for many of us at the Sons of Norway! Here are some upcoming gatherings: *The Kelso, Breidablik Lodge* is hosting their Holiday Markets on November 18 & 25 and December 2 & 9, 9 am - 1 pm. This is where they will sell lefse, among many other delicious items! *Grays Harbor Lodge* shared their love for Nordic heritage with their Scandinavian Bazaar on October 21st. *Poulsbo's Grieg Lodge* recently hosted the Mads Hansens Kapel Danish musician for a fantastic night of food and dancing, and they are now preparing for their annual Julefest on December 1st with a Nordic Market followed by the St Lucia processional and Viking bonfire at the Poulsbo waterfront. *Bremerton's Oslo Lodge* has an upcoming "We Are Vikings!" which should be an exciting event on November 18th. *Norden Lodge in Tacoma* will have Viking Days on December 10th from 2:00-10:00, the 11th from 10:00-5:00, and the 12th from 10:00-4:00 for food crafts, dancers, and more! These are exciting times at our lodges; I hope to see you at some of these events soon!

Fraternally submitted,
Alisha Anunson.

Zone 5 – Cindy McManus



It feels good to be back in the swing of Sons of Norway things after a good summer of family activities. Some lodges go dark in the summer, and some stay busy.

Since the Spring Meeting I have been in email contact with all 8 lodges in my zone and phone contact with a few. I receive Sol-Land and Tordenskjold's newsletters and news via text messages from presidents from Grondal and Elvedalen. All communication is greatly appreciated. Being so close to Tordenskjold, I have been able to attend their meetings, trash pickup, Genealogy Workshop, and 116th Anniversary Dinner. They have also asked me to Install their upcoming officers in December.

Tordenskjold Lodge # 5- They held a Syttende Mai Picnic and played Kubb, have been giving Viking bracelet classes, they have picked up trash a couple of times as a part of Adopt-A-Highway, they sailed the Viking 1 in Lilac and Hillyard Parades, they raided a local baseball game, they put on a Genealogy Workshop presented by Greg Holter, they have held 3 lefse rolling days in preparation of their November 4th Lutefisk dinner, and they are gearing up for an election of officers in November and installation in December. They are also holding Convention meetings monthly with Harald Haarfager Lodge members to insure a great 2024 Convention.

Harald Haarfager Lodge #11 -Since I am currently the Social Director of this Lodge I usually try to attend all of the functions held. In May we held a Syttende Mai Flag raising with the reading of a proclamation from the Mayor; polse with lumpe, salads, ice cream and orange soda were consumed. In June we had a lefse demonstration class with 20 members learning the new skill. July was a crème cake making demonstration class with members making their own cake to take home. August was a busy month with a meeting, putting on a two day kids camp with 20 campers, and 21 members worked two days of three beer gardens at the fair raising over \$3000.00 to help with the yearly donations given away to the community in December. We received the parade float ship from Vesterdalen Lodge and are excited to have our own as we borrowed the Viking 1 from Spokane for our local 4th of July parade in which 16 adults and 14 kids participated and we won an award. In September we had a Norsk Heritage Luncheon featuring Farikal (lamb stew) and a presentation of Historical Viking Life by Seth Tufteland. 51 people were in attendance. We also helped sponsor, with Tordenskjold lodge and 3 other Nordic groups, a musical presentation called Thirteen Strings, a folk music performance on Hardanger fiddles. 2024 Convention meetings are ongoing.

Odin Lodge #41- They are raffling off a beautiful quilt at their 41st annual lutefisk dinner and bake sale on November 4th. Their September meeting had a program of short summer travel stories by Ostroms and Staffans.

Columbia Basin Lodge #80- This lodge was busy fixing up their viking ship parade float as a pirate ship for a local event. They raced, they sunk, but won a trophy.

Sol-Land Lodge #86 - They held a Norsk Kulturdag and Taste of Scandinavia in May. Their Cultural Director Gretchen Makinson traveled to Couer D'Alene to help Harald Haarfager Lodge teach the children at the kids' camp to folk dance.

Epleдалen Lodge #96- No Report

Grondal Lodge #122- They celebrated Syttende Mai at Lynchgard Family Farms and consumed polse with lumpe plus ice cream. The September Social was Viking Bingo with prizes that were purchased in Norway. Three members traveled to Norway during the summer and at the October meeting they are planning to share their experiences with photos of the trip.

Elvedalen Lodge #129- No Report

I am trying to find activities and meetings with my eight lodges that I can travel to and fit into my schedule. I was invited to Grondal Lodge September 21st but I am attending our Dist. 2 Fall Meeting and had to decline. I do plan on visits this winter and will report back on them in the spring.

Fraternally,
Cindy McManus

Zone 6 - Sally Dwyer



Hanna Persson had to resign as Zone 6 Director. Sally Dwyer was appointed as her replacement until the Convention in June. She hosted District 2 officers at the Petersburg Zone 6 meeting.

International Board Director's Message – Chris Hicks



Greetings All,

I had the honor to work with VP Joanne this past spring on the D2 Zone Seminars and with the presenters, visiting a number of lodges and reconnecting with our members. This is our opportunity every other year (off Convention years) to meet in person with the lodge leadership & members, to encourage them, share positive energy and support the efforts they are making in their Local lodges.

Many lodges are struggling to recover their volunteers after Covid and at the Zone Seminars we were able to rally around them and hopefully share some ideas for them to take back to the lodge.

Our new governance structure is still being finetuned and is an ongoing work-in-progress. The Governance committee, lead by Vice Chair Mark Agerter, is still working hard to verify the bylaws and policy and procedures are in line.

Some things have not changed such as the way that the Districts are run. They will still hold their District conventions every two years, and District 2 is scheduled for Coeur d Alene, ID in May of 2024. The nominating committee guidelines have been updated and posted in the current Policy

and Procedures online. The district nominating committee (DNC) shall consist of no fewer than three (3) members of the district.

Each District will elect new district officers at the convention, that has not changed, and resolutions brought forward from the lodges if passed at the district conventions will be passed on to the International board of directors for consideration.

Membership

Membership is always important. We also need to remember that the purchase of our financial products is important. That is the reason we were founded 128 years ago and what keeps us going. Sons of Norway has some great financial products and new ones should be coming on board later this year as we wait for approval. As of June 2023, District 2 was the 3rd largest district but of those top 3 we are the only one that has had positive membership growth so far in 2023, adding 192 new members for a net gain of 1.9% so far this year.

Remember Sons of Norway is a Fraternal Benefit Society:

- That means we are a membership organization legally required to offer insurance products to our members, be not-for-profit, and carry out charitable programs for the benefit of our members and your communities.
- Our operations are carried out under the oversight of the Minnesota Department of Commerce.

When renewing your dues ...

Due to a recent change in credit card processing services, **Home Office is no longer able to process credit card payments over the phone.** We ask that you do not use any old applications you may have, but if you must, please do not use the credit card section. Any membership applications received with credit card information will be destroyed to protect the member's confidential information, and the member will receive a bill with the next billing cycle (generally each Monday). The member may then pay via credit card on the website or by mailing a check to the remittance address on the bill. We cannot take credit card numbers over the phone.

Fraternal

Upgrades have been made to the International website to make it more user friendly and interesting. This is a work in progress, but we have had great reactions to some of the features such as the "All about Bunads", with the interactive map featuring 37 out of the 400+bunad styles available in Norway.

Our Viking magazine also got a new look with a new publisher and we have had positive reaction to that change.

Some items that were previously in the Viking such as the members we have lost "In Loving Memory" are now on the International website. www.sofn.com/inlovingmemory

Members can also log in and [explore the Viking online archive](#), with issues going back to 2009.

Foundation updates

As you heard from Seth we have added our "Sophie Olsen Camp Scholarship" to be managed by the Foundation. Only District 2 campers are eligible to receive these funds. Applications will still be reviewed by the District 2 Scholarship committee.

We have a new Foundation Director Amy (Olson) Tuchenhagen. Amy was previously our Fraternal Member Engagement Manager.

Scholarship judging for the International Foundation has been completed and 222 scholarship applications were judged by a panel of 19 people. There was \$190,5000 in awards from 14 different funds given to 33 students this year. The Foundation has raised over 60% of their fundraising goal for 2023 and October is Foundation month with a large push to the lodges.

To find out more about the revised and new grants, go to sofn.com/foundation/grants

Below are the SON Annual Due Dates

Due 03/15 each year to Sons of Norway Headquarters:

Lodge Achievement

This encompasses the Lodge Achievement, Family Lodge of the Year, and the AFA Year End Report forms which are traditionally completed by Lodge Secretaries. They can be filled out online via your profile page or accessed in the forms section on sofn.com.

D17 Lodge Financial Statement

This is the year-end lodge financial report which is filled out by the Lodge Treasurer and signed by the Lodge President and the Chief Auditor. It can be completed online from the profile page.

D64 Lodge Property Officer update information

The PDF version can be downloaded from the Forms section on sofn.com.

Due 05/15 each year to Sons of Norway Headquarters:

D18 Building Association Financial Statement

The year-end financial report for the Lodge Property Association. It can also be accessed from the Lodge Treasurer's profile page. The PDF version is in the same forms section on sofn.com.

Due 05/15 each year to the IRS (US Lodges Only): Copy to Sons of Norway Headquarters

990 Form

Most lodges can just complete the 990N postcard online on the IRS website. Lodges with an average income of over \$50,000 or more will need to complete a 990E or 990 form.

Due by 12/16 each year - New member applications MUST be into Sons of Norway Headquarters to be counted for year-end totals.

Due by 12/31 each year - D63 Lodge Officer Update information

* Verify officer information before you send it.

To get to the forms section on sofn.com directly, sign on with your username and password and then click on the link: Lodge Forms

Fraternally,
Chris Hicks
District 2 International Director

International Board Vice Chair's Message – Mark Agerter



Greetings all: There is always a sense of excitement as another lodge year begins and this fall is no different in that regard. I am sure that all of us are anticipating a great time renewing friendships with members we have not seen for the summer and those activities that we look forward to each year. Oh...and since this is Sons of Norway, of course we are anticipating enjoying all of our special foods and snacks again!

This has been a particularly busy and intense period of my Sons of Norway experience. For the past year and half my committee, the Corporate Matters and Governance Committee, has been working quite diligently on revising the Charter, Bylaws, Policies and Procedures (CBPP) for the organization. This work was necessitated by the referendum that passed to shift the supreme governing responsibilities from the International Lodge to the International Board of Directors (IBOD). It has been quite the process and required the input of the committee and the SON legal counsel and of course the approval of the IBOD members.

Among the most pressing issues was to create new election procedures and timelines all of which are outlined in the CBPP which is now posted online for all members to access in the Member Resources section.

Most recently we revised the Guidelines for Nominating Committees document, the International Board Application Agreement, the International Director Candidate Application, and the District Leadership Candidate Application, all of which may be found at:

https://www.sofn.com/member_resources/lodge_leadership_resources/governance/

This brings up the need to remind all of our lodges, including the districts, that it is time to be forming nominating committees and seeking members with positive leadership skills and an interest in leading and guiding our members over the next biennium. Nominating committees are tasked with a very important job with an eye to conscientiously finding the best person for any given office, not just someone who has “worked their way up” through the chairs. It is a very challenging but crucial responsibility.

The following are items of interest summarized from the latest CEO report for you and your members.

Financial News:

We are doing reasonably well with the goals set by the IBOD for 2023. Through 2nd quarter we have gained 2,032 new members which is 150% of the goal for the first half of the year. HQ was right on budget for the first half of the year. The cost-cutting measures were painful but are having the proper results that we needed to see. Foundation donations are nearly \$190,000 as of June which is 117% of the goal to date. We are lagging in product sales a bit due to ending sales of Guaranteed Issue Whole Life policies.

Fraternal topics of interest:

Facebook remains a popular method of getting the word out about Sons of Norway, as well as engaging our membership. Our FB page reach, defined as the number of unique users who see our post or page, is up 115% at 66,278 in the first quarter.

The top posts so far in 2023 are:

- 1 – An article on bunads on the SON blog
- 2 - The bunad map – an interactive map featuring 37 of the more than 200 bunad styles
- 3 – A post with bunad trivia

Other social media remains strong. Our Instagram page reach is also up in the 1st quarter 115% at 5,139 and our Twitter account now has 3,045 followers.

Website use was up 3.55% in April through June. There were 56,772 users in 78,350 sessions.

The Fraternal Department has been very busy with a list of projects that includes:

- The bunad map
- A FAQ page for the website
- The new lodge forms website page
- A 17th Mai coloring contest
- The creation of leadership training module #1 which is located on the website in the Member Resources section under Lodge Leadership Resources
- Design of the 2023 Christmas ornament
- Continuing updates to the Cultural Skills program

Foundation news:

- 26 grants were approved totaling \$37,571
- 222 scholarship applications were received for which \$190,500 in awards were given to 33 students
- The Sept/Oct Viking features the 2023 US foundation award winners as well as the 2022 Canada foundation recipients

Well, that is about it for now. I wish you all the best for the year and look forward to being able to share time with you, if not now, at the 2024 convention in Coeur d'Alene.

Fraternally,
Mark Agerter



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.

After 95 years and collecting 26 million NOK to fund the mission of the organization, Tubfrim announced they were closing. The good news is we have found another organization that is willing to continue Tubfrim's mission of collecting stamps and generating income benefiting the many good initiatives for children and young people in Norway. District 2 is still collecting stamps as we work out the details so, please continue collecting and send them to Bothell Lodge for processing. Do not forget to add your name and lodge to each pound of stamps so you can be entered in the drawing at the 2024 District 2 Convention.

District 2 Youth Camps – Chris Hicks

For the 2nd year in a row following the pandemic shut down we have successfully completed 2 Youth camps this year. We are still not up to pre-pandemic numbers, but it was an increase over 2022.

We started the season with **Camp Trollhaugen** with 15 Campers and 12 Staff. We had some new campers and some returning from last year with a couple from Normanna. The report from our directors was "Our staff was fantastic!"

We maintained a good balance between keeping the campers active without making them lose rest time. We had a very solid plan for the structure for the camp overall, but maintained good flexibility when needed to re-gear and adjust when it was necessary.

We can't seem to figure out how to make KP go faster after meals. Our campers had very little experience with cleaning, so we need to spend the time next year actually teaching campers (sometimes staff) how to clean!

Camp Normanna had 16 campers and 13 staff. Some were new, others were returning. Having a dedicated cook and nurse was amazing. This allowed the Directors to deal with Director type things instead of everything else. It gave them the ability to start OTJ training for their Program Director, Kaare.

The theme this year was Animals in Norway. They had several special guests bring various animal breeds from Norway. They had a Buhund, two Lundehunds along with two puppies, and three Fjord horses. Most of the evening programs were centered around animals or had animals as the characters.

The new door in the girls' cabin was switched so it opens out instead of in. Normanna Park bought a new commercial refrigerator that was amazing. The pool was open this year which was awesome

to utilize. The second week, camp had a surprise visit from the Snohomish County Health Department.

Most likely Camp will be required to have permits next year from the Health Department. This started just before the pandemic and we have been able to put it off this long but now that they have been on site, no more. Some improvements have been made but the kitchen still has some Improvements needed.

Normanna park has a new board, and they are more willing to work with than the last board to make this happen. The purchase of a Commercial refrigerator is the first step.

These annual permits are going to be costly depending on which one(s) they require. We have already paid about \$750.00 just for the assessment that is still going on.

Both camps had less than our minimum of 25 campers. The committee discussed this last spring and with the support of President Jerry we approved holding camp. This is going to be a process getting these restarted.

You may notice I did not report on **Camp Nidaros**. Camp Nidaros, established in 1967, is located in Gearhart, Oregon near Seaside.

For the second year we did not have enrollment to support Camp Nidaros. They only had three campers apply this year, by the June deadline. One of those campers was able to attend Normanna.

This was a topic of discussion at the committee meeting on what we can do to get it back.

We are working on a plan for me to travel to OR. I will visit the lodges that have supported Nidaros in the past and try and take some of the camp staff in the area with me.

This spring the camp committee made a \$1000.00 good faith donation to the Nidaros Lodge for holding our space the past two years as we have tried to get the camp restarted.

If we are unable to get the camp restarted in the 2024 season we will need to look at making other arrangements and possibly disbanding this camp.

We talked about camp tuition, we have historically looked at raising the tuition every two years by \$25.00, so that we do not get behind and have to make a large increase. We have found smaller regular increases are better. With the District board's approval, it was decided that we should leave tuition at \$700.00 for another year in effort to gain back our camper base, recognizing that many times parents and grandparents are sending multiple campers to cam. Directors will do what they can to keep cost inline, which is not easy with other costs rising but we felt necessary.

We continue to sell past camp shirts and Norwegian Flag stickers for \$5.00 to help support Sofie/Olson camper scholarship and the camp program. Please see Seth or myself if you would like one.

2024 camp dates are as follows:

Trollhaugen: June 24 – July 7

Nidaros: July 8-July 21

Normanna: July 22- August 4

Fraternally

Chris Hicks

Camp Committee Chair



District 2 Scholarship – Seth Tufteland

The Carl M. Saltveit Scholarship is awarded annually and covers the tuition, room, and board to attend the International Summer School at the University of Oslo. This is a permanent fund that is named to honor and remember Carl M. Saltveit Sr. who was a member of Grieg Lodge #2-015 in Portland, OR and a former International Director.

There were no applications received for this scholarship for 2023. Please encourage your members to apply for this in the future. There is no age restriction. You must have completed 1 year of college and provide transcripts as proof.

Our District has the Sofie/Olson Memorial Camp Scholarship. This scholarship is named after Sherrie Sofie and Bernice Olson, district officers both of whom passed away while in office. The Sofie/Olson Scholarship is a self-sustaining fund and only the interest is used each year for scholarships. Our goal is to award a minimum of 3 scholarships each year, one to each of the Youth Camps (Camp Nidaros, Camp Normanna, and Camp Trollhaugen). This fund is now being held at the Foundation as it will be giving us a higher interest return allowing for more scholarships to be awarded. The Scholarship is still administered by the District 2 Scholarship Committee.

This year we awarded one scholarship to a Camp Trollhaugen camper, and two scholarships to campers attending Camp Normanna. No scholarship was awarded to Camp Nidaros since that camp was not held.

To help continue the growth of the Scholarship, we are selling Norwegian flag state stickers as a fundraiser. These will be available at most District 2 events at the cost of \$5 each. 100% of that goes directly to the principal of the fund. They can be purchased from the District Youth Director. District 2 also uses the Draxten Memorial Scholarship Fund which was established by the late Nina Draxten of Minneapolis in memory of her father, Bersvend Draxten, the first President of Sons of Norway. This fund is set up as a matching fund and can only be used to assist campers who have received a scholarship from their local lodge. The Draxten Fund award to any camper can be up to but not more than the amount awarded to that camper by their local lodge. These funds are managed by International Sons of Norway and distributed by the District Scholarship Chair. It is a pleasure to serve on this committee and to award these scholarships to the deserving young people of our District.

All District Scholarship guidelines and applications will be sent out to lodge secretaries and district officers in the first part of November. They will be sent out again in January. Please ask your lodge to announce them.

Fraternally,
Seth Tufteland, Chairman
Ingrid Hueneke
Jane Bueing

Trollhaugen

We had a good work party in May.

The steak fry was well received. There were over 100 in attendance. We had good raffle donations and great food.

Our long-time friend "Sven" found a new home. We sold it for \$5,100.00. The \$100.00 was the man making sure he was in first place to look at the snowcat.

We are happy to say our reservations have increased. A mange takk goes out to Chris Hicks for streamlining our reservation paperwork and getting a lot more prepaid with the square, which in turn gives us better accounting.

We had our fall work party in October, a beautiful time of the year to be in the mountains.

Fraternally,
Erick Balstad
Trollhaugen Chairperson

Border Festival

The annual Border Festival was held on Saturday, July 8th at the Peace Arch Park on the US – Canadian Border. The attendance was down this year, with approximately 60 people attending, due to a change of date for the festival. All Sundays were already spoken for, so the festival committee had little choice as to a date. Many lodges had already made other plans.

A sports event was held prior to lunch led by Larry Brawn from District 7. A potluck lunch took place at noon.

Following lunch, the program opened with the National Anthems and presentation of Flags of United States, Norway and Canada.

Special guests were International President Rob Stubbings, and District 2 President Jerry Erickson. Greetings were brought by both.

Entertainment of Scandinavian music was brought to the group by Sylvia Jorgensen on accordion and her son Ragnar Storaasli. Sylvia made the event special by writing and performing a song just for Border Fest.

A raffle drawing was held with prizes ranging from \$10.00 - \$100.00.

The highlight of the day is the crowning of a person as Queen or King. Candidates from various lodges compete for the title. For the first time there was a male contestant. Envelopes are drawn by the contestants with one envelope announcing the winner. By luck of the draw the winner was the prince who became King Jesse for Border Festival 2023-2024. There were two Princesses, Grace Lundeen from D-2 and Emma Wolfe from D-7. Unfortunately, Jesse, his mother, and brother

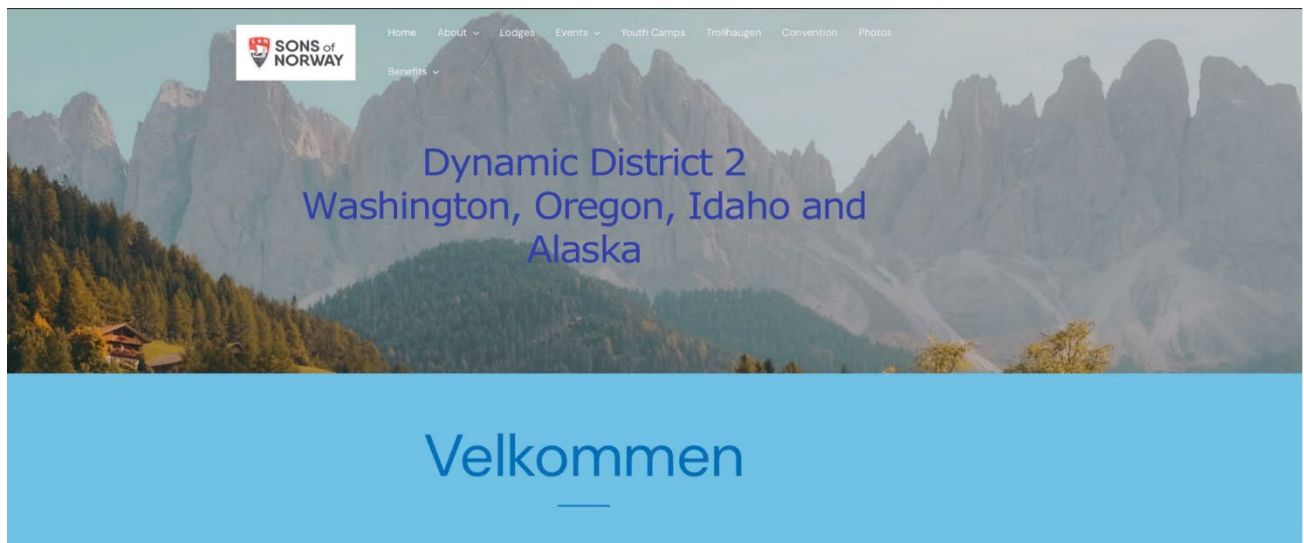
missed the exit and crossed into British Columbia. Since Jesse missed the royalty part of the program, we had a stand in for him.

Because Jesse was not able to be crowned Prince at the Border Festival I crowned him at the Abel Lodge picnic on August 5th.

Fraternally
Elaine Grasdock
President

New Website for District 2 www.sonsofnorwayd2.org

The district launched a new website on May 1, 2023. If you have been going to the old website, it will redirect you to the new website until February 2024. At that time, you will need to use the new website URL.



The biggest on-going change will be on the Events page. As a reminder, events that are posted are District 2 sponsored events or events that are in the community. We ask that lodges post their events on their own websites.

On the Lodges page we have been posting pictures of the Lodges. If you have a lodge picture that you would like to submit, please send to joaniecw@outlook.com.

If you have any questions, please contact Joan Wraalstad, Website Content Manager, joaniecw@outlook.com.



The Scandinavian Hour Radio Program

Since 1961, the weekly Scandinavian Hour radio program has been broadcast on the airwaves in Seattle, WA and has not missed a week. Doug Warne was the original host, serving from 1961 to 2020. Since 2021, Seth Tufteland has been the new host and producer of this program. Bringing you music, news, and interviews from all the Nordic countries, the Scandinavian Hour has been a staple for the Nordic community in the Puget Sound area. We also include a monthly events bulletin for our Scandinavian Hour associates/partners. Scandinavian Hour Associate Partners are clubs and 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. The program is 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 regular listeners from all over the US, Canada, and Scandinavia.

If your Lodge or group is interested in advertising or becoming a Scandinavian Hour Associate Partner, contact Seth Tufteland at scanhourkknw@outlook.com.

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



The Scandinavian Hour
with your host
Seth Tufteland

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

Stream us online at <https://1150kknw.com/listen-online>
Visit our website at www.thescandinavianhour.org

Music, News, & Interviews for the Scandinavian Community

Ski For Light - Puget Sound

Happy autumn and boy, oh boy, it sure feels like it, too! Snow or not, Ski for Light folks are staying busy! Let's get business out of the way then we get to read what fun activities our people have been up to!

We will be holding our Board Meeting on November 5th to hatch out the 2024 season. Our program is turning 50 years in 2024; how and what to do to celebrate that milestone will be part of that hatching out!!

Hello Methow Valley! After three years of hiatus, Ski for Light is heading back to our favorite ski venue, Methow Valley from March 3-7, 2024. There will be 18-20 of us invading the area. We will be doing our own cooking, shopping, and contributing to the local economy!

I will be proposing that the program do a two-night stay at Trollhaugen Lodge this coming ski season.

The 2024 ski dates are January 6 & 20, February 10 & 24 and March 9 & 23. Through word of mouth, we will be welcoming five potential blind skiers and three potential guides for this coming season. We certainly can use some new blood!

Input from guide Roger Young:

Ski for Light is busy year round, working endless to assure better trails for better skiing during the winter for everyone. This summer, funding was received for more and better ski trail signs. Folks were busy this summer digging post holes, lining them with plastic tubes and making them ready for the new sign posts and signs. Vegetation has also been cut back so there will be a lesser chance of getting slapped in the face by a wet branch when skiing this winter.

I am already trying to focus on how we can do a better job at guide training for everyone's benefit.

Here is what our folks have been up to.

Input from skier Jacob Kamaunu:

Did you ever want to know what Goalball is? The game of goalball was created in 1946 by Hanz Lorentson and Seth Rendal for blind war veterans returning home from battle. It provides a great outlet for physical fitness, team work, as well as social development in the blind community.

Goalball doesn't have to be, but at a high level it can be, physical and intense. Nations have their own teams and it's played in the Paralympics.

It is played on an indoor court that measures nine by eighteen meters, exactly volleyball court size. Taping down 1/8-inch rope for the court perimeter, center court line, high ball lines, front lines, goal lines, and playing positions, breaks down the court into six rectangular boxes. Each box is three by nine meters making up one full court. The teams playing boxes are at the opposite ends of the court where the playing positions are taped down. There are three players on one end of the court and three on the other. Two players are positioned to the far back corners of the team box. The third player is positioned to the center of the frontline of the team box. For example:

picture a triangle within a three by nine-meter rectangular box. This helps to prevent collisions, as the players play low, either squatting or on one knee, using their bodies to shoot out and block the ball coming down from the opposite side of the court from the other three opponents.

Lastly and most importantly is the ball. The goalball itself is a basketball size ball. It is much denser and doesn't bounce as easy. It also contains bells within the ball so the player can hear it coming down the court in order to defend it from going into the goal that sits behind the players. Each goal on both ends of the court stands about four foot six inches tall and nine meters in length draped with a net to contain the ball. The goalball has to be thrown underhand and land on the court before the highball line or it could result in a penalty. Other actions that might result in a penalty include touching your eye shades or taking more than 10 seconds to return the ball. Swinging the ball behind you before throwing is a point to the other team so there's a lot to be aware of within the game of play.

A number of us within the blind community in the Puget Sound area have been in training for the last several months in preparations for the 2023 Goalball Nationals. We took two teams over - the Seattle King Cobras, division A, and the Seattle Killer Cobras, division B.

We flew into Indianapolis, Indiana and drove to Fort Wayne where Nationals are held every year. Both teams fought valiantly for the gold in their divisions. In the end, our division A men's team, the King Cobras brought home the bronze metal and the division B men's team, the Killer Cobras brought home the silver.

We've been all over YouTube and apparently this is a big thing in the goalball world. It was the first time either team had played in the Goalball Nationals.

Adventures as told by SFL President & skier Deng Kong



A group of three blind skiers and three sighted guides went on a hike at Naches Peak Loop Trail at Mt. Rainier in late August. This trail provides a range of alpine experiences in a short loop.

It was a very warm day and the trail was very busy, hilly, and lots of roots sticking up making it rather challenging especially for the blind hikers. One of the guides, Andrea Brown, is quite knowledgeable about plants so she pointed out all the plants and their descriptions along the trail, including plants such as blue lupine, white bistort, magenta paintbrush, huckleberries, soap roots, wild mushrooms, etc. To the delight of the blind hikers, we got to touch, feel, smell, and enjoy an abundance of wildflowers! Other hikers stopped to listen to Andrea's description of the plants and took them a while to figure out that there are blind hikers among them!

We stopped at an unnamed lakelet for lunch then Andrea and Anisa took off their boots and went wading. We hiked to the viewpoint and found Dewey Lake over 600 feet below. When we turned around to continue on the hike, we were caught by an unexpected sighting of Mount Rainier sticking out with the brilliant sun behind, showing off all its glories!

Friends of and from Ski for Light spent some of the last days of summer 'glamping' at Camp River Ranch, a nearly 500 acre, densely forested gem belonging to Girl Scouts of Western Washington. Lake Langlois, with a swimming beach and boat launch ramp, is nestled within the camp which is otherwise laid out over peaks and valleys at the end of a country road in Carnation, Washington. It wasn't far from home for any of us – even Access Transportation serves the area! - but it sure felt like a different world.

Our first day was spent wandering through several small open air cabins offering Conestoga-style wagons, each cabin with its own name. At Robin's Nest Cabin, we found a nest with an abandoned egg inside! We tried out the slide ax, located at each of the cabins, an ingenious tool for chopping wood, but with a burn ban still in place, we didn't really need the nice kindling we created. The forest provided some tree climbing opportunities, especially on a nurse stump with lots of roots for hand and foot holds. We wound down the day with apple picking, and the evening's cooks were entertained with ukulele lessons in the background.

Remlinger Farms, very conveniently located down the long steep hill from the camp, was the highlight of our second day. Though much was closed in preparation for their autumn activities – think acres of corn mazes, pumpkin patches and 700 colorful scarecrows – we did visit the donkeys, alpacas, emus, a greenhouse filled with harvested pumpkins, and walked a little on a levee built along the Told River. We ended our visit to Remlinger with lunch at the restaurant, and took pies from the extensive gift store back to camp for evening dessert. More than a few pies went home to freezers and families.

Our third day featured a hike to Tolt MacDonald County Park, and the very exciting suspension bridge spanning the Snoqualmie River. The long day ended with comparing notes on mileage vs. steps, and a lively Braille scrabble game, complete with much laughter.

Late summer glamping has become a tradition. Where to next year?

Deng Kong
President, SFL Puget Sound
skiforlightpugetsound@gmail.com

District 2 Convention 2024 – “Better Together”

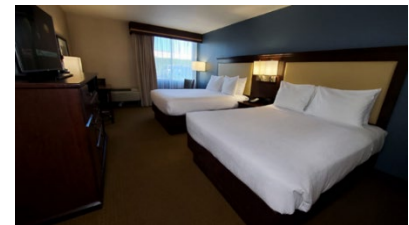


At the District 2 Board meeting in September, the District 2 - 2024 Convention was awarded to Tordenskjold & Harald Haarfarger Lodges to be held in beautiful Coeur d’Alene, Idaho. Planning is well underway, led by Chair Pamla Silk and Co-Chairs Cynthia McManus and Darrin Lee. The slogan is “Better Together” and the logo is our traditional woven red and white heart, which will also serve as the paddle design! The woven heart showcases that working together, as members in a lodge, lodges with other lodges, Zones, our District 2 and throughout the rest of Sons of Norway; we will be better equipped to navigate challenges, celebrate our successes and grow to sail smoothly into the future. Zone 5 Lodges Tordenskjold and Harald Haarfarger coming together to bid for and host the 2024 Convention is an example of “Better Together”.

The 2024 Convention will be held in Coeur D’Alene, Idaho which is about 35 miles east of Spokane, Washington. The Coeur d’Alene area is surrounded by dozens of lakes left behind by the glaciers from the ice age. There are more than 55 lakes within easy driving distance of Coeur d’Alene, but none more scenic and full of activities than Lake Coeur D’Alene itself. There is something magical about the town and Lake Coeur d’Alene that’s hard to define. The perfect setting to hold our 2024 Convention.



Specifically, the 2024 Convention will kick off with the President’s Dinner May 29th and will end with our final Celebration Banquet on June 1st. Accommodation and convention meetings will be held at the Coeur D’Alene Inn located conveniently off of I-90; 506 W Appleway Ave, Coeur d’Alene, ID 83814.



Thursday night will be an evening Viking Voyage Dinner Cruise on the “Mish-An-Nock” boat on Lake Coeur d’Alene.

Be sure to mark your calendars for 2024; be a delegate for your lodge or come as a guest. It’s sure to be a great convention! More details to be shared starting in January 2025 via the District 2 website, District 2 Facebook and emails to the lodges. If you have any questions or just want to share your excitement, the convention email is sofn2024conv@gmail.com

District 2 Board Members, June 2022 – June 2024

President

Gerald Erickson
Home: (360) 692-1664
Cell: (360) 813-4423
Email: jerry.sond2@wavecable.com

Vice President

Joanne Gray
(360) 259-0924
Email: joanne@moholtusa.com

Secretary

James Wraalstad
(206) 963-8200
Email: jmwraalstad@outlook.com

Treasurer

Judy Moxley
Cell (509) 990-1470
Home (509) 467-4759
Email: judymox02@gmail.com

Counselor

Ernie Fosse
(509) 990-1470
Email: ernie@cedarcomm.com

Publicity Director

Rob Kodalen
(360) 710-0167
Email: publicity.d2@gmail.com

Cultural/Social Director

Nancy Holter
Home: (509) 375-0919
Cell (509) 948-2684
Email: d2.cultural@gmail.com

Youth Director

Seth Tufteland
(206) 605-4112
Email: sofnseth@yahoo.com

Sports Director

Laurie Berg
(206) 235-5558
Email: laurieberg.lb@gmail.com

Foundation Director

Darrin Lee
(425) 241-2392
Email: Sofn.d2.Foundation@gmail.com

Director Zone 1

Duane Esperum
(206) 501-1020
Email: zone1D2sofn@gmail.com



Director Zone 2

Roberta Morrow
(425) 921-0302
Email: birdeekay@gmail.com

Director Zone 3

Vernene Scheurer
(253) 221-7059
Email: vernene.scheurer@gmail.com

Director Zone 4

Alisha Anunson
(360) 271-7302
Email : alishaanunson@gmail.com

Director Zone 5

Cynthia McManus
(907) 632-8899
Email: mcmom37@yahoo.com

Director Zone 6

Sally Dwyer
(907) 772-4453
Email: sallydw1942@gmail.com

International Board Director

Chris Hicks
(425) 766-3537
Email: ChrisD2SofN@outlook.com

International Board Vice Chair

Mark Agerter
(541) 729-2824
Email: markagerter@comcast.net

District 2 Facebook Page

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

District 2 Camp Website

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

District 2 Web Site

<http://www.sonsofnorwayd2.org>

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