



**SONS of
NORWAY**

Dynamic 2

VOLUME 40

Washington, Oregon, Idaho and Alaska

Sons of Norway District 2 – Fall 2025

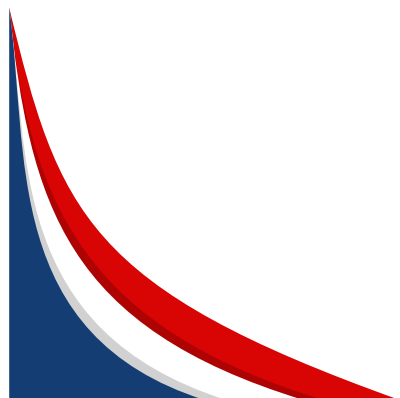


Velkommen til Amerika – Welcoming the Restauration to the US
Image courtesy of Restauration Friends Association, Stavanger, Norway

The mission of the District Two Lodge, its officers and directors is to promote the interest of Sons of Norway within District Two and to cooperate with and assist the International Lodge. District Two will assist its local lodges to promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries for people of all ages.



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PRESIDENT'S MESSAGE

Dynamic 2 - Fall 2025

Joanne Gray

2025 has been another busy and productive year for the District. The annual cross country Ski Tournament was held at the Trollhaugen Recreation Lodge in February, much to the delight of the many skiers. Many thanks to Leif Erickson Lodge for hosting.

We held a series of Zone Seminars early in the year. We are grateful to all the host lodges that helped make these seminars successful and well attended. It is always a good experience to hold these seminars, to work with lodge members, to be available to communicate with them, and to hear what they are experiencing in their respective lodges.

Later, in July, the annual Steak Fry was held at the Trollhaugen Lodge and was an overwhelming success. The day started with the Horseshoe and Kubb tournaments and culminated with the delicious steak and salmon dinner. All the while, the Trollhaugen board kept the doors open at the lodge, devoting many hours to the staffing and upkeep of the lodge. Good news – Trollhaugen Lodge Caretaker/Managers have been hired. The timing was great – just prior to the Steak Fry. Unfortunately, the golf tournament scheduled to be held in August was cancelled due to lack of participation. Hopefully we can make it work next year.

Any lodge wishing to sponsor the tournament is encouraged to contact Alisha Anunson, alishaanunson@gmail.com. All three youth camps took place this year and were very successful. The youth and the directors had a great time and are looking forward to the camps next year.

Great work by the dedicated volunteers. Several of us met with the 2026 Convention Hotel Coordinator and the Kitsap Convention Center Site Manager for a walk through of the Convention 2026 facilities. A number of issues were satisfactorily addressed, and all systems are "GO" for our next convention. This should be a great convention, and I encourage lodges to send all their eligible delegates.



PRESIDENT'S MESSAGE

Dynamic 2 - Fall 2025

Joanne Gray
...continued

I sat in on several "Oceanweek" zoom meetings with Viggo Forde, the Honorary Norwegian Consul and other committee members. There was interest in Sons of Norway participating in the festivities in October, unfortunately, there didn't seem to be sufficient time to make it happen.

I had the privilege of attending the 90th anniversary of Oslo Lodge in Bremerton in August and I will be attend the 95 th anniversary of Breidablik lodge in October. Congratulations to these two lodges and all the others celebrating significant anniversaries this year. Best wishes for continued success within their lodges. The Doreen Parker Heritage Retreat was held at the Trollhaugen Lodge at Snoqualmie Pass in September. It was a fun weekend filled with crafts, socializing and good food all in the splendor of the majestic Cascade mountains.

The Ski-For-Light dinner/dance held at the Bothell Lodge in October featured salmon and cod cooked over an open fire as well as music and dancing. Ski-For-Light is the local blind and mobility impaired cross-country ski program that provides an enjoyable winter experience for the blind and disabled.

I encourage you to visit the District 2 website, www.sonsofnorway2.com. Joan Wraalstad had done a fantastic job of keeping the website filled with valuable information about the district events and news.

As we approach the holiday season, I wish all of you a Happy Thanksgiving, Merry Christmas and a Happy New Year. I look forward to working with many of you as we continue forward into the new year.

Joanne Gray
District 2 President





VICE PRESIDENT'S MESSAGE

Dynamic 2 - Fall 2025

Bill Hicks

Greetings to the District:

First I Am hoping you all had a good summer and were able to spend quality time with family and friends. It has been a long summer with work and all the other activities going on but it was a good one with chances to see family and friends.

As we prepare to move into the New Year, I am excited to see where, and how we can move the District into new territories and heights.

Chris and I were able to attend all of the final programs for the Youth Camps and it was very exciting to see and hear how much the kids enjoyed them. All three camps were able to operate and all three were very successful. The stories and the looks on the kids' faces gave you a warm feeling that the staff's and leaders really did an exceptional job working with the kids.

Chris and I also attended the Trollhaugen steak fry (can you believe that), but it was also a great time. We had 110 guest's not counting the board, and all enjoyed a day of not too hot nor cold and a perfect day to share and be with friends and family from the District. The Kubbe, and Horseshoe tournaments again were a hit and kudos to Alisha for handling the activities. It was great to see a lot of friends we have not seen in a while and to welcome our Ski for Light friends, as always a great appreciation for their wanting to support the Lodge.

In reviewing last spring's Zone Seminars, I can truthfully say they went very well and there was great feedback from each one. Each seminar had its own ownership and it made for awesome conversation and debate over activities within the district. I want to thank all of you for your time and attention to the different seminars and for your attendance and support of the district. As we prepare to move into the new season, we must start preparing for the convention and the activities to come. I know at the District 2 Board meeting we will be talking about our plans to get our member's to attend and be a part of the events.

I look forward to a good year and look forward to seeing everyone at the 2026 convention in Poulsbo.

Bill Hicks
District 2 VP
206-919-1425
Hicks1015@msn.com





SECRETARY'S MESSAGE

Dynamic 2 - Fall 2025

James Wraalstad

During the past two years, it has been my pleasure to serve the district as it's secretary. It has been challenging and rewarding. For the District, production, and distribution of the annual District 2 Directories to all the lodges and select individuals filled hundreds of hours over the first quarter of each year. The payoff is visiting with all those Norwegians.

I printed an updated limited-edition District 2 Directory because the Whidbey Island Lodge installed all new officers and wanted directories, and there weren't any to give to them.

I made their corrections and numerous other corrections since the original printing. Distribution was limited to the Whidbey Island Lodge and the District 2 Board. The distribution of the 2026 Directory will begin in late February 2026.

The Zone Seminars that our Vice President Bill Hicks executed was the grand program that I was so glad to be a part of. I was able to travel to Grieg Lodge, Harold Haarfarger Lodge, Breidablik Lodge, and Bothell Lodge. What a tour. I was able to meet so many gracious and kind people and I hope that the program truly met with their needs and provided information that they could in their growth in the Sons of Norway. I was unable to travel to Anchorage and so could not do the complete tour.

I continue to provide technical support for the district's web site.

Fraternally submitted,

Fraternally,
James Wraalstad
Secretary, District 2 Sons of Norway





COUNSELOR'S MESSAGE

Dynamic 2 - Fall 2025

Jerry Erickson



This year a number of changes and updates have been accomplished with the District 2 Policy and Procedures. I have been reviewing the District Policy and Procedures. The whole document has been reformatted to make it easier to read. Updated instructions for writing and submitting resolutions and bylaw changes as published on the International website.

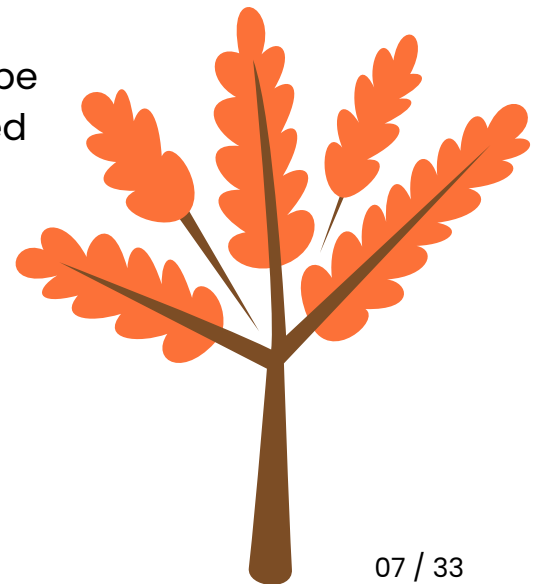
The wording for Zone Seminars/ Idea Exchange has been revised as we are looking at the Zone Seminars and Leadership Seminars to provide both leadership information, but also a sharing of ideas for better Lodge management and programs. This all falls under the Zone Seminars now.

The Boarder Festival By-Laws have been updated.

We will be reviewing and updating the procedures for hosting the District Convention. This is being done just prior to the Fall 2025 Board meeting. Each District Lodge Officer should review their area of responsibility and provide updates and corrections.

This document is a work in progress that continues to be changed and updated as time goes on. I have provided an updated P&P out for the Board review.

Jerry Erickson
SON District 2
Counselor

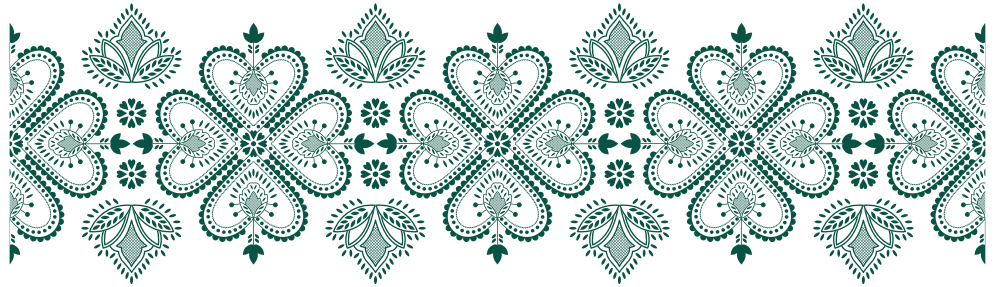




TREASURER'S MESSAGE

Dynamic 2 - Fall 2025

Dan Andrews



Greeting from Central Oregon!

I hope that everyone had a wonderful summer and that the weather treated you well. After all the heat, fires and smokey air that we have been experiencing in Central Oregon, I for one am looking forward to the cooler weather.

The finances for the District are looking healthy. As I am starting the process of creating a budget for the next biennial, I started looking at what the District spent compared to what was budgeted. Overall we have underspent compared to what was budgeted in a lot of the line items.

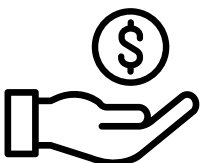
When forecasting the next 4 months expenses I am confident we will come out just as healthy financially as we were when we started out this biennial cycle.

A big thank you to the former D2 Treasurer Judy Moxley and the rest of the Ways and Means Committee in 2023 for putting together a solid budget.

If you have any questions please feel free to reach out to me.

Din Venn,

Dan Andrews
District 2 Treasurer





CULTURAL DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Sally Dwyer

Cultural Notes

District 2's convention is fast approaching. Come and represent your lodge, participate in the fun and make new friends and contacts. The District 2 officers for the next 2 years will be elected at the convention and many new/old ideas will be discussed.

A special part of the convention experience is the Cultural/Folk Art Exhibit & Competition. Members are invited to showcase their hand work of all kinds to be judged or displayed. A People's Choice will also be awarded. The show will be open during the convention until Saturday, mid-afternoon. Forms for the show will go out this Spring to each lodge. Copy more forms as needed if more are required. If you are not attending, but have someone bringing your item to the show, please make sure that they pick it up at the end of the show. Any things left will be divided up among the show workers- JUST KIDDING!

Today I completed another 2 day (a week apart) Zoom rosemal class online. It was an Os Mangle Tre designed and taught by Kim Garrett from Ely, MN. It would have been impossible for the mix of students from all over to paint this in a classroom setting due to time, cost etc. Zoom solves that big problem nicely. Have you taken any? I have also taken several cooking classes thru Vesterheim on Zoom. Try it out-it may just be the thing to do this winter either by yourself or with a friend.

One of my pleasures in life is cooking and sharing recipes. Attached is a recipe that I get requests for every time I bring it to share. And since the rainy, windy basically crummy weather has hit our area, it's time for SOUP! Hot, healthy, spicy, yummy, the kind you can dip your bread into and ahhhh-so good...

Potluck season is upon the members and lodges of the Sons of Norway. This is the time to share or offer to share your knowledge of interesting facts and ideas with a program, your collections of cool stuff displayed and your delight in creating table settings for show at gatherings at the various lodge functions. We all need a spark or two to liven things up-so put it out there to the Social Directors that you can help make things a bit more interesting and fun.

Have a wonderful fall/winter and I hope to see you at convention in late May.

Sally Norheim Dwyer ~ D2-CD





CULTURAL DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Sally Dwyer
...continued

Stuffed Pepper Soup

from the collection of Sally Dwyer

I have adapted this soup to a large amount, so get out your big pot and start!

2-3# hamburger
1 each red, green, yellow pepper, diced
1-29oz can tomato sauce
½ tsp dried thyme
1 bunch of green onions, chopped
1 can black beans, drained
1 Tbsp minced garlic
salt and pepper to taste
rice, about 3 cups cooked (any kind)
*¼ tsp red pepper flakes opt.

1 large onion, diced, 2 cups
1- 29oz can diced tomatoes
2- 32oz cartons of chicken or beef broth
½ tsp dried sage
1 lg can of sliced black olives
1 small can of niblet corn
2 Tbsp of chicken Better Than Bouillon
V-8 as needed to thin down
*Montreal seasoning, opt.

In large frying pan, brown hamburger. Add chopped onions and chopped peppers to soften as meat cooks. Season with a good sprinkle of Montreal seasoning while meat is cooking, maybe a Tbsp. Meanwhile, in your large stock pot-add tomatoes, tomato sauce, broth, black beans, corn, thyme, sage, green onions, the Better Than Bouillon, garlic and olives. Basically anything you want saving the rice until just before serving.

When the meat is done add to the pot and stir well, check to see if salt and pepper is needed. I toss in a tsp of red pepper flakes for a lively kick at this point. Let soup simmer for at least an hour. I like to cover at this point so the condensation goes back into the pot.

If there needs to be more liquid in the soup, I add V-8 juice at least a cup or two. You can always add water or broth to the mix also. Cook any kind of rice, I like jasmine as it seems to hold up well. I use about 3 cups cooked, but any amount is fine. Have also used the precooked pouch rice at the store with good success. Add to pot and let simmer another ½ hour. Serve with a good crusty bread and butter.

Sally Norheim Dwyer
D2 Cultural Director and island bound Alaskan





FOUNDATION DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Mark Agerter

Kjære Venner:

I am saddened to report that I have had to resign the office of District Two Foundation Director as of this past September. The relentless progress of my wife Regina's Alzheimer's disease, with the resulting dementia, has not only made traveling difficult, but also the ability to carve out quality time to perform the routine tasks of any office as assisting her requires more and more of my time.

It has been my pleasure to have served on both the District Board as well as the International Board for the past 23 years. Wow, how can it have been that long!

I will truly miss working with the D2 board and our district and international members. Performing the business of D2 and the greater Sons of Norway has truly been a joy.

The friendships we have made, the camaraderie, the progress we have worked for, and the satisfaction of a job well done, are all things I am certain I will not be able to replace.

Thanks to all for having the confidence to allow me to represent and serve you at the local, district, and international levels these past many years.

Beste hilsener til alle!

Mark Agerter





SPORTS DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Alisha Anunson

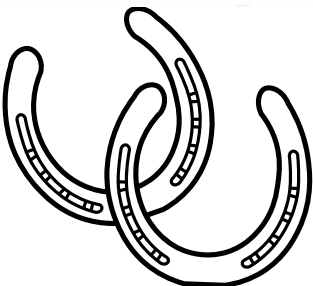


Sport Fall Report District 2

This year's Kubb and horseshoes were well attended; we had players of all ages try the games, and several teams participated. Sol-Land Lodge 2-86 from Kennewick, Washington, hosted both games, encouraging players and ensuring they had snacks and fun! I appreciated their willingness and enthusiasm to host.

I had planned this year's golf tournament for the White Horse Golf Course in Kingston, Washington. We had a fantastic team from the Tordenskjold Lodge, 2-5, in Spokane, and from Grieg Hall Lodge, 2-44, in Poulsbo, ready to play. However, due to a lack of sign-ups from other lodges and after consulting with the Spokane players, a sad decision was made to cancel the event.

Fraternally,
Alisha Anunson
District 2 Sports Director





YOUTH DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Laurie Berg

Youth

All 3 of the camps happened this summer. 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.

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 an updated Youth Camp Video. Thank you, Chris Hicks, for getting in contact with Kevin Melford and coordinating the footage taken at the camps closing programs. Kevin has done a fabulous job with all the pictures and drone video. There is still some work to be done with Kevin this winter adding still pictures and current Camp Director interviews into the final product. This video will be used at lodges to get more kids involved in camp and give them a taste of what camp is all about. It will be seen for the first time at the convention in May.

Brain storming is being done with camp directors and counselors to provide an event for Unger Venner in the spring. More to come on this. An event for this age group has not been done in a couple of years. I am happy to provide ideas on programs you can start and use at your lodge. Just send me an email.

2026

Trollhaugen: June 28-July 11

Nidaros: July 12-July 25

Normanna: July 26-August 8

2027

Trollhaugen: June 27-July 10

Nidaros: July 11-July 24

Normanna: July 25-August 7



Fraternally,
Laurie Berg,
District 2 Youth/Unger Venner Director



PUBLICITY DIRECTOR'S MESSAGE

Dynamic 2 - Fall 2025

Cindy McManus

Greetings to All,

With summer officially over and fall arriving, we as lodge and district members are back in the groove of activities again.

I have submitted content and photo submissions to the Viking Magazine every other month and so far for 2025 I have submitted 39 photos. In the past four Viking Magazine issues our District 2 has had 14 photos published. This is so awesome to see our District 2 lodges represented in this magazine.

I send out emails to Lodge Publicity Directors, Editors, Presidents and Secretaries to make sure lodges are informed about my needs and deadlines for submissions to the Viking Magazine. This year twelve lodges have participated.

I am currently working on the 2025 Fall issue of the Dynamic 2. I have emailed International Board Director, District Officers, Zone Directors, Camp Directors, 2026 Convention chairs and Trollhaugen Board for their reports and pictures for this Fall Edition which I hope to publish by November 1, 2025. I am also in need any information on activities/happenings for the upcoming winter months that should be published, or ad updates.

I am available to help lodge officers with social media needs. Please encourage your local lodge to share your digital copies of your newsletters to other lodges as this helps share activity ideas of what lodges find successful.

I am looking forward to any information you all have to share and continue working with the great Board District 2 has.

Cindy McManus
SON District 2
Publicity Director





ZONE 1 – DIRECTOR’S MESSAGE

Dynamic 2 – Fall 2025

Duane Esperum



As Zone 1 Director I am honored to represent the following (7) District 2 lodges. This past year I was invited to install the following new officers.

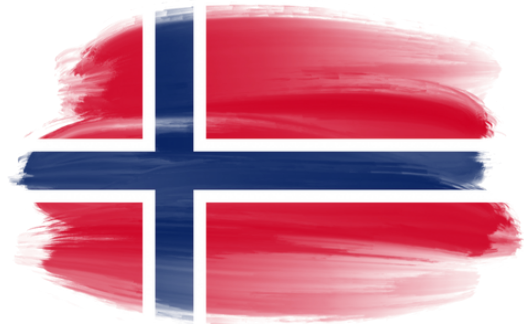
January 11 th, Salem, Thor lodge officers were installed in Salem.

February 30th Eugene, Sonja Lodge officers were installed.

March 21-22, Zone 1 Seminar was hosted by Greig lodge in Portland, Or. They graciously hosted a special dinner and no host bar for Socializing Friday evening before the seminar.

(26) Zone Meeting Attendees by lodge:

1. 2-15 Greig (13)
2. 2-16 Nidaros (2)
3. 2-38 Sonja (3)
4. 2-39 Roald (2)
5. 2-42 Thor (2)
6. 2-47 Fjeldheim (2)
7. 2-58 Columbia (2)



I attended the April 25-26 Spring District-2 Board meeting in Bothell Washington.

I plan on attending Fjeldheim’s Holiday Bazaar on December 6th.

I would have very much liked to have visited all lodges, however due to scheduling conflicts, weather travel conditions and lodge/s summer closures, I have been unable to visit all the lodges in my zone at this date.

Fraternity,

Duane Esperum





ZONE 2 – DIRECTOR'S MESSAGE

Dynamic 2 – Fall 2025

Shirley Lovelace

It's been a busy summer with Syttende Mai, Borderfest, and Steak Fry @ Trollhaugen. Those along with many activities at the individual lodges. I have attended Board Meetings, General Meetings and activities at all of Zone 2 Lodges. Lots of miles on the odometer.

Zone seminar was a combined Zone 2–Zone 3 held at the Bothell Lodge. A total of eleven members attended from Zone 2. The following is a recap of the Zone 2 Lodges summer activities:

Fritjov Lodge 2-17 (Stanwood) Membership of 155

Summer activities and events included the Stanwood Rotary Parade and a Bertelsen Winery Picnic. There were two members attending the Zone seminar. Bunco, the Troll Stroll and Nordic Fest were well attended. Stanwood's boat was driven and had lodge members in the boat at the Syttendi Mai parade. Movies have continued through the summer. Fritjov is known for the fabulous food events that they host with their monthly meetings. Kudos to the chefs!

Abel Lodge 2-29 (Conway) Membership of 59

Abel Lodge has had a very busy summer. Parades, picnics, stuaa's and Clubs, fundraisers and furnaces, teamwork, community building, garage sale and bingo. They have not sat still! Members have been helping the Pastor of Fir Conway Lutheran Church with translator assistance for church records. The Viking group was represented at Goldendale for Memorial Day and presented the Viking ship float at both the Burlington Berry Dairy Day and Sedro Wooley LoggerRodeo. An annual August Lodge picnic was a success. Many activities are planned for the Fall and Winter. Great news! Abel Lodge now has heat with a new furnace. Fundraising was a success. Five members attended the Zone Seminar and each won a door prize.

Wergeland 2-21 (Bellingham) Membership of 41

Again this year they report that they are getting older and slower. Borderfest is their summer activity, dedicating lots of time to planning. It was a hard knock to the club with the untimely death of their President. Such a good man taken too early with many good years ahead of him. Our hearts go out to his family and his Lodge family. An interim President has been designated.

ZONE 2 – DIRECTOR’S MESSAGE

Dynamic 2 – Fall 2025

*Shirley Lovelace
...continued*

Normanna 2-03 (Everett) Membership of 1137

Mid-summerfest celebration at Lake Riley is the largest of Normanna’s summer activity and fundraiser. The Pancake Breakfast will resume in September as it is put on hold during summer months. Activities continuing during the summer months include Bokklubber, 2 step dancing, mens chorus, ballroom dancing, King of Clubs, Cornhole and Meat Raffle. On Memorial Day, “Osa Day” was held at Lake Riley, Normanna Park. This is a fund raiser for their Viking ship, the “Osa”. Two members of Normanna attended the Zone seminar.

Whidby Island Nordic Lodge 2-164 (Whidby Island) Membership of 61

It has been a roller coaster ride for this Lodge with the final outcome being that of a successful Lodge. Their members and boat participated in the July 4 Oak Harbor Parade and the Oak Harbor Cultural Day. The Lodge was the recipient of a Foundation Grant. They have partnered with a school and students, planting a garden, learning how to use the produce.

Three generations have been a part of this grant. The building board has been extremely busy this summer. The parking lot has been graveled, decorative flower beds planted, security camera’s installed in the Lodge, fences repaired and the site refurbished. Two members of the WINL participated at the Zone seminar.

Shirley Lovelace
Zone 2 Director





ZONE 3 – DIRECTOR’S MESSAGE

Dynamic 2 – Fall 2025

Vernene Scheurer

During this past year, I have often attended 3 of the 4 Lodges in Zone 3. I have not had the chance to attend Cascade Lodge since last fall, as they meet only quarterly. I will reconnect with them in the next few months.

I have enjoyed attending Bothell and Leif Erikson Lodges this past year. I have seen some great programs and have gotten to know many of the members (and enjoyed their meals). Both of these lodges stay very busy with many activities. It was great to see Leif Erikson elect a new President this year. That seems to have invigorated the Lodge. Getting to know the members better helped us have a very successful Zone 3 Seminar this past spring, which was held at Bothell Lodge.

Vesterdalen Lodge also was successful with a new President this year, which was reassuring. They are now in the process of getting nominations for some of the Lodge positions for the upcoming year.

As the lodges took the summer off (as they typically do) there were picnics for social time for the Lodges – that is important to keep the fellowship and fraternity moving forward. This is my last year as the Zone 3 Director, so we will need to find a replacement for the District 2 Convention in June.

The current membership of each Lodge is:

Bothell – 355; Cascade – 41; Leif Erikson – 1557; Vesterdalen – 146

Leif Erikson is planning a special dinner and program for the 200 Crossing on October 9th. They will also hold their Nordic Market at the end of October (25th and 26th).

Bothell Lodge will have their Bazaar and Bake Sale on November 1 and their Lutefisk & Meatball Dinner on December 6. Vesterdalen Lodge will be having a traditional Farikal dinner in October (20th) and their Julefest on December 5th.

I don't have any current information on Cascade Lodge's next meeting. They did have an event in early September when they had their Annual Potluck Picnic at North Star IOGT Park.

Respectfully Submitted,

Vernene Scheurer
Zone 3 Director





ZONE 4 – DIRECTOR'S MESSAGE

Dynamic 2 – Fall 2025

Paul Anunson

Zone 4 lodges are doing the things that follow the mission, here are the highlights from our eight lodges: **Norden Lodge** Tacoma has several activities planned and some interesting initiatives especially to encourage younger members to join but could still use some volunteers to help lead the efforts!

Grays Harbor lodge meets at a church now that the building has sold. They do not plan on having a lutefisk dinner this year but will have a salmon dinner hopefully in March. Monthly meetings and activities including community engagement with classes on Norwegian culture and craft are priorities.

Breidablik lodge in Kelso is back cooking Lefse and planning Nordic bazaars in November. 95th anniversary coming up celebration October 3, Lutefisk dinner January 11, Language classes Wednesdays, First Saturday breakfasts. Partnering with America 250 to celebrate anniversary of the United States with quilt show and apple pie baking contests.

Helgeland lodge in Cathlamet is trying to raise money for a roof and a drainage ditch and to upgrade the building to be more accessible. Bingo is a monthly activity with income for the lodge. August will have the annual lodge/community picnic.

Oslo lodge in Bremerton had their 90th anniversary celebration and will hold a Viking dinner October 18 that is always popular. Regular trivia nights and other events throughout the year. Often partner with Daughters of Norway for get togethers.

Olympic lodge in Port Angeles has meeting in October with a member showing their recent trip to Iceland. Plans for a recruitment dinner in November to gain more members.

Poulsbo lodge has several activities planned and October 3 will be a dinner and talk and book signing all around the 200 year celebration of Norwegian immigration, Danish musical and dance instruction on October 18, Dinners every Friday night and weekly dance, trivia, woodcarving, needlework and choir are regular scheduled throughout the year.

Hovedstad lodge in Lacey enjoyed Viking Fest in Poulsbo in May with a group of about 15 members enjoying the festivities. Member meeting in September showed a video of the Restoration ship that sailed with Norwegian immigrants 200 years ago. Meetings usually include some language lessons and a geography study of the counties in Norway. Anniversary dinner coming up on October 27 that will mark their 56th year with excellent Norwegian food.

Fraternally,
Paul Anunson





ZONE 5 – DIRECTOR'S MESSAGE

Dynamic 2 – Fall 2025

Dave McManus

Some lodges are now preparing for their Lutfisk lunches and dinners. If your lodge cannot host one this year, I encourage you to support a neighboring lodge that is. These events are an important part of who we are, shared heritage, shared experience, shared community.

I attended the Annual Steak Fry at Trollhaugen, always an outstanding event and always a great opportunity to connect with members from across District 2. I also attended the District 2 Zone 5 Board Meeting at Trollhaugen. Having time face-to-face with fellow Zone Directors is valuable and strengthens how we work together.

Being deeply involved in the last District 2 Convention, I know first-hand the level of work, planning and commitment it takes to successfully host one. This is why I want every lodge to make every effort possible to send delegates to Poulsbo in 2026. The convention is your chance to shape our direction, influence district decisions, and be part of something meaningful and special. We need representation. We need voices. We need your lodge there.

Tordenskjold Lodge 2-005 Spokane, WA

I communicate regularly with President Darrin and receive their newsletter. They held a Syttende Mai celebration. They have completed two Adopt-a-Highway garbage pickups. They continue to take part in multiple parades with their Viking 1 float. They held three lefse rolling days preparing for their November 1st Lutfisk and Meatball Dinner. On September 15th, they celebrated their 118th Anniversary Dinner, which Cindy and I attended. On December 5th, they will hold their Julbord celebration.

Harald Haarfager Lodge 2-011 Coeur d'Alene, ID

They have completed two Adopt-a-Highway cleanups. On May 17th, we held a Syttende Mai Flag Raising with a Proclamation read from the mayor. We enjoyed Polse with lumpe, salads, ice cream and orange soda. On May 24th, Greg and Nancy Holter came to Coeur d'Alene and presented an excellent Genealogy Seminar. On June 16th, we held a Midsommer Celebration at Radiant Lake in Rathdrum. On July 4th, we participated in the Coeur d'Alene Parade with our Viking Ship float "Selma." August 7-8 we hosted a Kids Camp. Gretchen Makinson from Sol-Land Lodge taught dance. On August 20th and 21st, we served beer for tips at three locations at the North Idaho Fair and raised \$2,600.

ZONE 5 – DIRECTOR’S MESSAGE

Dave McManus
...continued

On September 13th, we attended the Lets Vike It Viking Age Faire in Oldtown with our Viking Ship float and booth to promote the Sons of Norway. On September 21st, we held our annual Norsk Heritage Luncheon featuring open face Norwegian sandwiches and soup. On October 18th we will hold our annual Alaska Salmon Dinner. On November 15th we will hold our annual Lutefisk / Norwegian Meatball & Lefse Luncheon along with Vendor tables for early Christmas shopping. On December 13th we will hold our annual Jul Party.

Odin Lodge 2-041 Yakima, WA

They recently participated in the Sunfair Parade with their Viking Ship and posted great photos on Facebook. Saturday November 1, 2025 Odin Lodge will hold their Annual Lutefisk & Meatball Dinner & Bake Sale.

Columbia Basin Lodge 2-080 Moses Lake, WA No Report.

Sol-Land Lodge 2-086 Kennewick, WA

They continue to provide support to My Friends Place and Safe Harbor, providing personal hygiene and basic products to those in need. This is extremely meaningful and important work in their community.

Epledalen Lodge 2-096 Wenatchee, WA

I receive their newsletter. They held their Fall Harvest “Potluck” Dinner on October 2nd.

Grondall Lodge 2-012 Boise, ID No Report.

Elvedalen Lodge 2-129 Clarkston, WA

Julie Pierce and members of Elvedalen Lodge used a Helping Hands to Children Grant to provide 50 families with a full Thanksgiving Dinner.

Fraternally,

Dave McManus





ZONE 6 – DIRECTOR’S MESSAGE

Dynamic 2 – Fall 2025

Richard Carr

REPORT ON ALASKA LODGES SEPTEMBER 2025

Arctic Viking Lodge–Fairbanks

Arctic Viking Lodge has suffered two major blows in the past year – the passing of two longtime members, Bob and Cam Carlson. The two were at the center of many Lodge activities, always attending our monthly meetings but also lending hands at our larger yearly events – St Lucia Day, the Annual Lutefisk Dinner, the Swedish Pancake Breakfast. Frequently, members have noted the Carlsons’ absence as we plan for larger events, such as the Annual Lutefisk Dinner. Their energy and commitment were models to emulate. At the suggestion of one of our younger members, a July canoe trip on the Chena River was organized, and the river experience expanded into a full-day event. After the canoe ride, which took 2 to 2 1/2 hours, a potluck lunch took place centered around sloppy joes. After lunch it was game time with tug-of-war and kubb while a few kids climbed trees. About thirty members and guests participated, and plans are afoot for another such event next July. With fall’s return so returns our monthly meetings and potlucks and planning for upcoming events: International Friendship Day, the November Holiday Bazaar, St Lucia Day, Thanks to Brenda Doggett, who keeps members informed of goings-on with her much-appreciated Newsletter.

Bernt Balchen Lodge–Anchorage

This summer twenty-four folk traveled through and around Norway aboard the Hurtgruten cruise line. According to Linda Bustamente, Lodge President, “[t]he ship, crew, food, accommodations all [were] great.” Linda recommends that other Lodges attempt such a journey. In addition to the incomparable scenery it is Norway, after all the trip provided a strong bonding experience for the travelers. The Lodge has scheduled a new member welcome for October, and at that gathering the Hurtgruten travelers will share their slideshow on the experience. The Lodge ushered in the fall season with a fish boil, and are now preparing for their biggest annual event, the Nordic Marke, to be held on September 27. The Market is a community-directed event at which visitors can sample or buy a wide range of Scandinavian foods and goods. At the May Zone Seminar Linda shared photos of the most recent Market, which includes a market café, a host of vendors, and a “bakeri.” The next event is October’s Faar-i-Kaal Dinner, a chance to indulge in Norway’s national dish.

ZONE 6 – DIRECTOR’S MESSAGE

Dynamic 2 – Fall 2025

Richard Carr
...continued

Svalbard Lodge – Juneau

Svalbard Lodge’s major event earlier in 2025 was the Nordic Film Festival, held on selected dates during the winter at the local art cinema. A popular event was a casual invitation in May to gather at the Jensen-Olson Arboretum and wander the gardens together. As with other Alaska Lodges, summer is usually a time to vary the schedule to enjoy the hours and hours of summer light. Svalbard Lodge held a Solstice picnic, but there were otherwise no planned activities over the summer months. With fall arriving Svalbard Lodge has a number of activities starting with a September membership dinner. Coming up are an October potluck and presentation, a holiday bazaar, and a day of making meatballs and lefse. Anyone who might be interested in the history of the Juneau Lodge might visit the Juneau City Museum; one of the members, Mary Ann Parke, spent many, many hours preparing the Svalbard Lodge historical photo collection, now archived at the Museum.

Fedrelandet Lodge – Petersburg

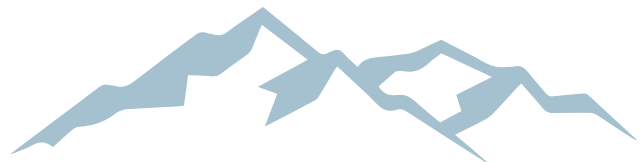
Fedrelandet closed out the spring with their Syttende Mai-Bunad style show and Kaffe Hus, annual events that are always greatly successful with community members and visitors coming together to celebrate Norwegian heritage. In August the Leikkaring youth dancers were invited to perform at the Baptist Church of Ketchikan, performing traditional and interactive dances as they helped to spread Viking spirit. Now the focus is on the fall, with monthly meetings starting in September. On October 19, it is the annual Potato Ball event. As President Stephanie Thynes says, “It’s ... a highlight to see our strong Norwegian men hard at work squeezing potatoes.” Also coming up are a Fall Game Dinner and a Wreathmaking class, the latter in preparation for the holiday season.

The Fedrelandet Lodge building is listed on the Historic Registry and is a local point of pride. As an older and much-used structure, the building requires maintenance. Key members have applied, for a grant to help with necessary repairs, including gutters and siding. Citing Stephanie: “Preserving this piece of history requires ongoing stewardship.”

Midnatsol Lodge – Ketchikan

The Lodge offered a Hardanger stitchery class this past February and had several meetings during the winter and spring. No meetings took place over the summer. Midnatsol Lodge is currently quite small with an uncertain future. Karen Nelson, Lodge President, joined the May Zone Seminar at Bernt Balchen and was eager to share her experiences and to return home with ideas for the coming year with Midnatsol Lodge.

Fraternally,
Rich Carr
Arctic Viking Lodge 2-117
Zone 6 Director





INTERNATIONAL BOARD VICE CHAIR'S MESSAGE

Dynamic 2 - Fall 2025

Chris Hicks

Greetings District 2 members,

The International Board of Directors recently met online in May and August of 2025. We will have an in-person meeting in November at the home office. Part of that meeting will also be with the District Presidents. The Executive Committee continues to meet monthly.

The Sons of Norway Foundation has supported several events and projects in connection with Crossings 200 as well as participating on the committee. We are represented by Claudia Berg from the International Board and the Foundation. A check was presented in Stavanger at the sail away by International Chair, Luella Grangaard. Also, the Foundation supported the videoing of lectures at the Crossing conference at St Olaf College and they are now available to lodges to use. The Sons of Norway Foundation will start it's Annual "WE are the Future Together" in October and Grants open the end of October.

The Leadership Committee completed Leadership training in June. The most recent Leadership/member seminar was on September 3. A highlighted feature was a presentation by Dan Seyfried on "How an Insurance Company Works". Sons of Norway has a tour May 2-May 10 of 2025 with Borton Overseas. There has been significant interest in this event. There is limited space. For more information you can check the international web site.

The Sons of Norway efforts are the Financial department and focused on enabling sales to our existing members who know and love us, along with enabling our FBC to be successful in local lodges helping to find new members. We have reduced costs and overhead by eliminating non-producing agents. who haven't produced for us in the last few years. We continue to focus helping our members to leave a legacy through the use of our annuities and single premium whole life insurance products. Please consider amplifying your financial legacy through these products. Our lodges and Foundation need you.



INTERNATIONAL BOARD VICE CHAIR'S MESSAGE

Chris Hicks...continued



Overall, the organization as noted in the annual report that SON has lost money. Profitable insurance companies maintain a solid, steady state of insured members, replacing older members with younger members. Our focus away from insurance over the years created a void in this pattern. In recent years we have attempted to catch up quickly. This quick growth has led to challenges in claims and surrenders. The high-interest rate environment creates challenges for us due to our conservative, long-term investment strategy. Primarily due to an anticipated high rate of guaranteed life surrenders and decreased sales of our products.

The HQ staff continues to look at methods to reduce costs. Most recently not mailing membership cards. Including a recent move to eliminate the print and mail costs associated with membership cards. Our online member capabilities continue to be enhanced with the most recent addition being online service forms. Certificate owners may now make certain policy changes online through our portal via our online forms option.

We have used existing staff with the knowledge to improve our website to allow more and more access to documents on line and Submitting them online. This results in less that needs to be mailed.

Fraternally,

Chris Hicks
International Vice Chair





DISTRICT 2 YOUTH CAMP REPORT



District 2 Youth Camps
Committee Report
Fall 2025



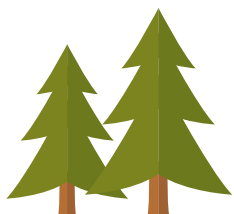
Chris Hicks

I am happy to say we held all 3 camps this year and had a very successful camp season. The staff and past staff did an outstanding outreach to those in the area and the alumni from Camp Nidaros. The goal was 10 campers to make it happen and at the last minute we ended up with 13. Everyone was very positive and committed to keeping the momentum going for next year and beyond. Our camps once again started with Trollhaugen for 13-15 year olds. They had 17 campers again this year, 6 boys and 11 girls.

Dance seemed to be the favorite activity, and they did a great job learning new and more complicated dances. Would love to get a fluent (or more fluent) language teacher and concentrate on Norwegian Language. Next was Nidaros this year with 13 campers – 8 girls and 5 boys. Crafts was a favorite with campers, and they had a Viking Theme. Frida and Reggie were first-time directors and they did a great job. Lots of questions, but that is a good thing. Cabins will need maintenance in the Spring before next camp session, and a new flagpole is also needed.

We finished the season with Normanna and 21 kids, 14 girls and 7 boys. They could have use more male staff, especially boys' counselors but made it work with what they had. One staff member was in folk school this past school year and did a great job and is interested in coming back. Theme was in honor of the 200th Anniversary of the Restoration. Had a Annual inspection with the Health Department again and permits prior to camp. The Park board installed a handwashing sink in the kitchen.

We highlighted a new camp shirt design and have stickers with the same design as a fundraiser. We are holding 2026 Camp Registration at \$725.00 for the 2 nd year. As of 2024 the funds from our "Sofie/Olson camper Scholarship" has been managed by the Sons of Norway Foundation. In the past we have had \$600-\$700 to award. 2025 we had about \$3000.00 available to award to campers.





DISTRICT 2 YOUTH CAMP REPORT

Chris Hicks...continued



SONS OF NORWAY YOUTH CAMPS

Proposed Dates for 2027 Camp Sessions

Trollhaugen: June 27-July 10

Nidaros: July 11-July 24

Normanna: July 25-August 7

Dates for 2026 Camp Sessions

Trollhaugen: June 28 – July 11

Nidaros: July 12-July 25

Normanna: July 26- August 8



Camp directors for 2026 are:

Camp Trollhaugen – Ashley and Matt Huff

Camp Nidaros – Michael Baunsgard & Tameina Guthrie

Camp Normanna – Melissa Rude & Seth Tufteland

The committee talked about manning a table at the convention and we will be selling past camp shirts and the new design of Lime hoody sweatshirts. We are also looking forward to the debut of the new camp video at the convention. Kevin Medford from the Nordan lodge in Tacoma, traveled to all 3 camps final programs to work his magic and create this new Video highlighting the camps and campers.

Chris Hicks

Camp Committee Chair

On a side note: We held the Doreen J Parker Heritage Retreat last weekend.

We had 17 people sign up but 3 no shows due to illness or family emergency. Our goal was 20 to make it profitable. After collaborating with those present we agreed to try it one more time, but they need to help increase participation. Our activities this year were wood carving w/Joe Malvick, needle work, knotty Nisses. we had a number of cooking classes and demonstrations as well as a Mead tasting Saturday evening.

Next years dates are September 18-20,2026

DISTRICT 2 SCHOLARSHIP COMMITTEE REPORT

Scholarship Committee Members

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 former International Director. This year D2 had no one apply for this scholarship. 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 4 scholarship to Camp Trollhaugen campers, and 4 scholarships to campers attending Camp Normanna, and 3 scholarships to Camp Nidaros campers. This year \$3,000 was awarded for Sofie Olson. 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 can grant up to but not to exceed the amount awarded by the local lodge. These funds are managed by International Sons of Norway and distributed by the District Scholarship Chair. This year \$3,262 was awarded to District 2 campers from this fund. We had 12 Lodges provide almost \$9,000 in scholarships to campers this year as well. 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,
Laurie Berg, Chairman
Seth Tufteland
Jane Bueing



TROLLHAUGEN REPORT

Dynamic 2 – Fall 2025

Erik Balstad



Fall 2025

Greetings District 2 board members.

First off, we have new managers, Scott, Polly and Keifer Delgram. They have been busy getting to know the lay of the land, getting some painting done and learning the paperwork.

Our reservations are going strong, and with our new managers we are filling the lodge with our members once again.

Ole the snowcat – Bjørn and I are getting closer to getting Ole back up with Freya. We are currently making upgrades to the water line. The steak fry had a great turnout, serving around 60 salmon dinner and around 60 steak dinner.

Our board meeting / work party is the weekend of Oct. 10th – 12th

Cross-county Ski Race February 7th. Reservations are filling up quickly so get the word out to your lodges. Trollhaugen camp this year went well with short power outages from the high voltage wires. They had 17 campers, which was up from last year. The heritage retreat has just finished. They enjoyed cooking classes, mead tasting and wood carving. All who attended are going to encourage more of the members to come next year. Not a lot to report at this time, which is a good thing. Thank you for the district's continued support of Trollhaugen.

Fraternally,
Erick Balstad
Trollhaugen Chairperson





D2 WEBSITE REPORT

Joan Wraalstad

The D2 Website has an Events tab.

This has District 2 sponsored Events: the Ski Race and the Steak Fry.

Clicking on Community Events will take you to events in and around District 2. These are in date order, scroll down to see them all! Clicking on the arrow on Community Events will take you to upcoming events such as the Lutfisk Lovers, Pancake breakfasts, the Bazaars etc.

You will also find photos on the website. The website contains photos that have been sent for the Viking Magazine, photos that have been sent to me or photos I found on Facebook. Want to see your lodge here? Send me photos.

There is also an In the News section. Has your lodge been featured in your local publications? If so, send it to me, so other can see it too. Also listed are different events, if you want your pictures posted in 2026, remember to send to me or to our Publicity Director Cindy McManus.

Hope this information helps you to navigate our District website.

Ha det bra!

Joan Wraalstad

SCANDINAVIAN RADIO HOUR

Your Lodge can become an Associate Sponsor for a donation of \$200 or more each year. Becoming a Sponsor has great benefits. It allows you unlimited advertising of your events on our monthly bulletin board, greeting from your lodge on the Christmas Show, a promotional interview for your lodge, a lodge history vignette, and co-host 2 shows during the year.

The cost of each event ad is \$50 normally, so if you have 4 events during the year, it has paid for itself. The program streams online so you can listen to it around the world. Email host Seth Tufteland to become an Associate Sponsor, scanhourkknw@outlook.com.

Right: Host Seth Tufteland with host emeritus Doug Warne and KKNW Operations Manager Eric Burris



BORDERFEST 2025 RECAP

Elaine Grasdock



The annual Sons of Norway Border Festival was held on Sunday, July 13 at Peace Arch Park, situated on the U.S.-Canadian border. The day unfolded with the kind of pleasant, cool breeze typical of the Pacific Northwest, though attendance was lower than expected. This may have been due to numerous competing events held on the same day.

Representatives from various lodges were present to support the festival. From British Columbia, Canada, attendees included Tania Jacobsen, District 7 Youth and Recreation Director; Kristi Solie, Publicity Director of District 7 Varden Lodge #19; Susan Strang, President of District 7 Varden Lodge #19; and Larry Brawn, Publicity for District 7 Sleipner Lodge #08. The United States was represented by Shirley Lovelace, District 2 Zone 2 Director, and Vernene Scheurer, District 2 Zone 3 Director. A group of five women from Abel Lodge, known as the Skogs Trollena Stamme Vikings, attended in traditional Viking attire, adding a distinctive cultural element to the gathering.

The festival featured a communal potluck lunch, which offered participants a chance to share food and camaraderie in a welcoming atmosphere. Entertainment was provided by the renowned Whatcom County musician Joanne Donnellan. Gifted in both the violin and the Hardanger fiddle, she learned her craft from her father during childhood. Joanne was joined by one of her students, and together they performed several well-known tunes that delighted the audience.

A highlight of the festival was the much anticipated raffle, which drew excitement from those hoping for a lucky win. Prizes ranged in value from \$15.00 to \$100.00. Three candidates vied for the title of Border Festival Queen this year: Kristi Lind of Varden Lodge D-7-19, Hollie Ann Hanewacker of Abel Lodge D-2-29, and Kjirsten Ludeman of Leif Erikson Lodge D-2-01. Following the competition, Kjirsten Ludeman was crowned Border Festival Queen for 2025-2026.

With the conclusion of this year's festival, the organization looks forward to reconvening in 2026. Fraternally,

Elaine Grasdock
President

CONVENTION REPORT 2025

Paul Anunson



Save The Date!

Velkommen!

Sons of Norway District 2 Convention

May 27-31, 2026

Hosted by Poulsbo 2-44 at the Kitsap Conference Center,

a beautiful waterfront facility in Bremerton, near Poulsbo, WA.

\$375: Registration coming soon

Hampton Inn & Suites

Bremerton

\$169/night

(360) 405-0200

Fairfield by Marriott Inn & Suites

Seattle Bremerton

\$159/night

(360) 377-2111

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Dynamic District 2 – 2024 – 2026 Term

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