

## Sons of Norway - District Six News

NOVEMBER 2005—FEBRUARY, 2006

### President's Message, Sherrill Swenson

Already we are winding down one calendar year and getting prepared for the next. Soon, many lodges will be voting on new officers. We hope that all of those lodges who are electing officers this year will keep in mind the fact that at least 25% of the positions should involve new faces. This is important; not only to pass the responsibility around, but to ensure trained leaders at all levels for the future. Extra credit is received on your Lodge of the Year forms if you do have at least a 25% turnover. Changing leadership on a regular basis is good for the lodge as it promotes new ways of thinking, brings new ways of doing things, and prevents stagnation that is more and more leading to the demise or potential demise of some of our lodges. We have to change with the times, or the times will leave us behind.

Once elections are complete, then installation of officers can be planned, including the securing of an installing officer. **District Officers**, past and present, are available for this purpose and are happy to serve, once they are asked. It is generally a matter of asking someone early enough to get a spot on their calendar. Remember to heed the instruction of the Installing Officer as to your duties in your new office and don't forget to follow up by referring to the **GUIDE FOR LEADERSHIP**. Remember, too, to get the materials of the office from your predecessor along with seeking guidance about how the job should be handled. You may have good cause to want to make a change if you think it would help. Likewise, outgoing officers should be sure to turn over all of their books, records and other paraphernalia to the new officer. Although certain lodge officers can be used to perform the function of installing, it is the District Officers who are up to date on the latest changes that may now be appropriate to follow.

Remember, once 2006 gets here, we will be in a **Convention Year**, and this brings many things to think about. If your lodge has a meaningful resolution to offer, now is the time to start thinking about it and fine-tuning it, so that when the District Six Secretary calls for convention resolutions, you will be prepared to respond. Again, an admonition to make the resolution worthwhile, so as not to waste the convention committees' time, and the convention body's time, in working on a resolution that may have been constructed simply to see your lodge's name in print in the convention book.

Every new year should also bring the opportunity to attend officer training seminars, where you can learn meaningful things about your new office, if you ask about it. And being a convention year, the focus of these seminars will start first with the convention, beginning with your responsibilities if you are a delegate, how the whole process works, protocol, and more. This convention also presents your lodge with the opportunity to send more delegates than in the past, but lodges also have to consider how much they can afford to compensate them, because the *President's* funding may be limited. For the first time, you won't need to bring credentials along to be officially registered and seated as a delegate. You **MUST**, however, have your up-to-date (as in paid-up dues) **MEMBERSHIP CARD** with you. This is your credential and the **only one that will be accepted**.

The Sixth District Board recently met at the Holiday Inn in Ventura to inspect this 2006 Convention facility while also conducting their Fall Board Meeting. It is a good place to meet, and we are sure that the delegates will appreciate the spectacular views offered by the hotel's location on the beach. The Channel Islands and the surf crashing on the shore are not too far away. It's a great place to stroll, night or day. The top of the hotel is a fantastic venue for the President's Reception, the Grand Banquet and the installation of officers. We think you will like it. The hotel is currently undergoing renovation, top to bottom, and by the time we get there, June 21-24, 2006, it will be a **CROWNE PLAZA** hotel. The areas nearby offer safe shopping and dining out, and fun things to do for the family members you may wish to bring along. After the President's Reception on Wednesday night, there will be an Open Forum on Thursday morning, a Heritage Night on Thursday, a free night on Friday and the Banquet on Saturday.

Larry Ashim and his committee from Norseman No. 91 are committed to bring you a convention to remember. Do your part, and prepare yourself as a responsible delegate.

Sherrill

### Vice President's Column, Janie Kelly

#### KEEPING YOUR ROSTER UP TO DATE

Is your lodge spending money sending newsletters to people who are no longer members of your lodge? Your lodge should have a policy covering how long lapsed members receive the newsletter. Hopefully, some of these individuals have overlooked the invoice and will reinstate when contacted by the membership committee.

At some point the membership mailing list needs updating to include just the active members. Sons of

Norway offers a great tool to keep the membership list current. It's free and very easy to do. Go to Sons of Norway's website at [www.sofn.com](http://www.sofn.com) and log in. If you haven't logged in since September of 2004 you'll need a new user name and password. The website will direct you. If you are a President or Membership/Financial Secretary you should be able to download your roster.

At the very bottom on the right hand side, click on "download membership listing". Then choose your lodge. You can download in PDF or Excel format. I would suggest Excel since you can do a mail merge to print your mailing labels. What I have done is download it just like it is from the website, then save another copy using a different name, like "lodge mailing list" and start playing with it. You won't need dates of birth or membership numbers for your mailing list, but you'll need them for other purposes. Keep the original you've downloaded for future reference. It'll come in handy when you're trying to figure out who should be receiving which membership pin or when compiling your birthday list.

You'll want to merge the spouses so they don't get two newsletters. You'll want to delete the Heritage Members, as you may wish to mail to them only for special kid friendly events. I recommend you update quarterly...

In summary, all of the information is right there at your finger tips. All you have to do is download it and doctor up the file to suit your purposes!

Fraternally,  
Janie Kelly  
District Six Vice President

### Secretary's Column, Carol Lee Solheim

Being that 2006 is a District Meeting (Convention) year there will be mailings to the Lodge Presidents and Secretaries. Please check your mail as these are very important and need to be answered on time.

First, the D-63 (new officer's report) will be mailed from the International Office. These reports are to be filed with International Office and the District Secretary. The deadlines are listed in the mailing from the International Office.

I have sent out a mailing to the Lodge Secretaries for the lodges to order their 2006 District Directories. The cost is \$4.00 each or 12 for \$40.00. Each lodge will receive 1 free. The deadline for the orders to be into me is December 20, 2005. I only print enough directories that are ordered.

More information will be coming to the lodges about the District Meeting (Convention) in June of 2006 to be held in Ventura. You will be electing delegates and I will send the information as soon as it is available as to how many delegates your lodge will be entitled to.

Resolutions for the District Meeting (Convention) must reach me by February 8, 2006.

If you had sent me your email address to receive information from the District Secretary please do so again as I lost all the information from my computer. If you know of some one who would like to receive this information also please email me their address.

Carol Lee Solheim  
[solheim2636@earthlink.net](mailto:solheim2636@earthlink.net)

### Treasurer's Column, LaVonne Kerfoot

November is the month that we elect our new officers for the following year. As soon as you new Treasurer is elected, it would be prudent to acquaint them with the duties and routine of their new office. This is the time when signature cards need to be obtained from your bank, to add and delete signatures, as appropriate. I would like to remind all of you again that you will save many headaches if you do not change banks, just find one in your neighborhood. The banking world today requires many documents that take time to acquire. Please keep this in mind.

A new Treasurer needs to receive all of the books and records you have been keeping, along with the other tools of the trade. Be sure the new treasurer is made aware of all of the standing payments, etc. that your lodge has. The retiring Treasurer, along with the newly elected Treasurer are both required to attend the audit of the lodge books. I wish all of the new officers a fun and prosperous New Year.

Happy Holidays!  
LaVonne Kerfoot

## Public Relations Officer, Darline Thompson

PUBLICITY is very important to the future of every lodge. Our membership is aging, that is no secret. Unfortunately in many communities Sons of Norway is a well kept secret. It amazes me how many people ask me about Sons of Norway. They tell me they have never heard of it until their family reunion, church or RV group, sponsored by one of our members, scheduled a weekend up here at Camp Norge. Generally they are in part, Norwegian. Last month, a Mr. Larson told me he had never heard of Sons of Norway until his RV group scheduled a trip up here. The Lodge in his town celebrated their 50th Anniversary this year. . .

In the past Sons of Norway has received a number of requests for assistance in publicizing their local or district events. In response to those requests a new publicity tool for lodges, called The Lodge Publicity Toolkit is available. It combines multiple elements of public relations into a step-by-step guide for easy use. It includes information on writing a news release, creating a media list, pitching a story, submitting images to newspapers and much more! It can be used by everyone. If you think your meetings and social events are worthwhile, get the word out, don't wait for someone else to do it. Log on to our website [www.sofn.com](http://www.sofn.com), you'll find the tool kit under lodge forms.

Editors, around the first of the year you will be receiving a letter of instructions regarding the Newsletter Contest. I am receiving more and more newsletters by e-mail. I do hope you have saved your work so you can send in hard copies for judging. I've enjoyed seeing your work blossom into beautiful newsletters as you've gotten more comfortable with your particular computer programs, digital pictures, etc.

Speaking of digital pictures. Please remember to send your digital pictures for the Viking to me at [dist6pro@att.net](mailto:dist6pro@att.net).

Darline

## Zone 1 Director, Richard Moe

It is nice to see so many lodges have had outdoor activities this past summer. Picnics, boat trips, parades etc. What a great way to keep the fires burning in our lodges.

Nominating committees have done their job and new officers for 2006 have been put on the ballot. Congratulations to those who stepped forward to lead your lodge for the coming year. Holding an office is the very best way to enjoy your lodge and learn what it is all about.

Have you noticed what a great job Cindy Olson is doing in promoting the Sons of Norway Foundation? The latest packet, which was sent to all lodges, does a great job of explaining all that the Foundation can do for the membership. If your lodge has not had an opportunity to review these programs, see your Foundation Director. He should have the packet.

Another newly invigorated program from International is the Sons of Norway Visa Card. Check out the brochure on the display stand sent to your lodge President.

I recently sent a copy of the Membership Dinner program to the Zone 1 Editors for distribution and review by their lodges. This program is sponsored by the Marketing Department and is a great opportunity to get financial help in new member recruitment.

These programs will make the new officers jobs so much easier in the coming year. Take advantage of all there is to offer members only at [www.sonsofnorway.com](http://www.sonsofnorway.com).

For my buddy and I in Eureka, fall means hunting season, but for all of us, it means many lodge activities culminated by a grand Christmas party. And don't forget the Lutefisk dinners. Pass the meatballs please. Most importantly, have fun.

Fraternally:

Rich Moe

## Zone 2 Director, Mary Beth Ingvaldstad

### VI ER NORDIC FAMILIE

The **Mission** of Sons of Norway is to "promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway **and other Nordic countries** while growing soundly as a fraternal benefit society and offering maximum benefits to its members." As the members of Vikings of Lake #6-166, study recipes for Bruna Boner, Jansson's Frestelse, Swedish meatballs and marinated cucumbers to serve at their "Heritage and Culture Night" in October. We now realize how steadfast we have been this year in remembering the above highlighted portion of the Mission Statement of Sons of Norway. These recipes are all Swedish and the Vikings of Lake #6-166 Lodge family is excited about "Swedish Night" and our

opportunity to celebrate the country from which Norway gained independence in 1905. It is also our opportunity to cherish the friendship the Swedes and Norwegians have formed and continue to enjoy. (Thank you to Joyce Ogne, Vigeland #6-151 for your assistance with recipes and ideas.). Also, last April, we feasted on Frikadeller and other native delicacies from Denmark as we honored the Vikings of Denmark, with a program of the same name presented by Carl Ingvoldstad (himself ½ Danish and ½ Norwegian).

The membership of Vikings of Lake consists of descendants of Norway, Denmark, Sweden and Finland, as well as several native-born. As Carl and I began to develop a strategy for starting a new lodge in Lake County, California, we focused on Norway and Norwegians. Then folks from these other Nordic countries began to ask if they could join; so our cry to the masses was "Scandinavians Unite!". From within a small community of about 3,000 people we were able to grow a lodge of 75 members after only one year.

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So, just consider how much fun your lodge might have learning about the Heritage and Culture of other **Nordic countries**. We are actually very much alike in our enjoyment of foods, folk dancing, singing, our structure of language and our desire to keep our heritage alive for ourselves and for those who follow. Consider the idea of being open and welcoming.....it can do nothing but benefit you, your fellow Scandinavians and your lodge.

Med Vennlig Hilsen,  
Mary Beth

### Zone 3 Director, Carol Campbell

It's all about the future, and the generations ahead are the future.

Zone 3 has some outstanding young people, and some lodges which involve the children. Nordahl Grieg Lodge attracts several enthusiastic teens. Among them the Hulberg sisters—Laura, who designed the District Six Kretsstevne pin this year and Kristen, who is the social director for their lodge. Snorre lodge saw quite a few children dancing around their midsummer pole this year, and there was a teen DJ for a dance in September. Little children come to events at Vigeland Lodge. They enjoy drawing the numbers for raffle prize winners and taking the prizes to those who won. I'm sure other lodges have some active young people too. The ones I cite are the ones I have seen recently.

Henrick Ibsen Lodge will have a family event for Halloween. There will be trick-or-treating at their park, food and a dance floor transformed into a children's Halloween wonderland. I attended this event a couple years ago and was amazed by the number of delighted, costumed children there.

Most of our lodges have a program for children at Christmas time and picnics for whole families in the summer. We can do more. Look at your "Barnas Norsk Klubb" units to see what you can use. Think of more ways to involve children in our lodges. Remember that they are the future.

Fraternally,  
Carol

### Zone 5 Director, Jo Ness

The Leadership Challenge Workshops continue to be very successful, worthwhile and empowering. Since the last District newsletter the following lodges have participated: Song of Norway #132, Solskinn #24, Sundfjord #65, Valhall #25, Norge #60, Vinland #159, Solbakken #64, Scandia #75, Stordalen #115 and Stillehavet #116. Ideas for leadership and making one small change at a time were taken back to their lodges.

Membership acquisition and retention continue to be extremely important. Two lodges qualified for the 2004 Founders Award Certificate and a check for \$50. Norseman #91 and Ulabrand #24 each had a membership increase of 3% for the year.

Start planning now for the District Convention, to be held in Ventura at the Holiday Inn Crowne Plaza, June 21-24, 2006. Due to the reconfiguration of delegate numbers approved at the last International Convention, lodges will be able to send more delegates. Now is a good time to begin fund raising to send as many delegates as possible. The impressive talents of Sons of Norway members will be displayed and adjudicated at the Arts and Crafts competition. Ardent artists and crafters can start now to prepare your work. Chairs of the competition are David and Karen Bosworth, Norseman #91.

Our Annual Officer/Membership Seminar will be held in the Spring. Presidents will be contacted regarding date, location and agenda. More later.

Jo Ness

## Zone 6 Director, Robert Hanevik

It looks like Summer is coming to a close with drastic changes in the weather and the changing of the colors. It is also time for all the Lodges to shift gear and increase their programs that enrich their heritage and celebrate their culture.

Several of the Lodges have celebrated their birthdays with great programs and fantastic Norsk table fare. Congratulations to each of you. Next, for most Lodges, is nominations, election and installation of Officers who will guide the Lodge through the coming year, or in some cases two years. Also, plan on electing delegates to the District Meeting in June, 2006. This meeting will be in Ventura, CA, and the facilities should be exceptional.

The new Barnas Norsk program is a great program for Lodges that have younger children attend their meetings and participate. Those kids have a great time, and we benefit as well as they are the members and leaders of our future. Larger Lodges might plan their programs on dates other than Lodge meeting dates.

The next few months several Lodges have their annual lutefisk dinners. Join your neighboring Lodges and partake of the celebration of our heritage. You don't even have to like, or eat, lutefisk.

Our biggest push should be acquisition of new members and retention of the members already on our rolls. The District goal is one new member per month in each and every Lodge. We should also concentrate on seeking members in the thirty to fifty years of age group. That's also the perfect age group to provide the new leadership for the coming years.

Most important, celebrate your heritage and cherish your culture.

Venlig Hilsen, Bob

## Zone 7 Director, Arlene Christopherson

It's the end of summer in September—so says the calendar—it was 95 degrees in the Phoenix area as I write this. Maybe fall is “just around the corner”???? The “snowbirds” are beginning to show their faces once again and that's a good sign. Soon most of them will be back to enjoy the lutefisk dinners, Christmas bazaars, programs and parties that the “year-rounders” have been planning for all to enjoy, and last but not least, the cultural activities, good programs and camaraderie.

The two new lodges, Nordic Pines in Flagstaff and Sola in Yuma are busy planning events that will attract new members so they can have their Institution celebration soon. After a summer break, they are all “charged up” with enthusiasm to get the “ball rolling.” We could take a lesson from them for getting new members in our own lodges. It would then be simple to get five new members and maybe win two business class tickets on Icelandair to Norway. Ross Berg, Desert Fjord—Scottsdale, sent our 50 invitation letters to all the area members who did not belong to a lodge and their lodge took in several new members.

It is important to strive to keep the heritage and culture of our ancestors alive and what better way than through Sons of Norway. Sons of Norway gives us the tools to promote, preserve the heritage and culture of Norway and other Nordic countries. Keep you heritage and culture gatherings fun, interesting and informative and your members will want to come back again.

Arlene

## Zone 8 Director, Lyle Berge

CELEBRATE  
ANNIVERSARIES -- OPPORTUNITY  
100 – 30 – 11 – 32 – 16 --27

Our 100<sup>th</sup> Celebration on October 1<sup>st</sup> to commemorate Norway's centennial was wonderful. The six Colorado lodges participated in preparations and pastries; the five eastern range lodges also equally shared with participants for a well-rounded attendance. In 2002 all lodges combined for a special fest to commemorate the 50<sup>th</sup> anniversary of District Six. Might we be on to something here? We have to admit it – we do enjoy getting together with members throughout our Zone 8, whether for a WOW of a cultural performance or the FUN of a Go A Viking Day/Kretsstevne.

Each anniversary has its own particular honor. We are anticipating a special time with Stein Fjell, as they become Colorado's 3<sup>rd</sup> lodge to reach the esteemed age of thirty! Next January 14th may be their best celebration yet! However, I recall being at their 27<sup>th</sup> wherein the lodge president commented on how great and how special was that anniversary. Guess she was right – without that one, how could these current enthused members have reached thirty? What pleasure we share because we spend special events

with each other. We seem to have somehow chosen each other as our adoptive kinfolk... and isn't that great! Don't we just enjoy seeing our kin often during each and every year? Every time we can get together it becomes a wonderful event.

We also have the opportunity to share who we are when we attend and bring or send our youth ages 3 to 16 to the District Six funded Barnelopets at Snow Mountain Ranch, Winter Park on February 25<sup>th</sup> and on the Grand Mesa near Grand Junction on March 4<sup>th</sup>, 2006. **Let's do it!!**

Takk for sist  
Lyle

## News from Camp Norge

This is a beautiful time of year at Camp Norge, the colors are ever changing... There are no mosquitoes... Sadly, few members take advantage of the camp this time of the year. Last weekend a new member from Roald Amundsen Lodge in Sacramento brought her daughter, grandson and his family up for the weekend. She came here with her church group in June, joined the Lodge, came up this fall for Rosemaling classes and again a couple weeks later with her family, to celebrate her birthday. Her great-grandsons ages 2 and 3 had a ball, they were on the go, none-stop from the time they got here until they left. In spite of the excitement of staying in a "cabin," I was told they had no problem getting to sleep.

Member sponsored family reunions, church retreats, RV groups, etc. makes up about 35% of our total rental income while leaving plenty of time and space for individuals, families and Sons of Norway sponsored events.

Volunteerism is still alive and well at Camp Norge. We have not had the old fashioned "work parties" for a couple years but there are members who volunteer for particular projects. Last year Olav Lodge in San Rafael adopted a flower bed.; Six to eight members come up a couple times each summer to picnic and work in their flower bed. Harry (Rec. Center President) and Joanne Bjerkhoel worked long hours for a full week replacing the deck by dorm one. Balder Lodge donated the funds for the project. Roy Lovtang from Stillhavet, San Luis Obispo was here for several days last May and again in October replacing windows in the Main House. Jack Johnson from Anaheim and Karl Eikeberg from Oakland helped him. In May his wife Prudy came with him, she spent three days painting the women's rest room in dorm one. During Rosmaling classes this fall, Jack Johnson and Alex Scheflo from Stockton cleaned up the dried weeds from the hill below the Social Hall while their wives were in class. In May, Lise Fleming and Pauline Pederson from Sundfjord in Pomona, spent 3 days cleaning up fallen trees, etc. Jack Johnson was here again for that project. And there are others...

If this sounds like something you'd like to do, we have projects that need to be done. Winter will soon be here, but in the spring there is much work to be done. The picnic tables need some repairs and paint, there is wood to be split, windows to be washed, to mention just a few. If you'd like to adopt a project, give me a call.

Darline Thompson, Camp Coordinator

## CONCORDIA LANGUAGE CAMP Bemidji, Minnesota [www.concordialanguagevillages.org](http://www.concordialanguagevillages.org)

ERIC KVAMMEN

Concordia Language Camp was a very fun and exciting experience for me. I personally enjoyed all the diverse cultures coming together to teach one language. All the different conversations and dialogue being exchanged was very stimulating for me.

Some of the activities were pretty cool. We were always preoccupied with class and other outdoor activities, so we never got bored. And free time was always fun ... we always used things so we could amuse ourselves: like a football or food or just talking or studying for tests.

On top of that, I think the emersion experience was a cool idea, and it works very effectively. I believe I learned a lot more than I would have otherwise. At first I thought it would be impossible to learn as much as everyone else ... but I exceeded the standard that I had set for myself. I was expecting to get a **C** but instead I got a **B**.

I really appreciate the scholarship you gave me to go to camp. It made a huge difference in my life.

I can now communicate with my friends, family, and people in general in three languages. I am hoping to go back next summer, either to the French or Arabic camp.

Thank you very much District 6,  
Eric Kvammen  
Pasadena, CA

#### EMILY ROBERTS

This summer the Sons of Norway District Six gave me a scholarship to attend Concordia Language Camp in Minnesota. I had a great time, and I wanted to thank you making it possible for me to go there.

It was exciting and a little scary traveling to Minnesota all by myself, but it worked out fine. The people at Concordia took good care of me.

I have to admit I was really confused when I first arrived at camp because everyone was speaking in Norwegian! The campers who had been to camp before jumped right in to help me. By the time I left camp I was able to understand what people were saying to me in Norwegian, and that felt so good to me.

One of the best parts of camp for me was the people there. The counselors were so nice and so helpful, and the other kids there were great. We all helped each other and had fun learning about our language. The parts of camp I will remember most are that I actually learned Norwegian, and that I met such great people.

One of the strangest things that happened at camp was when a leech attached itself to my foot when we were at the lake! The nurse and my friends took good care of me and now I have a great story that while I was away at Norwegian language camp I not only learned the language I also survived a leech attack!

I really want to thank you for the scholarship. It was a great experience to start learning a language that is so important to me.

Sincerely,  
Emily Roberts  
Bjornsterne Bjornson Lodge

As parents, we were a little anxious about Emily going to Concordia. Not only was she going to camp for two weeks, but this one is in Minnesota! Naturally, we were concerned about her traveling by herself. The camp has all of this figured out. They work with a travel agency that really knows how to make these trips work. We want to extend our thanks also to all of District Six.

Tim and Judy Roberts

## LOG ON—STAY INFORMED

[www.sofn.com](http://www.sofn.com)

### ***Public Relations***

The following is a communication received from the Minneapolis Office:

In the past Sons of Norway has received a number of requests for assistance in publicizing their local or district events. In response to those requests we are pleased to announce the availability of a new publicity tool for lodges, called The Lodge Publicity Toolkit.

In light of the all the events being planned by our lodges and districts, including the upcoming conventions, we thought it would be helpful to assemble a kit that will help with publicity. It is our hope that this new information will be useful to everyone for promoting events, activities and conventions. The new toolkit combines multiple elements of public relations into a step-by-step guide for easy use. It includes information on writing a news release, creating a media list, pitching a story, submitting images to newspapers and much more! We are very excited about this new offering and believe it will help all districts

and local lodges better publicize their activities, and Sons of Norway as an organization, within their community.

To download and view the document, go to the lodge forms section of the Sons of Norway website, or sign into the members section and copy and paste the following address into your browser: [http://www.sofn.com/members/PDF/lodgeforms/Lodge\\_pubkit\\_05.pdf](http://www.sofn.com/members/PDF/lodgeforms/Lodge_pubkit_05.pdf)

### ***Membership Recruitment & Retention***

**Blueprint for Success**— See the October issue of **Viking Resource**, now available in an easy print version at [www.sofn.com](http://www.sofn.com). The **Viking Resource** is packed with useful information.

See Janie's article for a great tip on how [sofn.com](http://www.sofn.com) can help keep your membership list and mailing list up to date. She also gives you step by step instructions on how to log on if you have never done so.