



SONS of NORWAY

Celebrating **125** Years

1895-2020

The **SUPER** SIXTH DISTRICT

WINTER 2020 NEWSLETTER

CA—UT—NV—AZ—CO—HI—NM



Luella Grangaard
Ord fra Presidenten

**“IN FOCUS
WITH 20-20 VISION”**

The last year has been extremely busy for the District Six Board. They have been working on many projects. Here are some updates and upcoming events.

Camp Oldfjell was held September 2019, with great success. I was able to attend and participate in a tablet weaving class. I finished my project and have completed my level one in the Sons of Norway Cultural Skills Program for weaving. I also had the opportunity to teach a Viking Wire weaving class. Already, planning for 2020 is in progress.

The second week in November, I was in Minneapolis to participate in the District Presidents meeting and network with the International Board. We had an opportunity to do some brain storming with the International Board and a facilitator. We looked at what issues may be holding back Sons of Norway’s progress and success. A number of changes in structure at Headquarters have been implemented as well as new staff hired to address customer service in both the insurance sales and fraternal side. In addition, more insurance professionals have been hired and new financial products have been released.

Guides for Leadership have been updated by the District Presidents and should be available for use by lodges, soon. The new guides are more streamlined and address the job responsibilities of each position. The revised guides should be available for incoming officers.

District membership. Thank you for your efforts in recruiting new members. Our District has stayed in the positive column (meaning no overall loss in member totals) in respect to membership. A number of our lodges will receive Founders Awards for member recruitment.

You will be receiving more information about the District Six Lodge Meeting and Convention in Mesa AZ. I hope you have submitted your name as a candidate to represent your lodge as a delegate, or are planning to attend on your own, as a guest. Prior to the convention, there will be an educational session, which will include both genealogy and music Cultural Skills programs. On Friday morning, there will be interesting leadership sessions for all attendees. Remember, the members of the District Six Board of Directors are your hosts. This is the second convention that the Board has taken on the responsibility of organizing the Convention as well as the District Lodge Meeting.

The District Six Recreation Center Board is also busy with many projects including replacing the outside deck of the social hall and the flooring inside the social hall. It is a lot of work to maintain our camp buildings and property. The Recreation Center Board is very involved in the day-to-day operations of the camp. In an effort to be more responsive, in a timely manner, the board is experimenting with online distance meetings.

The District Six Board continues to work on behalf our lodges with “20-20 VISION” to keep the future of Sons of Norway “in focus.”



“Being a delegate allows you to participate in Sons of Norway more actively. With knowledge you gain as a delegate and the decisions you help make you can be part of the future of the organization.”

- LG

2020 IMPORTANT DATES

JANUARY 15

- Scholarship applications that involve international travel are due to Sons of Norway Foundation.

FEBRUARY 15

- Lodge Achievement and Family Lodge of the Year Forms are due to Membership Services at Sons of Norway Headquarters.

- Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at Fraternalgive.org are due to Membership Services at Sons of Norway Headquarters.

- D-17 financial form for lodges is due to District President.

- D 18 financial form for lodge association (lodge owning property) is due to Sons of Norway Headquarters.

MARCH

- 1—Scholarship applications for study in the United States are due to Sons of Norway Foundation.

- 15—delegate list must be submitted to District Secretary.

- 15—resolutions are due to District Secretary.

- 29—Recreation Board meeting

APRIL

- 1—Concordia Language Camp scholarship application is due to District Six Scholarship Committee.

- 3-5—District Board Meeting, (TBD)

- 15—Camp Trollfjell and Trollfjell Folkehøgskule Half Campership applications are due to the Campership Committee.

May

- 1—District Six Scholarship applications are due to the District Six Scholarship Committee.

- 1—Communication Awards submissions are due to the PRO.

- 15—990 tax forms must be completed and submitted to the IRS.

- 18—nominations for District Six Board of Directors positions due to the District Nominating Committee.

- 19—Hotel reservations deadline for the District Convention (in order to get discounted convention room rate).

- 20—District Convention Registration Deadline.

JUNE 18-21

- District Lodge meeting and Convention Mesa ,AZ



It is time to celebrate.!

Sons of Norway has an electronic toolbox with many items you can use for the anniversary party. The tool box is located on the Sons of Norway website on the top bar. Here is the link <https://www.sofn.com/125years/>. The tool box includes an online store, official logo for use by your lodge, social media graphics, Face Book banner, coloring page, proclamation letter and a list of 10 ways your lodge can celebrate. Please use some or all of these items to promote Sons of Norway's anniversary.

The District has submitted requests for proclamations from Governors from the District Six states where we have lodges. Take a copy of the proclamation letter to your local mayor's office, and request a proclamation. If you do get a proclamation, please post on Facebook for your lodge, District Six and Sons of Norway Facebook pages. This is a great opportunity to promote Sons of Norway, and we may also benefit in by a new member recruitment.

If you have an anniversary cake, or any celebration, please video your lodge singing "Happy Anniversary", or however you celebrate, and post on Facebook, and/or send photos to our PRO for the **VIKING** magazine.

Come on District Six it is time to celebrate!!!!!!



Mary Beth Ingvaldstad
District Six
International Director



So, you want to be a delegate to the International Convention (Lodge Meeting) in Norway in 2020. Yes, you want to ring in the New Year with your sights on Ringsaker (pronounced Ring-socker), Norway, the site of the big event in August! It is certain to be a special time to celebrate the 125th Anniversary of Sons of Norway!

Some folks are **automatic delegates** to this biennial event, and for District Six they are: 1) the current District President, Luella Grangaard, as the first District Delegate, and 2) a second District Delegate is elected from the District Board per our Bylaws. That's it? Uff da, yah, that's it! Also, our District International Director, Mary Beth Ingvaldstad, attends as an International Board Member. Now . . . how can you go if you are not Luella or Mary Beth or an Executive Officer of District Six? You can simply go as a "Guest", or you can throw your hat in the ring and run for a delegate position at the District Six Lodge Meeting and Convention, in Mesa, AZ this June!!

First, you must **attend the District Six Convention** (Lodge Meeting) in Mesa, Arizona in June 2020 as a delegate from your local lodge, or be a District Six Board Member. The delegates (from each lodge) must be elected by their lodge members before March 2020. If elected, your lodge may be able to provide you some monetary assistance or not. You may be able to assist in a fund-raising activity to support delegates from your lodge.

Second, at that District Convention you can **run for the position of International Delegate** in your Zone Caucus (which meets during the session to elect the Zone Director and one Delegate/one alternate per every 300 members in that Zone to the International Convention) or an at-large Delegate during the general session. At that time, the entire body votes on the final designated number of delegates, and alternates, that District Six is allowed. The Convention Body votes on the per diem and travel allowance in concurrence with recommendations from the District Treasurer and the Finance Committee..

Third, you must **own a financial product through Sons of Norway** to attend the International Lodge Meeting as this is the governing body for our organization which is a multi-million-dollar insurance company. If you do not already own a financial product, there are many available, in many price ranges and areas of personal need, for you to purchase through a Sons of Norway Financial Benefits Counselor or Sons of Norway Insurance Agent.

**It' time to start planning for all the big events in Sons of Norway in 2020!
Just do it!**

An open letter to the members of District Six January 4, 2020

For our Sons of Norway membership, 2020 brings us into the District and International Officer nominating and electing cycle at District Conventions and the International Convention. The International Nominating Committee asks that our members seriously consider leadership roles at all levels: local, district, international. You can learn about these roles, requirements and expectations from your present leadership. If you have any questions about the information below, feel free to contact your District or International Nominating Committee. All districts have their nominating committees in place and working on seeking candidates for office.

District 6 Nominating Committee:

Lis Barca, chair	lis@thebarcas.net
Tove-Lis Miller	tovelise@aol.com
Pat Kelly	pat.kelly17@aol.com
Caronne Van Nyhuis	threevannyhuis@yahoo.com
Sissel Espeland	sissel.liknes@gmail.com
Mike Johaneson	mjohaneson@gmail.com

Here are specific SON Bylaws and/or Policies and Procedures which we must follow when electing our leadership: **

DISTRICT OFFICERS 0 3.11.5.1.1.

Candidate applications for district officers [district president, vice president, secretary, treasurer] must be submitted to the [district] nominating committee for vetting **no later than 30 days prior to the start of the district lodge meeting.** (8/16)

Note: District Candidate Leadership Applications are available through the district nominating committee.

District 6 will elect the following:

District President and officers.

International Alternate Director for a 2-year term (elect nominee at the District Convention and elected at the International Convention)

All candidates should thoroughly review the position description, requirements and leadership expectations.

Fraternally,

International Nominating Committee,

Robin Fossum

Ken Johnson

Jon Tehven, chair



** The portion of this letter, addressing the **INTERNATIONAL OFFICERS, DIRECTORS, AND ALTERNATE DIRECTORS**, will be printed in the next issue (the Spring issue) of the District Six Newsletter.



Sons of Norway District Six Convention 2020

Sheraton Mesa Hotel, Mesa, AZ
Thursday, June 18 — Sunday June 21, 2020

Greetings to all District Six members,

November 20, 2019

This is a reminder of the process for the election of delegates and alternates to the 2020 District Six Lodge Meeting and Convention. The notification of the number of delegates allowed for each lodge will be available in January 2020, after the year end membership reports are available. From the Charter and Constitutions – *Election of Delegates must take place prior to the month of March before a District Lodge Meeting. At the same time, an equal or greater number of Alternates shall be elected to fill the places of duly elected Delegates prevented from attending the meeting, the first duly elected alternate filling the first vacancy, the second the next vacancy, etc.*

2020 District Six Convention at Sheraton Mesa Hotel, Mesa, AZ June 18 – 21, 2019

Thursday, June 18 – Morning Board Meeting and Committee meetings,

afternoon Genealogy Cultural Sessions, evening Music Cultural Session (open to all)

Friday, June 19 – Leadership Workshop (open to all w/small charge) – Volunteers, Communications, & more, Vendors, late afternoon Opening Ceremonies, Memorial Service, and President’s Reception w/ Bunads

Saturday, June 20 – District Lodge Meeting, Recreation Center Meeting, Folk Art, optional evening activities

Sunday, June 21 – District Lodge Meeting, Installation of Officers, Banquet, 125th Birthday Party, and Awards

Monday, June 22 – morning meeting of the newly elected District Board of Directors

Delegates are required to be in attendance for the entire Saturday and Sunday District Lodge Meeting, and preferably for Friday events, as well. Come early for the educational and fun Sessions on Thursday and Friday. Plan your days of participation accordingly. Remember, any lodge member may attend as a guest.

Check out the Convention website often as information is added periodically: <http://2020.sofn6.org/>

Costs are a key concern for delegates and lodges. Now might be the time to start a discussion about special fundraising to assist in sending delegates to the Convention. The delegate package is \$325; guest package is \$285. Room costs at the Sheraton Mesa Hotel are \$105/night plus 14.02 % tax, roughly \$120 per night total (plus \$10.00 per night for each guest over double occupancy). Assistance with finding a roommate will be available – note such request on your registration form.

Attending a District Convention is fun and educational: you learn more about Sons of Norway; you are updated and informed about the state of District Six; you meet folks from other lodges; you gain insight from cultural sessions and a leadership session; you help chart the course of our organization; and of course, you enjoy seeing wonderful entries in the Folk Art Exhibition and Competition. Delegates come back enthused with new ideas to help lodges grow and thrive. Conventions are including more heritage and culture, but be assured, there’s business to attend to as well. Next year’s Convention will be full of fun, heritage, and culture as well as the business of our future. We hope to see you there.

Fraternally,

Nancy Madson, District Six Secretary

Writing a Resolution for the District Six Biennial Lodge Meeting & Convention

We want improvements to our organization, but often we are stymied as to how to affect changes. Contrary to the cliché that Sons of Norway is resistant to change - you know, 'that's the way we've always done it' - we are changing, and often for the better. Change is sometimes mandated by our changing regulatory environment, and we have to make changes just to keep up-to-date and in compliance.

The District Six Biennial Lodge Meeting & Convention in June, 2020 is a venue to affect grass-root positive change in our organization. Writing a resolution for change, however, can be a daunting task in itself. Searching online for how to write a resolution, you'll find numerous examples and opinions: capitalize the word whereas; don't capitalize whereas; use a semicolon here, put the word 'and' there. Uff-da. But now, there's a resolution template on the Sons of Norway website to help you through the process of writing a resolution.

Log in. Click MEMBER RESOURCES. Click 'read more' under Lodge Leadership Resources. Click 'learn more' under Administrative Resources. Scroll down to click on Governance. See the Procedure for Writing a Resolution, on the right. Download the worksheet to see the template, general considerations, and a fun example. https://www.sofn.com/member_resources/lodge_leadership_resources/governance/

Using this template should create consistency between lodge, district, and international resolutions. If your lodge is considering submitting a resolution, please review the resolution template first page for other instructions and considerations.

Often, change happens first, then we have to update or revise our bylaws, policies, and procedures. Funny how that happens. The District Board of Directors tries to keep us updated with such resolutions, and it seems like a never ending task. If your lodge sees an opportunity for submitting a resolution, you may check with District Secretary, Nancy Madson, to see if the District Board is submitting a resolution of the same nature.

Deadline to submit a resolution to the District Secretary – March 15, 2020, prior to the District Board's spring meeting.

God nytt år

Nancy Madson
District Six Secretary



CALLING ALL POTENTIAL DISTRICT SIX BOARD OF DIRECTORS CANDIDATES ...

Interested in serving on the District Six Board? New officers are needed for the 2020-2022 District Six Board. Details on positions and duties as well as the application can be found on the District Six website <https://sofn6.org/bylaws/> or by selecting Bylaws/Other Documents on the Resources tab.

Please let any member of the nominating committee know if you are interested in applying. Applications will need to be submitted no later than May 18, 2020, however we would appreciate a notice to apply as early as possible.

Any questions, please email me at Lis@TheBarcas.net. Thank you.

- Lis Barca, District Six Nominations Chair



Come to convention to:

Learn how District Six is promoting the fraternal side of Sons of Norway.

Bring your folk art pieces to the Folk Art Exhibition and Competition.

Learn more about Sons of Norway.

Learn how Sons of Norway financial products can help you create a legacy.

Meet with others in your leadership position (from other lodges) to share ideas and compare issues.

Enjoy the camaraderie with friends.

Meet new friends.

Help shape the future of District Six.

To become a District Board member to assist the District with your skill set.

To get experience to be a board member in the future.

To serve on a committee - to assist with the District Lodge business.

To accompany your spouse/partner/friend and volunteer to your ability.

To support your fellow lodge delegate(s).

To eat cookies at least twice a day.

To observe proceedings to further advance your leadership skills.

- NM



2020 District Six Convention
Sheraton Mesa Hotel, Mesa, AZ
June 18 – 21, 2020

Thursday, June 18 – Morning Board Meeting and Committee meetings, afternoon Genealogy Cultural Sessions, evening Music Cultural Session (open to all)

Friday, June 19 – Leadership Workshop (open to all w/small charge) – Volunteers, Communications, Vendors, late afternoon Opening Ceremonies, Memorial Service, and President's Reception w/ Bunads

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Monday, June 22 – morning meeting of the newly elected District Board of Directors

Scholarship Opportunities
for District Six Youth

District Six offers up to 3 \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2020.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 1, 2020.

Applications are available on the District Six website at <https://sofn6.org/scholarships/>

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com



Youth Half Camperships

Available for District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell - ages 8-13, and Trollfjell Folkehøgskule - ages 14-17.

Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 28—July 11, 2020, and Camp Trollfjell will be from July 12—25, 2020.

The application form is available on the District Six Website. <https://sofn6.org/scholarships/>

All applications must be received by April 15, 2020. Please send the applications to:

District Six Campership Committee
c/o Luella Grangaard,
PO Box 832, Morongo Valley, CA 92256

IT IS TIME TO SIGN-UP FOR 2020 CAMP!

???WHY the COST

for a Convention Delegate package???

Setting a price for the delegate package at convention is difficult. Sometimes people think it is the cost of food. Well, that is a big component of the cost. When food is purchased through banquet services there is a base cost for the food, plus tax and service fee. So a food item that initially costs \$40 with all the additional charges quickly becomes \$53.00. Coffee costs at hotels runs around \$48 to \$60 per gallon. Usually 6 gallons are served at a coffee break. Then add the tax and the service charge, this becomes a major expense. I don't drink coffee but at every event I go to I am paying for coffee as part of my registration fee. For me it is just part of the deal.

The next big expense is audio visual. At the 2018 convention, the district's cost for AV was over \$12,000. The meeting hosts are always looking for ways to reduce this cost, but also meet our needs. We need to have microphones, projection and recording. Much of this has become very complicated, and therefore we need an AV person there to deal with issues. So we need to pay an hourly rate for a staff person. Some people ask, well, I have a projector and a microphone from my lodge. When hosting an event in a hotel you must pay a fee to bring in your own equipment. This also then requires staff or volunteers to operate the equipment.

Entertainment costs vary and are controllable. However, things like dance floors cost, and pianos cost. Special speakers may have a cost.

Set up. Usually tables and linens are provided as well as water stations. Also, there is a cost to provide and set-up the risers at the front of the meeting room. This is provided by the AV provider at the Mesa Sheraton.

Delegate materials. The delegate book which is created, printed and assembled by the district Secretary is a cost. The Convention ad book is used as a fund raiser. However, it is usually budgeted to break even. The delegate bag and inserts from Sons of Norway are all free, which this year will include the large Charter and Constitution.

All the other stuff. The gifts often have a cost. Ribbons and awards have costs.

So with all that being said, the cost for the 2020 District Six Convention and lodge meeting is \$325 for a delegate and \$285 for a guest. However, there will be individual tickets available for guests for the two evening meals.

The District Board hopes you see that the value of attending the Convention is more than the cost of the packet. It is about representing our lodge and being part of the process to assure the future of Sons of Norway. And sharing time with our fraternal family and 'Celebrating Our Roots'.

We hope to see YOU there!



How many of you love to experience the thrill of opening a new book; the smell of the pages, the symbolism of the printed words, and perhaps an illustration or two to excite the senses? Some of our lodges have book clubs and regularly share these experiences with one another. I know that one of my favorite things is curling up with a good book only to realize, many hours later, that I have been transported away to a thrilling new adventure or new information that I had not previously encountered.

If this is also a love of yours, then, please, check out the latest Cultural News on the District Six website.

www.sofn6.org— click on the Cultural News and read the latest book review. Learn about Gnomes. If any of you would like to share your latest reading adventure, send a book review to your Cultural Director and see it published in an upcoming issue of the Cultural News.

Judy Immel, Cultural Director

**Now is the time
to start thinking about
your entries for the
Folk Art Exhibit
at the 2020 District
Six convention
in June 2020
in Mesa, AZ**

NEWS about Language and Heritage Camps for Summer of 2020

We are adding two new features to Camp Trollfjell this coming Summer.

First, on the last three days of Camp Trollfjell (July 23, 24 and 25), we will have a Viking Village set up in the meadow. The Sjørvaldar Vikings will be teaching our campers how people lived their day to day lives during the Viking era. Our campers will also be learning some Viking era crafts.

You can learn more about Sjørvaldar Vikings here: <https://www.sjorvaldar.com/>.

Note to Trollfjell Folkehøgskule students, if you stay over to be a CIT, you can also enjoy this new Viking experience.

Second, we do not want the parents or guardians left out of this Viking experience, so rather than just coming to pick up your campers on Saturday, we are inviting you come Friday afternoon and spend the night with us. Visit the Viking Village, have Friday dinner and Saturday breakfast with us and enjoy Camp Norge for a day. Stay tuned for more details.

Online registration for Camp Trollfjell and Trollfjell Folkehøgskule will open January 1, 2020. Don't forget to check with your lodge and apply for any camperships that they may offer. Applications for District Six Camperships are now available on the District Six website at <https://sofn6.org/scholarships/>.

We also want to announce a change in the management structure of the Language and Heritage Camps. We will be splitting the old Executive Director's position onto two positions, an Executive Director and a Program Director. The responsibilities of the two positions will be divided as follows:

Executive Director: (Bruce Fihe)

Hired by the Board, reports to the District Six VP

Responsible for the administrative aspects of running the Language and Heritage Camps:

Submits budget to be approved by the District Six Board

Authorizes salary and reimbursement payments per approved budget

Hires and supervises the Program Director

Hires and supervises the non-program staff

Cook(s)

Nurse(s)

Oversees the purchase of food and supplies

Assists the Program Director in hiring program staff

Deals with all external issues

Camp Norge rent

Background checks

Insurance

Camper/student registration and payment of camp fees

Provide/arrange for local transportation of campers/students traveling to/from Camp Norge via public transportation.

Is an ex officio member of the Language & Heritage Camp Administrative Committee.

Program Director: (Rebekah Strand)

Hired and supervised by the Executive Director

Hires and supervises program staff

Counselors

CITs

Plans and actively oversees the day to day activities of the students and campers

Is an ex officio member of the Language & Heritage Camp Administrative Committee

The Executive Director and Program Director will be in attendance for all four weeks of the Language and Heritage Camps.

Either the Executive Director or Program Director will always be on-site at Camp Norge or with the campers/students for off-site activities.

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CAMP NORGE

UP COMING EVENTS AT CAMP NORGE 2020

March 27, 28, 29

Folkedans Stevne

April 24, 25, 26

Rosemaling

May 22, 23, 24, 25

Memorial Day Weekend

June 28—July 11

Folkenhogskule, youth 14-17

July 12—25

Camp Trolfjell, youth 8-13

SAVE THE DATES . . . SEPTEMBER 19-22, 2020



**CAMP OLDFJELL
FOLKEHØGSKULE FOR VOKSNE
(Folk School for Adults)**

**Cultural Skills classes and more
(e.g., tablet weaving, literature, hardanger,
klosterson, and more . . .)**

**Look for the registration information in the next Cultural
Newsletter in March!**

Tech Tip from the SMSC

We continue to hear from folks that they are not receiving our District Six Newsletter or our District Six Cultural Newsletter. We send an announcement when a new issue of each of these newsletters is posted on the District Six website with a link to the newsletter. Our distribution list contains over 2600 District Six members, but only about 20% of these actually follow the link to the newsletter. We suspect that some of the 80% may not have gotten the email notice due to spam filters. There are a few things that you can do to find our email announcements:

Check your spam folder, it may be there

If you are using Gmail, and have the default Social folder, check there.

All these announcements have a Form email address of webmaster@sofn6.org. By putting this in your email address book, it will help your system know that you want email from this sender.

Of course, the people who need this information the most, will not get it. If you successfully got the notice for this newsletter, please print a few copies and take them to your next lodge meeting. Ask if others also received our notice. Anyone who has not, please give them a copy of this Tech Tip.

There is also a chance that some of your lodge members are not subscribed to our distribution list. They can subscribe here: <https://sofn6.org/newsletters/>

The District Six Social Media Support Committee (SMSC) is here to help all District Six Lodges with their website and social media issues. Just use the online help request form here <https://sofn6.org/smsc-help/> if you wish our help.

District Six Social Media Support Committee



Deep Roots. Bright Future. 2020 International Convention

Sons of Norway | Ringsaker, Norway

The 2020 International Convention will be held on **August 19-23** at the Scandic Hotel in Ringsaker, Norway.

The biennial Sons of Norway International Convention is an opportunity for members from the United States, Canada and Norway to gather for both business and celebration. Sons of Norway members and their guests are invited to attend the 2020 International Convention in Ringsaker, Norway, which will feature a variety of social and cultural events celebrating our vibrant organization, as well as official functions for elected delegates to take part in shaping the future of Sons of Norway.

Wednesday, August 19:

Registration begins on @ 8:30 am

Vendors open at 8:30 am

Thursday, August 20::

Tour to Eidsvold (lunch included)

Opening Ceremonies & President's Reception

Friday, August 21:

Delegate Assembly

Non-delegate tour to Lillehammer1

25th Anniversary Celebration

Saturday, August 22:

Delegate Assembly

Non-delegate sightseeing

Installation of Officers

Grand Banquet



SKI FOR LIGHT, INC.

SKI FOR LIGHT 2020 EVENT

The 2020 Ski for Light International Week will be held from Sunday, February 9 through Sunday, February 16, 2020 in Casper, Wyoming. The skiing portion of the SFL week will be Casper Mountain Outdoor Center at McMurry Mountain Park and Hogadon Basin Downhill Ski Area.

The Event Hotel is the Ramkota Hotel and Conference Center in downtown Casper, Wyoming.

CAN YOU HELP?

Guides are still needed.

To apply, please go to one of the following sites: [Guide Application for 2020](#), [Worker-Bee, Companion and Guest Application for 2020](#)

For more information please contact <https://www.sfl.org/contact/>



The **SUPER SIXTH** DISTRICT

Children's Cross Country Ski Event



BARNELOPET

1.0 Km, 2.5 Km & 5.0 Km for ages 0 -16)



February 22, 2020, Saturday



Snow Mountain Ranch ~YMCA~ Granby, Legett Hall

Sponsored by Sons of Norway, District Six

Hosted by the Colorado Lodges in Zone 8

- ◆ Register at www.barnelopet.com or at 9 a.m. on Feb. 22nd
- ◆ Check in at 9:30 a.m. Free Ski Lessons - 10:00-11:00 a.m.
 - Free Ski rentals at YMCA Nordic Center
 - Event begins at 11:15 a.m.
 - After Event Reception with Refreshments
- For further information contact:
 - Lois Hodne at (303) 795-6695 or hiloie@aol.com
 - or
 - Jon Eirik Holm-Johansen, Coordinator at (970) 412-0433 or tvchiro@gmail.com



Zone 1 Director
Adrienne Lincoln

This last three months have been busy with my lodges in reference to having VikingFest. This is an important aspect to your lodges' fundraising as well as having your FBC set up a booth to recruit new members. Roald Amundsen Lodge has invited me for several years now and the word is out in Sacramento area what a fun event to attend! They sold out on all the baked goods and I signed up several new members for the lodge. It's important to invite your FBC to events ahead of time so they can adjust their calendar to come attend your special lodge events.

As your Zone One Director I have been enjoying your lodges and starting the first of the year, we need to have a host lodge to help me with a member seminar to start the experience out on a wonderful foot to understand our Sons of Norway and ways they can help your lodge. I am wanting to do this later than I usually do but have it in middle of March.

Wishing everyone a safe Happy New Year. Share with your families during this holiday season our heritage and bring a dessert for your family to spark a conversation and invite them to a fun event your lodge will be having.

Your District Six Zone One Director
Adrienne Lincoln



Zone 2 Director
Lotte Sather

Fall was filled with activities. I attended Vikingfest at Freya Lodge, along with some of my lodge members. It's like a trip to Norway. Food, shopping and fellowship with old friends was great! It's always fun to attend an event in another lodge, where you don't do all the work. Watch the newsletters for events.

The holidays are upon us and the New Year 2020 is on the horizon and filled with exciting events. We will be celebrating Installation of Officers in many lodges, along with celebrating Sons of Norway's 125th Anniversary! Hard to believe, as it seems we just celebrated the 100th. Hope you have a birthday cake in celebration of 125 years and take pictures of your members with the cake. Then share the pictures with all of us, especially our PRO.

I am here for you. Feel free to contact me with any concerns. Hope to see you out and about.

Best wishes in 2020.

Lotte Sather
Zone 2 Director



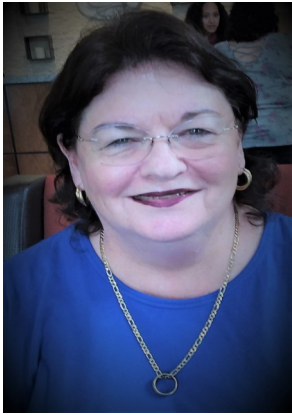
I am looking forward to the District Six Convention in Mesa, Arizona June 18 to 21, 2020. I have been attending conventions since the late 1970s, not always as a delegate. I always enjoy the information brought to convention by International Board members and

staff. Things don't stay the same. If they do we stagnate. We need to learn how Sons of Norway is changing to meet new ways of doing business, selling financial products, and supporting the members.

I encourage you to elect delegates who want to learn about Sons of Norway and look at the big picture. I am looking forward to seeing many of you at convention.

Tusen takk

-LS



**Zone 5 Director
Troann Mortensen Loy**

Greeting from Zone 5 –

As the year comes to a close it is amazing to me how fast it raced by. I guess that makes me a year older too.

I have so enjoyed going to the lodges in Zone 5. They are all active and working getting new members. Each Lodge is different with its own charm.

Going to Lodges Anniversaries, Christmas Parties, Dinners and regular meetings is a joy. It is one of the reasons I am looking forward to visit the Zone 5 Lodges in 2020.

And we have a wonderful Convention coming up in June 2020. They are the best: informative, seeing old friends and meeting new friends. Try to be a delegate this next year you will not regret it.

Wishing you all the best.

Troann Mortensen Loy



“When you go to Convention, you meet people from all over District Six. There is no other place that you will find people who love Norway’s culture and heritage like you do. THAT is FUN!”

- TML



**Zone 8 Director
Bev Moe**

Mark Nelson, Brent Finses ,and Bev Moe were honored to march in the Denver Veterans Day parade. Mark’s Great Uncle Lars Larson was a member of the 99th Battalion, also known as the “Viking Battalion “ in WWII. The 99th was composed of Norwegian Americans who trained as ski troopers at Camp Hale, Colorado and helped to liberate Norway. We joined members of the 10th Mountain Division in the parade, as the 10th Mountain Division also trained at Camp Hale. Mark Nelson is a new member of Trollheim Lodge!



Bev Moe, Zone 8 Director



I have several reasons for attending the convention. I have the opportunity to present my ideas, meet new people, share interests, have FUN and return to Zone 8 inspired!

- BM



SAVE THE DATE

District Six 2020 Convention

June 2020 						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



The Sheraton
Mesa Hotel
Mesa, ARIZONA

Celebrating Our Roots

YOUR DISTRICT SIX BOARD OF DIRECTORS

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The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.