



**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

The *SUPER* SIXTH DISTRICT

SPRING 2020 NEWSLETTER

CA—UT—NV—AZ—CO—HI—NM

Kaye Wergedal, Editor



Ord fra Presidenten

Luella Grangaard

It's a New World!

Wow many things have changed since I wrote in our last newsletter. The District Board has been working hard over the last month to accommodate to these changes. First we had our first Zoom meeting which was used to address the international convention being post-poned. These things all happened quickly. I had a District Presidents meeting on March 18 and was told that the International Convention would most likely be post-poned. Also that District 7 had no choice to cancel their convention as a result of restrictions in Canada due to the COVID-19 pandemic. They had no choice. This then affected all the other Districts. Headquarters had a time frame to cancel the International Convention hotel in Norway without a penalty. District Six was one of three Districts that had the potential of losing a lot of money due to our hotel contract. The District Board had an emergency meeting on March 21 to discuss our options. We really had no option, but to post-pone since the International Board had met the day prior and the decision was made to post-pone all conventions to 2022.

In the meantime the District started discussions with the third party company who worked on our behalf to contract the hotel. At first things didn't sound good but by Friday, March 27 we negotiated to reschedule to 2022 with the same hotel. With the commitment to use the hotel in 2022 we wouldn't lose any of our deposit. Tentatively our post-poned convention will be June 2-5, 2022.

So what else have I been doing while on shelter in place? I continue to go to work at a hospital. We have been receiving COVID -19 patients. In addition I work with patients in an outpatient clinic. At our hospital we have dealt with all the same issues as everywhere in the US. It has been stressful and challenging but I look forward to going home and sheltering in place after work.

So my time off is very important to me to maintain my sanity. I have been making face masks through the local quilt guild and also masks for the staff I work with. In addition I have been quilting, reading, weeding, cooking and working on projects for the Sons of Norway convention 2022. See my recommended reading list for Shelter-in-Place.

The District Board continues to work via Zoom meetings as does the Rec Center Board. The District Board is preparing a Biennial report so we can share an update of what the district has done over the last 2 years. In addition all aspects of the District, maybe in a different way but still we are here to support and assist lodges. I have to say I have been reading your lodge newsletters and there have been some really creative and fun solutions by lodges on how to still communicate, and actively meet with members via electronic means. At the last District Board meeting we had a virtual "Happy Hour".

I look forward to hearing from you, seeing you on a Zoom meeting or better yet when we can all meet together as a fraternal family. And I hope I don't have to wear a mask in 120 degree weather this summer in the desert.

My "Shelter at Home"  reading list recommendations:

The Shetland Bus-Howarth

My Struggle: Book 1—Karl Ove Knausgaard

The Northern Path—Myths and Legends Retold by Douglas Rossman

Chloe Ellefson mystery series—Kathleen Ernst

Jenny—Sigrid Undset

Harry Hole murder series--- Jo Nesbo

Land of Dreams—Sundstol

Oleanna: A Novel of Norway—Rose

Inspector Erlendur novels-Indridason

The Winter Fortress—Neil Mescomb

Growth of the Soil—Knut Hamsum

I hope you enjoy them. There is a bit of everything.

Happy Reading! Luella



Mary Beth Ingvaldstad

District Six

International Director



“Times, They are A-changin’!”

Why do I say that? Well, as we are all aware, with the pandemic spreading throughout the world, life has also changed within the Sons of Norway. Most of the staff is working remotely at least part-time. IT has become critical to keep everything running smoothly. However, even before the pandemic began attracting our attention there was change afoot. Let us review!

The Staff at Headquarters has been in flux for about two years now. A Chief Financial Officer (CFO) and Chief Operational Officer (COO) were hired to serve along with the Chief Executive Officer (CEO). As these two new positions were formed and established, the expertise these new folks brought to the table also meant the hiring of new personnel in their departments.

Erika Oberg, our CFO, updates the International Board at each meeting. She has a long history working in the field of non-profit/financial benefits organizations. She oversees the regulatory and compliance areas plus the Business Continuity. In other words, great responsibilities but she is up to it!

Chris Pinkerton, who was hired as our COO, began making significant changes in the way Sons of Norway does business. He has an extensive background as CEO of other Fraternal Benefit Societies. With the aging of our members and decline in lodge memberships, he instituted new (to Sons of Norway) methods of recruiting/training Agents to increase sales and decrease costs. With our New Insurance Members number on pace to outdistance our 2020 goal, we can see that the strategies are working. New IPs (Insurance Professionals, formerly called Financial Benefits Counselors FBCs) are being hired and assigned on a routine basis through extensive marketing. **On March 13, 2020 Chris was announced as the new CEO of Sons of Norway due to a restructuring of the Administrative Staff.** His position as COO was **eliminated**.

On the Foundation side, Anne Olson was hired as the new Director this Spring. She is working diligently on Fundraising and Marketing while guiding the Foundation Board of Governors in ways to mitigate the effects of convention postponements which affect foundation awareness and fundraising.

Some even more exciting and positive news for the Sons of Norway future:

Building Heritage Membership is getting a new push. Recognition patches for 5, 10- and 15-year membership have been developed. New Heritage Members receive a personalized Welcome Kit and a new *Viking for Kids* is in the works. This publication is part of the 125th Anniversary celebration and will be published on the Sons of Norway website and available for download, hopefully, on my 75th birthday, August 3, 2020.

International is recommending video conferencing options for lodge leaders to explore how to replace in-person meetings and gatherings during the COVID-19 pandemic. Check out: Zoom, Skype, Amazon Chime, Google Hangouts, Face Time and GoToMeeting. It's really great fun to see one another's faces again.

Sons of Norway will be moving back to 1455 W. Lake Street into the new building in June 2020. There have been significant delays (when aren't there in construction and especially right now?) but everyone is cheerfully readying to pack up and head back to downtown Minneapolis.

**Stay home, stay safe and stay connected to your roots
with your Sons of Norway membership!!**

DISTRICT SIX RECREATION CENTER

What's new at CAMP NORGE?

Besides the difficult decision to close Camp Norge due to Covid-19, the Recreation Center Board has been busy maintaining the grounds and fixing up the Social Hall. On the inside, we repaired extensive, hidden, dry-rot problems in the floor, and around the base of the wall facing the meadow. You might recall the door leading to the deck was looking pretty bad. Well that has all been fixed. We also replaced the old linoleum floor with a nice, up-to-date laminate floor which we understand is perfect for certain Scandinavian-style dances! But we didn't stop with the interior. After years of patching, bracing and prayers, our old Social Hall deck finally gave up the ghost. The replacement you will see is larger and stronger than ever! So when we get the green light to open the Camp up again, be sure to make your reservations to come see the amazing face lift our favorite hang-out, the Social Hall, has undergone. You will love what you see!



Please note, these projects are expensive and we have lost 100% of our normal rental income during this shut down. Just as difficult, the usual financial boost we get in June from all of your generous donations during District Convention will be missed this year. So our dependence on District Six members and Lodges has never been greater. We know times may be tough for many these days. But if you have ever had the inclination to support the Camp, this is the time. We humbly ask that today you (a) send a little extra (no amount is too small) to the Camp and, (b) become a sustaining member of The Century Club. In times like this, without these two vital sources of support, we would not have the ability to keep Camp Norge in long-term "ship shape" for you, your children, grandchildren and beyond. Lastly, the above repairs and upgrades were managed by our Board treasurer and Camp manager Susan Winje. Susan lives in Alta and knows who to hire to get these jobs done right and under budget, and we thank her heartily for her continued dedication to our Recreation Center.

Stay safe and healthy friends and we will see you at Camp (soon we hope!) Make Checks Payable to: District Six Recreation Center The Century Club (\$100 to join) P.O. Box 622 c/o Lise Fleming Alta CA 95701 1104 Alamosa Dr. Claremont, CA 91711-2014





Carl Peter Ingvaldstad

District Six

Foundation Director

District Six Education Fund

Prior to the District Six Convention in June 2016, the District Six Scholarship Fund of approximately \$80,000 was in a separate “Passbook Savings” account that was in a Wells Fargo Branch Bank in the Headquarters Sons of Norway Building in Minneapolis, Minnesota drawing minimal interest. But, in 2016 things changed and the District Six Convention voted overwhelmingly to transfer a major portion (5/8ths of the \$80,000 District Scholarship Fund, i.e. \$50,000) to establish the “District Six Education Fund” at the Sons of Norway (SON) Foundation.

2016 was also the 50th Anniversary of the SON Foundation. That year Carl Peter Ingvaldstad, a past member of the SON Foundation Board of Governors, was appointed the District Six Foundation Director, while continuing as Chairperson, District Six Scholarship Committee.

The idea of transferring the scholarship fund to the SON Foundation was the culmination of six months of discussion and planning with Carl Peter, then District President Mary Beth Ingvaldstad and Treasurer Bob Sather, along with the then SON Foundation Director Corrie Maki Knudson. At the District Convention a resolution (prepared by Carl Peter) was introduced to establish the District Six Educational Fund and transfer \$50,000 to the SON Foundation.

According to the 2016 District Six Convention Report Book: The concluding remarks prior to the vote on Resolution #12, International President Jon Tehven helped “seal the deal” when he mentioned—“the safety of the money invested (in the Foundation).” He concluded with this statement: “Remember this—an endowment is for good and it is forever”.

District Six then voted to establish their Educational Fund within the SON Foundation and on June 1, 2017, when all legal documents were approved, \$50,000 was transferred. On December 31, 2019 the District Six Scholarship Fund had grown to over **\$90,241** while the remaining amount in the old District Six Scholarship Fund account has stayed at **\$30,000**.

When asked what advice he would give to other Districts considering transferring funds to the SON Foundation, Carl Peter offered this:

- Hold discussions between SON Foundation Director, District President, Treasurer, Scholarship Chair and the District Foundation Director.

- Develop a comprehensive transfer plan:

 - Target an initial transfer of \$50,000, which is the Foundation’s required initial amount

 - Prepare a Resolution to present to the District Convention

 - Establish realistic fundraising goals and strategies for the next 3-5 years

The District Six Treasurer recently predicted that the ultimate goal of \$100,000 could be reached by June 2020.

MESSAGE TO: ALL MEMBERS OF SONS OF NORWAY, DISTRICT SIX

FROM: Nancy Madson, District Six Secretary

RE: COVID-19 Crisis and Upcoming 2020 Conventions CLARIFICATIONS

Greetings All,

Based on the questions coming into the District Six Officers, some of the information we sent out recently is not clear. We hope the following will help your understanding.

- The 2020 District Six Lodge Meeting & Convention in Mesa, Arizona is postponed until 2022 as per the decision of the International Board of Directors.
- Terminology – The District Six Lodge Meeting is the business part of the Convention. The extra activities such as workshops or seminars, the Folk Art Exhibition & Competition, the Recreation Center Board Meeting, meals and social time, vendors, etc. are also part of the convention. Often, to simplify, the word 'convention' is used to mean the District Six Lodge Meeting and Convention
- The International Lodge Meeting and Convention is postponed until 2022.
- Local lodges shall comply with any local, state, and federal guidelines for meeting.
- The 2018 district delegates remain as delegates until the district convention in 2022. They will act on any referenda brought forth by the District Board of Directors. The 2018 alternates will take the place of any 2018 delegates not able to continue their service.
- The District Board is likely to present referenda during this biennium, as there are a couple of district related resolutions that the board would like to act on before 2022. Delegates may also be called upon to approve various reports via referendum, so that the 2022 delegates are not reviewing reports and financials from 2018 and 2019.
- The 2018 international delegates remain as delegates until the international convention in 2022. They will act on any referenda brought forth by the International Board of Directors. The 2018 international alternates will take the place of any 2018 international delegates not able to continue their service.
- All district and international officers and directors for the 2018-2020 biennium will continue in service until the regular district lodge and international lodge meetings of 2022. Those not wishing to continue may submit a resignation letter. Procedures in the Charter and Constitutions allow the district and international boards to make replacement appointments from among the 2018 delegates.

This COVID-19 crisis has put us in uncharted territory and uncertainty, but we have an organizational structure to move forward. In the face of these unsure and daunting times, we can share our heritage and care for each other through phone calls, social media, lodge newsletters, emails, etc. When we get through this crisis, we then can gather together as lodges, boards, committees, and other entities once again, perhaps with more enthusiasm and thankfulness.

**SAY
HEI*
TO
NORWAY**
***HELLO**



Judy Immel

District Six

Cultural Director



SHELTERING AT HOME—CULTURALLY

As we all shelter in place during this pandemic, we can do some wonderful things with our time. We can reconnect with our family members, sharing some of our beloved cultural memories with those around us. The following are some ideas to get you started. If your skills are more advanced than these ideas indicate, you are ahead of the game and to be congratulated on keeping our culture alive and thriving.

Please continue to develop your skills and share them with loved ones while you have to stay at home.. Here are some options for you to consider . . .

- ◆ All Cultural Skills can be found on the Sons of Norway website, www.sofn.com
 - Sign in as a member and look at member resources to find the cultural skills program.
- ◆ Cook a Norwegian meal: for recipe ideas visit sofn.com and open the recipe box. Choose 5 different recipes, make a meal using those recipes, (take pictures of each dish and your family eating the meal) and you are qualified for your first level Cooking Pin. Don't forget to submit your paperwork with your pictures.
- ◆ Make some Norwegian cookies and deliver them to a neighbor or friend.
- ◆ Read a book by a Norwegian or Norwegian-American author; start writing about your Norwegian heritage. These activities are part of the cultural skills for literature.
- ◆ Start a collection of Norwegian and North American Stamps for the cultural skill in stamp collecting.
- ◆ Practice the basic strokes for Rosemaling.
- ◆ Take up knitting. Learn the basics: cast on, cast off, knit stitch, purl stitch, increasing stitches, decreasing stitches, weaving in the ends of your yarn and gauge. Then knit a simple scarf.
- ◆ To help learn the Norwegian language, label objects in your home with the Norwegian word for the object. Then practice saying those words. Learn to make a simple sentence and tell a household member about an object.
Example: bed – seng, chair - stol, table – bord
- ◆ Listen to Norwegian music.
- ◆ Practice Hardanger stitches.
- ◆ Try weaving and/or carving.
- ◆ Learn a Norwegian folkdance by watching YouTube online.

If you are already working on a project for the next District Six convention, try to complete it.

PLEASE NOTE:

***Since there will not be a District Six convention in 2020, you will have another 2 years to complete projects for exhibit and or competition at the 2022 District Six convention.,
4 years in total.***



A Message from the Sons of Norway CEO, Chris Pinkerton



Sons of Norway was built on the spirit of community and has a strong philanthropic heart. Now is a perfect time for us to rally together and do what we can for our neighbors and communities.

To support your lodge with its community efforts, we would like to invite your lodge to use a portion of its New Member Recruitment Event funds to support local food shelves or other community needs. Under this program lodges can receive up to \$200 to go towards donations of food or supplies to a local food shelf. See below for details.

Sons of Norway Insurance Community Support Program

- To be eligible for this program, lodges must notify Sons of Norway headquarters of their plans to participate and send receipts to: Matt Roedel 1455 W. Lake Street Minneapolis, MN 55408. Please include a brief description of the aid given, including donation amount and the name and contact information of the recipient organization.
- Any lodge can use a portion of its New Member Recruitment Event funds, up to \$200.
- Lodges that have already reached their \$400 annual limit can apply for an exception to participate in this program.
- We suggest forming a small committee of lodge members to facilitate the donation process.
- Please use social distancing measures when collecting food for donations, such as curbside pickup and drive-through drop off where available.

The current situation can feel very stressful and isolating, especially for people who live alone. We all know people who are not able to get out due to limited mobility or compromised immune systems. Why not take this opportunity to enrich your community and spread the hope that is so needed right now? Take some time as a lodge to reach out by phone or email to check in with your neighbors and community members and offer some words of encouragement. The support will be welcomed, I'm sure!

To learn more about how to leverage this offer contact Matt Roedel, mroedel@sofn.com or 612-821-4603.

I encourage you to show your community the spirit of "neighbors helping neighbors" that is the heart of each and every lodge with Sons of Norway!

3 District Six lodges that are already involved in supporting philanthropic programs in their community, are:

Vikings of Lake Lodge - in northern California - is actively supporting Galilee Lutheran Church Food Bank.



Vestafjell Lodge—in western Colorado - has a 10-year history of supporting many community projects. Most importantly is the Community Food Bank, providing volunteers, monetary donations and collections of shelf staple food.

Fridtjof Nansen Lodge—in southern California—collects pop tabs to raise funds to help children and their families at the Ronald McDonald's house in Long Beach, CA. They also prepare an annual dinner for parents and children who have been visiting their child in the Hospital.



Holidays and Observances in Norway

In May

May 8	Friday	Day of liberation	Observance, Flag day	
May 17	Sunday	17 May Constitution Day (1814)	National holiday, Flag day	

The 8th of May is **Liberation Day**, marking the end of Norway’s occupation during World War II. We take a look back at what happened, and how the day is marked today. Liberation Day, known in Norwegian as **Frigjøringsdagen**, is marked every year in Norway on the 8th of May. It also serves as Norway's Veterans Day. It marks the anniversary of 8 May 1945, when Nazi Germany forces withdrew from Norway and WWII came to an end. The occupation had begun on 9 April 1940, so Norway had been occupied for more than five years.

The 17th of May , “**Syttende Mai**” is **Constitution Day**, marking the day that the **Eidsvoll Assembly signed the Constitution, signaling its independence and separation from Sweden, in 1814**. Whilst many countries celebrate their national day with a military parade, Norway’s 17 May is more of a party for everyone, especially the children. Before they take to the streets, **many will gather for a 17 May breakfast** – often a potluck with friends and neighbors – with freshly baked bread, scrambled eggs, smoked salmon, and for the grown-ups, champagne. **Children’s parades then take place across the country**, and led by marching bands they walk through their communities. The largest of the traditional parades attract tens of thousands of people waving flags and shouting “hurra!”. In Oslo, the parade is greeted by the royal family who are waving tirelessly to the crowds from the Royal Palace balcony. Hot dogs and ice cream are the traditional foods of the day!



@EvaVarga.net

THE FIRST HUNDRED AND TEN YEARS OF SAN FRANCISCO'S HENRIK IBSEN LODGE #7, SONS OF NORWAY

By Norman Ronneberg Jr.

*Part One: At the beginning.....**



In 1849, a booklet was published in Christiania, Norway (now Oslo) called: An Account of California and its Riches of Gold. Within only a few weeks, the first Norwegian immigrants to California set sail for San Francisco to seek their fortunes in the gold diggings. Only one of them, Capt. Christian Poulsen of Grimstad, struck the proverbial jackpot. Many of his Norwegian compatriots, though, decided to remain in California, rather than return to Norway
---and prospered as craftsmen, carpenters, fishermen and seamen. Undaunted by vigilante violence and the major earthquakes of 1868 and 1906, they invited their friends and relatives to join them in a city of unparalleled beauty, benign climate and rich economic opportunities.

By 1890, there were 3000 Norwegians in the San Francisco Bay Area. Much as they wanted to become Americans, they also wanted to preserve the culture and the traditions of their homeland. So, they decided to create an association which would not only provide a social community, but also an organization to protect them in times of sickness or economic hardship. Several failed attempts were made to start a Norwegian association in San Francisco. But with the announced 1906 arrival in San Francisco of polar explorer Roald Amundsen, the Norwegian community was galvanized into forming a Lodge to help plan gala celebrations for Amundsen and his crew---to honor their "discovery" of the Northwest Passage aboard the GJØA.

Just before the ship's scheduled entry through the Golden Gate, the 1906 Earthquake struck. The Amundsen festivities (as well as the founding of a new Norwegian group) were forgotten for the time-being, as members of the local community worked to find new homes for each other, and to build a new city. One unex-



pected benefit from the disaster was the decision of at least one member of Amundsen's crew to settle in San Francisco, and eventually join what would become Henrik Ibsen Lodge. According to early Lodge minute books, he crafted the exuberant "shadow box" ship's model of the GJØA , with an American shield and Norwegian flag, which now hangs in the Kitchen at Henrik Ibsen Park.

**This is the first of a series of three historical accountings of the Norwegian settling and beginnings of Henrik Ibsen Lodge in the San Francisco Bay area of California, by guest contributing author, Norman Ronneberg.*

Thank you, Norm . . . We look forward to the next part of the story,

Does your Lodge have a story to tell? If so, please contact Kaye with a proposed article. We'd love to tell YOUR LODGE'S STORY!!!! . . .

Camp Trollfjell and Trollfjell Folkehøgskule News.

On behalf of all the Camp Trollfjell campers and Trollfjell Folkehøgskule students I want to thank Nordahl Grieg Lodge for their donation of \$1000 and the Solveig Club of Nordahl Grieg lodge for their donation of \$500 to the District Six Language and Heritage Camps (a.k.a. Camp Trollfjell and Trollfjell Folkehøgskule). We had planned to use these funds to enhance our 2020 programs. But as you will see below, our plans have changed.

It is with deep regret that I announce the postponement of Camp Trollfjell and Trollfjell Folkehøgskule until 2021.

Our primary concern is for the health and safety of the children and youth entrusted to our care, our staff, and all their families. The COVID-19 pandemic situation is changing daily, but until there is massive testing capability available or a vaccine, social distancing is the only thing keeping this virus contained.



We know that this is a disappointment for our Campers and Students. We are in the planning stage of providing some “*Virtual Trollfjell*” activities during the time we would have normally held our Language and Heritage Camps. It is our hope that we can conduct *Virtual Trollfjell* at no cost to the campers and students. If lodges who were planning to give camperships this year made a donation to our program, we could cover our costs, including materials and not charge for this on-line program. Please watch for future announcements about *Virtual Trollfjell*.

With sincere regrets, Bruce Fihe

Executive Director, Camp Trollfjell and Trollfjell Folkehøgskule

Lodges Meeting 2019 New Member Target Gratulere!

Congratulations to the lodges , listed below, for meeting or exceeding their 2019 New Member target. Well done! Keep up the good work.

6-009	Fridtjof Nansen	Long Beach, CA	6-110	Trollheim	Denver, CO
6-048	Roald Amundsen	Sacramento, CA	6-112	Aasgaarden	Monterey, CA
6-056	Garborg	Modesto, CA	6-115	Stordalen	Grass Valley, CA
6-060	Norge	Vista, CA	6-134	Sol Byer	Sun City, AZ
6-062	Freya	Santa Rosa, CA	6-146	Vestafjell	Grand Junction, CO
6-067	Soldalen	San Bernardino, CA	6-152	Vegas Viking	Las Vegas, NV
6-083	Leif Erikson	Salt Lake City, UT	6-153	Overtro Fjell	Mesa, AZ
6-091	Norseman	Thousand Oaks, CA	6-155	Vigeland	Redwood City, CA
6-107	Fjellheim	Colorado Springs, CO	6-162	Fjellaldalen	Denver, CO
6-108	Shastafjell	Redding, CA	6-169	Storfjell	Grand County, CO

Bruce Fihe

Vice President, District Six – Sons of Norway

Barnelopet: Funny name, tons of fun.

by [Toby Morse](#) | Feb 19, 2019 - Grand Junction Daily Sentinel and [Kaye Wergedal](#), Editor



What do you do when the average winter temperature is below freezing and the sun only shines few hours per day? You utter words to illicit smiles and get outside, of course. From Norway, the land of elaborately knitted sweaters and mischievous trolls, comes—get ready to chuckle—Barnelopet (pronounced “BARN-uh-LOH-pit”), a winter ski race just for the wee ones. The funny word makes me think of farm animals loping toward the barn to get the heck out of the cold in a Jan Brett picture book, and maybe that’s exactly where it comes from. It’s Norwegian for “kids race.”

Barnelopet is a worldwide phenomenon traditionally hosted by chapters of [Sons of Norway](#). [Vestafjell Lodge #6-164](#), has hosted the race for many years, on the world’s longest flat-topped mountain, Grand

Mesa in western Colorado, with the perfect combination of elevation, climate and terrain to produce world-class Nordic skiing, we thought our munchkins-on-skis deserved Barnelopet as part of their cultural heritage. It was a chance for kids to dream about professional ski racing, like our own [two-time Junior National Champion Hailey Swirbul](#) used to do. Mostly, it was just plain fun.

Currently, and for the past several years, Zone 8 (SofN Lodges in eastern Colorado) has hosted the event at Snow Mountain Ranch “YMCA” in Granby, in January of each year, and the lodge in Grand Junction, with help from grants awarded by Sons of Norway, hosts a “Skate-Barnelopet” .

“SKATE BARNELOPET” is also “tons of fun”! A brainstorm of Vestafjell member, Linda Lynch, this is a “race” held in March of each year at the Glacier Ice Arena in Grand Junction. Lessons are included for ages 4-14, skate rentals are free, and everyone wins a medal! The attendance is growing every year, and it is one of the winter events enjoyed by all ages in the community. A wonderful outreach with a Norwegian tradition!



MESSAGE FROM DISTRICT SIX TREASURER BOB SATHER

How quickly things can change. Not long ago we were busy planning for our biennial conventions. Now we are looking forward to conventions in 2022.

With this delay there is one bright side – Lodges and those individuals who would have attended our conventions will experience a financial savings. These savings could be put to good use by making tax deductible donations to our District Six scholarship fund. This fund will soon be at the endowment level within the Sons of Norway Foundation. What this means is that next year 2021, we should be able to start granting scholarships from that fund. I urge you and your lodges to support this program with your tax deductible donations to:

District Six Sons of Norway Educational Fund
Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN 55408

Hoping all of you are well and doing well during these trying times.



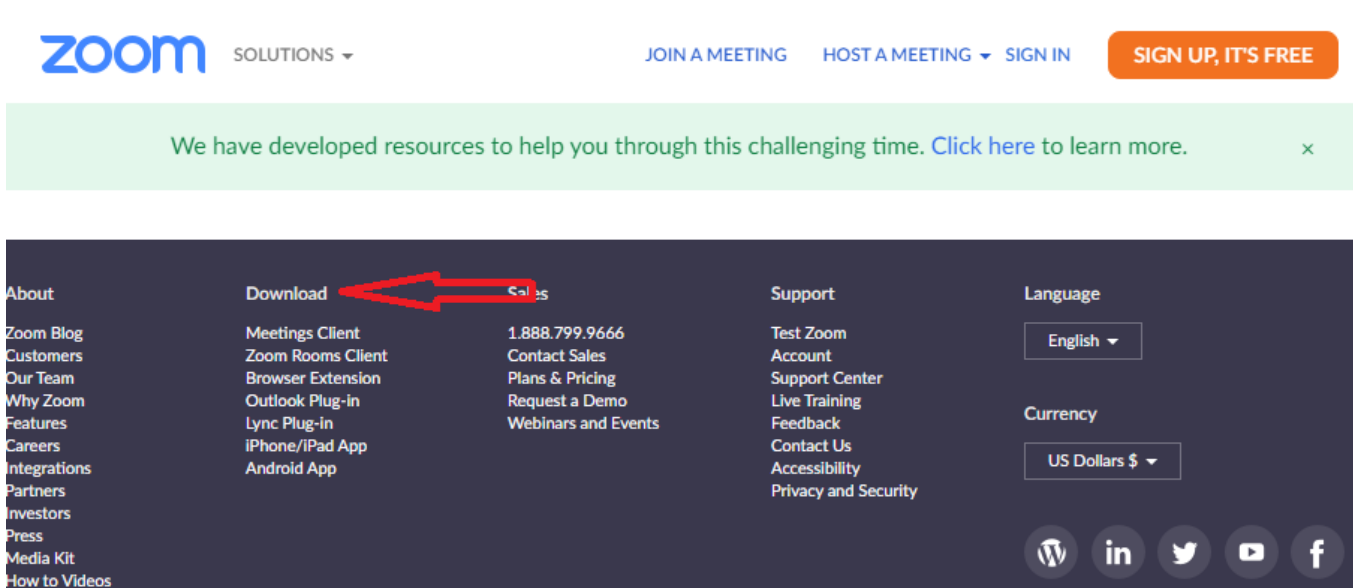
Social Distancing Not Social Isolation

The coronavirus virus (COVID-19) pandemic has changed our daily lives and the way we do things. While it is important to practice *social distancing*, and it may be for some time to come, it is important to not become *socially isolated*. District Six, and many of our lodges, have already adopted the Zoom video conferencing system. There have been board/officer meetings, virtual happy hours, cultural presentations, and even family gathering being conducted by Zoom throughout the District.

The Social Media Support Committee (SMSC) can provide help with Zoom if you need it. There are several other such systems, and you can choose the one that works best for you. As we have done with other technology, the SMSC has identified what we think is a good solution and can offer support for that solution.

To get the most out of Zoom, it is best to use a computer, tablet, or smart phone that has a camera, microphone, and speaker(s). This is the set up you should have to host a Zoom meeting. You can use this same setup to join a Zoom meeting, or you can use any phone to call in for an audio only connection.

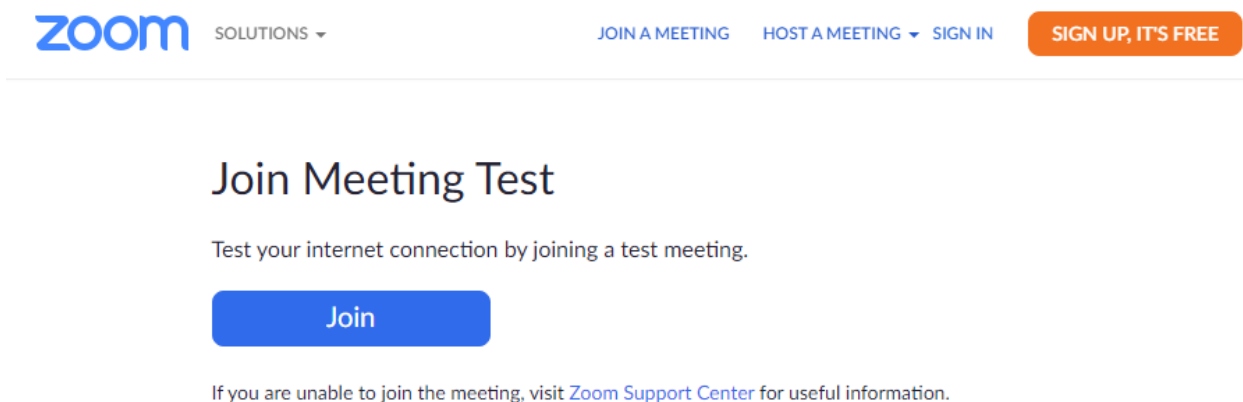
It is easy to get started with Zoom, using any browser, visit the Zoom website (<https://zoom.us/>), scroll down to the bottom and click on the Download link:



The screenshot shows the Zoom website footer. At the top left is the Zoom logo and 'SOLUTIONS' with a dropdown arrow. To the right are links for 'JOIN A MEETING', 'HOST A MEETING' with a dropdown arrow, and 'SIGN IN'. A prominent orange button says 'SIGN UP, IT'S FREE'. Below this is a green banner with the text: 'We have developed resources to help you through this challenging time. [Click here to learn more.](#)' with a close button 'x'. The footer itself is dark blue and contains several columns of links. A red arrow points to the 'Download' link in the second column. The 'Download' column includes: Meetings Client, Zoom Rooms Client, Browser Extension, Outlook Plug-in, Lync Plug-in, iPhone/iPad App, and Android App. Other columns include 'About', 'Support', 'Language', and 'Currency'. Social media icons for WordPress, LinkedIn, Twitter, YouTube, and Facebook are at the bottom right.

This will install the Zoom app on your computer.

Next, test your system by visiting <https://zoom.us/test> then click on the Join button: (Continued on the next page)



The screenshot shows the 'Join Meeting Test' page on the Zoom website. At the top is the Zoom logo and 'SOLUTIONS' with a dropdown arrow. To the right are links for 'JOIN A MEETING', 'HOST A MEETING' with a dropdown arrow, and 'SIGN IN'. A prominent orange button says 'SIGN UP, IT'S FREE'. The main heading is 'Join Meeting Test'. Below the heading is the text: 'Test your internet connection by joining a test meeting.' A large blue button labeled 'Join' is centered below the text. At the bottom, there is a line of text: 'If you are unable to join the meeting, visit [Zoom Support Center](#) for useful information.'

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This will allow you to test your internet connection, camera, microphone, and speakers.

In order to host a meeting, you will need to sign up for a Zoom account (click on the orange button on the Zoom website). The free account will allow you to host a meeting of up to 100 people, but your meeting length will be limited to 40 minutes. If you must have longer meetings, you can purchase a Pro license for \$14.99/month. While it is only necessary for the host to have a zoom account, others may want to sign up for a free account so they can host virtual family gatherings.

Zoom offers lots of support and you can find many of their help videos by clicking "SUPPORT" on the main menu of the Zoom website. If you need other help with Zoom, fill in the SMSC Help Request form on the District Six website (<https://sofn6.org/smsc-help/>).

So, happy Zooming. Stay safe and healthy.

All ZOOM information and graphics, courtesy of

Bruce Fihe
Chair, Social Media Support Committee
District Six – Sons of Norway

Your District Six Board of Directors at its 2020 Spring Board Meeting.





Our “hats off” and a bittersweet “farewell” to the FORMER Zone 1 Director, Adrienne Lincoln, as she leaves this position of taking care of others to focus on taking care of herself. THANK YOU, Adrienne, for all you are, and all you

have done for all of us! Be well! We will not forget your smile and your “bustling energy” to make Zone 1 a great community of lodges and members in District Six!

Hi!

My name is Tove-Lise Miller. I am your new Zone1 Director and a longtime member of Sons of Norway . Some of you might still remember me as I was Zone director several years ago. I would like to thank Adrienne Lincoln for the great job she did as Zone 1 Director, but unfortunately she was unable to continue.



I consider Sons of Norway my family and am looking forward to working with all the lodges in Zone 1. I know this is a difficult time for everyone as all our activities are cancelled. That is why it is very important that we keep in contact with each other. Don't forget to call your members that live by themselves. Those of you that are computer savvy could even do it face to face.

Wishing you all “Hurra for Syttende Mai”. Hopefully next year we will all be able to celebrate the Norwegian Constitution day together again.

Hilsen, Tove-Lise



Zone 2 Director
Lotte Sather

Well life, as we knew it, has changed for us all in the past few months. Hopefully you are all taking measures to stay healthy and safe.

I asked our Zone lodges what they were doing to keep in touch with their members. The lodges responded with the following: telephone calls, emails, newsletters, Facebook, greeting cards for birthdays, some have tried Zoom or Web Ex for meetings. My lodge, Victory 43, has had a Zoom board meeting and is planning our May social on Zoom. It is fairly easy and you can do a 40 minute session for free. Thank you to all of our Zone 2 lodges for publishing your great newsletters, best way to communicate with everyone, including those not on line.

You could put pictures of past activities in your newsletters. Joyce Morken of Solheim 69, Stockton, used her time to go through the lodge's pictures and her pictures and sent packets of pictures to the Charter members with a thank you note. Great idea.

Be inventive with your methods to communicate, but keep in touch with your members. Let me know if you try something new.

If I can help, please contact me.
Tusen takk for your support.

Lotte Sather
Zone 2 Director
District Six, Sons of Norway
rgransather@aol.com
707 374-1384



Zone 5 Director
Troann Loy

Greetings from Zone 5 of District 6. . .

It has been a busy year until we were asked to use social distancing and stay home.

In Zone 5, 2 lodges have changed their locations.

Peer Gynt #22 has sold their lodge in Van Nuys, and now meets at Trinity Church in Hawthorne.

Norseman #91 was meeting in Westlake Village; now they have their meetings at Los Robles Golf Course in Thousand Oaks, CA.

I was honored to perform the installation of the new officers of Ivar Aasen #45 Lodge and Norseman #91 Lodge.

Here we are in 2020; and it is going to be an interesting year! As all of us have been asked to stay in our homes, we, as lodges, need to think of ways to be in touch with our members..

I think calling members' especially older members or single members just to say hi and ask how are they doing would be great.

I know we all are trying to figure out what project to do. Maybe you have wanted to do one of our Cultural Skill programs to get your pin. Check the Sons of Norway website to see the requirements for:

Reading
Hardanger
Knitting
Cooking
or Carving

All of these can be done at home: If you have questions on how to do something try Facetime or Zoom to show them problems, so they can help you.

If you have other ideas I would love to hear them and share with others.

We are stoic Norwegians, our ancestors lived through those long winters where they were shut-in and did all these wonderful crafts.



Zone 8 Director
Bev Moe

I can tell it is Spring. The bears are coming out of hibernation and there are no lutefisk dinners scheduled! The Zone 8 front range Barnelopet has grown again! We had 90 young skiers from ages 2-16, along with a few parents joining in on the cross country skiing! Lunch that followed had a roomful of happy families and volunteers!



SteinFjell Lodge in Loveland, CO has a murder mystery play "The Beginning of the End" for their program on April 18. They are having so much fun planning and practicing, I'm sorry I will miss it. I'll be at the District Six Board meeting.

We have a big announcement that Ski for Light is returning to the YMCA Snow Mountain Ranch in 2021. There will be about 300 Visually Impaired Skiers coming! They will arrive at Denver International Airport on Sunday, January 24 and leave on Sunday, January 31. We will be recruiting volunteers for both Snow Mountain Ranch and at Denver International Airport. Please join us for this heartwarming time!

Vesterheim Lodge in Boulder, CO will be celebrating May 17 on Zoom! President Erik will be giving a message and members are asked to wear their bunad if they have one. We will have a glass of our favorite drink to give a toast, sing the Norwegian National Anthem and wave flags! YES, we will celebrate Syttende Mai!



Zone 6 Director
Ronna Clymens

WHAT'S HAPPENING IN ZONE 6 DURING COVID-19

Laila Bergheim (**Vinland Lodge #6-159**) shares how she is coping with the quarantine:

I am going to tell about my quarantine at home. My husband and I try to stay safe. We don't have any contacts with children and grandchildren. That's difficult, although we see them when we are 15 feet apart, but we can't get close and hug them.

Getting groceries takes a long time. Order on the net, or getting the children to come to our rescue when the website at the store is down, and they have lost all the orders for the day.

Still when we get the groceries, we have to clean everything with wipes and antibacterial soap. After that the groceries are in quarantine in our garage for a while.

We can't wash the breads, that's why I am baking them myself. I make lefse and cakes. Eating all that means more exercise, so I run every morning and try to get my husband out for walks. He is working from home. We eat a lot of oranges. C vitamin is good, and we have some orange trees in the garden. I have a big garden. I have to work there in my spare ??? time. Reading is a nice hobby. I belong to a book club, and we have Zoom meetings to discuss the books.



Knitting is fun. I had a lot of yarn I am trying to get rid of. My Family (adults and children) will each get something with funny designs. I like to do animal design, and I use many colors, so I have to count, good for the brain. The funny thing is that it's nothing that's urgent anymore. Contact with my friends on the phone and emails. Everyone is sitting at home!!

I sincerely hope this will be over soon, so we can get back to normal— what kind of normal that is, I don't know.

AND . . .

David and Thordis Moe (**Vinland Lodge 6-159**) have been listening to choral music. You can access a list of Lutheran Colleges with choirs, supported by the ELCA from David Moe at ha26moe@outlook.com (sorry David, not enough room here). Then, once you have the list, going on-line to the search engine, enter the college name choir (i.e. Augsburg College Choir), it will pop up and you can listen to them sing in concert. Some wonderful choirs with great music.



IN HONOR OF NATIONAL VOLUNTEER RECOGNITION WEEK APRIL 19-25, 2020

Although this week has passed, District Six wants to honor our many members who volunteer in their lodges and out in their communities! National Volunteer Week is an opportunity to celebrate the impact of volunteer service and the power of volunteers to tackle our greatest challenges and build stronger communities. It is our chance to recognize our Sons of Norway volunteers and their passions that inspire us to serve; thanking volunteers who lend their time, talent and experience to make a difference for us all.



National Volunteer Week has grown every year since it was established in 1974. As people strive to lead lives that reflect their values, the expression of civic life has evolved. It can be seen in our local food bank boxing up food to feed the hungry, on a front porch step when a volunteer comes to deliver a meal to the homebound elderly, or on a city trail when a trail host hands out a dog bag to keep our trails clean for us to enjoy the great outdoors. We recognize and celebrate all volunteers; especially in these critical times. Thank you, District Six volunteers, for making a difference for yourselves and our community..

We especially want to give a special THANK YOU
To the members of our
DISTRICT SIX BOARD OF DIRECTORS

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Zone 8 Director	Bev Moe	zone8director@sofn6.org

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.