



**SONS of  
NORWAY**

Celebrating 125 Years

1895-2020

# The *SUPER* SIXTH DISTRICT

*SUMMER 2020 NEWSLETTER*

**CA—UT—NV—AZ—CO—HI—NM**

*Lis Barca, Editor*



## **Ord fra Presidenten**

Luella Grangaard

### ***The Summer of COVID***

As I write this, if the world hadn't changed, I would be packing tonight for my trip to Norway for the International Convention. That has been cancelled and the 2022 International Convention has been moved to Minneapolis. Our District Convention has been rescheduled to June 3-5, 2022 in Mesa, AZ.

Let me review what is happening in District Six. Actually many lodges are making gallant attempts to keep members engaged. Over the summer many zone directors, the District VP and webmaster, and myself have been meeting with lodge leaders via ZOOM to provide district and international updates and also to discuss challenges and solutions to the current shelter in place orders throughout our district and our order.

Here are some of the ideas. Usually lodges kind of shut down during the summer. However, many lodges have continued with beautiful and creative newsletters. Some lodges are sending e-mails, notes, cards, post cards and making calls to members. Lodges are reaching out to members who may need to help with marketing or whatever. Lodges are using Zoom to have business and social meetings. Lodge activities such as book groups, craft groups, BINGO and even an ice cream social have been moved to ZOOM. Some lodges have met, with social distancing, in parks or on the grounds of their lodge building. The District held a ZOOM "Show and Tell" of projects that members have completed during their time at home. You will see some of these items in the upcoming District Cultural newsletter. Sons of Norway Headquarters has started weekly 5 minute videos about different aspects of Sons of Norway.

The District held a virtual Trollfjell Language and Heritage Camp and Trollfjell Folkehøgskule by Zoom for our youth. Camp was 3 hours a day for 2 weeks Monday through Friday. The classes by Zoom included craft activities, language classes with the instructor in Norway, Viking education and videos, and they even had a flag raising each day. I was amazed at the electronic presentations the youth completed and presented to their families.

So our lodges are still alive. The District membership has remained positive with a 2.5% growth. As a District, we are doing well with modifying how we reach out to our members, how we conduct meetings and social activities. At my lodge, we are going to have a program via ZOOM, in September, on the northern lights. If able, I would like to attend your lodge meeting and virtually it would be very easy to do. Please send me an invitation.

Before I conclude this article let me explain my photo. At the hospital where I work, I now not only have to wear a mask at all times but a face shield has been added to the outfit for patient care and when closely talking to other staff. Aren't you envious?

Thank you all for exemplifying the fraternal spirit by reaching out to each other and supporting your lodge members during this time.

Fraternally,

*Luella*

## ***DISTRICT SIX RECREATION CENTER***

### ***Greetings from the Board of Directors!***

We would like to give you all an update of the latest news of the Camp and also let you know of the most recent happenings on the Board.

These last months have of course been very unusual times for us all. We had previously set a Camp reopen date of 7/31/20, but unfortunately, we have had to make the difficult decision to keep Camp closed until normal operations can resume next Spring. Our new target reopening date is April 1, 2021. We will revisit this decision at each Zoom Board Meeting until then, and keep you updated.

We do want to report we are using the time wisely by doing sleeping room refreshes, tree work, grounds cleanup work, and a very beautiful redo of the Social Hall with a brand-new deck.

Our finances are stable. We are balancing our income to expenses due to our revenue from our cell tower lease, rental of the apartment, donations, and careful management of our funds. Thank you to all the members of District Six who have been so generous with donations, especially now when our revenue generating need is the greatest, and we have the access while we're closed to accomplish much on our task lists.

An outside review of the Camp's financial records, kept by our Treasurer Susan Winje, found them in excellent order. Financial Statements were prepared and have been sent to International Headquarters. Our new 501c2 2019 Tax Returns are on Extension until Oct. We have an excellent new CPA doing the returns this year. We received a letter from the CA Attorney General regarding our Tax-Exempt status, which we responded to. There has been no word back yet; we answered all concerns and do expect a favorable outcome.

With great sadness we report the unexpected passing of Susan Winje's husband David, a wonderful friend to the Camp. David provided many, many hours of volunteer time. He was a tremendous support to Susan and to us all as Board Members. He will be greatly missed.

I (Eden Washburn) was awarded my PhD in Archaeology and Forensic Anthropology in June. My husband Ross Tunheim (also a life-long SoN member) and I welcomed our first child, Adam, also in June. Welcome to District Six's new little Norwegian and future Trollfjell camper, Adam!

Our Board Officer elections that are due every two years in June at the District Six Convention were just completed at our August Zoom Board Meeting. Our new Board Officers are Eden Washburn, President; Susan Winje, Vice President (and Camp Manager); Jaynee Morse, Secretary; and Vicki Running, Treasurer. All existing Board terms of office have been extended by 2 years. A huge vote of thanks to the outgoing Board officers for their years of service as officers!

We look forward to welcoming everyone back to Camp as soon as we can – the beauty of the Camp is unsurpassed. Tusen Takk for your generous support of the facility and our board.

Fraternally,  
Eden Washburn  
President, on behalf of all the Recreation Center Board of Directors.



## **District Six Public Relations Officer**

Lis Barca

Kaye Wergedal, our 2016-2020 District PRO resigned as of June 21, 2020. We thank her for all the creativity and energy she brought to the position of District Six PRO.

The District Board searched for a replacement from the 2018 delegates. Lis Barca was offered and accepted the position and was confirmed by a vote of the District Six Board. The District Six Board held a meeting on August 1st and our International Director, Mary Beth Ingvaldstad, installed Lis Barca as the new PRO. Please welcome and support Lis in her duties as the District PRO. We hope this will be an easy transition for all. Lis will be receiving all e-mails addressed the [pro@sofn6.org](mailto:pro@sofn6.org).

Welcome Lis, to the District Six Board!

### **Don't miss out on important tips and news from Sons of Norway headquarters!**



David Crabb, Fraternal Engagement Manager, continues to send out brief weekly video update emails to lodge leaders with news, tips and advice as we work together to strengthen our organization. These videos have quickly become very popular, and he has received great notes and comments from viewers. In the most recent video, David asks for your feedback on your favorite social, cultural, and educational programs. He then outlines plans for a full virtual programming calendar for 2021. Upcoming topics include using Social Media-Facebook to engage members and promote your lodge. He's also going to be sending out a short video interview with International President Ron Stubbings soon.

We encourage you to take a couple of minutes to watch, if you've missed the most recent email sent on Friday, August 14. You can view the video using this link: [https://www.youtube.com/watch?v=GEj\\_pl1ikTM&feature=youtu.be](https://www.youtube.com/watch?v=GEj_pl1ikTM&feature=youtu.be)

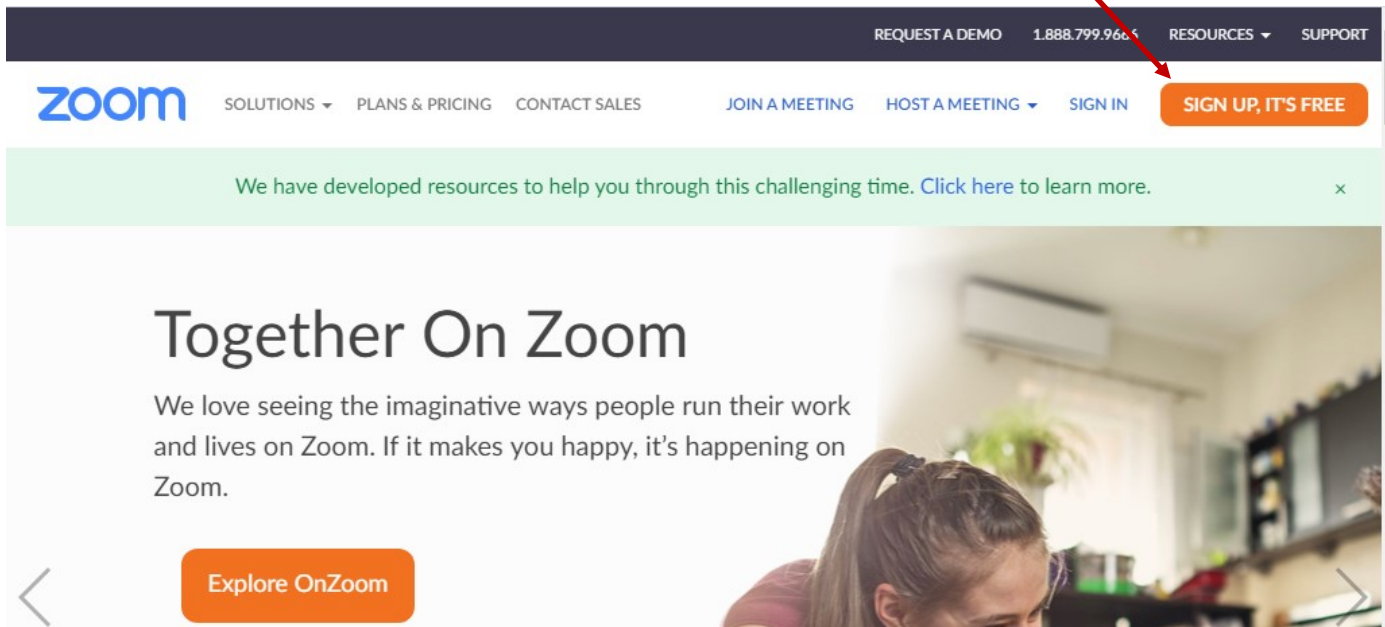
Please make sure you have provided Sons of Norway with your unique email to receive these and other important messages. David Crabb also manages our monthly digital publication for lodge leaders, *Leadership Resource*. We welcome your ideas, questions and feedback on this publication too. You can contact David by [email—Dcrabb@sofn.com](mailto:email—Dcrabb@sofn.com).

## Using Zoom for Social Connections in the time of Physical Distancing

Whether it is for lodge business or social gathering, family, book club, or just a group of friends, anyone can sign up for a free Zoom account, and it is quite easy to use.

The free version allows you to host meetings of up to 100 people but limited to 40 minutes. There is no limit on how many meetings you can have in any day. The next tier that allows 100 attendees and meeting up to 24 hours long is \$15/month if you really need longer meetings.

You can start at <https://zoom.us/> and click on the orange button "SIGN UP, IT'S FREE." The instructions are clear and easy to follow.



When you sign up for an account, Zoom will install an application on your system that you will then use to set up and start Zoom meetings. When you set up a meeting, Zoom will give you a "Zoom invitation" that you can then email to all your attendees.

Zoom has several good videos to help you. See them here: <https://support.zoom.us/hc/en-us>. You can also type in a subject like "install" in the How can we help? field.

Zoom allows attendees to join a full video conference using a desktop or laptop computer that has a camera, microphone, and speakers (most laptops have these built in). You can also use a tablet (like an iPad) or any smart phone for full audio-video connection. Folks can also join a Zoom meeting using any phone for an audio only connection.

You only need a camera so others can see you. Even without a camera, you will be able to see the others and have an audio connection through your computer. However, computers without cameras, usually do not have microphones, so a laptop may be the best bet. If you find that you are doing a lot of Zoom meetings, and want to use a desktop computer that does not currently have an camera or microphone, you can purchase a webcam like this one from Amazon here: <https://tinyurl.com/yyzh98p2>. This webcam plugs into a USB port and has a built-in microphone.

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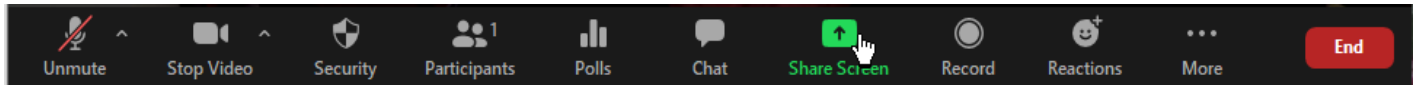
Here are a few tips on using Zoom:

For meetings of greater than 5 or 6 people, it is good for everyone to Mute themselves and un-mute only when they are speaking

For quick comments, use Space-Bar as a “push to talk” function.

Use the Share Screen function to display a photo or document to the others in the meeting.

Don't forget to un-share when finished.

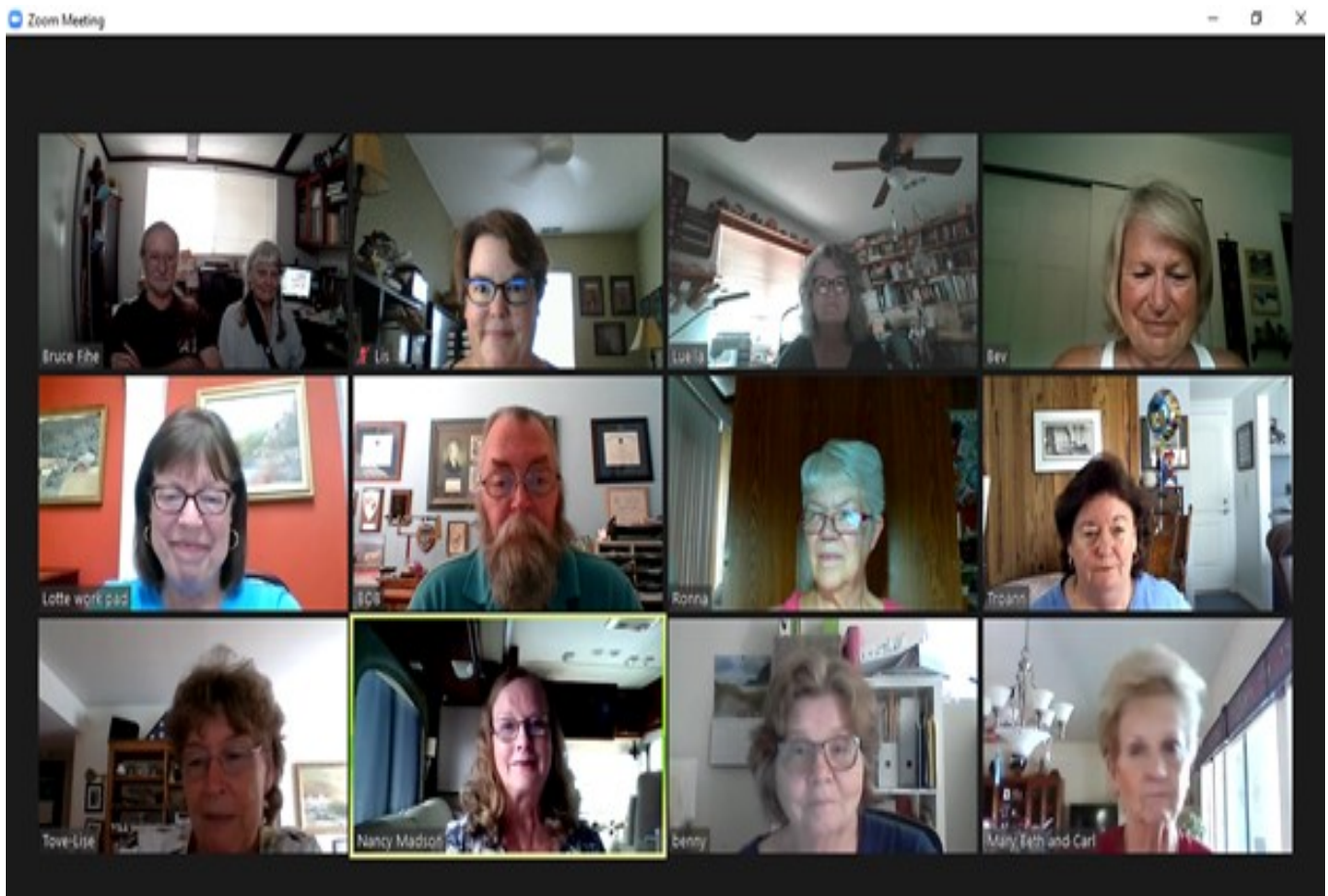


Enjoy your physically distanced social gatherings and stay healthy.

Bruce Fihe

Vice President, District Six, Sons of Norway

## Your District Six Board of Directors at a Summer Board Meeting.





Zone 1 Director  
Tove-Lise Miller

Greetings from Zone 1. I am sure that everyone feels the same way I do about being somewhat locked up at home and thinking about what could have been. I know we have lost several of our long-time members in the last few months. Please keep their families in mind in these difficult times.

Unfortunately, we were not able to present the 2018-2020 Biennium Communications awards to the winners in person. Congratulations to Vikings of Lake #6-166, Mary Beth Ingvaldstad, Sharon Lewis, Joanne Swenson and Kirby Aasen, for receiving the Silver Award. Also receiving the Silver Award was Roald Amundsen Lodge #6-48, Stephen Rosenthal, Terje Miller, Arlene Kozub and DeAnn Smeltzer. Thank you for all the hard work you do.

Several kids from Zone 1, participated in Virtual Camp, since Camp Norge was closed. They had a great time and I was lucky enough to be on the staff. We have some very talented kids in our district.

Some lodges have had drive-by visits, some have had Zoom meetings, and some have had Zoom book club meetings. Everyone is trying to keep in contact one way or the other. If you have any ideas, please contact me.

Until next time," ha det bra".

Hilsen,  
Tove-Lise Miller  
[ToveLise@aol.com](mailto:ToveLise@aol.com)  
916-508-5555



Zone 2 Director  
Lotte Sather

We have all learned the meaning of pandemic in the last five months. Our parents and grandparents lived through the deadly Spanish Flu pandemic lasting from February 1918 to April 1920 - 100 years ago. They didn't talk about the true situation, only saying a lot of people died. Since the beginning of shelter in place, we have all aged, weathered changes, missed face to face visits with family and friends, postponed vacations and visits, and perhaps have not even been able to get a haircut. We are all dealing with new normals.

Zoom has become a regular part of my life, with two or more Zoom events every week. I enjoy seeing everyone, but it doesn't replace person to person and hugs.

You have all learned to make adjustments and changes to stay in touch with your lodge families. I have enjoyed reading your lodge newsletters and seeing the ideas you have put into practice. Keep it up. Share your successes.

I will schedule a Zone 2 Zoom gathering in the fall to share ideas. Until then, I am available by phone or email.

Tusen takk for your support. Stay safe.

Lotte Sather  
[rgransather@aol.com](mailto:rgransather@aol.com)  
707 374-1384



Zone 3 Director  
Kären Aaker

Hilsen Alle,

This summer of 2020 has been a challenge for Zone 3 as well all of our district lodges. Meetings in Zoom video seems to have become a norm for most of us. The highlight of our zone was one that included leaders from all the zone lodges with President Luella. From San Francisco's Henrik Ibsen lodge #37 in northern California to Tulare's Stordalen lodge #115, the zone's most southern lodge, we shared news of activities and strategies for dealing with Covid 19.

I was privileged to observe both the 2-weeks of remote Folkehøgskule for teens and CIT training, and the 2-week language and heritage camp for 8 to 13-year olds . What an innovative and fun substitute for our traditional outdoor camps.

Activities included knitting, runes, rosemaling, fabric dying, and cooking. Our language/history teacher Lars, communicating from Norway, was again a welcome addition. Emphasis on cultural skills and genealogy were continued from previous years. Many were new students, and they liked it so much that they plan to return.

District Secretary Nancy Madson (right), models the mask her sister sent from Minnesota. She did note that this mask is not medically approved.

Unfortunately, many lodge events including the traditional Henrick Ibsen summer camp and picnic had to be cancelled.

The widely attended Lutefisk dinner that normally sustains the Nordahl Grieg lodge will be replaced with a pre-sold packaged dinner. Details are included on the Nordahl-Grieg newsletter.

Two of our zone lodges are planning anniversary milestones this next year,. They are :

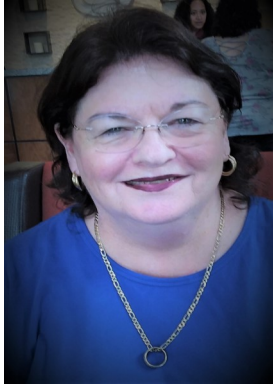
\* 75 years, Nordahl Grieg #52

\* 55 years, Stordalen #155.

Many of us are using this pandemic isolation to work on lodge and personal projects that can be shown at the 2021 Convention.

Lykke til,  
Kären Aaker  
[zone3director@sofn6.org](mailto:zone3director@sofn6.org)





Zone 5 Director  
Troann Loy

In the strange time we are living in now makes life interesting.

The lodges in Zone 5 are trying different ideas to keep in touch with their members.

I know one lodge is using ZOOM for their board meetings.

Then a lodge had their board meeting at a park, sitting 6 feet apart wearing masks.

Another lodge had a drive-by at their church were they usually met . They had the members drive-by and get a Norwegian a goodie bag. It was a success.

Some lodges sent out post cards to all lodge members. Lodges are continuing with the lodge newsletters.

If you have other ideas that have worked for you let your Zone Director know and she/he can share it with all the Zones.

We are looking forward as getting to meet again but until then we do the best we can.

May everyone stay safe and healthy.

Troann Loy  
[zone5director@sofn6.org](mailto:zone5director@sofn6.org)



Zone 8 Director  
Bev Moe

Since we had to postpone the 2020 Scandinavian Festival at Estes Park, Colorado, we couldn't let the date go unnoticed. So on June 27, 2020, a few of us Norwegians, Swedes, and Vikings went to Erie, Colorado to honor Ruth Ann Fullner.

Ruth Ann's sister started the Festival in 1993, and the family have been the leaders ever since.

Ron Tomisek played the accordion while we walked and sang a few blocks to Ruth Ann's home. The accordion music, our large flags and our Scandinavian outfits drew a lot of looks in the neighborhood and from cars going by!

Ruth Ann was so surprised and even knew who we were with our masks!

The next Scandinavian Festival will be in Estes Park, Colorado on June 25-27, 2021!

We hope you can join us for the fun weekend!

Bev Moe  
[zone8director@sofn6.org](mailto:zone8director@sofn6.org)





## BASIC PARLIAMENTARY PROCEDURE WORKSHOP

September 12 at 10:00 AM PST on Zoom.

*Free to District Six members.* Limit 100 participants.

Presented by Gail Knapp, Registered Parliamentarian

After retiring from 38 years teaching psychology at a Michigan community college, Gail Knapp moved to Las Vegas to escape the snow. A true believer in lifelong learning, she earned a law degree at age 62 and also became a Professional Registered Parliamentarian in 2001. She is past president of the Nevada State Association of Parliamentarians, and was elected as a commissioner and vice-chair of the National Association of Parliamentarians Commission on Credentialing.

**Session is 90 minutes.**



PRE-REGISTRATION REQUIRED! In order to receive the Zoom link you must respond with your name, email address and phone number to Karen Holien, [jkholien@cox.net](mailto:jkholien@cox.net) or text 702-290-1324 by **September 9th**.

### **DISTRICT SIX BOARD OF DIRECTORS**

President	Luella Grangaard	president@sofn6.org
Vice President	Bruce Fihe	vicepresident@sofn6.org
Secretary	Nancy Madson	secretary@sofn6.org
Treasurer	Bob Sather	treasurer@sofn6.org
Public Relations Officer (Editor)	Lis Barca	pro@sofn6.org
Cultural Director	Judy Immel	culturaldirector@sofn6.org
International Director	Mary Beth Ingvaldstad	internationaldirector@sofn6.org
Zone 1 Director	Tove-Lise Miller	zone1director@sofn6.org
Zone 2 Director	Lotte Sather	zone2director@sofn6.org
Zone 3 Director	Karen Aaker	zone3director@sofn6.org
Zone 5 Director	Troann Loy	zone5director@sofn6.org
Zone 6 Director	Ronna Clymens	zone6director@sofn6.org
Zone 7 Director	Benny Jo Hinchey	zone7director@sofn6.org
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.**