

The Fabulous Fourth Footnotes

Montana • North Dakota • Alberta • Saskatchewan



October 2024



Jerry Saude President

My apologies to the district for the delay in this edition of the Fabulous Fourth. We are working around a situation of officers that were traveling

and personal issues that have affected our elected officials. Regrettably, our newly appointed Culture & Publicity Director felt that personal issues would not have allowed her to fulfill the position and we are now looking for qualified candidates to be considered by the district board. And I had the good fortune to travel to Italy and recently returned with wonderful stories and memories of the fascinating history of the “old world” and boy is it old!

As we near the end of 2024, your lodge has likely been seeking officers and working with your treasurer to complete the yearly audits and working on the D17 or even the D18 if your lodge has property. Best of luck with those endeavors! Whenever you have questions, please contact your zone director for assistance. If they need help to assist you, they will know who to contact on the board or headquarters to help you. Invite your zone director or other board members to assist you in the installation of officers. Knowing that happens in January for many lodges, the weather common to our unique district may change their travel plans.

Your district board met in Billings, MT in October and was treated to an opportunity to assist the Billings lodge with their annual Torsk & Meatball Dinner. Major lodge events like their fundraising dinner are a recruitment event, but also a chance to share the Norwegian culture and food heritage that we like to celebrate. My own lodge has a Lutefisk & Meatball dinner, now in its 55th year.

The community has come to depend on Sons of Norway to bring them that jiggly bowl of lye fish each fall, whether they are Norwegian by heritage, marriage or they just love the fish! Tradition is such a bond for us and something lodges can focus on. Along with tradition, can come change. Seek change when it has a chance to grow your lodge and expand on your mission. But make changes with a plan. Evaluate the success or short-comings of that plan. Your plan might involve another local organization. My lodge uses Boy Scouts and another youth group to help us staff the lutefisk dinner so that we can continue to provide that cultural benefit to our community, and we are a larger lodge in the district.

The community has come to depend on Sons of Norway to bring them that jiggly bowl of lye fish each fall, whether they are Norwegian by heritage, marriage or they just love the fish!

Change is happening in so many aspects of Sons of Norway and our country. Let's stay informed, stay connected and stay focused on our mission to be a fraternal and social society that we are so proud of.

***Ha det bra
Jerry Saude
President, District IV***

Sons of Norway's Mission

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

www.sofn-district4.com



Lodge Calendar and Other Deadlines 2024-2025

NOVEMBER

Election of Lodge Officers

DECEMBER

December 1 - District Fraternal Grant

Evaluation from previous year due

December 10- District IV Charitable Cause
Matching Grant due

December 31

- District Fraternal Grant Application due
- D63 Report on Election of Officers due to Home Office
- International Foundation Grants due
 - Helping Hands to Children Grant
 - Lodge Culture and Heritage Grant
 - Lodge Vitality Grant

MARCH

March 1

- Domestic Scholarships due
- International Travel Scholarship due

March 15

- D17 financial form due
- Lodge Achievement and Family Lodge of the Year forms due
- Community and Fraternal activities and hours totals due
- D64 due

APRIL

April 1

- District IV Cultural Scholarship Application

MAY

May 15

- D18 property association financial form due
- IRS filing deadline for tax form 990.
Lodge treasurer needs to notify S of N Headquarters when it has been submitted

May 17

- Syttende Mai

JUNE

June 12-15

- Trollfjorden Language and Cultural Camp

Deadline Reminders

Lodge officers and project leaders, remember to submit your applications for cultural grants and scholarships. Check the District IV website and SofN.com for details and deadlines. The district has opportunities to help you with membership dinners, charitable fundraising, cultural events and classes and more. **Contact Zone 1 Director Becky Gunderson as the temporary district cultural director if needed, but your own zone director can assist you also.**

Check This Out!

You didn't hear it from me...but a lodge is seriously working on a final proposal for hosting the 2026 convention. We'll share that final decision as soon as we can finalize. The board will be contacting lodges that have not been represented at the most recent conventions, to promote your participation. Good news is coming in 2025.

District Officer Needed

Regrettably our Culture and Publicity Director position is vacated at this time. Qualified candidates are encouraged to contact the District President for an application. This is an executive board position and vital to the district board. Candidates must hold a financial product, be familiar with a design program to assemble the Fabulous Fourth newsletter 3 times annually, receive photos from the lodges to submit to the VIKING publication, be willing and able to attend the in-person board meetings, assist with cultural programming questions and assist the convention host committee with cultural activities as requested. Better yet, if you know of someone with those qualifications, please forward their name to your zone director or any other officer.



Tolly Eriksson District Secretary

Let me begin by introducing myself. My name is Tolly Eriksson, and I was appointed District IV Secretary after the District Convention in Bismarck in June. I live in Missoula, Montana, and am a member of Normanden Lodge. My maternal grandparents came to Montana from the western coast of Norway separately in 1912 and 1915. My grandmother and her twin brother had tickets to come on the Titanic, but fortunately, her brother cut his thumb in a woodchopping accident and was too ill to make the journey. They came on the next boat after the Titanic! My husband, Merv and I have two adult children who live in Minnesota and Massachusetts with their spouses and our five wonderful grandchildren. We like to travel, and our next adventure is a trip to Egypt in November. I am looking forward to stepping into the role of District IV Secretary, meeting and working with all the Lodge Secretaries.

Now that Fall is upon us, lodges are again starting up their activities. One of those activities is the election of officers. This must be done during the first meeting of the Lodge in November and most lodges elect their officers for two-year terms. After the election, the Lodge Secretary must update the officers on the website by December 31st. These updates can easily be submitted online by the Lodge Secretary by going to the Sons of Norway website, logging in, and then going to your Member Profile. If there are no changes in officers, please choose the “no changes” option. For detailed instructions, you can review these resources:

New profile design directions

D63 Officer Update Instructions 2025

It is important that lodges meet these deadlines so that the District Directory can be completed in a timely manner. The new officer elections go into effect on January 15th. If after that date, you do not have the access you need, please reach out to Fraternal@sofn.com. If you have other questions, please reach out to me at: dsecretary04@

gmail.com. I am happy to help lodge secretaries with reporting on-line.

Looking ahead to 2025, which is not that far away, as an organization we will be celebrating the 200th anniversary of the first organized migration of Norwegians to the United States with a celebration called Crossings. From the Crossings website, “It is a year to celebrate the strong ties between Norway, the United States, and Canada. It is an opportunity to remember what it means to take great risks and trade one home for another. And it’s a chance to better understand the movement of peoples that continues worldwide today.” I have shared my family immigration story with you. I hope your Lodge has some events planned for 2025 where members can share their family immigration story with each other.

Tolly Eriksson

Dsecretary04@gmail.com

406-274-7534

390 Trail Blazer Loop; Missoula, MT 59801



Edvard Munch’s “The Scream” made an appearance at the District 4 Convention in Bismarck, ND in June.



Claudia Berg International Director

The International Board of Directors (IBOD) election has now concluded, and the new process worked relatively well.

The biggest change allowed all benefit members to vote instead of convention delegates representing their lodge membership. An International Board meeting is scheduled for November 13-15, where more information will be provided. This is an important reminder regarding the financial arm of the Sons of Norway. The benefits, financial products such as SON insurance and annuities, not only fund the mission they provide benefit members with a vote for SON international board members.

As an IBOD member, we were reminded that we represented the whole of the organization and not strictly our districts. That will now be even more accurate in that directors no longer identify with a district. The exception being there cannot be more than three directors from one district on the board.

Congratulations to Merv Eriksson, a District IV member from Missoula, MT, on his election to the International Board of Directors. Merv Eriksson is also the outgoing chair of the SON Foundation

District 4 booth at Norsk Høstfest



(L–R) Todd Hansen, Michele Doyle, Tom Marple and Claudia Berg.

Board. Thank you for your years of dedication to the Foundation. I would also like to thank outgoing Chair Ron Stubbings for his service on the IBOD. Preparing for and overseeing numerous committee meetings and board meetings by board chairs is a big commitment of time and energy. I would like to express my gratitude for Merv and Ron’s leadership to make the Sons of Norway and the Sons of Norway Foundation healthy and successful organizations.

Recent international and district elections and upcoming lodge elections highlight the need to cultivate members for officer positions. Officers at all levels keep an organization moving forward, with experience, new ideas and an understanding that existing and new challenges, and opportunities, are in our future.

Speaking of opportunities, the annual grant and scholarship cycle is open. Check out the grant categories and scholarship opportunities on the SON Foundation website. This is the grant cycle to consider talking with other lodges or your community to support special programming that celebrates Crossings, the 200th Anniversary of Norwegian Immigration. Ideas for and connections to programs can be found at <http://crossing.norwegianamerican.com>.



(L) Martha Elliot and (R) President Jerry Saude give wheel spinning advice.



(Center) Carol Christenson helps visitors to the booth.



District 4 Convention Held in Bismarck, June 25-29, 2024.

District 4 President Jerry Saude presided over the D4 convention held in Bismarck, June 25-29, 2024. CEO Dan Seyfried, VP Connie OBrien and Foundation Director Amy Tuchenhagen joined the board meeting and addressed the convention delegation to provide information on recent changes in Sons of Norway and updates on a variety of programs.



District 4 President Jerry Saude and CEO Dan Seyfried



CEO Dan Seyfried poses with SON Foundation Chair Merv Eriksson and Tolley Eriksson.



Former District IV Presidents (l to r) Martha Elliot, Elaine Nelson, Dan Rude, Diane Bowman, Nordy Riley, and Russell Wiigs.



Zone Reports



Zone 1 Becky Gunderson

ZONE 1 NEWS

4-021 Gyda-Varden–Grand Forks, ND;
4-078 Mjosen–Mayville, ND;
4-178 Heim–Devils Lake, ND; 4-203 Fagerlund–
Manfred, ND; 4-478 Mollargutten–Maddock, ND

Congratulations to the Zone 1 Lodges for their Awards

2022 Small Lodge of the Year

4-478 Mollargutten–Maddock, ND

2022 Small Family Lodge of the Year

4-478 Mollargutten–Maddock, ND

2023 Small Lodge of the Year

4-78 Mjosen–Mayville, ND

2022 Gold Merit Award

4-21 Gyda-Varden–Grand Forks, ND
4-78 Mjosen–Mayville, ND

2023 Gold Merit Award

4-21 Gyda-Varden–Grand Forks, ND
4-478 Mollargutten–Maddock, ND

2023 Silver Merit Award

4-203 Fagerlund–Manfred, ND

Gyda-Varden 4-021 of Grand Forks

Douglas C. Munski, Lodge President

Summer and autumn of 2024 is proving stunningly awesome for the oldest lodge of Sons of Norway in this part of North Dakota. Special kudos goes to Jay Gillen, a relatively new member, and to G. Paul Larsen, a past president, for retrofitting the lodge’s parade float Viking long ship to have it now out of storage and functional. An intrepid “crew” of lodge members and their offspring were on board the parade float while other members with family helpers were distributing both

information and candy at the Potato Bowl Parade on Saturday, September 14, 2024 in an event that took the Viking long ship from Grand Forks, ND, to East Grand Forks, MN along the downtown portion of Demers Avenue for both cities.

So successful was the participation in the Potato Bowl Parade that two of the newest as well as younger members of the lodge, Kristi Anderson and Andria Pinkerton, organized the lodge’s “voyage” down University Avenue between the Gorecki Alumni Center to University Park through the campus of the University of North Dakota. This was part of the UND Homecoming Parade held on Saturday, September 24, 2024. Future plans are to have it in the HollyDazzle: Festival of Lights Parade, the kick-off to Christmastide shopping in downtown Grand Forks-East Grand Forks on November 24, 2024.

The former lodge president, Marianne Knudson, and lodge accountant, Donna Reimer, are leading successful programs at the Lodge. Marianne is leading cooking classes on Norwegian cuisine-oriented foods Donna continues to have an enthusiastic “studio” for her rosemling course.

Emily Midkiff, the advisor to the junior lodge of Gyda Varden, is attracting quite a nice following of families with nursery-to-primary aged children who are learning about Norwegian folk tales, traditions, and art. Such expansion of lodge activities have brought even more people to come to the excellent program being organized by Therese Hugg, the most recent event was a coffee-tasting event with a presentation on coffee as a foodway in Norway by the region’s only Norwegian-oriented coffee roaster, Anna Sannes of the Sannes Coffee Company located in Middle River, Minnesota.

The lodge secretary, Laura B. Munski, is a person whom all the lodge members agree is the “woman behind the president” Lodge members are all pulling together to not only maintain this lodge so it can survive but to be able to thrive in 2025.

Zone 1 report continued on page 7



Mjosen Lodge 4-078 of Mayville

Mjosen Lodge sent Steve Gunderson, Jacque Moore and Ann Willeson to the District IV Convention in Bismarck June 27-28 They enjoyed the meetings and brought back ideas for our Lodge add to the program There were no meetings held in June-August The September meeting was a potluck and games were set up to play The members enjoyed being social and no games were even played The October meeting will start with a short business meeting to select a nominating committee and the program will be on Fingal Enger Members who are Fingal's descendants will share his life's story and accomplishments. Fingal immigrated to the Hatton area from Norway and was one of the first settlers in the area.

Fagerlund 4-203 of Manfred

Fagerlund Sons of Norway generally meets in Manfred during the warmer months and in Fessenden during the cooler months. The last reported event of a WWII program was in March. The activities since that time include: April – Game Night, Quirkle or Yatzy anyone?; May – an outing on May 17th beginning with a Scandinavian lunch hosted by Hjemdahl Sons of Norway of Valley City followed by a drive to Kathryn, ND and through the Fort Ransom area; June – a picnic where we applied labels on water bottles that read, “Come Join the Fun, Fagerlund Sons of Norway” for the Wells County Fair parade held June 22nd with a decorated pickup truck and some members wearing bunad attire; July – picnic followed by a tour of Manfred featuring history of the Norwegian settlers; August – Inter-lodge invite for an indoor picnic with Møllargutten Sons of Norway of Maddock on the 13th and Fagerlund invited Møllargutten to its Soup Supper and also its September gathering, and on the 14th Fagerlund held a Soup Supper fundraiser at the Bowdon Farmers' Market; September – picnic followed by a session on cemetery marker preservation.

In restarting following Covid, Fagerlund established to reimburse new members fully their first-year dues and half of their second-year dues. This is going well. With the dues increase

taking effect this past July, Fagerlund voted to reimburse all members \$20 each year. For more information on Fagerlund and its upcoming events, please call 701-870-4627. Varme Hilsen!

Heim 4-178 Devils Lake

Kathy Gewont, President, Heim Lodge 4-178

Heim Lodge has been busy this summer! We sold baked goods in June at Arts in the Park. Funny how people LOVE those Norwegian goodies! Our float ran in the city parade on July 4th and our Annual Picnic was held in August. In the pictures you'll see Collin and Teresa presenting to our group. Collin shared with us the history of the Minnie H steamboat and his plans to make his hotdogs (with homemade relish) the official food of the Minnie H! Teresa told us about the trip next fall to Norway from the group at Lake Region State College. In September we sold 8 gallons of Rommegrot at the Stump Lake Threshing Bee. We had beautiful weather and people lined up to purchase Norwegian porridge!

Zone 1 report continued on page 8



Heim Lodge-- Collin shared with us the history of the Minnie H steamboat and his plans to make his hotdogs (with homemade relish) the official food of the Minnie H!



Mollargutten 4-478 of Maddock

Happy Fall everyone!

Mollargutten Lodge celebrated Syttende Mai on May 17th with a traditional Norway celebration including Norwegian open faced sandwiches, polse med lompe, grilled hamburgers, rommegrot, sot suppe, rice salad, lefse, krumkake, Norwegian flag cake and ice cream. We had a Norwegian game room, crowning of our king and queen and parade of flags. There was live music during the meal and we had a silent auction with proceeds going towards the foundation. June was our music month with Carol Thompson showing all her musical instruments she has either made or bought. We all were encouraged to try playing these instruments. Three officers attended the District IV convention in June. In July our lodge took part in the 4th of July celebration of Maddock with a float in the parade. August was our annual picnic with games and visiting. In September we learned about the farming and haying in Norway. We watched several short interesting videos on farming. Our lodge

served a pancake breakfast during Maddock's Renaissance festival. Our lodge chartered a bus and several members enjoyed a day at the Hostfest.



Teresa told us about the trip next fall to Norway from the group at Lake Region State College.

Nordlyset Lodge, Bottineau, ND, Hosts Wood Carving Class



Wood carving class held in October 2024 at Bottineau, ND. Hosted by SON Nordlyset 4-488 through a cultural scholarship. Members are: Front Row (L to R) Sue Jacobson, Glenda Fauske and Russell Fauske. Back Row (L to R) Lloyd Nelson, Instructor Cindy Roth, Clareen Nehring, Diane Myhr, Cheryl Haagenson, Ron Tvedt and Kevin Gilchrist.



Zone 2 Kay Halverson

Ueland Lodge - Cooperstown

Plans are underway for holiday celebrations with lodge and community members. Members will be collecting donations for hurricane relief as well as making a monetary donation to the relief effort.

Residents at the Dakotah Regional Nursing Home will enjoy an afternoon of lefse making and sampling working with lodge members.

December will bring caroling in the community followed by a potluck dinner and game party at the Carriage House. Members will also be collecting items for the Food Pantry.

Hjemdahl Lodge - Valley City

In October, the lodge hosted a dinner and presentation on the SofN Foundation by a guest from Spokane, Washington. A cultural activity on bunads was presented with some guests and members modeling their bunads. Information on the different bunads and the significance of the

colors and styles were discussed. Very interesting programming for a fun lodge activity!!!!

In the fall, the lodge also had a program given by members that had enjoyed a cruise on the Norwegian fjords.

November 15th Valley City lodge will be hosting a fun evening at the Eagles Club for a membership recruitment party. The event will be a game night with prizes, a presentation on SofN insurance products, a memorial service and other member/guest activities.

Kringen -Fargo

A unique celebration of Norwegian-American heritage, friendship and lutefisk was the main event happening at Kringen this fall. The first annual Norwegian Festival was a five day celebration with rotating daily activities, entertainment and food. Displays of rosemaling, wood carving, needlework, cultural programs, lefse making, krumkake making and entertainment provided visitors with a sense of Norway. Highlighting the main dinner on Friday evening was an award winning Norwegian guest chef and his team. The meal included lutefisk “the Norwegian Way” with traditional sides, beer and aquavit. The exclusive Ever will be filmed as part of a PBS documentary -“keeping traditions alive.”

Wergeland Lodge Celebrating their 100th Anniversary



Wergeland Lodge, Jamestown, ND, celebrated their 100th anniversary on October 15th. Sverdrup Lodge members from Bismarck and Kringen Lodge members from Fargo joined the festivities.



Zone 3 Judith Hammer

Hilsen fra Bismarck and your newly elected Zone 3 Director. When I came on board during the District Convention in late June, the summer months stretched

before me and I anticipated traveling north by northwest for lodge meetings and special events.

Oh, but first, a “background check” as introduction. How did a farm kid from Bergen, ND become an active member of Bismarck’s Sverdrup Lodge? My father’s family maintains close ties with cousins in Verdal and Levanger so I identify mostly as Nord Trondelag. The Hammers had returned to Norway for a few years and weren’t in Simcoe, ND when Per Sivle Lodge was chartered in 1912 but joined upon their return. While residing in southern California, I joined the Edvard Grieg Lodge in Glendale. That was long ago enough that I am now a Golden Member within the order!

After I repatriated to North Dakota in 1999, I transferred membership from District VI to District

IV, becoming a card carrying Sverdrupite. The lodge entrusts me to be its librarian and I have also served as membership secretary. Now, as zone director, I do look forward to lodge visits with you. I would be happy to be on hand for installation of officers or special events you hold. Please let me know if you have any concerns or ideas that I can bring before the district board. My contact information: 701-202-1663 judalink4@gmail.com

But wait, just like an infomercial on OTA TV, there’s more! I have two “lyceums”, created on the powerpoint platform, that I’d gladly present as a cultural program while visiting your lodges.

Norsk Ting I Nord Dakota centers around our cultural monuments scattered about the state and just beyond its borders

“Our” Presidents: Lincoln and Theodore Roosevelt Perhaps our paths crossed in Minot during Hostfest or maybe we’ll be seated together at a Lutefisk event any day now, keep an eye cast for the Northern Lights and that comet... Ha Det Bra!

Judith Hammer, Director
701-202-1663 judalink4@gmail.com



On October 21st Bismarck celebrated their Autumnfest Parade. Sverdrup’s float advertised the lodge and upcoming lutefisk dinner.



Zone 4 Karen Larson

Valhalla 4-341 Calgary AB

On Monday October 14th Valhalla hosted a Fårikål (lamb & cabbage) fundraising dinner including potatoes, enhanced with sample dishes of agurk salat (cucumber salad), rømmegrøt, flatbrød and more. Delicious! The proceeds of the dinner went to the Sons of Norway Foundation in Canada. Incoming Treasurer for SON Foundation in Canada, Ron Reine, spoke of bursaries and grants the Foundation offers.



The Calgary Scandinavian Centre recently celebrated its 50th Anniversary with a cake, coffee and displays by various Nordic groups that meet at the Centre. It gave everyone the opportunity to 'see what the other guys are doing.' November 5th is Lefse making day with old hands encouraging maximum participation by less experienced hands. Monthly meetings are held at 10 a.m. the first Saturday of the month. Picture is preparations for Fårikål dinner.

Ronning 4-504 Camrose AB

No report.

Hamar 4-345 Claresholm AB

Hamar Lodge is in the process of disbanding. In August I offered the secretary my services assisting with the paperwork. Recommendations were made as to the dispersal of funds.

Solglyt 4-143 Edmonton AB

Solglyt is a very active lodge. On September 8, 2024, Solglyt members and their guests were treated to a meal of homemade pea soup, bread and salads in support of Solglyt Lodge's annual Sons of Norway Foundation in Canada (SONFIC) fundraiser. This year's event was well attended and raised a generous donation for the Canadian Foundation which awards a variety of student

bursaries and promotes Norwegian heritage activities and learning opportunities. Additionally, a Solglyt lefse bee in November, and a 'god jul' party in December are scheduled. Picture is of members in the kitchen preparing for the pea soup supper.

Northern Lights 4-493 Grande Prairie AB

No report.

Solsyd 4- 603 Lethbridge AB

Solsyd lodge was invited to give a 'Country of the month' presentation at the Fort McLeod Library. Members organized an evening presentation and display including Norwegian food and handiwork. The Syttende Mai celebration took place at City Hall with the Veteran RCMP Honour Guard. Time was spent at Legacy and Henderson parks placing ribbons on a burr oak and Norway maple. A BBQ followed. A silent auction was held at the October 16th lodge dinner and meeting. Proceeds collected for the annual fundraiser for Foundation Canada. Lodge calendars on sale for the cost of \$25.



Place your orders at okomo4@telus.net.

Nisse 4-567 North Battleford SK

No report.

Aspelund 4-571 Red Deer AB

This summer Aspelund was the assistant host lodge at the Trollhaugen weeklong summer camp. Another local organization we partner with is the Norwegian Laft Hus Museum. We attended and had an information table at their annual festival June 22 at Heritage Square. Lodge members danced at the Fanatullen Folk Society's three-day folk-dance workshop in September with professional folk-dance instructors from the USA, Mikkel Thompon and Ginny Lee. September 14, I zoomed in to the Annual General Meeting for the Sons of Norway Foundation in Canada. I was pleased to attend the

Zone 4 report continued on page 12



Stephan G. Stephansson Icelandic Society 50th Anniversary, Gold & Bold Gala, on September 28 in Spruce View AB.

Aspelund Lodge will be resurrecting the Sports Weekend in 2025, June 13, 14 & 15. The weekend will include us partnering with the Laft Hus at their annual festival on the Saturday. Sunday will include a tour along the Scandinavian Trail in Central Alberta. Canadian lodges mark your calendars. Registration forms will be out in the new year.

Monthly meetings are held the second Wednesday of the month and the October meeting included a potluck lunch.

Brubyen 4-576 Saskatoon SK

Brubyen Lodge folded in April 2024 due to the membership aging out and no longer able to participate in lodge activities. Members still wanting to be engaged in SON transferred to another lodge. Communications are still open with Past President, Diane Berg.

Trollhaugen Language, Arts and Culture Camp AB

2025 summer camp was held August 11 to 17th at Deer Meadows campground near Alix, AB. The

theme was Vikings and the Vinland Vikings were right at home camping with the families for the week. Live combatant fights were performed by Vinland Vikings and training classes were held for children twelve and under. Viking themed culture classes included leather working, costume making and stitch work. Janina and John shared beautiful Viking music and songs using traditional instruments. A real treat!

Torskeklubben Edmonton AB

Torskeklubben operates out of Chateau Nova Yellowhead in Edmonton and is an inclusive community for all who love Scandinavian culture. Their October event, Tuesday October 1, was a traditional meal of cod and a few glasses of a quavit. Chris McAuley, a multiple award-winning film screenplay writer and producer was the guest speaker. His presentation was on creating, pitching and successfully selling a reality TV show!

The November 5th dinner includes a talk with Patrick Erickson, a graduate student at the University of Alberta, about the impact World War II had on the Sami People of Finland.

Torskeklubben Calgary AB

No report.

Summer Students

The two summer employees, who are heading back to post secondary education, said their farewells at the end of August at a potluck lunch at the Norwegian Laft Hus Museum in Red Deer, Alberta.





Zone 4 Activities



Vinland Vikings –The Viking combat is always a big hit at the Norwegian Laft Hus annual festival. After the demonstration the audience gets an opportunity to be up close and personal.



Fjord Horses We were pleased that the Fjord Horses made another appearance at the Laft Hus Festival 2024 on June 14. Hidden Hill Farm is a breeder of the majestic Norwegian Fjords, one of the oldest pure breeds of horses. Fjords have a white mane with a black stripe down the middle and their coloring is always a shade of dun.



Lundehund (above) – It was the first year of having the Lundehund at the Laft Hus Festival. Lundehund are an ancient protected pure-breed. Once upon a time they were great puffin hunters although puffins are now a protected species too. Lundehunds have some unique features such as an elastic neck and triangular ears that can fold shut.



Goats on the sod roof (R) of the Laft Hus Annual Festival are a huge drawing card for young and old. Gull Lake Honey, owners of the goats, join us as a honey vendor on festival day.



Zone 5 Noel Birkland



Hello to all. Hope you are enjoying this beautiful Fall weather. Welcome to the new Board members and the new Officers. Thank you for stepping up to the plate.

Snofjeldet Lodge 4-531

The lodge has been busy with summer activities. We worked several days refreshing the Viking ship to enter it in the July 4th parade (See image below.) The annual garage sale was a success again so plans are to do it again next year. The annual Leif Erikson Dinner was held October 10th.

The next activities will be to make lefse and sell it. Then get the Viking ship ready for the parade of lights.

Jotunheimen Lodge 4-499

The lodge will be holding a wood carving class on Oct. 19th at the American Lutheran Church. The Hucks from Helena will be the instructors. On October 26th the lodge will be holding a Torske and Meatball dinner at the First Presbyterian Church. The District 4 Board Members hope to attend after our fall meeting in Billings.

Fjellheim Lodge 4-524

Their very active Sons of Norway member Carol O'Dell passed away July 25th, 2024. They hosted the Killingberg Orchestra from Lefsink, Nord-Trondelag, Norway May 22, 2024. The lodge is busy preparing lefse, and Norwegian cookies to sell at the Big Timber Bazar November 2, 2024.

With such a wonderful fall I hope everyone can get out and enjoy it.





Zone 6

Paul Christofferson



Jeg haper alle far en flott host! (I hope everyone has a great Fall!)

Well, we made it through another hot dry summer and start to the fall in western and west central Montana. My entire summer was consumed by recovery from a total shoulder replacement so I have been busy trying to pack a summer's worth of work and projects into Montana's normally comparatively short fall season. So far, the weather allowed me to continue working outside! Unfortunately, my surgery prevented attendance at the district convention. My fall home projects also precluded any lodge visits so far. For me, these will most likely be relegated to this winter and the spring of 2025. One must take advantage of the good fall weather here in the north country!

Many Montana lodges do not have organized meetings during the summer, other than a picnic or barbeque. Some of the classes they offer do continue through the summer. I will reference some of the summer activities but this really is a fall report!

My report on activities in Zone 6 follows:

Great Falls (Lodsen 4-138)

- The Lodsen lodge was not able to participate in the Montana State Fair last summer due to a new requirement for a fire suppression system at their booth. The installation of this system is underway so they should be able to participate again next summer. During the fair they normally encounter approximately 41,000 visitors/customers at their booth! Quite an outreach activity for the lodge!

Other summer activities included a barbeque and work on their parking lot and surrounding grounds. The fall activities at the lodge include square dancing, a volunteer appreciation dinner, and lefsa making among others!

Kalispell (Fedraheimen 4-140) -

The FedraheimenLodge sent two members to the district convention, both of whom had great experiences. In October they provided the

movie "Sabotaging the Nazi A-Bomb" during their meeting along with light refreshments including Norwegian delicacies. They have a Lutefisk dinner scheduled for November 9th for members and guests. Unfortunately, the seating at the lutefisk dinner is limited to 70 people!

Missoula (Normanden 4-424)

The Normanden Lodge held a spring barbeque, manned an aid station for the local marathon and spent an extensive amount of time preparing for, and manning their county fair booth. They also sent delegates to the district convention. Sounds like a very busy and productive summer! Their fall activities will include a Lapskaus dinner, Halloween party, pancake breakfast, and an annual marketplace. The marketplace will be held on Saturday, December 7th. Based on my experience it is a great event and well worth attending. Be prepared to spend some money!

Cut Bank (Normont 4-507)

Four of the Normont members attended the district convention. The lodge held several meetings already this fall. They will be assisting the local St Paul Lutheran Church with a lutefisk dinner on December 8th. The dinner would be a fun, and tasty, event to attend!

Helena (Hovedstad 4-528)

Several Hovedstad members attended the district convention. The lodge's summer activity was an August picnic at the Lewis and Clark fairgrounds. Their last fall meeting included a presentation about a member and his wife's recent trip to Norway, Sweden, Poland, and Denmark. They then returned to Norway and extensively toured around the Bergen area trying to locate the family farm. Unfortunately, there were several farms with names the same as, or similar to, that of their family.

The lodge still has not been successful in finding a new venue for their lutefisk dinner since they lost access to the local Neighborhood Center's kitchen during Covid. Next year the lodge may have a booth at the local Civic Center's Christmas bazaar. The lodge was too late for this year's event because no booths were available!

Zone 6 report continued on page 16



Libby (Norhaven 4-536)

Norhaven lodge members assisted with their local KCCS picnic late last spring. The lodge Barbeque and picnic was held in July. They planted a donated Norwegian Spruce tree in their lodge property. November will include a multi-day lefsa making project. The Lodge is considering making Vikings for sale at next year’s local fair.

Polson (Nordmanns Vis 4-542)

In October of every year Normanns Vis Lodge members along with those of the Good Shepherd Lutheran Church make around 750 pieces of lefsa for their annual Harvest Dinner. Proceeds from the dinner go to local charities. In December lodge members visit assisted living facilities in both Polson and Ronan make lefsa and krumkake with their residents.

Bozeman (Fjelldal 4-453)

The Fjelldal Lodge held a summer barbeque. One of their lodge members attended the district convention. They have an upcoming presentation by a lodge member about a recent trip to Norway.

Dillon (Beverhode 4-589)

The Beverhode Lodge fall meeting schedule begins in a few days with an October meeting followed by their annual Thanksgiving meeting and dinner. I previously attended the Thanksgiving event and enjoyed a great meal!

Hamilton (Bitterrootdalen 4-656)

I did not receive an update or newsletters from the Hamilton lodge so have nothing to report for this article.

I hope we all have a great fall and winter season!

Sverdrup Lodge Activities (Zone 3)



Sverdrup’s (Zone 3) September social featured Mitch Utterback as the guest speak. Utterback was a SON Foundation grant recipient, presenting on the Heroes of Telemark. He visited several communities in ND and MN on his speaking trip from CO.



(Above) The small stabbur in the Sons of Norway Park in Bismarck needed a new roof. Tom Marple, Mark Holkup, Jerry Saude, Ken Lien, Lavrans Johnsgard and Claudia Berg spent a Saturday reroofing, finishing just as the rain began falling



(Left) Sverdrup offered a Hardanger class during the month of September.



District 4 Convention Held in Bismarck, June 25-29, 2024.





Bud Larsen and Fargo Spelemannslag Hardanger Fiddle Concert



The Historical and Cultural Society of Clay County is pleased to announce a free concert of Hardanger fiddle music on **Saturday, Jan. 4, 2025, at the Hjemkomst Center at 1pm**. Featured performers will be Robert “Bud” Larsen, master fiddler and luthier of Brainerd, MN, and Fargo Spelemannslag, a local troupe of players Larsen mentored. The hour-long concert will include Hardanger fiddle history and cultural contexts for songs. The concert will be followed by a reception of Scandinavian goodies. This concert is part of the international commemoration of 200 years of Norwegian immigration to the US.

Hardanger fiddle is the national folk instrument of Norway, and as this region has a large population of Scandinavian descendants, the music, history, and cultural traditions of the instrument are important to provide here.

The Moorhead-Fargo community has enjoyed a recent resurgence in interest in making and playing Hardanger fiddles. Larsen, now in his 80s, was apprenticed as a teenager to Gunnar Helland, the last of a Norwegian family of Hardanger fiddle makers. Bud has been transmitting the Helland

method of the unique folk art of Hardanger fiddle-making over the last 20 years of his 40 years as a master luthier to apprentices supported by the North Dakota Council on the Arts, Lake Region Arts Council, the Sons of Norway and the National Endowment for the Arts.

Playing the 8-stringed Hardanger fiddle is much different than playing a regular violin. The instrument has a shorter string length so it can be tuned higher than regular violins and with many varied tunings. The four or five under-strings resonate while the upper strings are played using double stops, chords, trills, and sound increment spacing specific to the old “bygdedans” music of Norway (halling, springdans, brudmars, gangar, reel, etc.). Larsen has been mentoring the development of the Fargo Spelemannslag for close to a decade. Together, their performance is a powerful demonstration of a folk art fighting mightily to remain relevant and popular.

This event is funded in part by a grant from the Lake Region Arts Council through the Minnesota State Legislative appropriation; The Arts Partnership with support from the Cities of Fargo, Moorhead, and West Fargo; and the Fargo-Moorhead Area Foundation.

HISTORICAL AND CULTURAL SOCIETY OF CLAY COUNTY PRESENTS A:

Bud Larsen and Fargo Spelemannslag Hardanger Fiddle Concert

Saturday, January 4, from 1-3pm
Hjemkomst Center
202 1st Ave Moorhead, MN

FM Area Foundation
LRAC
Historical Cultural Society



*God Jul
og Godt
Nytt År*

*FRA
DISTRICT IV*