



Godt Nytt År, Alle Sammen!!!!

As we begin 2017, it's a New Year for our Lodges and our District. Thanks to each of you for your contributions in 2016. There have been some great parties, super cultural programs and wonderful

visitations with other lodges. How can we make 2017 an even better year? I have several ideas to share with you and I know you can come up with many more:

Attend the Member Seminar in your area/zone! Bring as many members of your lodge as you can so you have a solid base of information and ideas to develop a super calendar for the year. Sharing of ideas in these Seminars is a very helpful aspect.

Plan ways to be supporters of your community. Find a local school that can use your help, participate in walk-a-thons for local programs such as Meals-on-Wheels and Relay for Life, donate time at your neighborhood Care Center, etc.

Send your lodge youth to Camps Trollfjell and Trollfjell Folkehøgskole! Have them apply for a scholarship from District Six as well as having your own Lodge Campership Fund.

Promote District Six activities. Encourage participation at Camp Norge (Rosemaling Seminars, Hardanger Class, Bunad Camp, Memorial Day weekend and Labor Day Kretsstevne), get on board the District-sponsored tour to Vesterheim Museum in Decorah, Iowa in September, support the Central Coast and Southern California Kretsstevner in October, help out at the Barneløpene in Colorado and visit nearby lodges for their special events.

Work to accomplish our District -set Goals for 2017!

- Increase the number of insurance members
- Increase dues-paying members under 60 years of age
- Increase the number of Campers at each Language & Heritage Camp
- Provide District-sponsored cultural presentations
- Sponsor a fundraiser for the General Fund of the Foundation at the 2018 District Six Lodge Meeting and Convention
- Follow the guidelines of the Order by submitting the D-17, EIN-990 and the Lodge Achievement Form **on time.**

Enjoy the winter activities in your area and take time for family and friends. Carl Peter and I especially enjoy this beautiful seasonal waterfall in our backyard during times of much needed rain here in Northern California.

Med Vennlig Hilsen,

Mary Beth

MEMBER SEMINARS---2017

Getting to Know Your Sons of Norway ---District Six There Will Be A Test!!!*

It's not just about leadership, it's about teamwork! That is why these Seminars are for all Members---not just the Lodge Officers!! What does a Lodge have if it doesn't have a **TEAM** (together everyone achieves more) to take on the tasks.

How does a Lodge work as a **TEAM**? Building cohesiveness is critical and includes all the committees, officers, etc. We will review eight factors that will help us build this experience.

Successful lodges have certain characteristics and we need to take a close look at what they are. Then, we can look at each area every year to see how we are doing!

How do we get new Officers and Leaders? We need to learn the importance of **mentoring!** It's not brain surgery and we will study the seven "e's" to incorporate and develop this concept as it is a strategic organizational imperative.

GOALS are critical in order to see if we are going where we want to go! They must be

Specific, Measurable, Achievable, Realistic and Timely---SMART!! We will help each Lodge write one goal and discuss how that goal can be met.

These Member Seminars will be a day for participating, learning, sharing, encouraging and mentoring. Don't miss the opportunity. Come and spend the day with like-minded folks looking to help one another to further this wonderful organization. Thank you to each and every one of you for all you do for Sons of Norway!

***Here is your test!!** What have you learned today? Write down one concept that you can take back to your Lodge and put into practice!





Carl Peter Ingvoldstad,
Zone 1 and
Foundation Director

News Alert # 1: Sons of Norway Foundation achieved their 50th Anniversary goal for 2016 by raising more than their ambitious goal of \$500,000 before the end of the year.

News Alert #2: Sons of Norway Foundation's "50th Anniversary Give Together" push for our lodges to collectively raise \$50,000 was surpassed on Giving Tuesday, November 29, 2016. As a result, each district participating in achieving the \$50,000 fund-raising goal will be given a \$1,000 grant to use within the guidelines of the Foundation's mission.



News Alert #3: Thanks to the combined efforts of the District Six President, Treasurer and Foundation Director in conjunction with Corrie Maki Knudson, Sons of Norway Foundation Director, District Six became the **First District** in Sons of Norway to establish an **endowed scholarship**.

In accordance with the unanimous vote at our 2016 District Six Convention in June of this last year, the aforementioned District Six and Sons of Norway Foundation formally consummated the mandatory "Sons of Norway District Six and Lodge Endowment Partnership" contract, and transferred the 2016 District Convention/Lodge approved \$50,000 District Six Scholarship Account Amount into the new "District Six Education Fund" at the Sons of Norway Foundation on December 29, 2016.

Well done—Super Sixth—Sons of Norway Foundation **PIONEER**—Let us continue working together to make the next 50 years of the Foundation even more exciting!

Roger Espeland
International Director
www.desertfjord.org
www.sofn6.org
www.sofn.com



SCHOLARSHIPS

Does your lodge administrate the awarding of scholarships. Do you then have a fund that is close to \$50,000 or greater? If yes, then it is time to consider a partnership with the Sons of Norway Foundation.

You place the monies as an endowment and you may still elect to manage the fund as you like keeping control of when and to whom you desire to make the rewards. Being a part of a very Large investment, your fund may see a better return than you currently have.

Another big advantage is that the Foundation handles all the IRS reporting and as a result you will not be concerned with the details of IRS reporting.

We already have the District participating in this arrangement as well as a local Lodge in Arizona. Should you be interested further securing you scholarship funds then contact Corrie Maki Knudson, Director Sons of Norway Foundation at [612-821-4632](tel:612-821-4632) or via email at cknudson@sofn.com www.sonsofnorway.com/foundation



LAST MINUTE EXTENSION

From: CKnudson@sofn.com

Date: December 29, 2016 at 2:15:41 PM PST >

Subject: International Scholarship Deadline Extended to January 9, 2017.

(see back cover for complete message)



**DISTRICT SIX-SPONSORED
VESTERHEIM MUSEUM TOUR
September 20 – 24, 2017
LOCATION: Decorah Iowa**

The District 6 Board is very excited about sponsoring a tour to the Vesterheim Museum in Decorah, Iowa from Sept. 20 thru 24, 2017. To get a good idea as to why the Board is excited, visit the website for Vesterheim Museum at vesterheim.org, (or read "A Brief Peek" on the Museum, elsewhere in this newsletter), where you will see that it is **the** national Norwegian-American museum and heritage center, with over 33,000 artifacts, 12 historic buildings, a Folk Art School, and a library and archives.

PROPOSED ITINERARY:

Wed., Sept 20th will be your day to travel to Minneapolis, MN on your own. Thursday, Sept. 21st we will travel as a group via motor coach to Decorah with interesting stops along the way (possibly to the largest Norwegian-American College, maybe to the home of the Ola and Per comic strip, or could it be a fabulous clock museum?) and then spend both Friday and Saturday taking a class at the Museum plus visiting all the wonderful historical exhibits and buildings on the Campus. Time to shop and enjoy meals together in the local area. The motor coach will bring us back to Minneapolis, MN in the evening on Saturday. Sunday will be a travel day to return home or you may opt to stay a few days longer on your own.

Do you have a certain class you are particularly interested in taking? We can put in a request. Some examples of classes are Norwegian Traditional Cooking, Rosemaling, Carving, Weaving, Nålbinding (fiber art), etc.

ESTIMATED COST:

It is estimated that the trip, **not including** transportation to Minneapolis, MN will cost **\$500.00**. The cost includes one (1 day) class at Vesterheim and a group tour of the museum. The cost would include hotels in Minneapolis and Decorah with motor coach transportation to and from Decorah, IA. This price is for double occupancy for all hotels.

We are looking forward to many of you joining us for this Norwegian Heritage tour.

INTERESTED?

If you are interested in going, please send your indication of interest in the trip, and a class you would like to recommend, to Judy Immel at cultural1director@gmail.com

UPDATES:

Visit the District Six website often for updates and more information.

The official registration form will be available on the District 6 website, soon.



A BRIEF PEEK AT VESTERHEIM

Vesterheim (in Decorah, Iowa) is *the* national Norwegian-American museum and heritage center, with over 33,000 artifacts, 12 historic outdoor buildings, a Folk Art School, and a library and archives. This treasure showcases the most extensive collection of Norwegian-American artifacts in the world.

Vesterheim’s exhibitions explore the diversity of American immigration through the lens of the Norwegian-American experience and highlight the best in historic and contemporary Norwegian folk and fine arts. **Vesterheim was named one of “15 Best Small-Town Museums in the U.S.” by the world-respected travel guide, Fodor’s, and USA Today named Vesterheim one of “ten great places in the nation to admire American folk art.”**

But you don’t have to be Norwegian-American to enjoy all the beauty and wonder Vesterheim has to offer. We invite you to explore the ongoing saga of all immigrants to the United States. In our differences we discover our similarities. Vesterheim welcomes you and encourages you to enjoy the objects and exhibitions through your own lens, your own story.

MUSEUM HISTORY

In 1877, Norwegian Americans began collecting and preserving objects at [Luther College](#) in Decorah, Iowa, documenting their chapter of the immigrant story, making them pioneers in the preservation of cultural diversity in America.

That early collection has grown into one of the most comprehensive museums in the United States dedicated to a single immigrant group—Vesterheim Norwegian-American Museum, now an independent not-for-profit organization accredited by the American Alliance of Museums (AAM).

FOLK ART SCHOOL



A favorite artifact (Vesterheim 1987 069.001), on display in the second floor gallery.

“Wood and Its Decoration”



Vesterheim offers a wide range of courses in rosemailing, woodcarving and textile arts, knifemaking, and food traditions



Continued on next page.

MAIN BUILDING

Step inside Vesterheim's Main Building to discover four floors filled with stories of identity, beauty, and faith. The lives of the people who settled our nation were often as colorful as their folk art and their stories speak through the objects they left behind. You'll find a cabin made from a single tree, elaborate costumes, intricately carved butter molds, colorful paintings, silver wedding crowns, woven tapestries, and even a boat that sailed the Atlantic Ocean.



Vesterheim's Main Building includes artifacts from home life in nineteenth-century Norway, a 25-foot wooden sailboat TradeWind, an immigrant log house from 1853, and thousands of examples of Norwegian and Norwegian-American materials. You will enjoy displays of folk art that range from centuries-old woodcarving to beautiful contemporary rose-maling (decorative painting). Learn about Norwegian traditions and follow the immigrant story to see how Norwegian-Americans sustained and shared their heritage in their vesterheim, their "western home."

SPECIAL EXHIBITS

WORLD ON THE WALL: GLOBETROTTING THROUGH VESTERHEIM'S FINE ART COLLECTION

(December 3, 2016 – October 27, 2017)

Travel the world through Vesterheim's fine art collection! This new exhibition features a selection of works that reveal the world through artists' eyes and picture scenes from five continents, including rivers, seascapes, city views, and portraits.

See over 35 rare and rarely displayed oils, watercolors, prints, and drawings by Norwegian and Norwegian-American artists



VESTERHEIM MUSEUM STORE – TIME FOR SHOPPING!

Looking for a shopping adventure? Well, you won't want to miss the Museum Store for Scandinavian Gifts: Apparel, Baking & Cooking, Bath & Body, Books & Magazines, Calendars, Cards & Stationery, Collectibles, Décor, Folk Art Supplies, Food, Games & Toys, Handcrafted Art, Jewelry, Music & Movies, Novelties, Tableware, and Holiday Decorations.



<http://www.sfl.org>

The 2017 Ski for Light Annual Event will be held at Snow Mountain Ranch in Granby, CO from

Sunday evening, February 5 through
Sunday morning, February 12, 2017.

Each year Ski for Light conducts a week-long event in a different location. During the Ski for Light week each disabled skier is paired for the week with an experienced, sighted, able-bodied cross-country skier who acts as ski instructor and guide. The disabled person skis in tracks in the snow, while the guide skis in a parallel set of tracks. The guide informs the skier about upcoming changes in the terrain and trail, offers instructional tips and suggestions, support as necessary, encouragement, and describes the countryside.

After 4 days of skiing together, the skier decides whether they want to enter the 10K timed race or the 5K rally. The 10K race is a challenge to see who is fastest. The 5K rally requires the skier and guide to predict the time it will take them to complete the course and, without watches or other timing devices, comes closest to their predicted time in their different age groups. The 5K rally is great for first year skiers who are just learning and for many others who just want to enjoy the week without the pressure of a timed race. Over 200 happy faces crossed the finish line last time the race was held in our Valley.

The first Ski for Light event was held in Summit County over 40 years ago by a Norwegian who patterned the event after the Ridderrenn in Norway. The mission of Ski for Light is to teach blind, visually-and-mobility-impaired adults the sport of classic cross-country skiing, to give

participants who have already mastered the basics the chance to improve their skills and endurance, and to enable participants to just have fun on the snow. Those goals were definitely accomplished two years ago in Grand County with the outstanding help from local volunteers, the Sons of Norway Norwegian desert hostesses, and the wonderful turnout of local bell ringers on Saturday morning for the Race/Rally event.

2017 Ski for Light Week (Feb 5th – 12th, 2017) Guide and Volunteer Opportunities Local Guide Information:

We are recruiting Local Guides to assist in the skiing portion of the event at the Snow Mountain Ranch Nordic Center. It is a wonderful experience and no previous training is required. In fact, unless you have been a guide at 2 previous International Ski for Light events, guide training is mandatory and will actually begin on Saturday evening, Feb 4th. But don't let that stop you, it is painless and educational but unfortunately it is not free.

Can you commit 7 days and two evenings to help with this wonderful event at Snow Mountain Ranch?

The cost to participate as a local guide is a minimum of \$175. Stipends may be available to cover up to 50% of your costs if you are a 1st or 2nd year guide. The \$175 includes the Sunday evening opening dinner, the Saturday evening banquet, all trail fees, plus all afternoon and evening programs and activities.

For more information on the 2017 International Ski for Light event, go to <http://www.sfl.org/events/next> If this is your first time participating in a Ski for Light event or you want a refresher, the information found on that page under "Information for Prospective

Continued on next page

First-Time Attendees is very helpful.

<http://www.sfl.org/event/first.html>

Then if you have specific questions about being a local guide, call me at 970-531-0811. And if you decide to submit a guide application, please let me know so I can keep your name on file.

Ski for Light

Local Volunteer Information:

- On Sunday afternoon, Feb 5th, meet the buses; assist in off-loading luggage, transporting it to the luggage pick-up room; escort visually impaired/blind skiers and mobility impaired skiers to their rooms with their luggage; and provide room orientation to the blind skier so they can navigate their room safely.
- On Wednesday afternoon and evening, Feb. 8th, assist in set-up of the silent auction (afternoon) and describe the silent auction items to the blind skiers and help them place their bids (just before they go to dinner and for an hour or so after dinner) Unfortunately, we do not get dinner with them but can go out to eat during their banquet time.
- On the morning of Saturday, Feb 12th, support the culminating event of the week at the Race/Rally by helping line up the skiers at the start line, strap on cross country skies and go to points on the race routes to act as Course Marshals, or bring cow bells and other noise makers to cheer them across the finish line.
- Monday, Feb 6th – Friday, Feb 11th, from about 11 a.m. to 2 p.m., five or six volunteers to be dog walkers, preferably people who have some experience handling dogs on a leash. Lots of Fun if you like dogs! If you can help at any one or more of these times as a volunteer or want more information, please call me at 531-0811 or send me an email – alansommerfeld@gmail.com

*Submitted by Alan Sommerfeld,
LocalEvent Coordinator for
Local Guides and Volunteers*



BARNELOPET

Children's Cross Country Ski Race & Orienteering for All

(1.0 Km, 2.5 Km & 5.0 Km)

February 25, 2017, Saturday

Snow Mountain Ranch ~YMCA~ Granby

Free Ski Lessons

After Event Reception with Refreshments

Ski rentals at YMCA Nordic Center

For Registration information,

Contact Lois Hodne at (303) 795-6695

or email: hiloie@aol.com

or Jon Eirik Holm-Johansen, Co-ordinator

(970) 412-0433 or email at

tvchiro@gmail.com

Registration Begins: 9:30 AM

Ski Lessons: 10:00-11:15 AM

Race Begins: 11:30 AM

Orienteering: 12:30-2:00 PM

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The Barnelopet (previously sponsored by SofN Vestafjell Lodge) and held at the Powderhorn Ski area on Grand Mesa, in Western Colorado has been canceled for 2017.

Why Social Media?

from the District Six
S—Social
M—Media
S—Support
C—Committee

The District Six Social Media Support Committee (SMSC) was initially formed with the charter to assist all the District Six lodges to have a web presence. We defined web presence as either a web site or Facebook page, that is some form of social media. This naturally leads to the question, "Why social media?" And that is almost always followed by the comment, "But many of our lodge members don't use social media, so we do not see the need."

In return we would reply that social media is only partially for your current lodge members. While it is a good way to help keep your members informed about activities at your lodge, the primary reason for social media is to attract visitors and new potential members your lodge. If you are trying to attract new, younger members to your lodge, then social media is required. The younger generation, and we are talking about the under 50-years-of-age group, almost always checks out an organization's website or Facebook page before attending, or even more importantly, they are trying to find you on-line.

A website has more potential to serve this function, while Facebook is limited to current Facebook members. But a Facebook page is easier to create and maintain than a website. For this newsletter, we will limit our discussion to Facebook, so look for information about lodge websites in a future issue. The SMSC has some help that will make creating and maintaining a website as easy as a Facebook page.

If your lodge already has a Facebook page, great! If not, see the tutorial on the District Six website on how to create one (<http://sofn6.org/toolkit/>).

Once you have your Facebook page, it is important to keep it fresh. Nothing discourages a potential visitor more than finding the information about your 2013 Christmas party as the top item on your timeline.

Here are some suggestions for what should be on the lodge's Facebook page:

Timeline – this part of your Facebook page should have posts added from time to time reflecting that your lodge is active and vibrant.

About - this area should show lodge hall location or meeting location, normal schedule, and link to the lodge's web site. You can enter the normal schedule under "Company Overview". You should enter other information about your lodge where Facebook prompts, such as when your lodge was founded.

Photos – this section should have photos of activities in your lodge. If your lodge has a web site and you have photos on the web site, you can skip this.

Events – this section should have upcoming events in your lodge's schedule.

Visit the Valhall Lodge Facebook Page (<https://www.facebook.com/valhallsonsofnorway/>) to see one example of a lodge's Facebook page.

If you need assistance with your lodge's Facebook Page, use the SMAC help request form on the District Six website (<http://sofn6.org/smsc-help/>) or mail us at smac@sofn6.org

Useful District Super Six Links:

(right click on each link to "Open Hyperlink")

[District Six Facebook Group](#)

[Camp Norge Website](#)
[Camp Norge Facebook Page](#)

[Camp Norge Facebook Group](#)

[Trollfjell, Camp and Folkhøgskule Website](#)

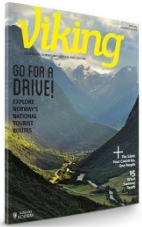
[Trollfjell Facebook Group](#)

[2018 District Six Convention](#)

We Love To Tell OUR Story . . .

by Kaye Wergedal, PRO

Of who we are and what we do, and why. We are the members of Sons of Norway. We have joined together to “promote and to preserve the Heritage and Culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.”[SofN Mission Statement]



We do this, primarily, through the local Lodge, Zone, and District activities, and through our publicity endeavors, both within and outside of the organization. A majority of our Lodges in District Six publish a newsletter for their members on a regular basis, keep the history of their Lodge (through photos, newsletters, calendars, etc.), and many have a website and/or a Facebook page, as well as submitting photos with captions for our organization’s International monthly publication, *Viking Magazine*.

A newsworthy newsletter is often the hub of an organization. It informs; it inspires; and most importantly, it connects its members to their organization and to each other. As your District Six PRO, I am the lucky recipient of most of them. **[If your editor has not already added my address to your Newsletter Email list - PLEASE DO SO, today.]** pro@sofn6.org

Effectively telling YOUR Lodge’s Story is the job of the editor – through words and pictures. I find our District Six Lodge editors to be able wordsmiths. Enhancing the story with photos or clipart is the tricky part. The eye needs a break from the printed word in order to digest the story being told. **[The brain works to both comprehend and remember. Comprehension uses the left side, and remembering uses the right side by making connections with the images.]** Pick up your local newspaper, or look carefully at the magazines available in your local library or doctors’ office. Look how they use white space and visuals (photos, etc.) to draw your eye away from the print (for a much needed break) and to illustrate an important part of the story.

When adding photos and/or clipart, please remember – **photos and clipart are not there to just FILL UP SPACE.** NEVER adjust the ratio of the size of the picture to the point that it stretches or squishes (vertically or horizontally) the natural size of the primary object/person in the picture. Proportionally cropping and/or adjusting the size of your photo is okay. **[But - NOT for Viking Magazine.]**

Message from Zone 2 Director, Lotte Sather



We had a busy summer and fall, and now winter is here. Another year is ending and a new one beginning. I have scheduled our **Zone 2 Members’ Seminar for Saturday, February 18, 2017 at my lodge Victory #43 in Vallejo.** Space is comfortable and the location is about equal distance from all the Zone 2 lodges. All lodge members are invited to this workshop. We will cover Sons of Norway structure and resources, team building and tools to help us become successful members and lodges. We will have time to share your strengths and weaknesses. Coffee, snacks and lunch will be served. Time is tentatively scheduled from 9:30 to 3:00. Please encourage your members to attend. More information will be sent out after Jan. 1, 2017.

There is a wealth of information on the District Six website, including dates for our youth camps. When planning for children’s summer vacations from school, remember our Camp Norge. These camps are available for our children, grandchildren and great grandchildren. I had the pleasure of teaching Rosemaling this past summer and experienced firsthand the joy of the children being immersed in their Norwegian Heritage.

I wish you all a happy and healthy New Year!

Lotte Sather

Zone 2 Director

Email: zone2@sofn6.org

This Is How We Make Lefse

by Mike Johanason, FBC ,Zone 8, Fjellheim Lodge

In some ways making lefse is simple. Take four cups of potato buds and mix in boiling water (four cups), a cup of half and half, a stick of butter and two teaspoons of salt and a tablespoon of sugar. Cool overnight and mix in two and one-half cups of flour. Shape into 25 to 30 balls of dough, flat-ten each ball into a 10 inch round, throw on the griddle and bam, you have lefse.

That is what the many lefse recipes on Google would have you believe. It is much more complex and it takes work and time to learn how to make good lefse. I was lucky. I was taught the right way the first time by the Lefse Queens at Fjellheim Lodge.

First, the right equipment makes all the difference. Men get this. They will build a deck just to buy a new saw. Here, we get a new rolling pin. Your rolling pin should be grooved with a sock covering the barrel. It will hold flour well and this will keep the dough from sticking. The most difficult part of lefse-making is rolling the dough into a nice round piece. It wants to stick to the rolling pin and the pastry cloth. The lefse round is thin and fragile so it will tear easily if it is sticking. Two or three frustrating incidents of torn lefse and you learn to flour the rolling pin and pastry cloth often.

A pastry cloth to roll the dough will hold flour and it will keep the dough from sliding as you roll the dough from the middle outward making it thinner and thinner. You can tape a kitchen towel to the counter top or you can get a specially made, round pastry cloth like the Lefse Queens use from Bethany Housewares in Cresco, Iowa. It has circles on it to measure as you go and Bethany printed in the middle. You know the lefse is thin enough when you can read the words through the lefse.

A lefse stick is essential to lift the lefse from the pastry cloth to the hot griddle and then off the griddle. It looks like a toy wooden sword beveled to rounded point.

A dedicated lefse griddle makes life easier. It gets hot enough for lefse - 485 to 500 degrees.

A Kitchen Aide mixer on a stand is not necessary but trying to mix the flour



with cold mashed potatoes with anything else will test you.

Buying the proper groceries is also essential. Instant potatoes have one legitimate use - lefse. They are easier and faster than cooking and mashing potatoes. More importantly, they are consistent and you control the water content. I have tried three brands and Betty Crocker works best. The others produced a stickier dough. Besides, Betty was a Norske lady from Minneapolis, you know. King Arthur flour works best. I do not know why, it just does. Sift, of course. The process begins easy enough. Combine the potato mix from the first paragraph above in a stainless bowl and put it in the refrigerator overnight. The next day, things get serious. Get everything ready - flour the rolling pin and pastry cloth, set up the lefse iron and load up a flour sifter. Then put one third the cold mix and cups of flour alternately in the mixer bowl. Mix slowly. From this point, work steadily. Once the flour is mixed in, the dough starts to get increasingly sticky. I do not know why but it does. So, do not go for a walk or even take a coffee break. Move directly from the mixer to shaping about 30 balls about the size of an ice cream scoop, two and one half ounces. Place them on a waxed paper covered cookie sheet and put in the refrigerator.

Take the balls out of the refrigerator one at a time for rolling. I know it means opening the refrigerator a lot but it is worth it. Cold dough works better. Lightly flour your pastry cloth between each ball. If some dough gets stuck, scrape off with a knife and flour again. Be warned that if you work too much flour into the dough while rolling it, the lefse will be tough. If you do not use enough, it will stick to everything. With the recipe above, I have not had tough lefse and it does not stick.

When I have a ten inch round, I slide the lefse stick under the round in the middle, gently lift it to the griddle and unroll it without touching the griddle. The griddle is hot and the lefse is thin so pay attention. People like brown spots on their lefse, not black, so check it often and flip accordingly. When done, lefse should cool on a wire rack, then put between waxed paper and into an air-tight plastic bag.

Then eat it or freeze it. Freezing it works well.

Thawed and warmed in the microwave, it tastes hot and fresh.

In summary, get the right equipment from Bethany, use Betty Crocker Mashed Potatoes, King Arthur flour, cool the potato mixture overnight, mix in the flour, keep the dough cold, and work steady until done (about two hours).

ZONE SEMINAR SCHEDULE

Zone 1

TBD

Zone 2

Feb 18, 2017

Lutheran Church of the Holy Trinity
201 Doyle Dr
Vallejo, CA 94591



Please RSVP to Lotte Sather

Zone 2 Director zone2@sofn6.org

Zone 3

TBD

Zone 5

Saturday, January 28, 2017

9:00 coffee/social 9:30-2:30 workshop
Peer Gynt Lodge
Sons of Norway Hall
3835 Wateseka Avenue
Culver City, CA 90232

Lunch will be served.

Please RSVP to Luella Grangaard

District Six Vice President vicepresident@sofn6.org
760-363-7704

Zone 6

February 18, 2017

9:00 coffee/social 9:30-2:30 workshop
Solskinn Lodge
Hope Lutheran Church
45-900 Portola Av
Palm Desert, CA 92260

Lunch will be served.

Please RSVP to Luella Grangaard

District Six, Vice President vicepresident@sofn6.org
760-363-7704

Zone 6 (Continued)

Saturday, March 4, 2017

9:00 coffee/social 9:30-2:30 workshop
Vegas Viking Lodge
Location to be determined

Lunch will be served.

Please RSVP to Luella Grangaard,

District Six Vice President vicepresident@sofn6.org
760-363-7704



Zone 7

February 4, 2017

Scottsdale, AZ

Zone 8

January 28, 2017

9:00 coffee/social 9:30-2:00 workshop
Trollheim Lodge
6610 W 14th Ave
Lakewood, CO 80214

All Colorado Lodge members are invited to the workshop. This is a great time to share ideas, meet in groups of similar offices, as we increase our learning. We will review the Sons of Norway website, generate ideas, share information including Barnelopet, the Scandinavian Festival and possible summer Krestevne!

Sharing of ideas help make our Zone 8 Lodges the best in the West!

Lunch will be served.

Please RSVP to Bev Moe

District Six, Zone 8 Director
zone8@sofn6.org 720-746-9755





District ^{Super}Six

Sons of Norway, District Six, represents California, Utah, Nevada, Arizona, Colorado, New Mexico and Hawaii. Although there are currently no Sons of Norway lodges in New Mexico and Hawaii, individuals in those states may still be members of Sons of Norway.

District Six and its individual lodges offer numerous ways to connect to your heritage, learn about the culture (past and present) of Norway, share and/or enrich your folk art skills, and enjoy the camaraderie of others with similar interests.



SCHOLARSHIP EXTENSION INFORMATION



From: CKnudson@sofn.com

Date: December 29, 2016 at 2:15:41 PM PST >

Subject: International Scholarship Deadline Extended

Due to students having trouble in getting supporting documentation for their scholarships in time this year, we have extended the international scholarship deadlines out **to January 9th** for this year. If you know of students who are eligible for any of our scholarships, please encourage them to apply!

The link is www.sonsofnorway.com/scholarships

If you have any questions please call me directly (see below).
Happy New Year!

Corrie Maki Knudson, Director, Sons of Norway Foundation

612-821-4632 or email to cknudson@sofn.com

www.sonsofnorway.com/foundation

DISTRICT SIX BOARD OF DIRECTORS

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