



Website: sofn6.org

THE ^{SUPER} SIXTH DISTRICT

CA—UT—NV—AZ—CO—HI—NM

FALL 2023 NEWSLETTER

Stephen Rosenthal, Editor

A MESSAGE FROM THE DISTRICT SIX PRESIDENT, **LIS BARCA**

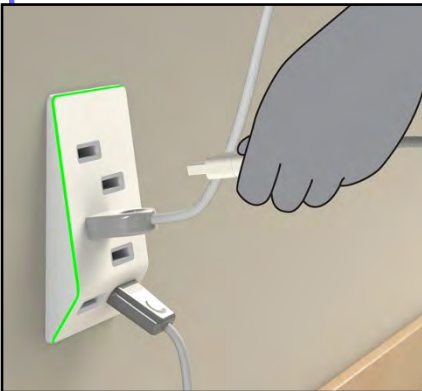


"Connections"

Greetings, fellow District Six Members,

Most of us joined Sons of Norway for the connections. We wanted to connect with others through our shared culture and to celebrate our heritage.

Some upcoming events where you can connect with other Sons of Norway members are: Kretsttevner, Camp Oldfjell at Camp Norge, Vesterheim cultural presentations (**see below**), and events hosted by local lodges.



Another opportunity for connection is at our District Six Lodge Meeting and Convention June 20 - 24, 2024, in Las Vegas. There will be cultural programs, a Folk Art Exhibition, and connecting with members across the district.

I hope you take advantage of any or all of these opportunities to make new connections. I will try to connect with as many of you as I can! Fraternally, **Lis Barca**

Let's try to "connect..."



Note: **Our District Six Cultural Director Judy Purrington** has arranged for two live Zoom **Vesterheim** programs for District Six members – one coming up very soon this month (September 19th) and the other in October. Online signup portals are available on the District Six website at the Events/News dropdown. Groups can watch at a single screen if desired – a good opportunity for "connections."

The first program on Viking silver jewelry through the ages will be presented by the Vesterheim Curator. The second program on the Viking Mayflower (the ship *Restauration*) will be presented by a former Vesterheim board member who is a descendent of a Restauration passenger. The programs are about an hour, including a short Q & A at the end. Take advantage!

CARL PETER INGOLDSTAD RETIRES AFTER TIRELESS SERVICE AS DISTRICT SIX FOUNDATION DIRECTOR AND AFTER SERVING IN MANY CAPACITIES WITHIN SONS OF NORWAY

After many years of service dedicated to Sons of Norway and the Sons of Norway Foundation, we express our sincere thanks to Carl Peter Ingvoldstad. Nancy Madson gathered thank you messages from current and past board members and sent them to Carl Peter along with a Certificate of Appreciation on behalf of the District Six Board.

The **Board of Governors of the Sons of Norway Foundation** has awarded a Certificate of Appreciation to Carl Peter as an expression of gratitude for long and faithful service to the Sons of Norway Foundation.

Tusen Takk, Carl Peter, for all you have done to support District Six, Sons of Norway and the Sons of Norway Foundation.—**Lis Barca.**

(Editor's note—Lis prepared this a few days before Carl's passing.)



IN MEMORIAM

CARL PETER INGOLDSTAD, 1938 - 2023

We are very sorry to have to pass on news that Carl Peter passed away on August 27th, 2023. There will be a memorial service for him on September 23rd at Galilee Lutheran Church in Kelseyville , California at 2:00 pm.

HOW TO MAKE CARL PETER INGVOOLDSTAD MEMORIAL DONATIONS TO SONS OF NORWAY FOUNDATION

*My hubby of over 27 years, Carl Peter, passed away Sunday, August 27th at home with me holding his hand. He had been in Hospice care for about a month due to complications from Parkinson's Disease. He was 84 years old. The Karaoke King now sings with God's Angels. There will be a Memorial Service at Galilee Lutheran Church in Kelseyville, CA on Saturday, September 23rd, which would have been his 85th birthday. He will later be interred in his home town of Decorah, Iowa in the Decorah Lutheran Cemetery where many family members are buried. – **Mary Beth Ingvoldstad***

The best way to make a Sons of Norway Foundation memorial donation is through the third-party website:

https://crm.bloomerang.co/HostedDonation?ApiKey=pub_e8ed4675-debd-11e7-94a1-0a7fa948a058&WidgetId=21180416

This site gives the option of an honorarium or memorial. The memorial option requires a name and address to send a notification of memorial – use this information:

**Mary Beth Ingvoldstad
17207 Squirrel Hill Road
Hidden Valley Lake, CA 95467-8813**

Alternate path to donation website: <https://www.sofn.com/foundation/donate/>
Then click 'Donate Now.'

If you wish to write a check instead, send to:

**Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN 55408**

Note in memo line: **'Carl Ingvoldstad memorial'**

You would have to include a request to send notification of donation to Mary Beth Ingvoldstad, address above.

This is a great way to start off this year's Foundation Fundraising Campaign – a memorial to Carl Peter Ingvoldstad. But more than that – to actually honor Carl and to acknowledge our appreciation to Mary Beth.—**Prepared by Nancy Madson.**



INTRODUCING THE NEW DISTRICT SIX FOUNDATION DIRECTOR, **JAMES ADAMS**



"As a way to introduce myself, I am retired and had a career as a Marine, law enforcement, and as an advisor with the State Department. I have served as Camp Director at the Language and Heritage Camp at Alta and served in most officer positions at Valhall Lodge 6-025 over the years. I have also served in officer positions at the House of Norway in Balboa Park. I am currently Foundation Director at Valhall. My wife's family all emigrated from Norway to Wisconsin. I have a daughter who lives in Norway thanks to meeting her husband at a "Folk school" there.

"My children attended Language Camps and attended schools in Norway. They have lifelong friendships and memories from these experiences.

"I personally believe in the work of the Foundation and would like to promote its programs and encourage ways to change lives through education and philanthropy."

"I would like to thank Jim for providing his introductory biography and formally welcome James (Jim) Adams as our new District Six Foundation Director." - **Lis Barca**

And here is some additional information from Jim:

"Greetings to District Sixmembers. I have been a member of Sons of Norway for over 40 years and have served in all the lodge officer roles. In addition, I have been Director of two Language and Cultural Camps at Camp Alta.

"I have seen the good the Foundation does and I appreciate the transparency of the Foundation website. It shows who has donated funds and where the funds are going and to whom. I also like the fact that the staff is small at headquarters, which in turn holds down administrative costs so the money donated goes to those who need it. Donations to the Foundation are tax deductible and can be customized.

"Each year we count on lodge presidents and lodge Foundation Directors to plan the Together, We Are the Future" fundraiser beginning in September and also the celebration of Foundation Month in October. Last year we had 222 applicants for scholarships and 32 were awarded - it would be great to be able to award more. In 2023, there were 66 grant requests and 33 were granted. I hope to continue with the work previously started by the District Six Board and to keep the lodges notified of Foundation-related news." – **James Adams** (*Slightly edited by the also very small newsletter editorial staff, the magnanimity of whom really holds down administrative costs within District Six.*) 🤔

SCHOLARSHIPS! 2024 IS JUST AROUND THE CORNER!



Hello, as in **HELLO! - ATTENTION!** To high school seniors and current college students. It's time to start thinking about 2024! If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a **scholarship** from the **Sons of Norway Foundation**. There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway website at www.sofn.com and click on Foundation. Then click on Scholarships and read about each one and who is eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines. Now, think about what you have to do to apply . . . and here are a few suggestions:

1. Treat the application as if it is a job application. Be thorough in completing all requirements of the application. Make a list of all the application requirements and check them off when completed. Then, double check before submitting. If any requirement is not completed, your application will automatically be rejected.
2. Read and study the Criteria section of the application. In your essay, you are asked to address six (6) key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.
3. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Show you did more research than just a Google search.
4. Emphasize your community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. The applications are due in several months and we hope – indeed **RECOMMEND**, you start now to create a compelling application.

Remember, the Sons of Norway Foundation is "Here for You . . . Here for Good." -**James Adams, District Six Foundation Director.**
(Slightly edited)



Attention Lodge Presidents and Secretaries:

REPORTING HOURS FOR THE AMERICAN FRATERNAL ALLIANCE

The good news is that a new method of reporting volunteer hours will be in place for 2023 reporting. It will be easier. The FraternalsGive.org platform requires way more information than is needed for Sons of Norway to report to the American Fraternal Alliance (AFA) to maintain our IRS tax exempt status.

However, any lodges that have entered data on the FraternalsGive website to date will have to recreate or retrieve the data for year-end reporting on another platform.

From a Q&A: What if I have already entered hours to FraternalsGive?

If you have entered any 2023 data into FraternalsGive already, please go in as soon as possible to retrieve that information so you can include it on the Survey Monkey platform that will be sent out in 2024. Headquarters will not have access to the FraternalsGive data you may have already entered.

Information needed besides lodge name, lodge number, and state:

Number of Fraternal Events

Total Fraternal Member (volunteer) Hours, event and individual

Number of Community Service Events

Total Community Service Hours, event and individual



The new Survey Monkey platform is a work in progress. It may also require Community Service Financial Disbursements and Fraternal Financial Disbursements (from the Financial D17).

Nancy Madson, District Six Secretary

The American Fraternal Alliance is an umbrella group of fraternal orders in the United States. It was founded as the National Fraternal Congress of America in 1913, in Chicago and adopted its current name in 2011. - Wikipedia

Want to see some of the photos you have submitted that are not in the Viking magazine? Go to <https://www.sofn.com/happenings/district-6-happenings/>. There should be new ones up there very soon.

INDIVIDUAL LODGE CONVENTION DELEGATES' QUALIFICATIONS

Paragraph 12 of District Six Bylaws:

"Every lodge within the district shall be entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based of the last semi-annual report prior to the election. All members in good standing, with at least three months membership in a lodge, are eligible as delegates. In lodges not in existence for three months at the time of election, all members are eligible, regardless of length of membership."

To Illustrate:

Up to 25 members	2 delegates
26 – 75 members	3 delegates
76 – 125 members	4 delegates
126 – 175 members	5 delegates

Etc.



The 2023 year-end membership numbers will be used to determine the number of delegates to the 2024 District Six Lodge Meeting and Convention. Early in 2024 a letter will be sent to each lodge indicating the number of allowed delegates from the lodge. If the current lodge membership is at or close to the upper number in a range (see above), you might want to increase your recruiting efforts to obtain another delegate.

Delegate responsibility extends beyond the actual meeting dates in June. The delegates remain District Six Lodge members for a biennium (2024 – 2026). These delegates (District Lodge members) may be called upon to vote (web-based voting) on a referendum during the next biennium.

The District Six Lodge Meeting and Convention will be held at the Tuscany Suites Hotel and Casino in Las Vegas from Friday, June 21 through Sunday, June 23, 2024. Board and committees meet on Thursday, June 20. The newly elected board will meet with the outgoing board members Monday morning, June 24.—**Nancy Madson, District Six Secretary**



Some delegates receiving "attaboys" or "attagirls" at the 2022 convention.

FROM ZONE 1 DIRECTOR TOVE-LISE MILLER



Folkehøgskule campers sleeping in the meadow on a hot night after an outdoor movie!

Greetings to everyone,

I have been enjoying my family from a very flooded Norway!

I have not been able to visit any lodges in a while, but I was busy for two weeks in June - July at Camp Norge with Trollfjell Folkehøgskule. This year we had a small but very active group. My responsibility was to teach the campers about Norway and also a little of the language. They were great participants—especially when we were singing! If you have kids or grandkids, make sure you check camp opportunities out next year. Some lodges offer scholarships

and so does the district lodge.

I love to hear from my lodges, and visits are in the planning stages.

Hilsen, Tove-Lise, (Zone1@sofn6.org , 916-508-5555)



Tablet-weaving at camp



Tove-Lise with the Folkhøgskule group

GREETINGS FROM ZONE 2—CRAIG DILL, DIRECTOR**CRAIG DILL CARVINGS DISPLAYED AT LODGE JUNE SOCIAL**

Recovering from my knee replacement I was pretty much house-bound for the last several months. So, I did some of the Sons of Norway Cultural Skills. I did “Chip Carving” levels one and two. I then did the “Figure Carving” levels one and two. So at our last gathering in the park, I displayed my latest “Cultural Skill” artwork.

Regarding cultural skills, (brother) Ron and I have been involved in the planning of the District Six Camp Oldfjell this year. It is to be held at Camp Norge from September 30th through October 3rd. Ron will be teaching Chip Carving

I will be teaching a new class on the oral tradition of Norwegian Viking-era storytelling. In the Viking era, Norwegians and other Scandinavian groups did not have a system of writing, but each group/tribe/village/town had a designated individual who was responsible to remember all the important present and past events and pass them on to the group when asked. It was a very important position. He would have been called a “Skald.”* The Prose Eddas about the Nordic gods and their story of creation are an example of this. The many Scandinavian Sagas are another example. If you want to learn more about it, sign up for the class at Camp Oldfjell this year – Craig Dill.

*Today, sometimes called “Secretary,” or “Editor,” or worse.

*Photos by Donna Severson,
taken at the lodge Social.*



GREETINGS FROM THE ZONE 3 DIRECTOR— LAURIE MITTELSTADT, and
GREETINGS FROM THE DISTRICT VICE PRESIDENT—LAURIE MITTELSTADT

Greetings, and Greetings,

It has been a great summer of fun and travel! I visited the Camp Trollfjell in July. What a fun experience for our youth! The staff is dedicated and entertaining, and I have to say the kids in our District Six community are very well-behaved! I talked about Viking Astronomy but had trouble pointing out the stars since it was near the summer solstice and it wouldn't get dark!

I have been working among teams of volunteers planning Camp Oldfjell and the Northern California Kretsstevne. It's a great way to meet people and work toward a common goal, even if it's mostly on Zoom and email because of geographic realities. I feel privileged to work with such creative people.



Multi-lodge picnic scene.



In our Zone 3 I have spent a lot of time at our Henrik Ibsen Lodge's park in the Santa Cruz Mountains. In August, we held our Annual Multi-Lodge Picnic for Bay Area lodges. Again, we had a great team. Picnickers attended from Bjørnson, Snorre, Nordahl Grieg, Vigeland, and our Henrik Ibsen Lodge. We had children's races, swimming, music, bingo, dancing, and food. Thanks to all who came and celebrated the summer.

Fraternally,

Laurie Stromsheim Mittelstadt

FROM ZONE 5 DIRECTOR RANDY SUNDEEN

Here is information about an upcoming event pertaining to Zone 5.

**Central California Kretsstevene (CCK) 2023**

St. Marks-In-The-Valley
2901 Nojoqui Ave at Alamo Pintado Ave.
Los Olivos, CA

**One Day Only Saturday October 7, 2023****REGISTRATION DEADLINE: Sept. 25, 2023**

The CCK Committee cordially invites all Sons of Norway members and their guests to attend the 2023 CCK at the beautiful St. Marks-In-The-Valley, just 50 miles north of Santa Barbara for fun, fellowship, and great food – don't miss out!
For driving direction go to: smitv.org

Name(s) 1) _____ 2) _____

Lodge: _____ # _____

Your E-Mail Address: _____

Telephone: _____ First Time Attendee: (yes/no) _____

Child(ren): (please give names and ages) _____

Additional Adult Guests: _____

Present or Past **District** (not Lodge) Office(s) held: _____**Following are the Prices for Registration and Meals:****Registration fee and Individual Meals:**\$ _____ Registration Fee: **\$10.00** per adult, **\$5.00** per child ages 10 to 17, children under 10 **free**

Registration includes a commemorative Kretsstevene Pin

Individual meals for Adults are:\$ _____ Saturday brunch: **\$15.00 (x # needed)**\$ _____ Saturday night dinner: **\$20.00 (x # needed)**\$ _____ **Total amount due for registration and meals.****Individual meals for Children are:**\$ _____ Saturday breakfast: **\$5.00 (x # needed)**\$ _____ Saturday night dinner: **\$12.00 (x # needed)****MAKE CHECKS PAYABLE TO: "CCK" AND MAIL WITH THIS COMPLETED REGISTRATION FORM TO:**

Vidar Bech
19536 Gault Street Reseda CA 91335
(vidar.audioden@gmail.com)

TAKK FOR SIST ~ WE ARE LOOKING FORWARD TO SEEING YOU IN OCTOBER!

ZONE 6 HAPPENINGS FROM ZONE 6 DIRECTOR MAURY LEE

Are **You** The Type To Save A Life?



Blood Drive

Hosted by Sons of Norway

Saturday, September 30, 2023

09:00 AM to 03:00 PM

Masonic Lodge of La Mesa

**4731 Date Ave
La Mesa, CA 91942**



SCAN ME

Click [here](#) to schedule an appointment!

Call (619) 400-8251 or visit SanDiegoBloodBank.org/donate

Walk-ins welcome. Photo ID required. Arrive hydrated.



SCAN ME

You can learn more about and register for either event by scanning the appropriate QR code.

Adults (18+)
\$22.50 until 7 Sep 2023 (\$25 after),
Youth (12-17) \$10,
Child (6-11) \$5, 5
& under -- Free.

[Buy Your Tickets Here](#)

Maury wanted to make folks aware of two events coming up within the District Six San Diego – Vista area, flyers for which are shown on this page. The Vista Viking Festival is in need of volunteers to man a number of its exhibits and demonstrations, and time draws neigh. Areas of need include the cultural tent (fiber arts, for example), Food Bar, Sports, Blacksmithing, Weapons, and quite a few others. If you can help at all, even for a limited time period, contact Maury:



lee.maury@att.net; 619-476-1837.

VIKING CA FESTIVAL
California's Premiere Viking Festival
September 16 & 17 2023
At the Antique Gas and Steam Engine Museum, Vista, Ca

NEW LOCATION MORE!
ROOM TO ROAM
VIKING VENDORS
VIKING COMBAT
ONSITE PARKING

MUSIC FROM
HIGHLAND WAY
BLINDFOLD MONKS
SILK BUTTON BUTCHERS
SO CAL DAMEKOR

Adults (18+)
\$22.50 until 7 Sep 2023 (\$25 after),
Youth (12-17) \$10,
Child (6-11) \$5, 5
& under -- Free.

[Buy Your Tickets Here](#)

VISTAVIKINGFESTIVAL

Facebook, Instagram, YouTube, Pinterest icons.

Sons of Norway 30th Annual Weekend Southern California Kretsstevne

Friday, Oct. 20 - Sunday, Oct. 22, 2023

SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.



Banning Stagecoach KOA Campground & RV Park
1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach> information, only – no reservations

- Enjoy Music, Singing, Heritage Crafts, Camaraderie
- Cultural Food Demonstration and/or games, Bingo, Silent Auction on Saturday

**** Lodging Options ****

Limited number of Park Models (3) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch	\$235.00
RV space, full hookups	\$100.00
Tent space	\$60.00

Various hotel options in Banning can be found online, if the Park Models are sold out.

Please complete the registration form below and mail with your check made out to:

Southern California Kretsstevne. Mail by October 10 to:



Nancy Madson, SCK Registrar
28351 Via Las Palmas
Thousand Palms, CA 92276

Call Nancy for camp lodging
prior to sending check for lodging
(760) 238-8819 or e-mail: norsknn@gmail.com

----- cut here and mail -----

Name(s) _____ **Lodge** _____

Children's names and ages _____

Phone () _____ **E-mail** _____

Fri. Night Meatball Dinner	_____ Adults @ \$10.00 each	_____ Children under 12 Free	\$ _____
Sat. Vaffler and more Breakfast	_____ Adults @ \$6.00 each	_____ Children under 12 Free	\$ _____
Sat. Hot Dog in Lefse Lunch	_____ Adults @ \$6.00 each	_____ Children under 12 Free	\$ _____
Sat. Salmon Dinner	_____ Adults @ 13.50 each	_____ Children under 12 Free	\$ _____
Sun. Scandinavian Breakfast	_____ Adults @ \$6.00 each	_____ Children under 12 Free	\$ _____

SCK Registration Fee – all attendees _____ **Adults @ 5.00 each or Family \$10.00** \$ _____

Lodging: Use pricing from above - Circle one

Park Model RV space tent space \$ _____

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ _____

All proceeds support Camp Norge.



CAMP OLDFJELL

**Saturday, September 30
through Tuesday, October 3**

**Registration will close on
Monday, September 11.**

exciting news!

**Our most popular classes are now accepting new enrollments.
*Registered students can also join!**

Hardanger Embroidery - see page 3 for class details.

Tea Towel Embroidery - see page 3 for class details.

Norwegian Klostersøm - see page 4 for class details.

A Nordic Viking "Skald" - see page 4 for class details.

**The Viking Apron Dress class will provide a limited
number of sewing machines.**

**To reserve a sewing machine, please message the Viking
Apron Dress instructor, Kathryn Whitesel, at
saxonytarn@aol.com. See page 6 for class details.**

**For an update on materials fees and class details, visit
Page 4, page 7, page 10 and page 11.**

MANY MORE PAGES OF INFORMATION

To register for classes click

here

****To amend a previous registration, email
bruce@aftonranch.net with the classes you would
like to add to your schedule.***



Sons of Norway District Six Convention 2024

Tuscany Suites & Casino: Las Vegas, Nevada

June 21 - 23, 2024

The Norwegian Folk Art, Handicraft, & Digital Program Exhibition

We want to showcase what you are creating in the expanded Norwegian Folk Art Exhibition. Whether you are an expert or a beginner, allow us the opportunity to admire your work! The items must be completed in the two years since the last convention. The following are traditional Folk Art categories that have been showcased for many years at our conventions:

1. Rosemaling
2. Weaving w/Norwegian design
3. Hardanger embroidery
4. Klostersom, diamantsom, other traditional needlework w/ Norwegian theme
5. Hand knitting w/Norwegian design
6. Crocheting and tatting
7. Figure carving w/Norwegian motif
8. Relief carving w/Norwegian motif
9. Chip carving
10. Bentwood/tine box or other woodworking w/Norwegian motif
11. Other media w/Norwegian theme: photography, painting, felting, or kolrosing

12. Viking

Included this year is a new category of anything Viking. Use your vision to create a fun entry. This category could be a combination of 'Viking' and one of the above categories – knit a Viking silhouette into a Norwegian sweater, carve a Viking ship, stitch Odin onto a quilt, etc.

13. Digital/Virtual Cultural Program

We will again have a Virtual Cultural Program category following a successful initial program at the 2022 Convention. This could be a PowerPoint or video program of Norwegian, Scandinavian, or Viking interest. This category favorite will receive the coveted 'Olaf' award.

And let's not forget about our youth! Youth up to age 18 are invited to display their work as well. Many youths are learning about and creating Folk Art at Camp Trollfjell and Trollfjell Folkehøgskule. If you have youth in your lodge, please volunteer to bring their entries for all to see and appreciate. We will have separate People's Choice awards for the youth.

The traditional Norwegian Folk Art Exhibit is a **very important** part of our Conventions. We celebrate the People's Choice winners, applaud all entrants, and encourage and appreciate all beginners. Entry information and forms will be available the first of next year, but . . . the time to get started . . . is NOW! We are looking forward to seeing your entries in Las Vegas.

GET YOUR FANA READY FOR 2024 LODGE MEETING AND CONVENTION



Typical Fana display



*The Fana made by Luella Grangaard
for her lodge.*

Does your lodge have a “Fana”* or banner? Many lodges have made or purchased Fanas over the past years to show their lodge pride. What is a Fana? They are often about 3’ by 4’ and they usually have the lodge logo, location and name. They are usually made on some type of wrinkle-proof fabric. It would be great if all the lodges brought Fanas to the convention. But they must have their own stands. Luella Grangaard made one for her lodge out of PVC pipe that was inexpensive and easy to assemble.

You have time to plan and complete a Fana for the 2024 convention. Show your lodge pride.—***Submitted by District Six 2024 Convention Committee***

** No, “Fana” is not short for fanatic...*



Soldalen Lodge Fana

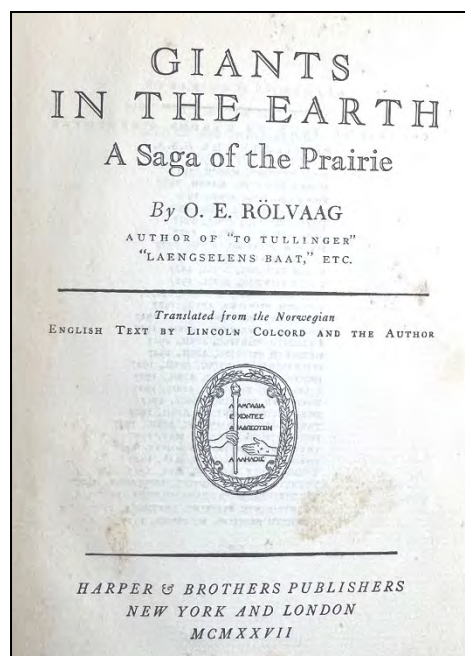
NEW TO DISTRICT SIX WEBSITE...

A list of books read by District Six lodge book groups has been assembled for your lodge or your own use. There are fiction, non-fiction, crime, and history tomes. Curious about titles? Take a look, and open a book. You may find a wonderful world. Reading any of these books would help you to complete Sons of Norway Culture Skills Literature Program requirements.

To access the list use the following link: [Reading List | District Six \(sofn6.org\)](https://sofn6.org/Reading-List-District-Six). Or, go to District Six Resources, suggested reading list. For the Sons of Norway Cultural Skills Literature Program use the following link [CS2 Literature 6 2012.pdf \(sofn.com\)](https://sofn.com/CS2-Literature-6-2012.pdf).

Thank you to Roald Amundsen, Vegas Viking, and Solskinn lodges for sharing the titles from their lodge book groups. This list will be updated annually. **-Submitted by Luella Grangaard. (She should be credited with compiling the list. -Editor)**

Editor's note: So far there aren't any political books, but crime books are kinda the same...



TO THOSE OF MY PEOPLE WHO
TOOK PART IN THE GREAT SETTLING,
TO THEM AND THEIR GENERATIONS
I DEDICATE THIS NARRATIVE

Front pages from 1927 original edition in English used by Editor's mother when she attended St. Olaf College in the early '30s. Rolvaag was a St. Olaf professor originally from Dønna Municipality, Norway. He was a Norwegian-American novelist and professor who became well-known for his writings regarding the Norwegian American experience.

Some recent Scandinavian books to check out (All have been translated into English).

My Men, by Victoria Kielland (Norwegian). Norwegian immigrant woman collects husbands in rural Midwest United States, and then-...

The Woman Inside, by M.T. Edvardsson (Swedish). Ordinary people become enmeshed in a web of dire consequences.

The Night House, Jo Nesbo (Norwegian). His latest book, being released next month.

The Girl on the Bridge, by Arnaldur Indridason (Icelandic). A "Detective Konrad Novel." Pretty good tale. – Editor.

CONVENTION COSTS EXPLAINED

Many of you might be wondering about the costs to attend the District Six Lodge Meeting and Convention. At my first couple of conventions, I was appalled at the cost of a lunch as a separate line-item choice – \$25-\$35 for lunch (a number of years ago!). Are you kidding! So, I skipped the group convention lunch and went to the hotel restaurant for a \$5 cup of soup. Smart, eh? Not so much. Not only did I miss out on fellowship during lunch, but in-effect, I was cheating the convention committee/host lodge. We no longer offer separate meal items for just that reason.

The price of the delegate package has to cover food & beverage and numerous hotel and meeting costs. For the convention, we use one space for the meeting; another space for the meals; another for the Folk Art Exhibition; other rooms for the cultural sessions; and another room for cookies, decorations, and supply storage. We utilize hotel 'classroom' tables for the meeting. Other tables and linens are for vendors, registration, Folk Art displays, raffle displays, and the Century Club/Recreation Center. We utilize hotel staff for room set-up, water service, cleaning, and coffee service. Don't get me started on the cost of hotel coffee service. You think Starbucks is expensive – ha, order coffee service for a hotel convention. I'm a little peeved as a I don't drink coffee. Thank-you, more for you all. 😊

Audio Visual is probably the next highest cost after the actual cost of food & beverage. That AV equipment and expertise is not inexpen-



sive. Except in 2012, Bob Dahl, then Zone 7 Director from Sola Lodge in Yuma, AZ purchased a \$500 piece of equipment and did the AV himself. Technology has changed since then, and more is expected of an AV company. Think thousands.

Remember, gambling losses are only deductible to the extent of one's winnings!

Then we have our own costs, which we always try to keep to a mini-

mum. Printing and mailing of the Biennial Report Book is considerable, but the cost is to the district, not to the convention committee. We also have decorations, voting paddles, awards/ribbons, signage, name badges, and delegate gifts – some of which are partially or fully donated. We try to be frugal in all we do.

Another tidbit – Convention Services charges a service charge and tax on everything. So, for example, a 23% service charge and an 8.375% tax – you'd expect to be 31.375% overall. Not so. The service charge is applied first, then the tax is over that. For a \$100 item, you end up paying \$133.30 for an effective upcharge of 33.3%. Not a big difference, percentage-wise, but it sure adds up when the dollar amounts of services are higher – for the two included lunches, Friday Dinner, and the Sun-

(Continued on page 19)

NOT THE TIME TO BE WITHOUT LIFE INSURANCE!



Many folks say, “I’m too old for life insurance.” Many folks drop their insurance coverage thinking they no longer need it.* The original need for insurance may be gone but there are many reasons to maintain or obtain insurance coverage later in life. When a spouse dies, there will be loss of income. Social Security lets you keep the larger of the two checks, but not both, of course. Often pensions don’t always go to the spouse, especially if it’s a

second marriage.

As presented in the last District Six Newsletter, not much can beat the advantages of life insurance as an estate planning tool. It can give you a way to leave the family business to the people that have been working in it and provide cash to the other heirs for a win-win situation.

Life insurance can also be used for final expenses, debt, and taxes. Leaving a legacy to your favorite charity, alma mater, church, foundation (Sons of Norway Foundation), or family members can provide a larger gift than leaving a portion of your estate.

Check with your Sons of Norway Insurance Professional or Headquarters’ Insurance Department to see how many options are available to help fine tune your assets. **-Submitted by District Secretary Nancy Madson; modified from an article found in an old lodge newsletter.**

*** In other words, they drop it before they drop.—Editor**

Convention Expenses (Continued from page 18)

day Banquet.

We try to do a good job of keeping prices low for our delegates and guests. The 2024 negotiated room rates are a good value nowadays. (Be sure to book your room with our on-line link or group code for phone reservations.)

We know you will enjoy the Tuscany Suites Hotel and Casino; it’s a lovely hotel with great suite rooms.

The delegate package is \$325 (\$275 if received and paid by April 15); guest package is

\$250. Room costs at the Tuscany Suites Hotel and Casino are \$79 for Thursday and Sunday nights and \$179 for Friday and Saturday nights - plus 13.38% occupancy tax – roughly \$146.26 per night average if attending four nights. The \$79/weekday rate applies to pre/post reservations based on availability.

Looking forward to seeing you in Las Vegas!

***Nancy Madson, District Six Secretary/
Convention Committee member***

(Article Summary: It costs a lot.)

SONS OF NORWAY ONLINE FORMS LIST HAS BEEN “REFORMED”



Out with the old, and in with the new.

Lodge officers should really check out the revised **FORMS** section on the Sons of Norway website. Many old forms have been deep-sixed, and many helpful forms added:

Hypothetically, did your lodge get disgusted with BofA and want to switch the account to another bank? There is a form for that, so your cut of membership fees will go to your new bank, and not to BofA.

Need to change signors on your lodge deposit account? We all know why that often occurs – there is a form for that.

Need to deposit funds in Sons of Norway to receive their attractive interest rates? It's there. Even more important – do you need to take money out? The form is there.

Want to know what your lodge liability is when “Gerda” scalds herself in your lodge kitchen – see the Lodge Liability Coverage Q&A form.

Is your landlord bugging you for a new Certificate of Insurance? The certificate procedure is available in Forms.

Do you need an “Additional Insured” Form for that event you are having at the Augusta National Country Club instead of at your lodge facility? Yes, there is a form to secure that and hopefully quickly.

All of these *forms* have been *formed* within the *forms* department within the long-ago *formed* Sons of Norway. Give them a *formal* Bravo-Zulu.

(Seriously, your editor feels there has been great improvement in this area, and the Fraternal Group is responsible.) (Now if only the editor were ever serious...)



See
“Vesterheim”
Page 1



From Town Crier to AI?

COMMUNICATIONS AWARDS TO BE PRESENTED AT 2024 CONVENTION

The District Six **Communication Awards** are created to recognize the merit and creativeness of Local Lodge members who create, publish, and post multi-media communication products for their lodges. Communication is the key to recruiting new members and retaining current members, and this can take many different forms.

The lodge newsletter is still at the forefront of communications for many lodges, but more and more, communication is taking other forms through various media sources (websites, Facebook postings, flyers, postcards, calling trees, community publications, public service announcements, banners, posters, etc.). The District Six Communication Awards are intended to honor lodges and all of their individual members who share the varied responsibilities of communicating, promoting, and marketing Sons of Norway to their current members, prospective members, and to their community at-large. Of course, the award process is open to all lodges in District Six.

The Public Relations Officer will distribute the Communication Awards guidelines and criteria checklist to all newsletter editors, presidents, public relations officers, and secretaries early next year. Guidelines will be posted on the District Six website at www.sofn6.org.



Accuracy is the hallmark of good communication.



YOU ARE NEVER TOO OLD...

Les Johnson (Fjelldahlen 6-162), age 92(!), learning Rosemaling for the first time with instructor **Kirstin Lewis** (Trollheim 6-110) at "Rosemaling in the Rockies" seminar sponsored by Storfjell Lodge 6-169, early August, 2023.

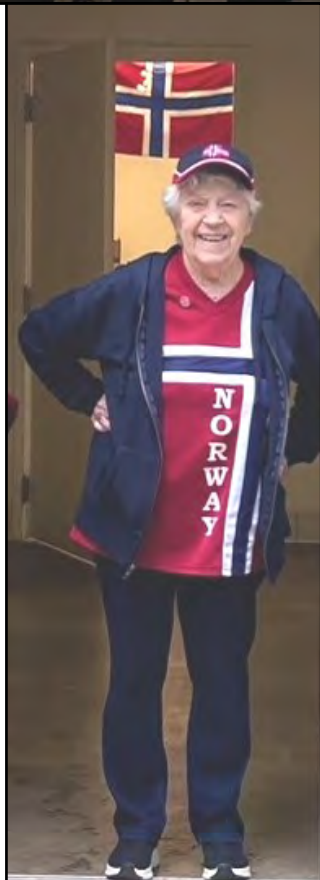
A little rain did not cancel this parade...

NORTHERN CALIFORNIA KRETSTTEVNE OCCUPIES LABOR DAY WEEKEND

The Northern California Kretsttevene was still going on as this is written. Here are some photos. We wish Central and South Kretstevner good fortune.



Alissa Bjerkhoel (Nordahl Grieg Lodge) and Fred Hymans (Camp Norge Board President) lead the group in Karaoke tribute " Love me Tender" dedicated to Carl Peter Ingvaldstad. Susan Cody (Camp Norge Board member) preparing Saturday evening meal. Absolutely stunning quilt made by International Board member Luella Grangaard featuring quadrangle "squares" for every National Park in the United States! Donated for Kretsttevene raffle, and ticket sales were very brisk! Betty Williamson (Roald Amundsen Lodge), age 94, still loves to attend!



Fatigue sets in at Camp Norge Board meeting!

MORE KRETSTTEVNE PHOTOS



Karaoke "Golden Mike" (or if you prefer, "Mic") awardees Fred Hymans, Kristen Hunsbedt of Nordahl Grieg Lodge, and Susan Cody. Was the food good, or what? Camping in the meadow adjacent to the magnificent conifers.

