



SONS of NORWAY

Harald Haarfager Lodge #2-011
Coeur d'Alene, Idaho



www.SoN-CdA.com



soncda11@gmail.com



208-262-8020



Sons of Norway Coeur d'Alene

A Message from President Dave McManus

Hilsen, (Greetings)

We sure have had a wonderful fall here in Northern Idaho. It is a favorite time of year with all the beautiful colors. Cindy and I attended Sons of Norway Odin Lodge in Yakima's Lutefisk and meatball dinner on November 2nd. We had good food and enjoyed talking with Lodge members.

I want to thank Tordenskjold Lodge in Spokane for sending people our way to buy tickets for our Lutefisk Luncheon after theirs sold out. We are Better Together.

Thank you to all HH members who came out to help with all the tasks needed to make our Lutefisk Luncheon a huge success! Our event was fantastic. The food was wonderful and plentiful, and everyone was stuffed! So many in our community look forward to that event each year! It truly is a special time for celebrating our nordic heritage and traditions! We served over 100 dinners! and only 18 in attendance were HH lodge members!

VI sees alle sammen snart (See you all soon.) at the Julefest on Dec 14!

President Dave



Welcome New Members

Ivan Dremov
Normandy Vincent

Mark Your Calendar! See You There!!

December 14, 11am
Julebord
and Santa Lucia Fest

Call the lodge phone to
make your reservation
call 208-262-8020

January 11
Harald
Haarfager
Lodge
Anniversary
Luncheon

Call lodge phone to
make your
reservation
208-262-8020

February 8
9am - 3pm

Craft and Culture Fair

How would you like to
help? email
soncda11@gmail.com or
call 208-262-8020

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Lodge News

MEMBER SPOTLIGHTS

Congratulations to recent Sport and Culture Medal Recipients

Ed Ronningen Walking Medal

If you are interested in sports medals, see Matthew Barrie

If you are interested in Culture medals, see Ed Ronningen

TUSEN TAKK!

to all members who came out for Meatball, Sandbakkell, and Lefse making so our Lutefisk Lunch would be such a success!

We could not do it without you! And Thank You Cindy, Dave, and Barbara for all your prep work at home!



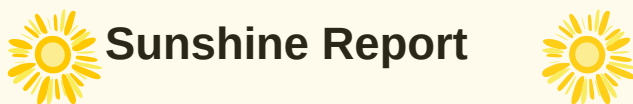
Officer Elections were held at the November 1 Business Meeting and officers will be sworn in at the Lodge Anniversary Luncheon on January 11, 2025. Thank you to those who have taken on this responsibility!

You can read more about each position here:

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines

Lodge Charitable Giving

Lodge members present at the November business meeting voted on end of year giving to non-profit groups--many local but not all. Some that were included are food banks, Meals on Wheels, Coats and Boots for Kids, Specialized Needs Recreation, Ski for Light, Toys for Tots, and many more!



Sunshine Report

Thank you Kathy Solum for sending cheer and encouragement to our lodge members!

We are making a difference in our community through Hospitality!

Gratulerer Med Dagen!

Please wish these members Happy December Birthday!

- Martin G Clemets 2nd
Deborah DeGarmo 7th
Freyja Anderson 7th
Donald Nelson 12th
Shirley Belstad 14th
Freya Barrie 16th
Charlotte McManus 18th
Wenche Austrheim-Ruzich 20th
Cara Carlson 21st
Ginger Patrick 24th
James A Dunbar 29th

NORDIC CULTURE CORNER

SANTA LUCIA CELEBRATION by Ed Ronningen

Lucia – bearer of light, hymns and Swedish treats

The Lucia tradition is as integral to Swedish culture as midsummer and crayfish parties. Immensely atmospheric, this 400-year-old custom brings peaceful joy each year on 13 December – and it's spreading across the world.

Celebrated annually in December, this historic custom is an atmospheric event involving Christmassy treats and a singing line-up of candle-carrying characters dressed (mostly) in white gowns. These tuneful "Luciatåg" processions – led by Lucia herself – play out on national TV and in kindergartens, schools, care homes, churches and offices across the country. Waiting in anticipation, the audience's first sign that Lucia and her posse are nearing is a mellow chorus approaching from the distance, followed by soft light cutting through the pre-dawn darkness.



Lucia Day – also called Saint Lucy's day – can be traced back to the 4th century. A Christian feast day, it commemorates the martyr Lucia of Syracuse, who, as legend has it, brought food to Christians hiding in Roman catacombs, lighting her way with a candlelit wreath on her head.

The 13 December was the historic Julian calendar's shortest day, and according to Swedish folklore, the long night was dangerous, with dark spirits out in force. Staying awake was paramount, and eating helped – another connection to the small feast associated with today's Lucia celebration. Lucia made her first recorded appearance in a Swedish rural home in 1764, but the custom really established itself in the 1900s.

The Lucia essentials – and what to expect on 13 December

If visiting Sweden in time to catch a Lucia celebration, you'll be able to experience these at various places, such as churches, town halls and even restaurants (as well as on TV and radio). According to tradition, Lucia appears before dawn, but for practical reasons many events are held at dusk. Don't be surprised if the Swede next to you joins in with the choir – most Swedes know the main Lucia song, "Sankta Lucia", often by heart.

Leading the procession, Lucia is trailed by handmaidens ("tärnor"), star boys ("stjärngossar") and gingerbread men ("pepparkaksgubbar"). If children are participating in the procession, they may choose to be dressed as Christmas elves (tomtenissar). As for each individual group's attire, Lucia's defining feature is the lit-up wreath on the top of her head. Traditionally, real candles were used, but for safety reasons they've been replaced by battery-powered ones – and the same goes for those carried by the handmaidens, who typically wear glitter or a wreath (without candles) in their hair and glitter or a decorative red ribbon around the waist. Star boys wear all-white – just like Lucia and the handmaidens – with cone-like hats and star-adorned sticks. The lantern-carrying gingerbread men sport full gingerbread costumes, replete with white icing – you'll find these in many Swedish retailers.

As well as being the bearer of light, Lucia's offering of treats is just as key. She has been immortalized carrying a tray of fika by several iconic Swedish artists, such as Carl Larsson. The eats are gingerbread biscuits and an S-shaped saffron bun called a "Lussehatt" – a treat almost as classic as the cinnamon bun. Many Swedes would find it sacrilegious to eat a Lussehatt at any other time than Lucia and the weeks leading up to Christmas. To drink, you'll sip little cups of "glögg" (mulled wine), served with almonds and raisins. Coffee was served traditionally and it's still an option. Moving with the times and spreading further afield Lucia is anchored in tradition but it keeps evolving. In the past, the crowning of the national – and local – Lucia was an anticipated event, inviting newspaper readers to vote on their favourite, based on a headshot and a short description. Since this had a whiff of beauty contest about it, it has been relegated to the past. (cont'd on page 6)

Bits and Pieces

LUTEFISK SOUP -- Frank Eld, Boise, ID

On a recent trip to North Idaho, Frank Eld was the guest speaker at the Fall Finlandia Lodge Luncheon, held at Trinity Lutheran Church in CdA on October 9--Leif Erikson Day. Frank Shared his vast knowledge regarding Finnish culture and Saunas in History. He also shared with me, his family recipe for **Lutefisk Soup**. He said *"This is how my mother, her mother, and then my brother and I made it for years. My brother and I had a friendly competition to see who made the "best" that year--usually judged by whose kettle was emptied first at the annual Eld family Christmas gathering"*. Franks brother has passed on, but the next generation has taken up the challenge.

3-4 pounds lutefisk fish

Whole milk

Can evaporated milk

Real butter

Ella's recipe calls for fish to be cooked in cheesecloth bag until tender (about 1/2 hour).

Monitor carefully as overcooked lutefisk simply disappears into the water!

Frank's recipe: Place fish in glass pan and cook in microwave on high heat for 9-11 minutes.

When tender, fish will flake off.

Do not overcook as lutefisk dissolves into liquid!

Place about a half gallon of whole milk into cooking kettle. Pre-heat as fish is cooking.

Add 1 can evaporated milk, 1/2 stick of real butter and fish when cooked.

Heat slowly to a boil, stirring gently so milk doesn't scorch.

Add salt and pepper to taste.

Make a thickening gravy of butter, milk and flour. Add this to boiling kettle of fish to thicken it.

Pour into crock pot and slow cook on low for at least an hour.

Serve with a sprinkle of lemon pepper and enjoy!

Unlike most recipes for lutefisk, which bake the fish, this recipe is more like a chowder. It is the way my mother, Ella Eld, and her mother, Lisa Kangas, made it each Christmas.

Originally, lutefisk came dried and had to be processed in lye water and then clean water for several days. Today's lutefisk comes fresh or frozen and already processed.

Santa Lucia (continued)

These days, schools tend to select their Lucia randomly, lottery-style, and in the younger year-groups it's not unusual to see more than one Lucia. As for other modern updates relating to the must-have baked goods, Lucia often serves up vegan alternatives.

No longer confined to the borders of Sweden, the custom as it's celebrated here (there's a different Lucia Day variant in Italy, for example) has spread to other countries. In London, for instance, The Swedish Church puts on events that are so popular that they have to be booked months in advance. You'll also find Lucia events in countries including Germany, Latvia, Russia and China. Sometimes Swedes perform and in other cases non-Swedes have gone to the trouble of learning the songs in Swedish as a mark of appreciation. Experience it once and it's likely you'll get smitten, too – it's a celebration like no other.

Join us for our Julebord on Dec. 14 and enjoy our lodge version of Santa Lucia.

Call the lodge phone for your reservation 208-262-8020

Membership Count

Members	120
Golden	8
Heritage	23
Life Member	1



Upcoming Lodge Events

December 14	Julefest & Santa Lucia
January 11	115th Anniversary & Officer Installation
February 8, 9am-3pm	Craft and Culture Fair
March 22	Lunch and Concert
April 26	Taste of Norway Potluck
April 5	Zone 5 Conference
May 17	Syttende Mai Celebration

Mark your calendars!

Check out our lodge website

www.SoN-CdA.com for more information.

2025 DISTRICT 2 SKI EVENTS



Yes, there is an in-person ski race at Trollhaugen on Feb. 1st. Make your reservations

Here is another way to participate! For the whole month of February, please record how many miles you cross-country ski. This event is open to all ages and experience levels. Send your miles to District Two Sports Director: Alisha Anunson. Be sure to include your full name, age, and the lodge that you are a member of.

The cut-off date for submitting miles is March 15th. Once all miles have been submitted, they will be tallied, and Laurie Berg will disperse participation awards. Results will be printed in the Dynamic 2.

Miles can be tracked for all skiing, not just miles done at Trollhaugen.

Email mile submissions to: alishaanunson@gmail.com



Upcoming Lodge Business Meetings

December 6 January 3

Business meetings are held the first Friday of each month, August -May at 6pm. All events are held at Trinity Lutheran Church, unless otherwise noted. 812 N. 5th Street, Coeur d'Alene, ID 83814

A Very Nordic Holiday: Craft Making! Saturday, December 7 11am - 3:45pm

Shadle Park Library 2111 W Wellesley Ave, Spokane Make crafts with our friends from Tordenskjold Lodge: Felt gnomes, wheat straw hearts, paper hearts, Rosemaling & vaffler demo with Cindy! Come have some fun and learn nordic crafts!

DISTRICT 2 Events

For information on Zone 2 Events (Alaska, Idaho Oregon, Washington) check out the Zone 2 Website. <https://www.sonsofnorway2.com/events/>

Norwegian Table Grace

I Jesu navn går vi til bords Og spiser, drikker på ditt ord Deg, Gud, til ære, oss til gagn Så får vi mat i Jesu navn. Amen.

English Translation:

In Jesus' name to the table we go To eat and drink according to his word. To God the honor, us the gain, So we have food in Jesus' name. Amen.

BARNESIDE (Children's Page)



Nedtelling til Jul

(Countdown until Christmas)



Starting December 1st, do one thing each day until Christmas. X the box when you do each thing.

Watch a Christmas movie	Sing a Christmas Song	Make a Christmas Card to give to someone	Read a Christmas Story	Write a letter to Santa
Read about Santa Lucia	Have dinner by candlelight	Do something nice for someone	Make a Christmas craft	Hang your Christmas stockings
Listen to Christmas Music	Make Christmas cookies	Have Hot Cocoa & learn about <u>Ejøsniissen: The Norwegian Santa</u>	Go to the Sons of Norway Julebord on December 14	Make Paper Snowflakes
Read 'Twas the Night Before Christmas	Look at Christmas Lights	Draw a Christmas Picture	Decorate the Christmas Tree	Make a woven heart basket
Wrap Presents	Go for a walk with flashlights	Call someone in another state to say Merry Christmas!	Spend Julaften (Christmas Eve) with family and friends	God Jul! 

2024-2026 District Officers

District 2 President Joanne Gray
District 2 Vice President Bill Hicks
District 2 Secretary James Wraalstad
District 2 Treasurer Dan Andrews
District 2 Counselor Jerry Erickson
District 2 Publicity Director Cynthia McManus
District 2 Cultural Director Sally Dwyer
District 2 Youth Director Laurie Berg
District 2 Foundation Director is Open
District 2 Sports Director is Alisha Anunson

Zone 1 Director - Duane Esperum, Sonja Lodge
Zone 2 Director – Shirley Lovelace, Normanna Lodge
Zone 3 Director - Vernene Scheurer, Vesterdalen Lodge
Zone 4 Director – Paul Anunson, Poulsbo Lodge
Zone 5 Director – Dave McManus, Harold Haarfager Lodge
Zone 6 Director – Richard Carr, Artic Viking Lodge

The Scandinavian Hour with your host Seth Tufteland. Saturday & Sunday 6:00-7:00am, Saturday 9:00-10am. Stream us online at https://1150kknw.com/listen-online. Visit our website at www.thescandinavianhour.org. Music, News, & Interviews for the Scandinavian Community.

2022-2024 HH Executive Board

Dave McManus--President
Kyle McManus--Vice President
Colleen Sisk--Secretary
Lana Stroud--Treasurer
Dave Jacobson--Membership Secretary
Pamla Silk--Counselor
Carol Uptagrafft-- 1 yr Trustee
Cindy McManus-- 2 yr Trustee
Jennifer McManus--3 yr Trustee

2022-2024 Lodge Officers

Ed Ronningen--Cultural Director
Suzanne Knutson--Publicity Director
Matthew Barrie--Sports Director
Suzanne Knutson--Editor
Cindy McManus--Social Director
Social Committee:
Barbara Rostad
Cindy McManus
Dave McManus
Ed Ronningen
Suzanne Knutson
Bill Solum--Historian
Kathy Solum--Sunshine Chair
Greeters: Dave Jacobson
Kay Nelson
JoAnne Nelson
Karen Williams--Marshal
Nathan Stroud--Assistant Marshal
Auditors: Jennifer McManus
Gladys Engen
OPEN--Youth Director

Tales & Tunes Nordic on Tap nordicontap.com. Interviews, folktales, music, and hygge. Listen on the internet at nordicontap.com Anytime. Any hour. With host, Eric Stavney and cool people like you.



Lodge Nyheter articles are due
by the 15th of each month.
Send them to Suzanne Knutson:
SoNCdApublicity@gmail.com

Contact Information

Harald Haarfager Lodge, CdA

President Dave McManus
www.SoN-CdA.com
soncda11@gmail.com
208-262-8020

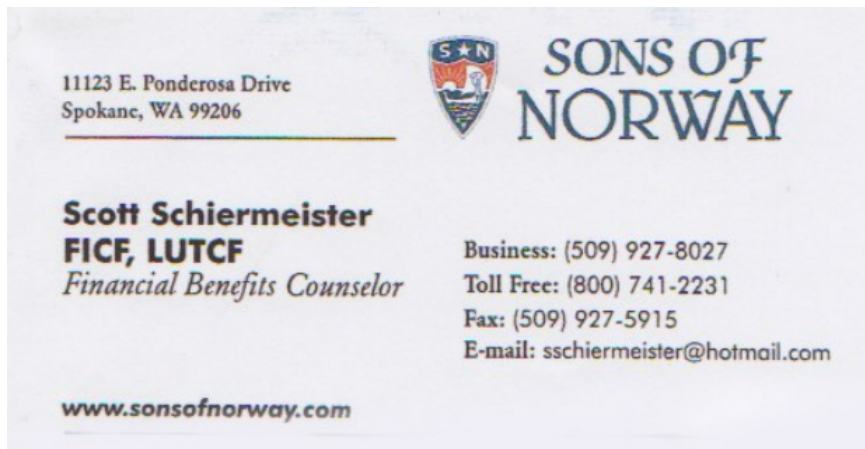
District 2 www.sonsofnorway2.com
President Joanne Gray
360-923-1242 Joanne@moholtusa.com

International Headquarters


1455 W Lake St
Minneapolis, MN 55408-2666
Phone: (612) 827-3611
Chairperson: Daniel Seyfried

Trollhaugen Lodge

PO Box 155, Easton 98925
509-656-9997
trollhau@outlook.com
www.trollhaugensofn.com/



11123 E. Ponderosa Drive
Spokane, WA 99206



**SONS OF
NORWAY**





Scott Schiermeister
FICF, LUTCF
Financial Benefits Counselor

Business: (509) 927-8027
Toll Free: (800) 741-2231
Fax: (509) 927-5915
E-mail: sschiermeister@hotmail.com

www.sonsofnorway.com

Sons of Norway 2-011
Harald Haarfager Lodge, CdA
5941 S. Dove Crest Lane
Coeur d'Alene, ID 83814
email: soncda11@gmail.com



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 208-262-8020
 Sons of Norway Coeur d'Alene