



Sons of Norway

Harald Haarfager Lodge# 2-011

Coeur d'Alene, Idaho

Fall Issue (September & October) 2023

- (208) 262-8020
- soncda11@gmail.com
- <https://www.son-cda.com>
- Sons of Norway Coeur d'Alene - Harald Haarfager Lodge

President's Message:

Hilsener (Greetings) fellow Harald Haarfager friends and fellow members!

Summer has come and gone and it feels like fall is in the air. I hope everyone is doing well and eager to participate in our upcoming scheduled events!

We lost our dear friend and longstanding member, Ron Hansen on June 27th . He will be dearly missed.

Our entry in the 4th of July Parade was a fun event and we won the award for best specialty float! We had 17 adults and 13 kids participate. A big thanks to Tordenskjold for letting us use their Viking 1 float.



Our Kid's Camp was a huge success! Thanks to Suzanne, Cindy, and all that helped.

Tusen Takk to President Vernene Scheurer of Vesterdalen Lodge in Auburn, WA. for donating their Viking ship parade float (SISU) to us. Thanks to Cindy for responding to her email immediately trying to find a new home for it. I made the trip to Maple Valley, WA to pick it up and it has arrived safely and is now in port awaiting it's next voyage!

Cindy put on two cooking classes this summer, one for Lefse and one for Cream Cake. Both had good attendance and fun was had by all.

We had another great turnout for the North Idaho Fair Beer Garden sales and brought in the largest amount of donations yet. Thank to all who volunteered!

Our Norsk Heritage Luncheon Sept 16th is approaching soon. Make sure you get signed up by calling the Lodge phone at 208 262-8020. Seth Tufteland, from the Bothell Lodge will be presenting on historical Viking life and culture. You won't want to miss out!

Broderlig (Fraternally)

Dave McManus

President

Inside This Issue

- President's Message.....1
- Events Calendar.....2
- Norsk Luncheon Card 2
- 2023-2024 Lodge Officers.....2
- News from District 2.....3
- District 2 Board Members.....3
- Birthdays.....4
- Lodge/Member Events & News.....4
- 4th of July Parade5
- Norwegian Recipe.....6
- Norwegian History Lesson.....6
- Beer Garden Sales.....7
- Our Newest Addition.....7
- Kids Camp.....8
- 13 Strings Music Event.....9
- Sons of Norway Book Club.....10
- Summer Cultural Events.....11
- Ronald Hansen Sr.....12
- Sunshine Report.....13

Meeting Schedule

October Business Meeting:
Friday, October 6, 2023@ 6pm

November Business Meeting
Friday, November 3, 2023@ 6pm

1123 E. Ponderosa Drive
Spokane, WA 99206

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

2023 Events Calendar

September 16 — Norsk Heritage Luncheon

September 18 — Adopt a Highway Cleanup on Highway 95 (Milepost 425-426)

October 14 — Salmon Dinner

November 11 — Lutefisk, Meatball, & Lefse Dinner

December 16 — God Jul Luncheon & Party

Note: Details for each event will be sent out with a postcard in the mail, shared to our Facebook page, and /or via our Lodge e-mail.

Norsk Heritage Luncheon

September 16, 2023 Saturday 12:00pm—2:00pm



Norsk Heritage Luncheon
Saturday, September 16, Noon - 2pm
Trinity Lutheran Church
812 N. 5th St., Coeur d'Alene, ID

Join us for a traditional Norwegian Fall Feast
Fårikål, Norway's National dish of Lamb Stew with cabbage and potatoes will be served, as will Brun Lapskaus (Beef Stew), flatt brød, eplekake, lemonade and coffee.

The program will include a presentation on Historical Viking Life by Seth Tufthland, from Bothell, WA.

Reservations can be made by email to soncda11@gmail.com or phone 208-262-8020

Adults \$15, Kids 6-18 \$5, 5 and under \$0
son-cda.com



2023-2024 Executive Board Officers

President:

Dave McManus

Vice-President:

Kyle McManus

Secretary:

Colleen Sisk

Membership Secretary:

Dave Jacobson

Treasurer:

Lana Stroud

Counselor:

Pamla Silk

Trustees:

1 yr. Jennifer McManus

2 yr. Carol Uptagrafft

3 yr. Cindy McManus

2023-2024 Other Lodge Officers

Cultural Director:

Ed Ronningen

Publicity Director:

Suzanne Knutson

Editor:

Kyle McManus

Social Director:

Cynthia McManus

Social Committee Members:

Barbara Rostad

Suzanne Knutson

Cindy McManus

Ed Ronningen

Historian:

Bill Solum

Sunshine Chair:

Kathy Solum

Greeters:

Kay Nelson

JoAnne Nelson

Dave Jacobson

Marshal:

Karen Williams

Assistant Marshal:

Karen Lauritzen

Social Committee:

Cindy McManus

Ed Ronningen

Barb Rostad

Suzanne Knutson

Auditors:

Jennifer McManus

Gladys Engen

Trollhaugen (<https://www.trollhaugensofn.com>)

2023 Trollhaugen Calendar:

District 2 Meeting: September 22 - 24, 2023
Adult Heritage Retreat: September 15 - 17, 2023
Board Meeting: October 6, 2023
Work Party: October 7, 2023

**SONS OF NORWAY
DISTRICT 2
DOREEN J PARKER HERITAGE RETREAT
SEPTEMBER 15-17TH, 2023**
For safety of all ~ 2023 Vaccinations recommended.



Spend the weekend in the mountains at Trollhaugen Lodge, Learning about Trolls, and their secrets. A weekend of crafts, cooking, and fun. Some of the activities to choose from are Rosemaling, Woodcarving, Hardangersøm. Learn to sing some of those favorite Norwegian songs.

Registration fee of \$150.00 (\$160.00 after September 1st) per person
Includes room, all meals and class supplies.
Mail Checks made out to: Heritage Retreat to:
Paula Boerner, 201 29th St., Hoquiam, 98550

Bring your own bedding, shower towels and toiletries.
* We will provide coffee break treats.
** Masks will be recommended in Troll room for classes.

This is the only heritage & culture retreat this year
We will have reduced number of beds and space available
Your check will secure your place

For more information & registration contact:
Chris Hicks (425) 672-0194 ChrisD2SofN@outlook.com
Or Nancy Holter d2.cultural@gmail.com

President: Jerry Erickson
Vice-President: Joanne Gray
Secretary: James Wraalstad
Treasurer: Judy Moxley
Counselor: Ernest Fosse
Publicity Director:
Rob Kodalen
Cultural Director:
Nancy Holter
Youth Director: Seth Tuftaland
Sports Director: Laurie Berg
Foundation Director:
Darrin Lee
Director Zone 1:
Duane Esperum
Director Zone 2:
Roberta Morrow
Director Zone 3:
Vernene Scheurer
Director Zone 4:
Alisha Anunson
Director Zone 5:
Cynthia McManus
Director Zone 6:
Hannah Persson
Historian: Doug Quammen
International Board Director:
Chris Hicks
International Board Vice President:
Mark Agerter

District 2 Facebook Page:
<https://www.facebook.com/groups/53491219856>
District 2 Web Site
<https://www.sonsofnorway2.com>

Birthday List

July:

01 Claude Miles
01 Cheryl Reed
02 Darrin Lee
05 Haakon Barrie
06 Dave McManus
11 Dick Jurvelin
19 Madelyn Knutson
20 Scarlett Day
20 Ed Ronningen
23 Anne Capellen
24 Doug Miller
29 Jude Ronningen
29 Karen Williams
31 Rob Knutson

August:

02 Monte Rosenberg
05 Marcie Matsen
07 Deborah Simpson
08 Charles Simpson
11 Jean Sorley
20 Barb Rostad
20 Jack Knutson
22 Evangeline Rosenberg

September:

03 Norah Friesen
06 Matthew Barrie
10 Riker Barrie
12 David Jacobson
19 Les Wigen
21 Jill Knudson
25 Gladys Engen
28 Mark Nelson

October:

01 Suzanne Knutson
01 Victoria Rosenberg
12 Linda Coppom
19 Mark Farsdahl
19 Jaxon Kettner
28 Jolyn Zilko
29 Einar Silk
31 Karianna Carlson



Recent Lodge News/Events/Member Updates:

- We need your help! Putting on events (luncheons and dinners) is a quite the task. We are happy to have as many volunteers as we can! Please reach out to President Dave if you'd like to join in and lend a helping hand.
- Members Mark and Dona Farsdahl took a cruise to several Norwegian ports over the summer and shared many pictures from their trip with us.
- Member Karen Lauritzen and family recently moved to Decatur, Illinois where Karen has accepted a position as a professor at Millikin University. This has long been a goal of Karen's and we wish her continued success!
- Our new signs are up for milepost 425-426 on Highway 95 South of Coeur d'Alene. We have a clean up scheduled for Sept 18, a Monday, 9:00 am but we had some help yesterday, so it should go quickly. We will meet at the wide spot at mile-post 425 the walk downhill to 426. If you can make it, please reply to this post, email soncda11@gmail.com, or call the lodge phone 208 262-8020.

The Hiking Viking

The Inaugural Hiking Viking event was a great success as members hiked our local English Point Trail. There will be another event on 09/23 if any of you would like to join. Plan to meet at the Sunrise Day Use Area at Farragut State Park at 10:00am. Please contact Ed Ronningen at (208) 215-5352 if you have any questions.



Above: Freya and Riker Barrie stop for a smile



Above: Matthew Barrie and Ed Ronningen chatting along the way while hiking the English Point Trail.

4th of July Parade in Coeur d'Alene:

We had 17 adults and 13 kids participate in the 4th of July parade in Coeur d'Alene. We took home the award for best specialty float and proudly showed our Norwegian pride and heritage. Thanks to all who participated!



Above: Lodge Members stand in front of Viking 1 during the Coeur d'Alene 4th of July Parade after winning the Best Specialty Float



Above: Youth member Riker Barrie, axe in hand, protects the Viking 1 from potential threats



Above: Jennifer McManus and son Kellen Smiling



Above: Pamla Silk proudly holding the Norwegian Flag during the parade

Norwegian Recipe—Pølse med Lumpe (Hot Dog)

INGREDIENTS

Lumpe, Small Potato Cake, or Lefse
Sausage, Brat, or Hot Dog (Grilled, Boiled, or Fried)

FINISHING INGREDIENTS

Sauerkraut, Coleslaw, Mustard, & Fresh Herbs

INSTRUCTIONS

Step 1

Use your favorite lumper, potato cake, or lefse for the bun.

Step 2

Use your favorite style of sausage, brat, or hot dog for the filling.

Step 3

Dress it up – add your typical brat or hotdog fixings. To try out something new, you could add sauerkraut, coleslaw or salsa..

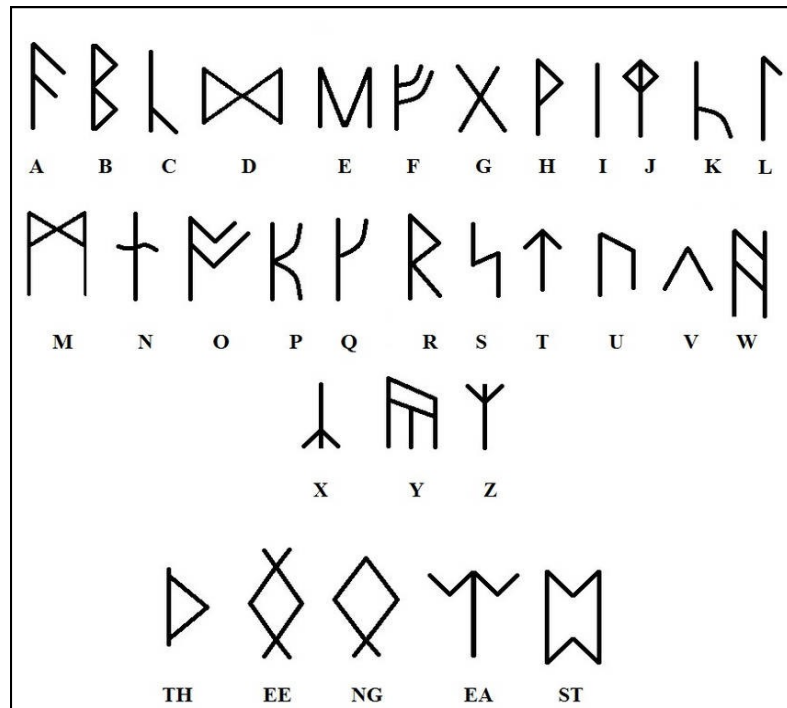


Norwegian History Lesson—Younger Futhark (Runic Alphabet)

The use of runes is one of the most iconic—but often misunderstood—features of Viking Age culture. Many people will already be familiar with runic characters, especially as they are a favorite in the cover art and typography of bands associated with Viking metal music (and other heavy metal subgenres).

Yet there were multiple runic alphabets that were prevalent in different parts of the Germanic world during different periods. The only runic alphabet used by the Norse in the Viking Age is known as the Younger Futhark, which consisted of only sixteen 'staves' or characters. There were two main variants of this alphabet, known as short twig and long branch runes, which differed in popularity in different regions and at different times in the Viking Age.

We do not know how commonly runes were used during the Viking Age. After the Viking Age, we have evidence of runes being used as an everyday writing system: businessmen in fourteenth-century Bergen sent messages to one another carved on wooden sticks. During the Viking Age, however, most of the evidence for the use of runes is found on standing stones which were used to commemorate dead relatives. There is no evidence of runes having an everyday function and they may therefore have been a sign of prestige—then again, it may simply be that the evidence of daily use has perished, as rune sticks have rotted away over time.



Above: A modern rendition of the Younger Futhark Runic Alphabet

Beer Garden Volunteers at the North Idaho State Fair

Thank you to all of the members who helped make our lodge's largest fund raiser ever as we took in over \$3,000(Beer Sales at the North Idaho State Fair) a huge success. Jerry and Sharon Hansen, Dick and Jill Jurvelin, Rob, Suzanne, and Madelyn Knutson, Matthew Barrie, Dave and Cindy McManus, Lana and Natalie Stroud, Colleen Sisk, Doug Miller, Dave Jacobsen, Linda Coppom, Pamla Silk, Mandi Rosenberg, Art Collins, Jennifer McManus and Karen Williams. Your efforts are truly appreciated as we brought in more than \$3,000!



Above: Cindy McManus and Lana Stroud



Above: Dave McManus, Jerry Hanson, and Sharon Hanson



Above: Suzanne and Rob Knudson

Please Meet the Newest Addition to Our Fleet

Mange Takk to Vesterdalen Lodge 2-131 Auburn, WA for donating their parade float ship named SISU. Thanks to President Vernene Scheurer and to John Nyseth for having everything ready to go and helping us load it up for its trip to Coeur d'Alene, Idaho. We are looking forward to seeing both of you at the 2024 Convention.

We are considering a name change for the float and would love our members' recommendations. Please send your suggestions to President Dave or drop by our business meeting in October to discuss!



Above: Dave McManus and John Nyseth shake hands after a successful transaction.

Kids Camp

We just completed our 2023 Kids Camp. It was a huge success. The kids made and painted Viking shields, made lefse which consisted of mashing, ricing, rolling and cooking. They were given language lessons, made homemade ice cream, dough art waffle hearts, woven heart baskets for the Christmas tree, Rune necklaces, Folk dancing, played Kubb, ladder ball and many other activities and crafts.

Thank you to the following volunteers who helped make it all happen: A big thank you to Sol-Land Lodge Cultural Director Gretchen Makinson for coming to us and teaching us all folk dances.

Suzanne Knutson, Cindy McManus, Natalie Stroud, Lana Stroud, Colleen Sisk, Caroline Sisk, Jerry Hanson, Sharon Hanson,, Cheryl Reed, Barbara Rostad, Ed Ronningen, and Brooke Barrie.



Above: Suzanne Knutson leading the youth members and guests in a dance



Above: Barb Rostad reading the children a Norwegian story



Above: Peeling potatoes to make a fresh batch of lefse



Above: Our shield maidens Avery and Charlotte painting their shields

Thirteen Strings from Scandinavia Music Event

The Grammy-nominated duo Andrea Hoag and Loretta Kelley present a varied program of Scandinavian folk tunes played on the violin and the rarely-heard Hardanger fiddle. Both draw on their knowledge and experiences from years of immersion in these traditions to give a lively performance embellished with songs, mouth music, and humorous tidbits of Scandinavian folklore. Andrea's specialty is Swedish folk fiddling, a tradition passed down through the generations with an intricate, distinctively harmonized style. Loretta is an expert on the Hardanger fiddle or hardingfele, a Norwegian fiddle with sympathetic strings that produces brilliant and mesmerizing music that is so unusual that it has been called the "best-kept secret of European ethnic music." Loretta also accompanies Andrea on the violin, and both sing in Swedish and Norwegian. Together they present a showcase of the best of the Norwegian and Swedish folk music traditions.

JOIN US FOR AN EVENING WITH **THIRTEEN STRINGS FROM SCANDINAVIA**

Folk Music from Sweden & Norway



ANDREA HOAG AND LORETTA KELLEY

The Grammy-nominated duo Andrea Hoag and Loretta Kelley present a varied program of Scandinavian folk tunes played on the violin and the rarely-heard Hardanger fiddle. Both draw on their knowledge and experiences from years of immersion in these traditions to give a lively performance embellished with songs, mouth music, and humorous tidbits of Scandinavian folklore. Andrea's specialty is Swedish folk fiddling, a tradition passed down through the generations with an intricate, distinctively harmonized style. Loretta is an expert on the Hardanger fiddle or hardingfele, a Norwegian fiddle with sympathetic strings that produces brilliant and mesmerizing music that is so unusual that it has been called the "best-kept secret of European ethnic music." Loretta also accompanies Andrea on the violin, and both sing in Swedish and Norwegian. Together they present a showcase of the best of the Norwegian and Swedish folk music traditions.

TUESDAY, SEPTEMBER 19, 2023

Spokane Valley United Methodist Church
115 North Raymond Rd.
Spokane Valley, WA

FREE PERFORMANCE • FREE PARKING

5PM DOORS OPEN "MEET & MINGLE"

6PM PERFORMANCE

NORDIC NATIONAL COSTUMES, SWEATERS/T-SHIRTS WELCOME!

HOSTED BY:

DAUGHTERS OF NORWAY FREYA LODGE
SONS OF NORWAY TORDENSKJOLD LODGE
SONS OF NORWAY HARALD HAARFAGER LODGE
VASA NORTHSTAR #145
FINLANDIA INLAND NORTHWEST CHAPTER

EVENT QUESTIONS:
Sonia Bertsch
509-879-2274

CDs available.
1 for \$15
2 for \$25
Cash, check, Venmo

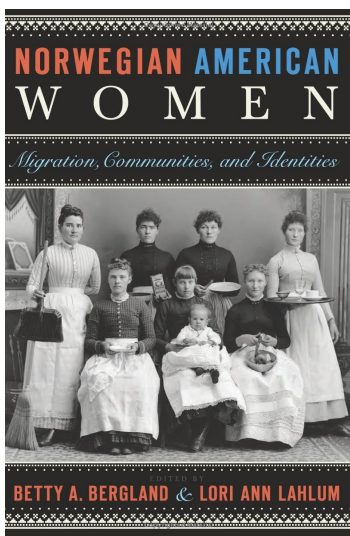
Sons of Norway Book Club

There is a Sons of Norway Book Club available to all members. The Sons of Norway book club meets virtually on the last Thursday of each month via Zoom. If you are interested in joining, send an email with your name, lodge name, and contact information (phone number and email address) to SonsofNorwayBookClub@gmail.com. Books can be purchased at Barnes & Noble or Amazon.

September 2023 Book Club Selections

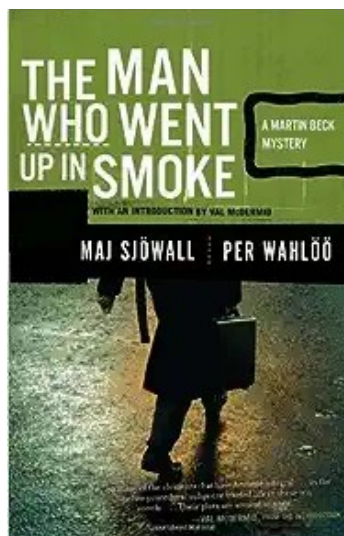
Main Read: *Norwegian American Women*

by Betty a. Bergland



Mystery Read: *The Man Who Went Up in Smoke*

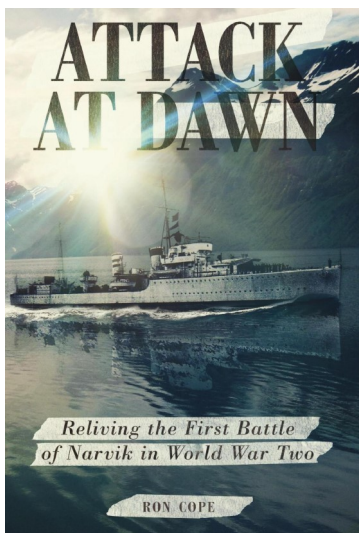
by Maj Sjöwall and Per Wahloo



October 2023 Book Club Selections

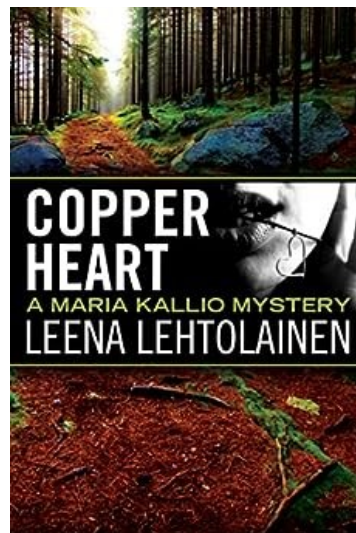
Main Read: *Attack at Dawn*

by Ron Cope



Mystery Read: *Copper Heart*

by Leena Lehtolainen



Sons of Norway Summer Cultural Events

This summer, Social Director Cindy McManus held multiple cultural events where lodge members and guests were taught how to make traditional Norwegian lefse and cream cakes. We had a great turnout for these informative events and were able to learn, share, and eat our tasty creations.



Above: Cindy McManus instructs granddaughter Charlotte how to roll lefse.



Above: Members and guests enjoying the event and learning how to roll lefse.



Above: Sharon Hanson showing husband Jerry Hanson how it's done!



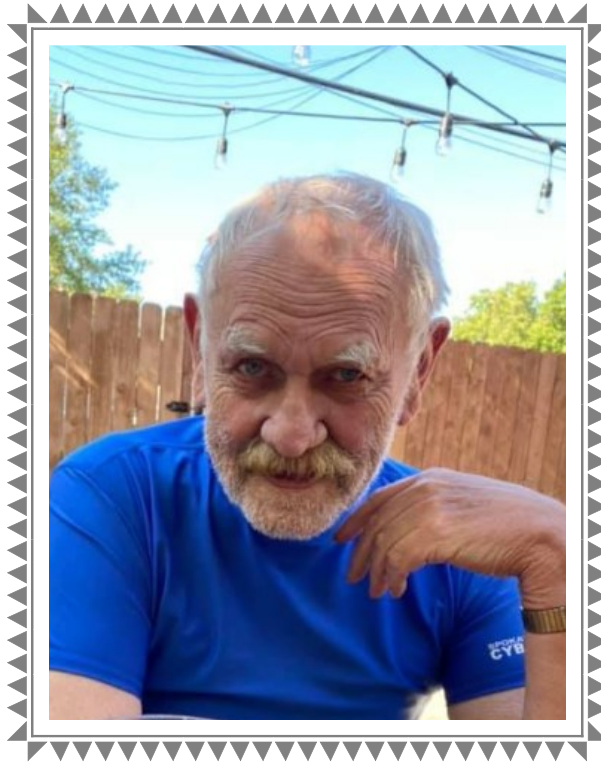
Above: Cindy McManus sharing her secrets for the design of the perfect Norwegian cream cake



Above: The perfect Norwegian Cream Cake

Farewell to Our Dear Friend, Ron Hansen Sr.

Ronald August Hansen Sr.
Gunnery Sergeant (GySgt) USMC—Retired
Born September 1, 1945 — Died June 27, 2023



Ron passed peacefully in his sleep at home and surrounded by his loved ones on June 27, 2023. Ron was born on September 1, 1945, to Harold and Elizabeth Hansen in Aberdeen, Washington. He was preceded in death by his wife Frances, His sister Melissa and his parents.

He is survived by his brother Don Hansen, son Ronald Jr., and grandson Roman Hansen. Services and military honors were held August 7, 2023, at 1pm at the Medical Lake Cemetery in Spokane Washington.

Ron was a devoted member of our lodge and friend to all. He will be greatly missed and thought of often.

On behalf of Sons of Norway 2-011, Hvil i fred (rest in peace), Ron.

Sunshine Report

Thank you to Kathy Solum for sending out Sunshine Cards to our members either needing some well wishes or a congratulations.

If you know of someone who needs some recognition from our Sunshine Chair, please let Kathy know! You can reach her at: katfoz55@yahoo.com or (208) 966-4324

Recent Sunshine sent out:

Sympathy Card for The Hansen Family

Get Well Card for Harry Reed

Get Well Card for Allen Isaacson

Get Well Card for David Jacobson

Get Well card for Kathy Solum



Supplies and funds remain in good shape.

Sons of Norway 2-011

Harald Haarfager
5941 S Dove Crest Ln
Coeur d'Alene ID 83814
Email: soncda11@gmail.com

PLEASE
PLACE
STAMP
HERE



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