



# SONS of NORWAY

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



[www.SoN-CdA.com](http://www.SoN-CdA.com)



[soncda11@gmail.com](mailto:soncda11@gmail.com)



208-262-8020



Sons of Norway Coeur d'Alene

## A Message from President Dave McManus

Hilsen, (Greetings)

I hope you all enjoyed your summer; it seems to have gone by very fast. It is good to be back having lodge meetings after our summer break. We had a very successful two days at the North Idaho Fair selling beer and beverages for tips. It is our largest fund raiser of the year and takes a lot of help to be a success. Thank you to all who helped. Too many to name.



We had a Adopt A Highway pickup on September 7 th . We did not have a very good showing of members, but those who helped did a fantastic job. Thanks to Jerry and Sharon Hanson, Mark Farsdahl, and Dave Jacobsen for helping along with Cindy and I.

We have some fun monthly events planned, Norsk Heritage Luncheon and Kubb Tournament, October Salmon Dinner with Entertainment, November Lutefisk Dinner and December Jul Party. I hope to see you all at these events and monthly meetings. YOU are the Sons of Norway.

VI sees alle sammen snart (See you all soon),

**President Dave**

## Mark Your Calendar! See You There!!

### Salmon Dinner

October 19, 4:30-6pm  
\$20 Adults  
\$10 Youth  
\$50 Family  
Free for Kids under 6

### Meatball & Sandbakkell making

November 10  
1pm

### Lefse Making November 14 10am

### Lutefisk, Lefes, Meatball Lunch

Nov. 16  
11:30am OR 2pm  
\$35 Adults  
\$15 Youth 6-18yrs  
\$80 Family  
Free for Kids under 6

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Lodge News

**KIDS CAMP**

August 7 & 8, 2024

Thank you to all Kids Camp Helpers! We would not have had such great success if you had not been part of it! We had 21 kids participate, ages 4-11 and had a ton of fun! We experienced Norwegian Christmas Traditions, including Advent and Santa Lucia Festivals. We learned Norwegian numbers and Jul vocabulary, made bread, butter, Pepperkaker, ate pølse, played Bingo, sang songs, made crafts, and heard stories! Ask Jerry Hanson to tell you about the frog in the milk can! You can see how engrossed the kids are in the photo below. Old friendships were renewed and new friendships were made.



**North Idaho State Fair**

August 20 & 21, 2024

Tusen Takk to all who helped serve beverages at the North Idaho State Fair! We are so grateful for those of you who came out, gave your time and your hospitality with those attending the fair. We made over \$2000 that will be added to our community fund for giving back to other charitable causes in November. Come to the Business meeting on November 1st and help decide where to put these funds.



**Highway Trash Clean up**

September 7, 2024

Thank you to those who came out to beautify our local roads! It was a small but mighty group!

Annual Wild Caught Alaskan Baked Salmon Dinner

October 19th 4:30-6pm



Adults -- \$20, Youth 6- 18 yrs --\$10 \$50 Family (Parents and Youth)

Children Under 6 years--FREE with parents/grandparents

Invite your friends and make your reservations now!

Call or text the Lodge Phone 208.262.8020 tell us Name, # in party and Phone number

Not a fan of fish? Tell us in your reservation and we will provide baked chicken with your baby red potatoes, vegetable medley, coleslaw, pie and coffee.

Annual Lutefisk, Lefse, and Norwegian Meatball Lunch

November 16th 2024--two seatings 11:30-1pm OR 2:00-3:30pm

Adults -- \$35, Youth to 6- 18 yrs --\$15 \$80 Family (Parents and Youth)

Children Under 6--FREE with parents/grandparents

There are 50 tickets for each seating

Tickets are available at Lodge Meetings and Events

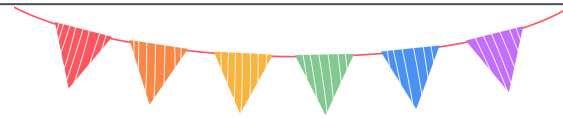
Check the website for details SoN-CdA.com

On the Menu: Lutefisk, Norwegian Meatballs, lefse, potatoes, carrots, pickled beats, and sandbakkels with ice cream and coffee.

Tickets are REQUIRED for this year's Lutefisk, Lefse, and Meatball Dinner. Tickets can be purchased at each lodge meeting, 5-6pm and the Annual Salmon Dinner on October 19. OR you can call the lodge phone 208-262-8020 and reserve your spot and then send a check to

Sons of Norway 02-011, 5941 S. Dove Crest Lane, Coeur d'Alene, ID 83814

If you would like your tickets mailed to you, please include a Self Addressed Stamped Envelope (SASE) If you do not include a SASE, we will hold your tickets at the event.



Gratulerer Med Dagen!

Please wish these members Happy Birthday!

October Birthdays

- Suzanne Knutson 1st
Victoria Rosenberg 1st
Linda Coppom 12th
Mark Farsdahl 19th
Dan Gookin 19th
Jolyn Zilko 28th
Einar Silk 29th
Brian Bennett 30th
Lance Mosher 30th
Kariana Carlson 31st

November Birthdays

- Jill Jurvelin 3rd
Jerry Hanson 7th
Adelle Friesen 12th
Pamla Silk 15th
Natalie Stroud 20th
Don Lindberg 22nd
Ed Barker 24th
Bradley Forthun 26th
Ann Farrar 28th

Cross word Answers

- 1 Hiking
2 Skolestart
3 Leif Erikson
4 Mushrooms
5 Grandiosa
6 Forage
7 koselig
8 Harvest
9 Aurora Borealis
10 Hytte

# MEMBER SPOTLIGHTS

**Congratulations to recent Sport and Culture Medal Recipients**

**Dave Jacobsen Walking Medal**  
**Rob Knutson Walking Medal**

If you are interested in sports medals, see Matthew Barrie  
If you are interested in Culture medals, see Ed Ronningen



Rob Knutson accepts his bronze medal from Matthew Barrie.



Dave Jacobsen accepts his bronze medal from Matthew Barrie



Sandra Marlow and Kathy and Bill Solum at the Fair.



## Sunshine Report



Spread some Sunshine to members needing encouragement or congratulations!

Another Big THANK YOU to all our Kids Camp helpers and North Idaho State Fair Beverage Servers!!

**We are making a difference in our community through Hospitality!**

### Membership Count

|           |     |
|-----------|-----|
| Members   | 126 |
| Golden    | 8   |
| Heritage  | 18  |
| Affiliate | 1   |



## NORDIC CULTURE CORNER

Written by Knut Hansvold  
NordNorge.com

Autumn is a time for hikes in wonderful autumn colours, for good food, for time together and by yourself and to see the Northern Lights make a grand entry.

After a buzzing, hectic summer, nature slows down in autumn. The crisp air bites your fingertips. Summer haze and biting bugs have all gone; from a viewpoint, you can see a long way. In streams and lakes, life has quietened, so the water is crystal clear, shining in the low light. Autumn is a time for horizons.

Aurora borealis makes her first small performances in August, striving to outdo the reds and golds of the sunset. By early September, Aurora can dance the night away for hours. Before the autumn equinox, the sun and the planet align harmoniously, opening doors for direct energy from the sun. Electric blue, baby pink, deep purple. The Northern Lights season is here, with more to come.

### **Autumn is the best time to put on your hiking shoes**

The crisp autumn air invigorates. Paths lead into colorful forests, along clean and clear streams, up onto the moors and to impressive viewpoints. Those that allow you to see far, across clear lakes and fjords, to distant mountains or the endless horizon of the Atlantic. The sun sits lower, casting a golden hue over the landscape, or autumn rain drips off decaying vegetation. Take a deep breath and embrace it all.

### **Autumn is the best time to have two desserts**

Autumn is abundance. Colder waters make shells and crabs firm yet succulent. On tussocks in dry areas, lingonberries ripen into a rich ruby colour. This year's lambs have roamed herb-filled mountain pastures and heather all summer. The reindeer have enjoyed a lazy summer on the coast. It's time to harvest succulent carrots, small yellow turnips, new potatoes, currants, and fragrant herbs from the garden. It all becomes a feast for the palate.

### **Autumn is the best time to be together**

When you haven't seen dusk and darkness for a while, you welcome it. All of a sudden, it's time for that feeling of "kos"; lighting candles, placing comforting tidbits on the table, and simply being together. Around café tables, candles flicker, conversations pick up, and the mood is mellow. Time to talk. The loud craziness of summer is no more.

### **Autumn is the best time to be alone**

Autumn evenings are deep blue. Perhaps you feel a bit blue too. It's perfectly fine to sink into the sofa, gaze at the moon and stars, or watch the rain streaming down your window. Summer has faded, winter and darkness lie ahead. Time to think. To reflect. Autumn signifies change.

## Bits and Pieces

### Leif Erikson Day--October 9

National Leif Erickson Day honors the Icelandic-born explorer, Leif Erikson. The Norse explorer is known for bringing the first Europeans known to have set foot in North America. Leif Erikson left the European continent in 999 and landed in North America around the year 1,000. Learn more about this important explorer in a couple books--*Who was Leif Erikson* by Nico Medina or *Before Columbus: The Leif Eriksson Expedition* by Elizabeth Cody Kimmel. Or, see what your local library has on hand, or read the article from the October 2015 issue of Viking Magazine.

<https://www.nxtbook.com/mspc/viking/201510/index.php#/p/14>

Speaking of Books.. In the local CIN library system, there are many books on Norway-- culture, crafts, cooking and baking... such as

- Leif the Lucky By: Ingri D'Aulaire
- Nordic tales : folktales from Norway, Sweden, Finland, Iceland, and Denmark
- Smoyg : pattern darning from Norway by Yvette Stanton
- Aarseth's rosemaling design : Norwegian rosemaling Telemark style by Sigmund Aarseth
- The Nordic Baking book by Magnus Nilsson
- Extreme North : a cultural history by Bernd Brunner
- Ole goes to war : men from Norway who fought in America's Civil War
- The day Hans got his way : a Norwegian folktale by David Lewis Atwell
- The Resistance Girl by Mandy Robotham
- The Saboteur By: Andrew Gross
- Locked in ice : Nansen's daring quest for the North Pole By: Peter Lourie
- New land, new lives : Scandinavian immigrants to the Pacific Northwest by Janet Elaine Rasmussen
- The Nordic theory of everything : in search of a better life by Anu Partanen
- Relaxed rustic : bring Scandinavian tranquility and nature into your home by Niki Brantmark

### Høst in Norway

The Norwegian word for autumn is høst, which also means harvest. Autumn is the harvesting season – with plenty of fresh vegetables, fruit, and game. This is a time when the leaves are turning and the air is crisper, and more time is spent in the kitchen, around the hearth, eating warm foods.

“Fårikål”, translated directly to “mutton in cabbage,” is a warm and comforting one-pot dish made with mutton (a mature sheep) or lamb, cabbage, and whole peppercorns. It's a very traditional Norwegian dish (so much so that it has its own day—the last Thursday in September) and may be one of the easiest and low-effort dinners you could make. Find a recipe here

<https://food52.com/recipes/90053-one-pot-norwegian-lamb-in-cabbage-frikal>

### Sons of Norway Book Club September

*The Last Viking: The Life of Roald Amundsen* by Stephen Bown

Discussion Sept 26 @ 7pm ET

### October

Any book by O.E. Rolvaag  
*Giants in the Earth*, Peter

*Victorious, or Their Fathers' God*

Discussion Oct 24 @7pm ET

For the Zoom Link, send a note to  
SonsOfNorwayBookClub@gmail.com

### Upcoming Lodge Events

- October 19, 4:30pm Salmon Dinner & Music
- November 10, 1pm Meatball & Sandbakkel making
- November 14, 10am Lefse making
- November 16, 11:30 & 2 Lutfisk, Lefse, & Meatball dinner (buy tickets!!)
- December 14, 11am Julefest
- January 11 115th Anniversary & Officers Swearing-in
- February 8, 9am-3pm Craft and Culture Fair

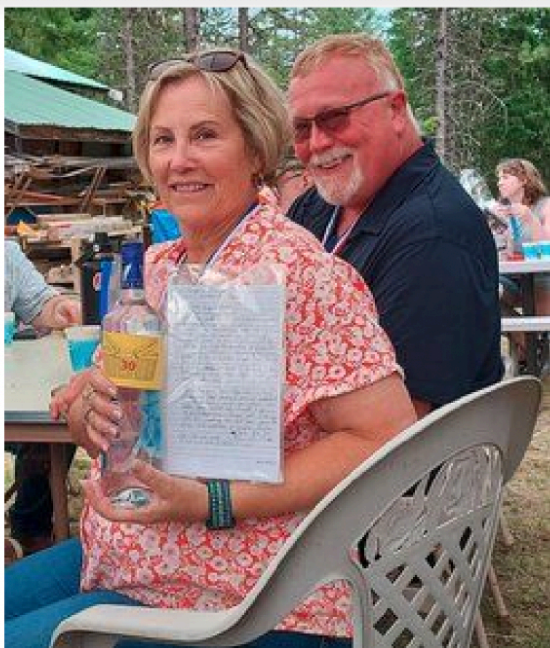
### Upcoming Lodge Business Meetings

- October 4 Officer Nominations
- November 1 Community Non-Profit Gifts
- December 6 Officer Elections

**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**

**Mark your calendars!**

**Check out our lodge website [www.SoN-CdA.com](http://www.SoN-CdA.com) for more information.**



The new D2 Publicity Director, Cindy McManus, and her husband Dave (the new Zone 5 Director) won the bottle of Norsk vodka and a copy of Ginger's aquavit recipe that Sol-Land donated to the Steak Fry raffle.

### DISTRICT 2 Events

**October 5th 6pm Ski-for-Light Fundraiser: Salmon and Cod Dinner at the Bothell Lodge, Washington.**

Reservations: 425-485-9085  
[Dinner@bothellsonsofnorway.org](mailto:Dinner@bothellsonsofnorway.org)

### Upcoming DISTRICT 2 Events @ Trollhaugen

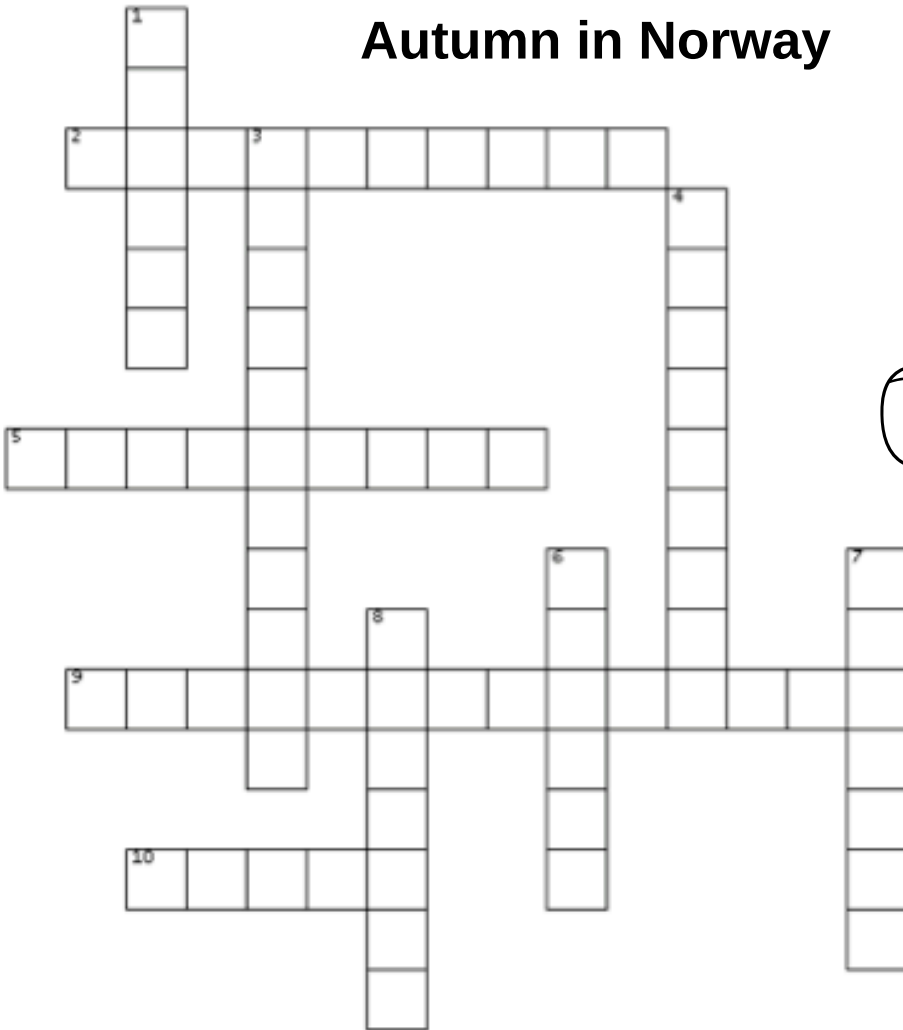
- October 11** Board Meeting
- October 12** Work Party
- February 1 9:30 am Cross Country Ski Tournament

For more info: <https://sonsofnorway2.com/events/>

For all Trollhaugen reservations and availability please email [trollhau@outlook.com](mailto:trollhau@outlook.com) and bring your Sons of Norway membership card to receive member rates. <https://www.trollhaugensofn.com/>

# BARNESIDE (Children's Page)

## Autumn in Norway



Answers are on page 3

### ACROSS

- 2. Back to school in Norway
- 5. A favorite foraged item to add to soups and stews
- 9. Another name for Northern Lights
- 10. Norwegian word for Cabin, where Norwegians like to visit on Autumn weekends

### DOWN

- 1. An outdoor walk in nature
- 3. Explorer who sailed to America and is celebrated on October 9
- 4. The first frozen pizza ever produced in Norway
- 6. To wander in search of food
- 7. Feeling of coziness, warmth, intimacy, happiness, and being content
- 8. Process or period of gathering in crops



**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 Open

- 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

**Trollhaugen**

Most of you have heard of Trollhaugen, but for those of you who may be a bit new, you might like to know more.

Trollhaugen Lodge is a private retreat and recreation facility in the beautiful Cascades, open to all District #2 Sons of Norway members and their guests, including single persons and small groups to conferences and weddings. There are Miles of Cross Country Skiing, Snow Shoeing, Hiking and Biking trails to explore. The facilities also include Outdoor

Stage and Dance Platform, Hot tub, Horseshoe Pits, Sports Fields and Children's Play Area.

Some services include overnight bunk bed accommodations for 56 persons or day use visitors. Full double range kitchen, hot tub, showers, coin operated washer/dryer, meeting rooms and summertime dance platform. Sno-Cat transportation to and from parking lot available during winter snow season.

This special place is nestled in the Washington State Cascade Mountains 10 miles East of Snoqualmie Summit, 251 miles from Coeur d'Alene.

**Website:** <https://www.trollhaugensofn.com/>

**Reservations:** send email to [trollhau@outlook.com](mailto:trollhau@outlook.com)

**Drone tour of Trollhaugen:**

<https://www.dropbox.com/scl/fi/sk82afcamtevephurhiy9/Trollhaugen-Lodge-Promo.mp4?rlkey=dt2iqw1i2ip467xds96rd5g1t&e=1&dl=0>

**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

All Harald Haarfager Members in good standing are eligible to run for board positions. Positions are held for two years.

You can read more about each position here:

[https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/leadership\\_roles\\_guidelines/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines/)

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

## Contact Information

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### Harald Haarfager Lodge, CdA

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

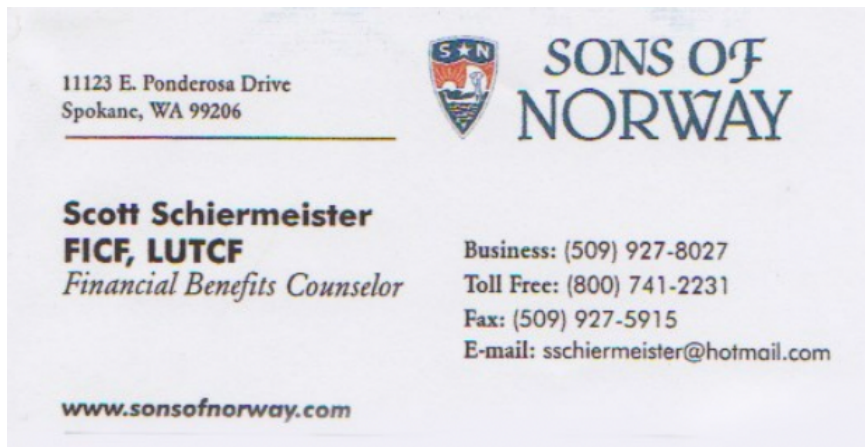
**District 2** www.sonsofnorway2.com  
President Joanne Gray  
360-923-1242 Joanne@moholtusa.com

### 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](mailto:sschiermeister@hotmail.com)

[www.sonsofnorway.com](http://www.sonsofnorway.com)

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Sons of Norway 2-011  
Harald Haarfager Lodge, CdA  
5941 S. Dove Crest Lane  
Coeur d'Alene, ID 93914  
email: [soncda11@gmail.com](mailto:soncda11@gmail.com)



[www.SoN-CdA.com](http://www.SoN-CdA.com)



[soncda11@gmail.com](mailto:soncda11@gmail.com)



208-262-8020



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