



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

I hope you all are enjoying this summer. It seems to be going by very fast and soon it will be Fall and cooler weather.

Cindy and I attended the District 2 annual steak fry at Trollhaugen on 7/27, along with HH members Pamla and Todd Silk, and Barbara Rostad.

We participated in the Kubb tournament and won medals! Not bad for first timers! If you have not been to Trollhaugen you are missing out.

We had a good turnout in June at our Kransekake event. Some beautiful cakes were made and taken home. It is awesome to see our membership learning new cultural skills, do not forget to get with the cultural director to get your paperwork started for your cultural cooking pin. Ed Ronningen can help paparoningen@gmail.com.

We had a great time at the Coeur d'Alene 4th of July parade. Our newly named 'Selma' float looked good with its shields decorated with painted poster board. They still need to be permanently painted.

I would like to congratulate Matthew and Brooke Barrie on the birth of their new son Max Allan on July 23.

Our next Business meeting is August 2nd. Dinner will be spaghetti, salad, and French bread. Our cultural portion will be how to make lefse and you will be able to roll out your own and eat it for dessert. Hope to see you all there.

We still need kids camp and beer garden helpers. Our lodge cannot be successful without you. Please see the info in this newsletter. See you at the meeting.

Broderlig (Fraternally),
Dave McManus, President

Dave and Cindy McManus,
Kubb Medalists at
Trollhaugen with District 2
Sports Director Laurie Berg
and District 2 President
Joanne Gray.



Table of Contents

| | |
|----------------------------|---|
| President's Message | 1 |
| Lodge News | 2 |
| Cultural Corner | 3 |
| Kids Camp Information | 3 |
| Birthdays & Sunshine | 4 |
| Member Spotlights | 5 |
| Upcoming Events | 6 |
| Kids page | 7 |
| Bits and Pieces | 8 |
| District and Lodge Leaders | 9 |

Lodge News

Sixteen members attended Cindy McManus' lesson on Kransekake making on June 20.



2024 Sons of Norway Harald Haarfager Lodge Participated in the Coeur d'Alene Independence Day Heroes Parade on July 4, 2024. This was the first time 'Selma' was presented to our community. We had a great time and enjoyed hearing all the kids exclaim "Look, a Viking Boat!" Ryker and Freya Barrie received a lot of attention for their Viking and Bunad attire and Mark Farsdahl and Jerry Hanson appeared in the CdA Press.



The information we shared about Selma...

Sons of Norway Harald Haarfager Lodge has been active in our community since 1910. And today marks a special anniversary. July 4, 1825, 199 years ago, organized immigration of Norwegians seeking a new home in America, began. The first group, seeking religious freedom, endured a three month voyage. Later voyages brought those seeking freedom from poverty, famine, and political persecution.



They sought economic security, land ownership, and educational and social advancement. Our sailing ship, Selma, represents immigrants who departed for a two to three month voyage, before steam ships were invented. These immigrants helped build the beautiful tapestry of cultures that our America has become. We recognize this immigration had huge consequences for many but Sons of Norway lodges invest in their communities and still contribute to the beauty of America through fellowship, giving, cultural events and community service.

Some Vikings were shipbuilders who crossed raging seas in elaborate ships for plundering and conquering, but also for peaceful trading. The design of the Vikings longships, influenced shipbuilding for centuries.

The secret behind the fast-moving longship is its long, narrow hull, kept stable by a keel. Light enough to be carried, it was designed for speed and easy navigation in shallow waters. The longship was double-ended, allowing it to reverse direction without the need to turn. This was a significant advantage in a sea filled with concealed icebergs and sea ice.

Longships had oars along almost the entire length of the vessel, with later versions adding sails.

NORDIC CULTURE CORNER

In June, two HH members were featured in a cultural arts display at the Art Spirit Gallery in Coeur d'Alene. Last summer, Ed Ronningen and Carol Uptagrafft were contacted by Idaho Commission on the Arts to participate in *Between Borders: Folklife Through the Coeur d'Alenes*, a special project exploring cultural arts in the Northwest region between Montana and Washington. This exhibit explored the vibrant traditions of folk artistry and features the work of artisans whose crafts reflect the rich and adaptable cultural heritage of residents in Kootenai, Shoshone and parts of Benewah counties. Each piece displays a blend of historical technique and personal expression representative of the cultural community from which they derive, showcasing the unique skill and creativity of these local artists. From the Silver Valley through the Coeur d'Alene Mountains and river area, this folk artistry is a cornerstone of Idaho's cultural history, representing a tapestry of influences and traditions. The intricate patterns of quilt makers and the craftsmanship of fly tiers that correlate to the Panhandle's waterways each tell a story of community, identity and continuity. Visitors of the exhibit were invited to appreciate the artistry and dedication behind each craft. How these traditions are preserved and reimaged by contemporary practitioners, was highlighted, celebrating the diversity of crafts and ongoing vitality of folk arts in the region. "Between Borders" revealed the deep connections between art and everyday life. The works were not just decorative; they serve functional purposes and carry cultural significance, enriching the lives of those who create and use them. This exhibition offers a profound look at the enduring impact of folk art on the Panhandle region, encouraging visitors to reflect on their own heritage and the ways in which the traditional arts continue to shape the world. CdA Press, June 11, 2024

Ed and Carol each had several pieces on display during the month of June. If you missed it, you can take a [virtual tour of the gallery](#). Their works are upstairs OR you can see Ed in chip carving action at the Pinehurst Days festival Aug 3rd from noon to 2 PM. This is also part of the Idaho Commission of the Arts "Between the Borders" cultural art display. [See Flier HERE](#) The display from the Art Spirit Gallery can be also be viewed at the Chrysalis Gallery, 911 S. Monroe, Spokane (on the South Hill across from the Huckleberry grocery store). It will be there until Sep 4th (I think).

Kids Camp is August 7 & 8 10am-2pm

All hands on deck!! We have over 30 kids interested and will need helpers if we are to host them all.

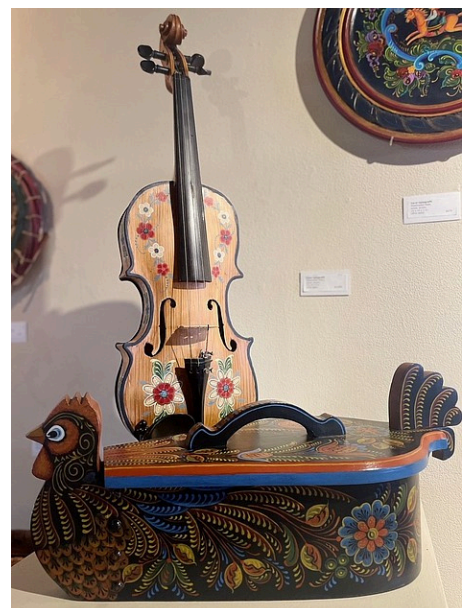
Do you like to tell stories, help with crafts, prepare and serve food, play games? We have something for everyone!

Our theme this year is Christmas Traditions and we have so many fun activities planned! Come all day or for part of the day. We'd love to have you there!

Please consider serving the youth in our community during two days of Kids Camp. **Kids Camp** is a fun opportunity to share our Nordic heritage and invest in the next generation.

Contact Suzanne Knutson to sign up 208-704-2094 .

Be sure to leave a message!



Rosemaling by Carol Uptagrafft .
Photo courtesy of Art Spirit Gallery



Learn more on the **Crossings** website

Sign up for email updates

<https://crossings.norwegianamerican.com>

On July 4, 1825, a group of 52 Norwegians set sail on the ship *Restauration* to make the first organized migration from Norway to North America. Since that first voyage, about 900,000 people have followed, leaving their homes in search of opportunities and a better life. While many returned to Norway, most stayed and built a new home in the New World. Today nearly 5 million people in North America claim Norwegian ancestry.

Crossings commemorates 200 years of organized Norwegian migration to North America. It's a year to celebrate the strong ties between Norway, the United States, and Canada. It's an opportunity to remember what it means to take great risks and trade one home for another. And it's a chance to better understand the movement of peoples that continues worldwide today.

From the Library of Congress ([loc.gov](https://www.loc.gov))

Although Sweden sent more emigrants to the United States than any other Scandinavian country, Norway sent a greater percentage of its population—nearly 1 million people between 1820 and 1920. Some estimates suggest that during the great immigrations of the 19th century Norway lost a higher proportion of its people to the U.S. than any country other than Ireland.

Norwegian immigration's Mayflower moment came in 1825, during a period of particularly fierce religious strife in Norway. In July of that year, a group of six dissenting families, seeking a haven from the official Norwegian state church, set sail from Stavanger in an undersized sloop, the *Restaurationen*. When it arrived in New York harbor on October 9, 1825, after a 14-week journey, the passengers and crew were arrested for exceeding the allowed number of people on board. They were later pardoned by President John Q. Adams. The local press marveled at the bravery of these Norwegian pilgrims. Local Quakers helped the destitute emigrants, who eventually established a community in upstate New York. Today, their descendants are still known as "sloopers".

Word of the sloopers' arrival, and of other Norwegians' success in the U.S., soon reached their homeland, and America letters circulated as never before. In the 1840s, prospective emigrants could read a new magazine, *Norway and America*, that published stories of Norwegians in the New World, and successful emigrants toured Norway, some sponsored by financial concerns in the U.S. One emigrant, Andreas Ueland, described the effect that one homecoming emigrant had on his compatriots.

A farmer from Houston County, Minnesota, returned on a visit the winter of '70-'71. He infected half the population in that district with what was called the America fever, and I who was then the most susceptible caught the fever in its most virulent form. No more amusement of any kind, only brooding on how to get away to America. It was like a desperate case of homesickness reversed.

Immigration surged after the U.S. Civil War. By the end of the 1860s there were more than 40,000 Norwegians in the U.S. More than one-ninth of Norway's total population, 176,000 people, came in the 1880s. These immigrants, mostly rural families, made their way to the newly-opened lands of the Midwest, settling in Minnesota and Wisconsin, then moving west to Iowa, the Dakotas and sometimes the Pacific Coast. By the end of century, urban Norwegians had begun to arrive in substantial numbers as well, and formed lasting communities in the cities of the Great Lakes and East Coast. Norwegian immigration dropped off dramatically after the Immigration Act of 1924, and quickly slowed to a few thousand a year—a rate that has remained largely unchanged to present day.

MEMBER SPOTLIGHTS



Congratulations to recent Sport and Culture Medal Recipients

Sharon Hanson Walking Medal

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

Gratulerer Med Dagen!

Please wish these members Happy Birthday!

- Monte Rosenberg August 2
- Marcie Matsen August 5
- Deborah Simpson August 7
- Charles Simpson August 8
- Jean Sorley August 11
- Oliver Brown August 16
- Maryann Leeberg August 17
- Jack Knutson August 20
- Barbara Rostad August 20
- Evangeline Rosenberg August 22

...HH Member Richard Jurvelin is involved in several other non-profit groups in our community? Richard serves on the board of Idaho Children's Trust Fund, a group that serves to prevent child abuse. In April, Harald Haarfager Lodge donated \$150 to support that cause. Richard is also a Kiwanis member. Kiwanis is a service organization and sponsors Service Leadership Programs--Lake City High School Key Club and Aktion Club, with Specialized Needs Recreation. These clubs develop leadership skills and offer opportunities for community service hours. The Kiwanis mission is to improve the world one child and one community at a time and to be a positive influence in the community. Thank you Richard for all you do in our community!



SNR Aktion Club

- Norrah Friesent Sept. 3
- Matthew Barrie Sept. 6
- Riker Barrie Sept. 10
- David Jacobson Sept. 12
- Les Wigen Sept 19
- Jill Knudson Sept 21
- Gladys Engen Sept 25
- Shirley Lindburg Sept 28



Sunshine Report



Spread some Sunshine to members needing encouragement or congratulations!

- Another shout out to all those who helped with the District 2 Convention!!
- A get well card was sent to Colleen Sisk--we are so glad she is feeling better!
- Congratulations to the Barrie Family and Welcome to baby Max Allan Barrie! We are happy you're here!

Membership Count

| | |
|-----------|-----|
| Members | 120 |
| Golden | 8 |
| Heritage | 18 |
| Affiliate | 2 |



Upcoming Lodge Events

- August 7 & 8 Kids Camp--10am-2pm
- August 20 & 21 North Idaho Fair Beer Gardens 12-10pm
- September 21 Norsk Heritage Luncheon
- October 19 Salmon Dinner
- November 16 Lutefisk, Lefse, & Meatball dinner
- December 14 Julefest

Upcoming Lodge Business Meetings

- August 2 Convention Presentation
- September 6 Lodge Officer Positions
- October 19 Officer Nominations
- November 16 Community Non-Profit Gifts
- December 14 Officer Elections

**Call or text the lodge phone
208-262-8020 to sign up to serve...**

- Kids Camp--Aug. 7 & 8
- Fair Beer Gardens, Aug. 20 & 21

Don't be left out!

**All events are held at Trinity Lutheran
Church, unless otherwise noted.
812 N. 5th Street, Coeur d'Alene, ID 83814**

Sept 20-22: Doreen J Parker Cultural Heritage Retreat, Trollhaugen

Spend the weekend in the mountains at Trollhaugen Lodge--a time of crafts, cooking, and fun. Some of the activities to choose from are Rosemaling, Woodcarving, and Hardangersøm. Learn to sing some of those favorite Norwegian songs. Registration is \$160.00 per person (\$170.00 after September 1st) and includes room, all meals, coffee breaks and snacks, and class supplies. **Bring your own bedding, shower towels and toiletries.** Mail Checks made out to Heritage Retreat to: Paula Boerner, 201 29th St., Hoquiam, 98550

This is the only heritage & culture retreat this year and space is limited. 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

[CLICK HERE for the Registration Form](#)

More DISTRICT 2 Events

- August 17** District 2 Golf Tourney at Cle Elem, WA (the deadline to register has passed)
- August 25:** Nordic Heritage Day @ Seattle Mariners vs SF Giants. T-Mobile Park, Seattle. for tickets call 206-346-4504 or www.mariners.com/nordic
 - Specially priced \$52 Main Level or \$35 View Level
 - \$8 donation to the Sons of Norway Foundation for every ticket sold.
 - Deadline to purchase: Friday, August 23 – 5 p.m.
- October 5th Ski-for-Light Fundraiser: Salmon and Cod Dinner 6pm at the Bothell Lodge, Washington.** Reservations: 425-485-9085 Dinner@bothellsonsofnorway.org

Upcoming DISTRICT 2 Events @ Trollhaugen

- Sept 20 - 22** DJ Parker Cultural Heritage Retreat
- October 11** Board Meeting
- October 12** Work Party

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

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

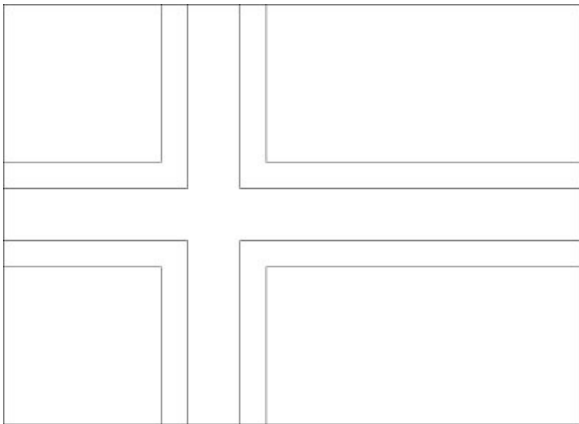
BARNESIDE (Children's Page)

Norwegian Immigration to America

O R K V D D H T J L D D W O G V J U P S
 S E J B S Q C O Y E K X Z Q R N T Z V Z
 L S Y U R Z P O M E I V A M E R I C A G
 O T F A L O B A M E E A F S L U E S K R
 O A O I D Y W N S M S L S S H R Q Y N H
 P U K A M V W C X S U T X Z R H M S V W
 E R H Y Z M E N X V E N E S C A U T F E
 R A C B V I I N O N O N I A S V J A M R
 V T K R R X X G T R E Y G T D E D V F H
 Y I T E O O F R R U W W A E Y N Y A A H
 Z O F T B S G A C A R A Y G R N S N M A
 L N Y Y F U S Q R O T E Y O E S Y G I R
 S E G U R G A I T M U I S V R J M E L B
 P N W A P L B A N B E K O F P K O R Y O
 E C L J C X L D G G B R Q N S J A Z J R

RESTAURATIONEN
 STAVANGER
 NORWAY
 HOMESTEAD
 AMERICA
 CROSSING
 NEW YORK
 VOYAGE
 IMMIGRATION
 SLOOPER
 PASSENGERS
 COMMUNITY
 JULY
 FARMER
 FAMILY
 HARBOR
 HAVEN

Do you know the colors of the flag of Norway?



The flag of Norway is deep red with a dark blue cross outlined in white. colors are inspired by the flags of France, United Kingdom and the United States, and represent liberty and independence.The flag was created in 1821 by Fredrik Meltzer, a member of Norway's parliament, but it wasn't flown until 1899, when Norway and Sweden ended their union.

[READ MORE about the "Norwegian Mayflower" HERE](#)

Bits and Pieces

Kids Camp Wish List

We invite lodge members to participate in Kids Camp,
August 7 & 8 from 10am - 2pm
 Let Suzanne Knutson know you'd like to help and we
 will find a fun spot for you!

If you would like to supply anything, here are a few
 things we need

- White Pillowcases
- White Sheets or White cotton fabric
- Christmas fabric
- 1/2-1 inch Ribbon--Red, green, gold, or white
- Mini foil loaf pans

If you have any of these items or would like to help
 supply them, please let Suzanne know.

SKnutson@Startmail.com

How about a Viking Raid!

September 23 – 6-7:30 on the back lawn
 (McEuen park side) at the CdA Library.
 Come listen to **Muckle Roe** – “Muckle
 Roe” is named for 1 of the 16 inhabited
 Shetland Islands. The islands lie in far
 Northern Scotland and have a colorful
 history heavily influenced by Scandinavia
 and mainland Scotland. The band is
 comprised of 8 members playing fiddles,
 guitar, cello, accordion and piano. It is
 Muckle Roe’s pleasure to bring music to
 the audience, in which one can hear the
 influence of Norway, Sweden and
 Denmark, as well as Scotland.
 If you attended our Syttende Mai
 celebration, you heard band member and
 accordion player Carla Carnegie!

**Wear your red vests and bring your own
 chair.**

See you there!

Line Up Announced for **SEA-Nordic Film Festival**

Friday, September 13 - Sunday, September 15
 Majestic Bay Theatres in Ballard

See the best in contemporary Nordic cinema over the three-day [SEA-Nordic Film Festival!](#)

The Festival kicks off on Friday, September 13 with an opening night showing of the Norwegian drama *Sister, What Grows Where Land Is Sick?* (Norway, 2022). Uniting the genres of magical realism and coming-of-age, the film depicts sisterhood, mental illness, and the helplessness of watching someone you love suffer.

Festival passes are available for access to the whole weekend of award-winning feature films, documentaries, and shorts. Or, you can purchase individual tickets to films that pique your interest. Opening Night Tickets are now on sale and other individual tickets will be released shortly.

[CLICK HERE TO FIND OUT MORE OR GET TICKETS](#)

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

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



SONS of HARALD HAARFAGER
NORWAY LODGE COEUR D'ALENE

Join us serving beer at the North Idaho State Fair
August 20 & 21

Call or text the Lodge Phone and sign up for a
shift or two.
12 noon-10pm

208-262-8020 soncda11@gmail.com



This is a great fundraiser for our non-profit
organization. We keep the tips and put them back
into our community at our November meeting.

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/

Lodge Nyheter articles are due
by the 15th of each month.
Sendthem 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

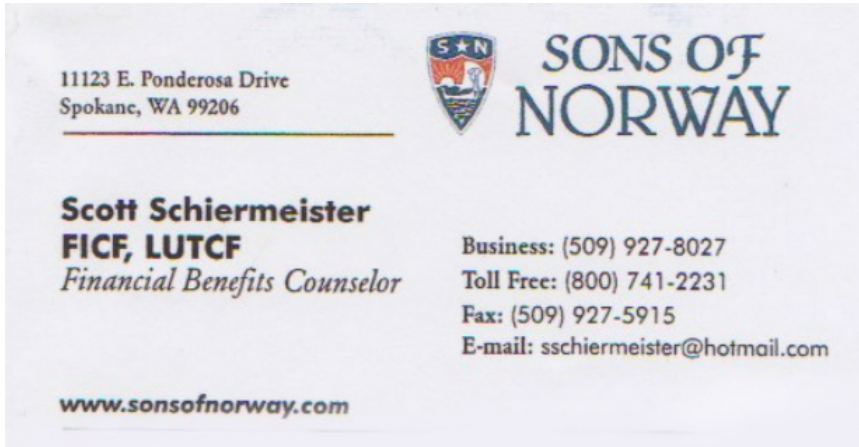
President Joanne Gray
360-923-1242 Joanne@moholtusa.com

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 93914
email: soncda11@gmail.com



www.SoN-CdA.com



soncda11@gmail.com



208-262-8020



Sons of Norway Coeur d'Alene