



SONS of NORWAY

Harald Haarfager Lodge #2-011

Coeur d'Alene, Idaho
Chartered January 1910.

Message from President Dave McManus



Hilsener (Greetings) fellow Harald Haarfager members!

Our annual Syttende Mai celebration was attended by many members. We had a flag raising, ate hot dogs with Lumpe, drank orange soda and had ice cream. We enjoyed Norwegian folk music from Carla Carnegie. Thanks to all who helped make this event a success.

We just finished up cohosting the District 2 convention with Tordenskjold. It was from Wednesday through Saturday, May 29-June 1. We received great accolades from both delegates and the District board. It was a lot of work but was a very rewarding event. Cindy and I are both District officers now. She is the District Publicity Director, and I am the Zone 5 Director. Thanks to all who helped put on this important event.

Our next Business meeting is August 2nd .
Broderlig (Fraternally),

Dave McManus
President



www.SoN-CdA.com



soncda11@gmail.com



208-262-8020



Sons of Norway Coeur d'Alene

Velkommen til nye Medlemmer (Welcome to new Members)

- Cathy Barker
- Ed Barker
- Bryan Bennett
- Morgan Bennett
- Debbie & Neal DeGarmo
- Chris DeGarmo
- Darla Gunning
- Dan & Bri Gookin
- Don & Shirley Lindberg
- Mosher Family--Dane, Ann Marie,
- Andy & Lance Mosher

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Lodge News---Syttende Mai

Syttende Mai was our most recent celebration with our lodge members. Among Norwegians, the day is referred to simply as “Syttende Mai” (17th of May) or Grunnlovsdagen (The Constitution Day). The Constitution, declaring Norway an independent nation, was signed at Eidsvoll, Norway on May 17, 1814.

At that time, Norway was under Swedish rule, and for many years the King of Sweden was reluctant to allow such celebrations. For a few years in the 1820s, King Carl Johan forbade the celebrations. It was not until 1836 that anyone ventured to hold a public address on behalf of the day. That year, official celebration was initiated near the monument of the late politician Christian Krogh, known to have stopped the king from gaining too much personal power. In 1905, Norway separated from Sweden peacefully and became a truly independent country. By historical coincidence, World War II ended when the occupying German forces surrendered in Norway on May 8, 1945, just nine days before that year’s Constitution Day. Even if the Liberation Day is an official flag day in Norway, the day is not broadly celebrated. Instead, a new and broader meaning had been added to the celebration of Norwegian Constitution Day on May 17.
<https://www.17thofmay.org/>



Long time members the Silk family, with Barbara Rostad and Ed Ronningen with new members, the Mosher family and the Gookins.

At our Syttende Mai celebration, members present voted to name our lodge Viking Ship parade float “Selma” after a legendary sea serpent said to live in Lake Seljord (Seljordsvatnet) in Seljord, Telemark, Norway. The coat of arms, designed by sculptor, Trygve Magnus Barstad, is pictured here. There have been witness accounts, dating back to 1750, especially on hot, quiet summers.



Kransekake
 (Norwegian Almond Ring Cake)
 made by Cindy McManus

This spectacular cake, made with ground almonds, egg whites, and powdered sugar, is often served at weddings and other special events like Christmas and birthdays.

Language Lesson:
 Syttende Mai
 Vocabulary

- Hot dogs -- Pølser
- lefse -- lefse
- soda -- brus
- potato chips -- potetgull
- ice cream -- iskrem
- salads -- salater
- cakes -- kaker
- cookies -- småkaker

2024 Convention Report

Sons of Norway, District 2 2024 Convention, hosted by Harald Haarfager Lodge and Tordenskjold Lodge, in Coeur d'Alene Idaho Convened May 29-June 1, 2024 at the Best Western Coeur d'Alene Inn. Three Delegates, Dave McManus, Karen Williams, and Suzanne Knutson, as well as Zone 5 Director, Cindy McManus, and guest, Matthew Barrie attended, representing Harald Haarfager Lodge. Wednesday evening included dinner and a Bunad Parade, and entertainment by local duo, Courtney & Company, with David Powell playing Harp Guitar. Many attendees had never seen or heard this instrument before. Meetings consisted of an introduction to the new Sons of Norway CEO Daniel Seyfried, presentation (by Jerry Hanson) on the Bukkahorn, as well as presentations on Ski for Light, Trollhaugen, insurance products, Foundation Scholarships, and Youth Camps. Delegates voted on resolutions and new officers for the Trollhaugen Board, Ski For Light, District Officers, and Zone Directors. Delegates enjoyed several visits by Lena, Ole's wife, who had some great stories to share. Delegates and guests enjoyed a Viking Cruise on Lake Coeur d'Alene, Alaska Hospitality Night with accordion entertainment and sing-a-long, and a beautiful Memorial Service. On Saturday, new officers were installed and delegates enjoyed the afternoon off, to explore the area. The Saturday night banquet was fun and Matthew Barrie and Colleen Sisk did an amazing job distributing gift baskets to the raffle winners. Many friendships were renewed and new connections were made. Poulsbo Lodge will host the 2026 Convention and Harald Haarfager will be electing at least three delegates to attend. Who wants to go?

We sang several songs during the convention, including one called Nidelven. There are several versions of this song on YouTube if you care to listen. Here is the story behind the song "Nidelven", written by Oskar Haddø. He was in love with a young lady in Trondheim. She didn't think Oskar was sincere about their relationship so she broke it off. He was heartbroken. One day as he walked along the bank of the River Nid, he stopped at a bridge ("den gamle bybro" – the old city bridge) and there, composed this famous song, "Nidelven", which means the Nid River. When his beloved heard him sing the song, she knew that he was indeed sincere and agreed to accept his proposal of marriage. Oskar Haddø was part of a group of five Norwegian underground resistance fighters called the mil org. They were captured and executed by the German Gestapo in November of 1943. At the time, Oskar's wife was expecting their first child. Not far from Nidaros Domkirke (cathedral), a monument of a mother holding a child in her arms was erected in their memory. The monument was built following the war, in memory of Haddø and many other resistance fighters, all of whom are buried in the same grave in the cathedral cemetery.

-As interpreted by Bjørn Hagen

2024-2026 Zone and District Officers

Dave McManus was elected Zone 5 Director and Cindy McManus was elected District Publicity Director. Dave will visit all eight lodges in Zone 5, offering support where needed and Cindy will be editor of the District 2 Newsletter and will submit articles and photos to Viking Magazine on behalf of district lodges. When you see them, THANK THEM for their efforts and contribution! They will need our encouragement and support and maybe some help!

Nordic Culture Corner

Ed Ronningen, Lodge Cultural Director

For this convention the Cultural Room was a success. There were four of us working - Lois McKinnell, Carol Uptagraft, Gretchen Makinson from Tri-Cities, and myself.

16 participants submitted 26 judged entries this time. Textile items (knitting and crocheting) and rosemaling were the biggest categories for entries, and there were some very beautiful items indeed!

We also had a few areas for 'display' or 'exhibition only' items... Viking knit jewelry, chip carving, doll-sized bunads, and the fantastic rosemaled chest. We even had a LEGO Viking village, Long Boat and Sea Serpent!

For this convention we tried a free drawing for an item on each of the three days of the convention in order to get folks to visit the room. This was a smashing success as we had 85 to 95 visitors each day! We offered a chip-carved ornament, a Viking Knot bracelet, and a rosemaled mini-tote as the drawing items. Folks seemed excited to see these and the chance to take home a "little extra something" from the convention.

While we would have loved to have seen more items entered, I think those that were represented our Norwegian cultural skills well. I look forward to seeing what the next convention will present for their Cultural Room. I certainly appreciated the time and experience I had while helping in the room, and enjoying the parts of the convention I was able to see. We had a great team that got along well, and I think that added to the cultural room experience overall.



Some of the beautiful entries to the cultural room.

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!

~Krumkake Shot~

1-oz. Vanilla Crown Royal

1-oz. Amaretto

1-oz. Irish Cream

Whipped cream & Cardamom

Shake with ice and pour into a rocks glass. Top with whipped cream, dust cardamom on top

This special treat was served after hours and is a recipe shared by a friendly Valkyrie, Nettie the Naughty Norsk, aka Sally Norheim Dwyer, Zone 6-D-2 Sons of Norway

Membership Dues Increase: Effective July 1, 2024

In November 2023, a SON International Board committee was assigned to evaluate dues as they continue to look at the overall budget. Member dues have not increased since 2018, while inflation has increased 21%. After numerous meetings and data evaluation, the International Board of Directors has recommended a dues in-crease to be effective 1 July 2024.



Individual Membership - \$24 per year increase to \$84
 Family Membership - \$48 per year increase to \$143

Annually, the district and local lodge will each receive a \$1 increase for an individual membership, and a \$2 increase for a family membership. The remaining increase will go to International for administrative and operating costs. This was not voted on at the Convention, but it was discussed at length. Many delegates felt that member opinions should have been heard before a decision was made. Many lodges are concerned that their membership will decrease.

Did you know...

There are 38 Lodges in District Two from Alaska, Oregon, Idaho, and Washington. One website says there are 47 lodges. Zone 5 includes Coeur d'Alene & Boise, Idaho, Spokane, Yakima, Moses Lake, Kennewick, East Wenatchee, and Clarkson, Washington. Zone 5 has eight lodges (as does Zone 4) but Zone 5 is spread out over the most miles and has the least number of members. Leif Erickson Lodge in Seattle has 1419 members and is the largest lodge in the district, (but has no president) and Columbia Basin Lodge (Moses Lake) is the smallest lodge with 21 members. Harald Haarfager has 120 members.

Sunshine Report-- by Kathy Solum

 Spread some Sunshine to members needing encouragement or congratulations! Please let someone at the lodge know if a member needs some Sunshine! 

- Congratulations to Nathan Stroud on your Graduation from Post Falls High School!
- In May, get well cards were sent to Linda Poole, Colleen Sisk, and Cheryl Reed. We hope you are all feeling better now.
- A card was also sent to Pamla Silk, for encouragement. She pulled off a huge job as Convention Chairperson. Well Done, Pam!
-

Tusen Takk to the Convention Committee members and volunteers from Harald Haarfager and Tordenskjold as well as from other lodges. Each of you were a very important part of this successful event!




Gratulerer Med Dagen!

Judy Edwards	June 3
JoAnn Nelson	June 3
Dane Mosher	June 4
Lana Stroud	June 5
Krieg Barrie	June 10
Anneliese Porth	June 10
Caroline Sisk	June 11
Wyatt Langdon	June 13
Sophie Rosenberg	June 13
June Gilseth	June 21
Neal DeGarmo	June 22
Claude Miles	July 1
Cheryl Reed	July 1
Haakon Barrie	July 5
Dave McManus	July 6
Darla Gunning	July 6
Richard Jurvelin	July 11
Madelyn Knutson	July 19
Scarlett O'Day	July 20
Ed Ronningen	July 20
Anne Capellen	July 23
Doug Miller	July 24
Julita Carroll	July 25
Jude Ronningen	July 29
Rob Knutson	July 31

Please wish these members Happy Birthday!

Membership Count	
Members	120
Golden	8
Heritage	18
Affiliate	2



Upcoming Lodge Events

June 20	Kraneskake making
July 4	CdA Independence Day Parade
August 7 & 8	Kids Camp--10am-2pm
August 20&21	North Idaho Fair Beer Gardens 12-10pm
September 14	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

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

Call or text the lodge phone 208-262-8020 to reserve your spot for

- **July 4th Parade in Coeur d'Alene**
- **Kids Camp**
- **Fair Beer Gardens**

Don't be left out!

More DISTRICT 2 Events

June 29-- Border Festival at Peace Arch Park, Blaine, WA Bring your own lunch and a dessert to share
Lunch is @ 12 Noon and Program begins @ 1pm
More info: <https://www.sonsofnorway2.com/events/>

August 17--Golf Tournament in Cle Elem, WA

Register by July 15--All Abilities and ages
\$120 per player A host is still needed.
Contact Laurie Berg 206-235-5558
laurieberg.lb@gmail.com

Sunday, August 25, 1pm Nordic Heritage Day at the Seattle Mariners vs SF Giants

Specially priced \$52 Main Level or \$35 View Level ticket to the game. \$8 donation to the Sons of Norway Foundation for every ticket sold.
Deadline to purchase: Friday, August 23 – 5 p.m.
www.Mariners.com/Nordic 206-346-4504

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

July 26 Board Meeting

July 27 Kubb and Horseshoe Tournament

9:30am registration
\$5 donation is requested for snacks
Contact Laurie Berg 206-235-5558
laurieberg.lb@gmail.com

July 27 Steak & Salmon Fry-- 2:30pm

Contact Bill Hicks 206-919-1425
d2vicepresident@gmail.com
Reservations by 7/14

\$35 --Specify Steak or Salmon
\$5 Kids Hot Dog Meal

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/>

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

2024-2026 District Officers



Back Row Zone Directors--Duane Esperum, Shirley Lovelace, Vernene Scheurer, Paul Anunson, Dave McManus, Richard Carr

Front Row District Officers: Cynthia McManus, Dan Andrews, Bill Hicks, Joanne Gray, James Wraalstad, Jerry Erickson, Sally Dwyer, Laurie Berg

2022-2024 Executive Board Officers

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


All Harald Haarfager Members in good standing are eligible to run for board positions, which 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/



Hipp Hipp Hurra to the Convention Committee and volunteers! (Not all are pictured)

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SONS OF NORWAY

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



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