



# Sons of Norway

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

Spring Issue (April-May) 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 members!

Spring is definitely in the air and I am ready for warmer weather. I hope everyone is doing well and available to attend our next business meeting and the Syttende Mai event. This year we are doing our flag raising and dinner at Trinity Church at 6:00 pm on May 17th so that more members can attend.

Our Craft and Cultural Fair in February was a huge success. Thanks to Suzanne Knutson and the social committee for their hard work. We had many members step up and pitch in with all the activities that went on, sales table, waffle sales, Viking on a stick, kids craft table, lefse demonstrations, set up and tear down. You all did a wonderful job and your selfless contributions are greatly appreciated!

I am now the Foundation Director for our lodge and look forward to working with members and sharing what the Sons of Norway Foundation is all about. Please rest assured, that I will be seeking the guidance of Darrin Lee.

Our waffle breakfast in March was also a great success . We can be proud that we were able to present a check for \$300.00 to Sons of Norway Foundation.

Our Taste of Norway in April was wonderful. Thanks to all who brought the fantastic food and dessert. Matthew Barrie gave us the first of many Norwegian language lessons and it was both informative and fun! Thanks to Matthew for taking this on as it will help to strengthen our cultural ties . We also talked about the sports medal program and how to earn your cultural pins and bars offered by Sons of Norway.

This summer we hope to put on some cultural activities for our members. As well!

Please come to next meeting and let us know what is of interest to you.

**Broderlig** (Fraternally)

Dave McManus



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## Meeting Schedule

### May Business Meeting:

Friday, May 5, 2023@ 6pm

### August Business Meeting

Friday, August 4, 2023@ 6pm

11123 E. Ponderosa Drive  
Spokane, WA 99206

**SONS OF NORWAY**

**Scott Schiermeister**  
FICF, LUTCF  
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[www.sonsofnorway.com](http://www.sonsofnorway.com)

# 2023 Events Calendar

2023-2024 Executive Board Officers

May 05 — Business Meeting  
May 17 — Syttende Mai Celebration  
August 4 — Business Meeting  
August 7-8 — Kid's Camp  
August 23-24— Beer Gardens Volunteering Opportunity  
September 16 — Membership & Gratitude Luncheon  
October 14 — Salmon Dinner  
November 18 — 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.

**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  
**Auditors:**  
Jennifer McManus  
Gladys Engen

## Syttende Mai Celebration

May 17, 2023 (Wednesday) 5:00pm—7:00pm



Celebrate with us!  
**Syttende Mai**  
A Norwegian Holiday

~ JOIN US FOR FLAG RAISING & DINNER~

**When: Wednesday May 17th, 2023 - Time: 6:00 p.m.**

**Wear your bunad, sweater, lodge vest or your best Norwegian attire**

**JOIN US FOR HOTDOGS, SALADS & ICECREAM DINNER \$5.00- kids free**

**Where: TRINITY LUTHERAN CHURCH BASEMENT**

**HORRAY IT'S THE 17TH OF MAY! This event is Harald Haarfager's Annual Syttende Mai Celebration. Flag raising, flag parade and food!**

**NORWEGIAN CONSTITUTION DAY 1814-2023**

Members, Non Members, Public & Children Welcome



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

## 2023 Trollhaugen Calendar:

Board Meeting: May 12, 2023  
 Work Party: May 13, 2023  
 Camp Trollhaugen: June 24 - July 8, 2023  
 Board Meeting: July 14, 2023  
 Steak Fry; July 15, 2023  
 District 2 Meeting: September 22 - 24, 2023  
 Adult Heritage Retreat: September 29 - October 1, 2023  
 Board Meeting: October 6, 2023  
 Work Party: October 7, 2023

**President:** Jerry Erickson  
**Vice-President:** Joanne Gray  
**Secretary:** James Wraalstad  
**Treasurer:** Judy Moxley  
**Counselor:** OPEN  
**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,  
 ZONE 5 SEMINAR**

**SATURDAY, APRIL 29, 2023**  
 418 N HWY 395 AT N YEELM, KENNEWICK, WA  
**REGISTRATION AT 8:30 AM**  
**MEETING 9:00-4:00 PM**  
 (LUNCH INCLUDED)

Some Topics included are:

- ◆ Successful Programs & Fundraisers
- ◆ Communications/Newsletters
- ◆ Camps and Scholarships
- ◆ Financial Benefits
- ◆ Foundation and Tubfrim
- ◆ Lodge Reports & Volunteer Hours
- ◆ International Board News
- ◆ Membership Recruitment & Retention



Bring your questions and your success stories. Working together makes us all stronger. We have ideas and news you'll want to hear!

Lodge officers and members are encouraged to attend. Make your reservations early.

Contact: Cindy McManus Zone 5 Director

[mcman37@yahoo.com](mailto:mcman37@yahoo.com)

907-632-8899

5941 S Dove Crest Ln. Coeur D Alene, ID 83814



Come and participate in the Family and group activities we are planning for the day. All activities will start at 10:00 AM. District 2 invites you to a Horseshoe and Kubb tournament Starting at 10 AM more to come.

Come and be part of a great experience and enjoy an excellent dinner.

When ordering please specify whether you would like steak or salmon.  
 Hotdog kids meal for \$5.00

Come for the day and enjoy your lodge

Happy Hour (BYOB) 2:30pm  
 Dinner is 3:30pm  
 Tickets are \$30.00

Reservation deadline: 7 July 2023

For dinner reservations: Contact Bill Hicks (425) 672-0194 or e-mail at:

[Hicks1015@msn.com](mailto:Hicks1015@msn.com)

For overnight reservation  
 e-mail Trollhau@outlook.com

## DISTRICT 2 HORSESHOE/KUBB TOURNAMENT

HISTY LODGE RESERVE



### Game on!

Yes, you read that right! Join us for a low stakes tournament that will take place the morning of the Annual Trollhaugen Steak Fry.

Registration Starts at 9:30 AM

Tournament Starts at 10:00 AM

Donation of \$5 is requested for snacks.

If you have any questions about this event, please contact Laurie Berg: [laurieberg.tb@gmail.com](mailto:laurieberg.tb@gmail.com)

To get your tickets to the Steak Fry, please contact:

Bill Hicks: (425) 672-0194

[Hicks1015@msn.com](mailto:Hicks1015@msn.com)

If you would like to stay for a night or the whole weekend, please contact the Trollhaugen Managers (509) 656-9997

[Trollhau@outlook.com](mailto:Trollhau@outlook.com)

**July 15, 2023 Trollhaugen Lodge**

Heading East on I-90 take Exit # 62 onto Stampede Pass Road.  
 Turn right at stop and continue for approx. 1 mile. Driveaway is on the left.  
 Address: 314 Stampede Pass Road  
 Easton, WA 98825

## DISTRICT TWO GOLF TOURNAMENT

**August 19, 2023**



**Leavenworth Golf Course**

Hosted Lodge Needed: Bothell Golfers

**DEADLINE TO REGISTER BY August 1, 2023.**  
**No exceptions.**

### ALL AGES EVENT

### ADVANCE TICKETS

\$125 per player including golf, cart, lunch and banquet. \$30 per additional banquet plate for Guest.

### LODGING

On your own. Many Hotels in the area and VRBO.

### CONTACT

Laurie Berg  
[Laurieberg.tb@gmail.com](mailto:Laurieberg.tb@gmail.com)

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

## Recent Lodge News/Events/Member Updates:

### **Birthday List**

#### **April**

04 Reba Jewell  
04 Bill Solum  
07 Roy Hope  
10 Jennifer McManus  
11 Carol Uptagrafft  
15 Mandi Rosenberg  
16 Cindy McManus  
18 Joe Dahlheim  
22 Karen Lauritzen  
24 Allen Isaacson  
27 Bernita Carlson

#### **May:**

01 Ron Moran  
03 Diane Dahlheim  
03 Todd Silk  
09 Erling Place  
13 Owen Bratvold  
13 Dona Farsdahl  
13 Kevin Zilko  
15 Kellen McManus  
18 Shanna Friesen  
19 Terry Bressler  
19 Ryan Webb  
21 Susan Miles  
21 Mr. Kay Nelson  
23 Michael Anderson  
25 Ayden Rosenberg  
25 Kathy Solum  
26 Catherine Anderson  
28 Tobin Carlson

#### **June:**

02 Asher Smith  
02 Landon Smith  
03 Judy Edwards  
03 JoAnn Nelson  
05 Lana Stroud  
10 Krieg Barrie  
10 Anneliese Porth  
11 Caroline Sisk  
13 Wyatt Langdon

- Velkommen (Welcome) to our newest members:

Dick Jurvelin & Jill Jurvelin

Claude Miles, & Susan Miles

- 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.
- We had a successful Zone 5 Seminar in Kennewick, WA on April 29th. President Dave McManus, Marshal Karen Williams, and Zone 5 Director Cindy McManus were in attendance. President Dave will give a report at the next business meeting.
- Member Karen Lauritzen recently acquired her Ph.D. in Education from the University of Idaho and has accepted a new position as a professor at Millikin University in Decatur, Illinois. Karen and her family will be moving this summer.
- The Convention Committee meets monthly and is getting lots of planning done in advance of the District 2 2024 Convention.
- Member Matthew Barrie has begun language classes for members at business meetings and events when time permits.
- Our Lodge received a \$1500 2023 Lodge Cultural and Heritage Grant from the Sons of Norway Foundation for the Norwegian Heritage and Cultural Kids Camp. District 2 Foundation Director/International Foundation Treasure Darrin Lee will present a check to our Foundation Director Dave McManus during our next business meeting. Thank you to Karen Lauritzen for writing the grant on behalf of our lodge.
- We have a new website and Facebook page for our lodge. A huge shoutout to Rob and Suzanne Knutson for taking the charge on this!

**Website:** <http://www.son-cda.com>



**Facebook:** Sons of Norway Coeur d'Alene—Harald Haarfager Lodge



**Sons of Norway Coeur d'Alene - Harald Haarfager Lodge**

46 likes • 68 followers



## Waffle/Sausage Breakfast for the SON Foundation:

We had a great turnout for our Waffle/Sausage Breakfast on March 18th to raise funds for the Sons of Norway Foundation. Thank you to everyone that helped out and attended as we were able to raise \$300 for the Sons of Norway Foundation!



Above: Darrin Lee with President Dave McManus who presented the SON Foundation with a check for \$300 with funds raised during the Waffle Breakfast



Above: Members from L to R: Lana Stroud, Karen Lauritzen, Colleen Sisk, Barb Rostad, Cindy McManus, Karen Williams, and Pamla Silk pose for a picture in the kitchen

## A Taste of Norway Potluck:

### **Submitted by Suzanne Knutson:**

On April 15, Harald Haarfager Lodge members gathered in celebration of their Norwegian Heritage for the annual Taste of Norway Event, which included a festive meal and cultural lessons. Folks brought an array of Norwegian delicacies including meatballs, cucumber salad, pickled herring, fruit soup, mushroom stew, open faced sandwiches, deviled eggs, kippers, almond cake, cream cake, lefse, and many other tasty foods inspired by family recipes or new discovered. After our delicious meal, we learned about the Sons of Norway Cultural Skills Program and Sports Program and then had a Norwegian Language Lesson with our new Lodge Instructor, Matthew Barrie. Matthew earned a minor in Norwegian in college and will be helping those who choose to participate to work through the Sons of Norway lessons presented on [www.sofn.com](http://www.sofn.com). Our first lesson covered the alphabet, numbers to ten, greetings, and simple phrases. We also learned the traditional Norwegian Birthday Song, which is quite different than the American song. Stay tuned for more information on Language Learning. Tusen Takk, Matthew, for the wonderful introduction! And Tusen Takk, Barbara Rostad for the beautiful flower table arrangements, and also to everyone who attended and brought delicious food items to share.

## Norwegian Recipe—Aquavit Spritzer

### INGREDIENTS

1 tablespoon raw sugar  
¾ cup berry preserves, preferably lingonberry  
4 cups of soda water (32 ounces)  
4 cups of Aquavit  
8 wedges of fresh lemon

### FINISHING INGREDIENTS

Fresh mint or thyme

### INSTRUCTIONS

#### **Step 1**

Combine sugar and 1 Tbsp. hot water in a pitcher. Stir to dissolve. Add preserves. Using a wooden spoon, stir to loosen preserves and mix with simple syrup. Gently stir in soda water and aquavit.

#### **Step 2**

Fill tumblers with ice. Divide aquavit spritzer equally among glasses and garnish each with a lemon twist.



## Norwegian History Lesson



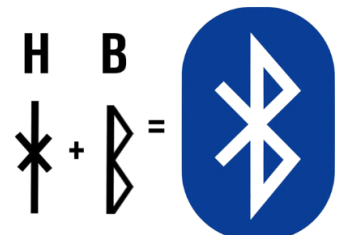
Above: King Harald Bluetooth

Harald "Bluetooth" Gormsson (Old Norse: Haraldr Blátǫnn Gormsson) died c. 986) was a king of Denmark and Norway.

He was the son of King Gorm the Old and of Thyra Dannebod. Bluetooth ruled as the king of Denmark from c. 958 – c. 986. Harald introduced Christianity to Denmark and consolidated his rule over most of Jutland and Zealand. Harald's rule as king of Norway began following the assassination of King Harald Greycloak of Norway and was more tenuous, most likely lasting for no more than a few years in the 970s. Some sources say his son Sweyn Forkbeard forcibly deposed him from his Danish throne before his death.

The Norse sagas present Harald in a rather negative light. He was forced twice to submit to the renegade prince Styrbjörn the Strong of the Jomsvikings. When Styrbjörn brought this fleet to Uppsala to claim the throne of Sweden, Harald broke his oath and fled with his Danes to avoid facing the Swedish army at the Battle of Fýrisvellir.

The Bluetooth wireless design we see on electronic devices was named after the king in 1997 and was based on an analogy that the technology would unite devices the way Harald Bluetooth united the tribes of Denmark into a single kingdom. The Bluetooth logo consists of a Younger Futhark bind rune for his initials, H and B.



Above: The modern day Bluetooth design as derived from Nordic runes.

# Coeur d'Alene Craft and Culture Fair

## Contributed by Suzanne Knutson:

At our first February Craft and Culture Fair, the lodge welcomed 18 vendors, three lodge tables, music by two groups, a kids craft table, face painting, as well as breakfast and lunch food offerings.

The day began with vaffler and coffee for breakfast, and we served a packed house. Many folks came out for the day to learn about the different lodges in the area including VASA and Finlandia, our Swedish and Finnish friends in Spokane, WA. Lois McKinnell from the Tordenskjold Lodge in Spokane demonstrated Viking knit jewelry making and wheat braiding, and Cindy McManus, Social Director at Harald Haarfager Lodge, had two lefse making demonstrations. Vendors also demonstrated skills in woodworking, fly tying, wool spinning, and Rosemaling. Viking on a stick was offered for lunch, with potato salad and coleslaw. People came out in droves to re-discover this delicacy! Our guests enjoyed Celtic music by local band Deep Roots as well as folk tunes by David and Anthony Powell, also known as the Tonedevil Bros, on their self made harp guitar and mandolin. Weather cooperated and it was a wonderful event.



Above: Members Dave and Cindy McManus demonstrate how to make lefse.



Above: Member Ed Ronningen and his chip carving station.



Above: Members Freya and Brooke Barrie doing crafts at the kids crafting station.

# Syttende Mai Celebration—May 17, 2023

## **Submitted by Suzanne Knutson:**

On Wednesday, May 17, 2023, at the Harald Haarfager Lodge (Trinity Lutheran Church, Coeur d'Alene, Idaho), we will be celebrating the 209th Anniversary of the signing of the Norwegian Constitution. We will hold a flag raising ceremony, and a proclamation from Mayor Hammond of Coeur d'Alene will be read.



After the service, we will form a people's parade (folketog) around the neighborhood and circle back to the church for hot dogs, chips, ice cream, and soda - the customary delicacies of 17. Mai in Norway. Constitution Day (Grunnlovsdag) is the National Day of Norway celebrated every year on the 17th of May. It is simply referred to as "Syttende Mai" (17th May) and is a colorful celebration of Norway's independence.

The constitution of Norway was signed on the 17th of May in 1814, declaring Norway an independent kingdom in an attempt to avoid control being given to Sweden after Denmark and Norway's defeat in the Napoleonic Wars. Celebrations of this day began early on but for years Sweden and Norway were reluctant to allow the celebrations as Norway was in a union with Sweden at the time. For a few years in the 1820s celebrations were banned, as King Charles XIV John, known in modern times as Karl III Johan, believed that celebrations were a protest against the union.

Celebrations were allowed to resume in 1829, after the Battle of the Square, in which a conflict took place between Norwegian demonstrators and the forces of the United Kingdoms of Sweden and Norway. King Charles XIV John agreed to lift the prohibition on constitutional celebrations on the 17th of May. In 1833 public addresses began to be held and in 1864 the day became even more established and representative of how it's celebrated today, when the first children's parade was launched in Christiania (Oslo). Originally only boys were allowed to participate in the children's parade, but in 1899, girls were allowed to join in on the parade as well. In 1905, the union with Sweden was dissolved and Prince Carl of Denmark was chosen to be King of a newly independent Norway under the name of Haakon VII.

The Coeur d'Alene lodge of Sons of Norway is the Harald Haarfager (or Harald Fairhair c. 850 – c. 932) lodge, in honor of the first Norwegian king. He reigned c. 872 to 930. Some historians argue that he did not exist as an historical figure, yet Harald has become a national icon of Norway and a symbol of independence. Though the king's sagas and medieval accounts have been critically scrutinized during the twentieth and early twenty-first centuries, Harald maintains his reputation as the father of the Norwegian nation. Gratulerer Norge med jubileet! (Congratulations Norway on your anniversary!) We hope you will plan to join the festivities!



## Possible Annual Event—Backpacking/Fish Trip with Art Collins

Lodge member Art Collins is suggesting an annual backpack/fishing trip event to an Alpine Lake location in the PNW (North Idaho, NE Washington, NW Montana, or British Columbia). The trip would occur in late August or early September as Art says, “the bugs are at a minimum due to the early morning frosts.”

The event could be either a one day event with a short drive, hike, and fishing excursion, or a two-three day event requiring overnight camping at alpine lake locations. Backpacking /walking distances would be relatively short (1-5 miles) but there would be no electricity or modern conveniences like bathrooms or showers at these locations.

The group would decide ahead of time where the event would take place and what the rules of the trip and minimum equipment requirements would be. Meal menus would be planned in advance to include firepit cooking of combined resources but campers would be required to bring their own snacks and drinking water.

Fishing and camping equipment would be the responsibility of each group member and Art would share his fly fishing and camping experience with those that would like to go.

If you and/or your family members would be interested in this event, please call Art Collins directly at (208) 659-1218 for more information.



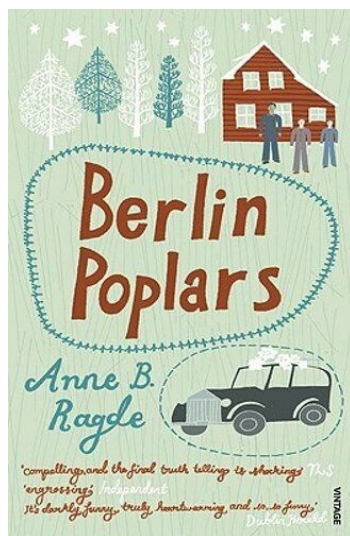
# Sons of Norway Book Club

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](mailto:SonsofNorwayBookClub@gmail.com). Books can be purchased at Barnes & Noble or Amazon.

## May 2023 Book Club Selections

**Main Read:** *Berlin Poplars*

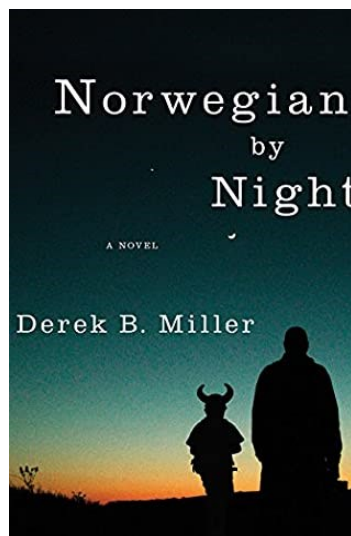
by Anne B. Ragde



**Mystery Read:**

*Norwegian by Night*

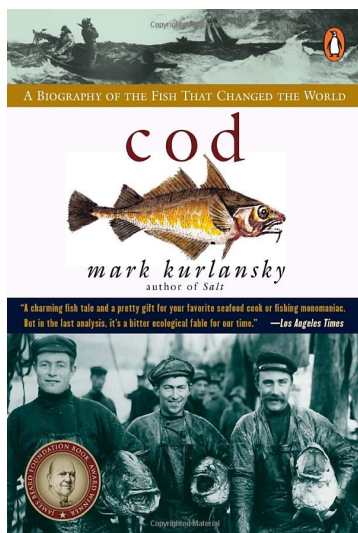
by Derek B. Miller



## June 2023 Book Club Selections

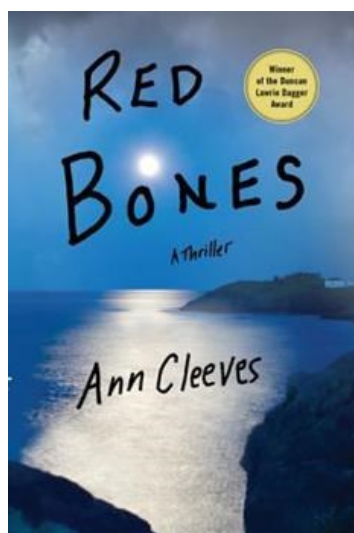
**Main Read:** *Cod: A Biography of the Fish that Changed the World*

by Mark Kurlansky



**Mystery Read:** *Red Bones*

by Ann Cleeves



# Sports Medal Program

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of friluftsliv (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

It's actually quite simple – and naturally rewarding!

- Choose the pin you want to focus on: general fitness (for team sports), skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director (we will have one soon, but you can send them to Cindy McManus now), who will order your pins and present them to you at a lodge meeting.



# 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](mailto:katfoz55@yahoo.com) or (208) 966-4324

Recent Sunshine sent out:

Get Well Card for Ed Ronningen

Get Well Card for Ron Hansen

Supplies and funds remain in good shape.



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Sons of Norway 2-011

Harald Haarfager  
5941 S Dove Crest Ln  
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PLEASE  
PLACE  
STAMP  
HERE



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