



Sons of Norway

www.sonsofnorwaymankato.org

Elvesvingen Lodge 1-582 P.O. Box 1091 Mankato, Mn 56002

Blue Earth
River
Minnesota River

April Lodge Meeting: Saturday, April 12, 5:30 pm at Bethlehem Lutheran Church
Program: 150th anniversary of the Norseland settlement and church development by Pastor Craig Ferkenstad
Serving Committee: Hal/Marsha Natvig & Joe/Jodie Wallschlaeger & Members (Kr-Me).

Hilsen fra Presidentene Phil Wold og Paul Olson Mange takk to the serving committee (comprised of Irene and Warren Mickelson, Opal Helberg, Janet Hoffman, John and Jan Holte, Arlo and Carolyn Hovick, Kay Hubbard, Emmet and LaVonne Iverson, and Pat Jensen) for making the March meeting a great gathering. And to Oyvind Gulliksen from Luther College for his presentation on the role of religion in Ole Rolvaag's literary works.

Now we look forward to the April meeting when we'll learn about the upcoming 150th anniversary of the Norseland settlement and church development. Pastor Craig Ferkenstad, an historian, will help us understand this area's origins and the involvement of the pioneer pastor Thomas Johnsen in establishing local churches. It should be fascinating.

If your children or grandchildren have e-mail addresses and would like to receive the monthly newsletter via e-mail, send any board member a note or e-mail and we'll get things set up.

Takk for your participation in this lodge's programs! See you April 12th!



Sons of Norway's Sports & Fitness Medal Program brings a bit of Norwegian tradition to its members by encouraging everyone to participate in activities that will improve their health and well-being in ways that suit each individual. Here is a brief summary of each requirement within the program. Each sport pin has 4 levels of achievement: Bronze, Silver, Gold, and Enamel. Bronze is the first level, while Enamel is the fourth and final level. Members must work through the series in sequence, beginning with the Bronze pin. Members must complete the requirements for each level within 365 days. **NOTE:** *If the member completes the requirements in a shorter period, he/she can immediately begin working on the requirements for the next level in the sequence.* When one level has been completed, the member may want to become even more fit by working towards the next level, continuing until the member has achieved the highest level desired. This process is the same for all pins: **Gangmerke** (Walking), **Sykkelmerke** (Bicycling), **Skimerke** (Skiing), and **Idrettsmerke** (Sports/Fitness activities)

FIRST: choose the pin that you would like to earn.

SECOND: download the Record Forms from our website or ask your lodge Sports & Recreation Director for a record card for the pin you would like to start working towards.

THIRD: it's advisable to get permission from a physician before beginning any exercise program.

FOURTH: read the Record Form to find your goals for each session and record them.

FIFTH: have someone initial your recorded efforts.

SIXTH: when your Record Card is complete, submit it to your lodge Sports & Recreation Director. He/she will check the record and order your pins. The pins will be presented to you at a lodge meeting. Pins are made available by Sons of Norway Headquarters at no cost. Sons of Norway hopes that you will use this program to start a lifetime of fitness

Elvesvingen Lodge Cookbooks! We have sold enough to cover the cost and now the profits will be going toward convention expenses. We will have them again at our next lodge meeting. This cookbook contains 400+ tried and true recipes from our members. Purchase yours for \$12.00 each. The cookbooks are on sale at Bethany College Bookstore and at Bathrooms and Beyond 1804 North Riverfront Dr or call Irene - 387-7045, Clancy - 345-7818, or Linda - 388-7139.



**Mark Harstad along with Oyvind Gulliksen
(March's Guest speaker)**



Norwegian Table Prayer

Mange tusen takk to Synnove Grinnell for her hand crafted, cross-stitched **Norwegian Table Prayer** which she donated for silent auction at the March Lodge meeting. The winning bid for this framed, heirloom quality item was submitted by Linda Stelter. Proceeds will go to our Elvesvingen Lodge local scholarship fund which helps to send interested students to a Norwegian language camp.

International Festival Elvesvingen Lodge will have a table at the International Festival on **Sunday, April 20th at East High School.** This is a terrific way to let the public know about our Lodge & recruit potential new members. We need help staffing the table between the hours of 11:00 am & 4:00 pm. – if you can work a 1 or 2 hour shift, please call / e-mail Paul Olson or Ann Carlberg. It's very easy & involves primarily answering occasional questions & handing out brochures & information. This is a good way to make a contribution without putting in a great deal of time.



District 1 - 2008 Convention

MANKATO SONS OF NORWAY
ELVESVINGEN LODGE 1-582
PO BOX 1091
MANKATO, MN 56002
www.sonsofnorwaymankato.org

**Attention all lodge members and lodge volunteers! The convention is fast approaching!
Circle your calendars – June 12, 13, 14 – Alltel Center – Mankato MN**

- Volunteer** Help our lodge host this event – call Dick or Kris Norland to volunteer for 1 hour – 625-6060
Take tickets, give directions, serve coffee, make decorations, provide security, etc
- Donate** Our lodge is providing fruit for the hospitality areas – other lodges are providing cookies
Which are easier to transport! Please send a \$5 donation to POBox 1091, Mankato MN 56002.
Mark your check as “convention fruit” – volunteers will purchase/prepare the fruit in large quantities!
- Order** Convention tee shirts can be pre-ordered at the April meeting – with delivery at the May Meeting.
- Support** The Heritage and Vendor Fair is open to the Mankato community – about 100 vendors and cultural skills presenters will be offering a wide variety of Norwegian products for sale – see demonstrations of cultural crafts such as hardanger and rosemaling - listen to programs on heritage, genealogy and drama. Support this event & bring your family – free admission!
Thursday June 12 (noon-9pm) - Friday June 13 (9am-9pm) - Saturday June 14 (9am-6pm)
- Attend** Join convention delegates on Thursday June 12 at 7pm – choose one of the following:
1-Tour the Ottesen Museum on the campus of Bethany Lutheran College – free admission!
2-Join the fans for a MoonDogs baseball game at Franklin Rogers Park – \$5 at the door!
- Celebrate** Put on your Norwegian wear, attend the banquet, and listen to Multe – a Nordic dance band!

**Sons of Norway Banquet – Friday, June 13, 2008 – 6:30pm
Alltel Center - Mankato MN - May 10 Reservation Deadline**

Name: _____

Email &/or Phone: _____

\$28-Friday banquet choice (please circle one): 10 oz top sirloin or portabello mushrooms on rice

Make check payable to: Sons of Norway 2008 Convention

Mail by May 10 to: Kris Norland, Convention Registration, 209 Chatsworth, Mankato MN 56001

June 12-14, 2008, Alltel Center, Mankato MN
son2008convention@yahoo.com

SONS OF NORWAY
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P.O. Box 1091
Mankato, MN 56002

NONPROFIT
ORGANIZATION
US POSTAGE PAID
PERMIT NO 36
MANKATO MN 56001

«F_Name» «L_Name»
«Address»
«City», «St» «Zip»

Syttende Mai Celebration at Hanska (“Jukebox Jamboree”) Second Registration Opportunity -
Interested in attending the Hanska Syttende Mai celebration on Saturday, May 17th but missed the first registration? Please register immediately by sending the completed form below & a check (payable to SON-Elvesvingen Lodge) for the total amount due to “Elvesvingen Lodge; PO Box 1091; Mankato, MN 56001. We will work out car pooling arrangements for those interested. You may choose either the 2pm or 7pm performances (\$17 per person) & a 5:30 dinner at Zion Lutheran (\$9 per person) is optional and a great way to start or end the celebration. Should you have any questions, please call Paul at 625-3705.

Clip & Mail

Registration for Hanska Syttende Mai Celebration – Saturday, May 17th

Name(s): _____ Phone: _____
Performance: ____ 2:00 ____ 7:00 \$17 per person: \$ _____
5:30 dinner at Zion Lutheran: \$ 9 per person: \$ _____
____ I (we) would like a ride: Total due: \$ _____
____ Available to be a car pool driver (Check payable to: SON-Elvesvingen Lodge)
Send to: PO Box 1091; Mankato, MN 56001

SONS OF NORWAY ELVESVINGEN LODGE 1-582 CALENDAR

April, 2008

Apr 12 – Lodge Meeting, Bethlehem Lutheran Church 5:30 pm Program “Norseland 150th Anniversary by Craig Ferkenstad

Apr 20 – International Festival 11am – 4pm at East High School, Mankato, MN

May 10 – World War II POW Reidar Dittmann (DVD)

Check out the Information Table at our monthly meetings - pick up information on area events, travel, or SON financial products; sign up for lodge events/volunteer opportunities; view a copy of recent lodge minutes/treasurer's report; check out the SON magazine for children under 15; purchase gift items offered by the District One Sons of Norway fundraising committee; or simply ask questions.

Visit us on the web - www.sonsofnorwaymankato.org or www.sonsofnorway.com