



SONS of NORWAY

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

A Message from President Dave McManus

Hilsen (Greetings),

The fall colors are beautiful, but winter is knocking on the door. September 20 th was our Norsk Heritage Luncheon. October 18 th was our annual Alaska Salmon dinner. Both events were a great success. Thanks to all that helped.

November 7 th will be our business meeting. Dinner at 5:00, meeting at 6:00.

We will have our Annual Lutefisk and Norwegian Meatball Luncheon November 15 th with some special vendors so you can do some Christmas shopping. Come and join us!

We have some great events coming soon. Please review them in this newsletter. **Please call or text the Lodge phone at 208 262-8020 if you can help set up, serve or clean up.** All our events are listed at www.SON-CDA.com.



Mange Takk, (Many Thanks)

President Dave

Mark Your Calendar! Call or text the lodge phone to reserve your spot! 208-262-8020

Lutefisk Lefse & Meatball Lunch
Saturday, Nov. 15
11:30 am or 2:00pm
Reservations Required--call or text the lodge phone with preferred seating time, name and number of people.
\$25 Members
\$30 Not yet members
\$15 ages 6-18, \$70 family

Julefest
December 13
11:00am
Come for Glogg, tree decorating, Lunch, Singing around the tree, cookie exchange, and maybe a visit by Tony Troll!
more info page 9

116th Anniversary
Lunch
Saturday, January 17
11:30 am
Norwegian soups, salads, and bread, cream cake for dessert yearly pins, honoring past presidents.
No charge for members
\$15 Non-members

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Lodge News

The Liberty Lake Lightning 12U Baseball Team would like to extend our sincere gratitude to the Sons of Norway Lodge 2-011 for their generous donation in support of our upcoming season. Our program is built on more than just winning. We emphasize player development, teamwork, and character, teaching our athletes to be humble in victory and gracious in defeat. This Fall, we proudly capped off the Spokane Indians Youth Baseball Competitive Season with a 2nd Place finish in the All-City Fall Tournament, a reflection of their growth, effort, and sportsmanship. Your support helps us continue building strong players and even stronger young men.

Thank you,

Kyle McManus, Head Coach
Kellen McManus, #37 - First Baseman

The Liberty Lake Lightning 12U Baseball Team



Takk for hjelpen!

- Cindy, Lana, Colleen, Pamla, Dave and Team for the work you did to make our delicious Norsk Luncheon a delicious success and also our Salmon Dinner a huge success!
- To members who come early to set up and to those who stay to help clean up after events!
- Dave Jacobsen for sharing about your trip to the Vesterheim Museum in Decorah, IA.
- Madelyn Knutson for sharing your Norwegian heritage experiences and travels to Norway.
- Those who brought Eplekake to the Salmon Dinner.
- Dave McManus, Barbara Rostad, and Rob Knutson for sharing the stories of Norwegian immigrants.
- Jerry & Sharon Hanson for providing apples for many of our Eplekaker

DID YOU KNOW baseball is played in Norway? Norway has a national federation and several leagues and teams, such as the Oslo Pretenders and the NHHI Baseball team. The sport was officially started in 1991 with the first Norwegian Championship, and the country is a member of the World Baseball Softball Confederation (WBSC) and the Confederation of European Baseball. Play Ball!

Lodge News

På Norsk--Summer School in Oslo part 2, cont'd from Sept/Oct newsletter by Sharon Hanson

Food

The food scene in Oslo was diverse. In the malls, there were food courts offering options like Greek, Italian, Indian, and more. I particularly enjoyed the bakeries, where the cardamom buns were to die for! The food at the school was served buffet style and wasn't drastically different from what we're used to, but there were some unique touches. Each meal often included salad items, even at breakfast, along with freshly baked brown bread, various types of rye crisps, cheeses, and deli meats. Breakfast also included yogurt in squeeze containers, boiled eggs with egg cups, cold cereals, coffee, milk, and juices. Students attending the other programs would make their lunches or "matpak". For lunch, we had a similar mix of salad, brown bread, and a hot entrée, which was sometimes a leftover from the previous evening. Dinner followed the same pattern, with a fresh hot dish that could include pasta, rice, or occasionally potatoes. I found it interesting that there was no real butter, but margarine was commonly used as a substitute. On Fridays, we had tacos and nachos, which were very similar to the American version. Interestingly, our instructor said that Norway consumes more tacos on Fridays than any country except Mexico! During our stay, we had fish sticks twice, salmon once, and hamburgers, hot dogs, and fish soup on other occasions. Overall, I found most of the food to be quite tasty, though there were no traditional desserts aside from some candy bars or fresh and canned fruit. The fresh apples were especially delicious and an assortment of frozen ice cream bars were available for purchase.

Money

Norway operates as a largely cashless society, so a credit card is all you really need. Even for small items, such as something costing just 10 cents, people tend to pay with a plastic "tap". If you do need to pay with cash, it's best to use a bank card to withdraw Norwegian Kroner (NOK) at an ATM, but these machines can be hard to find. I also noticed that many places didn't accept American dollars—at least, that was my experience when I tried using them. Cost for meals were similar to prices here and gratuity was always included in the price so gratuity was not expected.

Transportation

Oslo's public transportation system is efficient and punctual. It includes trains, subways, buses, and electric buses called "tricks. Before heading out on an adventure, it's important to study the transportation maps or use the Reuter app so you know the bus number, where to get off, and which platform to transfer to. The electronic boards at the platforms were extremely helpful, as they displayed exactly how many minutes until the next bus would arrive—and it was always accurate. During peak times, the buses could get crowded, but people were always polite. If there were no seats left, young people would offer theirs to older passengers or those in need. Overall, public transportation was amazing. Taxis and Ubers are available but we only used them coming and going from the airport.

Tours

Some of our tours were organized by the school, while others we did on our own. We visited the National and Munch museums, the Dichmann Library, Akershus Fortress, and the Folk Museum. One special evening, we attended the ISS Opening Ceremony at City Hall, where the Mayor of Oslo welcomed the 200 international students. We had to have an invitation to enter, and security checked it thoroughly before allowing us in. On our own, we took a ferry to a nearby island, visited the Vigeland Sculpture Park, the Botanical and Cultural Gardens, and the Kon-Tiki and Fram museums. We also spent time shopping and exploring the neighborhoods. On some days, we walked 3 to 6 miles, navigating Oslo's steep hills. It was an action-packed three weeks! Weekends were free. We had the opportunity to meet the Hanson family at a local restaurant. We enjoyed a lovely afternoon visiting with the family from the Lillehammer area and their 2 nieces.

På Norsk--Summer School in Oslo part 2, cont'd from page 3

In addition to the tours, the school sponsored a few lectures, including one on climate change's effects on the Norwegian Arctic and another on Norway's history through the ages. One evening, we had a "Norway Night," where Norwegian folk tales were read, and we were treated to a special musical performance. One of our classmates, an opera singer from New York City, performed a song by a famous Norwegian composer in Norwegian, accompanied by a concert pianist from our class. We also had the privilege of hearing a Sami gentleman sing a traditional song in his native language, wearing traditional dress. It was a truly unforgettable night. I could go on and on about this amazing experience! If the class is offered again next year, I would highly recommend it to anyone looking for an enriching, cultural adventure.

Surprises/Take aways

- Due to the midnight sun, it was never dark in Norway and good curtains or eye masks are highly recommended.
- The Norwegian people are courteous and polite and proud of their values to be inclusive and host people from all around the world. Although they appreciate sharing their land and culture, it's important to remember Americans are "Norwegian by heritage" not "Norwegian".
- Traditional American lefse is made differently now. Lefse is used in place of hotdog buns and lefse is thick with butter and cinnamon sugar when eaten as a snack or desert.



Takk for deling, Sharon!
**Thank you for sharing,
Sharon!**
**What a great adventure you
had!**



Sharon Hanson, Karen Hanson, Samantha Morgan, Wendy Hanson-Morgan at Aker Brygge Harbor



Gratulerer Med Dagen!

Please wish these
members **Happy
Birthday!**

November Bursdager

02 Michael Thompson
03 Jill Jurvelin
07 Jerry Hanson
12 Clark Massey
12 Adele Friesen
15 Pam Silk
20 Natalie Stroud
22 Don Lindburg
25 Richard Friesen
26 Brad Forthun
28 Ann Farrar

Desember Bursdager

02 Martin Clemets
05 Kari Thompson
12 Donald Nelson
14 Shirley Belstad
15 Karen Thompson
16 Jessica Blinn
16 Freya Barrie
18 Charlotte McManus
20 Wenche Austrheim-Ruzich
24 Ginger Patrick



Giants in the Earth: a saga of the prairie by O.E . Rolvaag review by Dave Jacobsen

Tronders, Vossings, Sognings, Telemarkers, Lofoteners - all Norwegian immigrant groups referred to from different areas of the motherland, author Ole Edvart Rolvaag writes in his well known Norwegian-American and significant 1925 published book *Giants in the Earth*. The immigrants found companionship and connection with other Norwegian immigrants in their settlement of Spring Creek, Dakota Territory, beginning a new life in the grass covered land of what is now eastern South Dakota. They came to this land to settle their roots in the rich and wild, uninhabited prairie grounds available through the Homestead Act.

Rolvaag was born in Donna Municipality in Nordland county, Norway. Donna, one of the largest islands on the northern coast, is situated about 5 miles from the Arctic Circle. Since the settlement where he was born had no official name, only referred to as Rolvaag where the fishermen kept their boats, he adopted the Rolvaag name. At 14 Ole joined his father and brothers in the Lofoten fishing grounds. At 20 his uncle, who had emigrated to America, sent him a travel ticket. He worked as a farmhand until 1898 when he enrolled in Augustana Academy in Canton SD, with the help of his pastor. He graduated in 1901 from the Academy and pursued a bachelor's degree at St Olaf College, graduating there in 1905. In 1906 he was recruited as a professor at St Olaf College and in 1910 he earned a Master's degree from St Olaf.

Rolvaag's novels have a distinct American flavor and themes of many Norwegian immigrant pioneers.

The book was based partly upon Rolvaag's experiences as a settler and as well of the experiences of his wife's family who had been immigrant homesteaders. The novel realistically treats the lives and trials of Norwegian pioneers in the Midwest, emphasizing their battles with the elements. The book also portrays the trials of loneliness, locust infestations, breaking prairie ground, extreme weather, separation from family, longing for the old country, and the difficulty of fitting in a new culture.

The book, written in Norwegian and translated to English, chronicles a dramatic contrast between immigrant Per Hansa and his wife, Beret. Per is a natural pioneer who sees promise flooding the windswept plains. Beret hungers for the ways of her homeland, and in her heart, loneliness gathers and penetrates the deeper reality of life lived on the American frontier.

In short, an interesting and intriguing book of our ancestors who left Norway for the new and challenging life in America. Though I read this tome many years ago I was reminded of Rolvaag when we visited Augustana University in Sioux Falls, SD in 2024. The university is celebrating Rolvaag's monumental contribution to Norwegian-American literature in 2025, the centennial of the book's publishing.

Editor's note: Thank you Dave! Sharon Hanson also recently read this story. There is a copy available for loan at the Coeur d'Alene Library.

Rolvaag also wrote two sequel novels, **Peder Victorious** and **Their Fathers' God**, but the local libraries do not own any copies. Perhaps this is a purchase our lodge would make for our lending library?



Sunshine Report



Get Well Soon President Dave!
Dave McManus is recovering from
knee surgery.

Membership Count

Members	98
Golden	6
Heritage	13
Affiliate	2



NORDIC CULTURE CORNER

Different ways to say “thank you” in Norwegian

In this Season of Giving THANKS, lets learn how Norway says Thanks!

From <https://norwegianacademy.com/>

Takk! – the most common way to thank others. You may use it to thank a seller in a shop or thank someone who gave you a compliment, for example. It is also a common courtesy to use it in answers “Ja takk” (“Yes, thanks”) or “Nei takk” (“No, thanks”).

Tusen takk! literally it is translated as “Thousand thanks!”. More friendly and enthusiastic than just “Takk!”.

Takk skal du ha! literally it is translated as “Thanks will you have”. When you feel that simple “Takk” won’t be enough, use “Takk skal du ha”.

Mange takk! – translated as “Many thanks!” --not as common nowadays, but you can still hear people use it.

Takk for hjelpen! – translates as “Thanks for the help” and is used when thanking someone for their help. The common answer to that would be “Bare hyggelig” – “Just nice (to help)” or “Ingen årsak” – “No reason (to thank for that)”.

Tusen hjertelig takk! – “Thousand cordial thanks”. It may sound slightly exaggerated and it is not as common. You would use this one when you want to thank someone deeply for a good favor or, perhaps, a gift.

Takk for maten! – “Thank you for the food”. It is a must to thank for the food when visiting someone. You would say it when the plates are cleared from the table or when you are going to leave the table.

Takk for sist! – “Thank you for the last time”. It may sound strange, but is very common to say to someone you have met before. In this way, you acknowledge your meeting and say it was a pleasant one. You may respond to it with “I like måte” – “The same”.

Takk for meg! – translated as “Thanks for me” and it is to be understood as “Thanks for having me here”. If you are invited as a guest somewhere and would like to leave, use this phrase. Alternatively, you can say “Takk for invitasjonen” (“Thanks for the invitation). The host would respond with “Takk for besøket!” (“Thanks for the visit”).

Takk for i dag! – “Thanks for today”. If you work in Norway, you may hear this one from your colleagues all the time. It implies “I am leaving now, thanks for your company/work/conversation today”. It is appropriate to use it in a situation when you spend some time with people and you have some sort of social bond with them (like with your colleagues at work or students in a class). Don’t use it in a shop or other situations when you interact with people briefly or strictly professionally.

Takk for nå! – “Thanks for now”. Similarly to “Takk for i dag”, you can use it with someone you know a bit better and have some sort of social connection to.

Do not use this one!

Takk for alt! – “Thanks for everything”. This phrase is used at funerals as a farewell to the deceased.

We hope that now you know your way of giving “thanks” in Norwegian. For other lessons in speaking Norwegian, check out www.NorwegianAcademy.com

Learning Page

Norwegians also SHOW thanks in Norway. Here are a few practical ways.

- **Bringing a gift:** It's customary to bring something small, like chips or wine, when invited to a party.
- **Offering to help:** Offering to help clean up after a meal is a polite way to show appreciation.
- **Showing consideration:** Taking your shoes off when entering someone's home is an important sign of respect.
- **Showing gratitude for a host:** If you are a guest, you can offer to cook a meal or order takeout for the hosts as a way of returning the favor.

How do you show Thanks in your family?



Norwegian Table Grace

I Jesu navn går vi til bords
Og spiser, drikker på ditt ord
Deg, Gud, til ære, oss til gavn
Så får vi mat i Jesu navn.

Amen.

English Translation:

In Jesus' name to the table we go
To eat and drink according to his word.
To God the honor, us the gain,
So we have food in Jesus' name. Amen.

Santa Lucia Day is December 13

You can find more info on Santa Lucia day at
<https://www.lifeinnorway.net/santa-lucia-day/>

Upcoming Lodge Events

Nov. 9	2 pm	Meatball & Sandbakkel Making
Nov. 12	10 am	Lefse Making
Nov. 15	11:30 a & 2p	Lutefisk, Meatball & Lefse Lunch
Dec. 13	11:00 am	Julefest (Christmas Party)
Jan. 17	11:30 am	116 th Anniversary Lunch
Feb. 7	9am - 3pm	Craft and Culture Fair
Mar. 14	9am- 11am	Norwegian Waffle Breakfast

Mark your calendars!

What events will you help with?

Check out our lodge website www.SoN-CdA.com for more information.

Sons of Norway Foundation SCHOLARSHIPS Due January 15, 2026

<https://www.sofn.com/foundation/scholarships/>

The Sons of Norway Foundation awards scholarships to promising students each year. These seventeen scholarship funds support education to help students prepare for their career and journey in life. They also help bring our Foundation mission to fruition by promoting cultural exchanges and the importance of lifelong learning.

OSLOPOLITAN

1 ounce Aquavit	2 ounces Vikingfjord Vodka
1 ounce cranberry juice	1/2 ounce lime juice
1/2 ounce simple syrup	crushed ice
lime rind twist, curled (optional)	

Add all ingredients except the lime twist into a drink shaker. Shake. Strain into a martini glass and serve with a twist of lime rind or slice of lime. Drink at once!

This delightful cocktail was served at the at the 2008 Daughters of Norway Convention Gala, Tacoma WA . It was a big hit! Attributed to Janet Rudd, Daughters of Norway Embla Lodge #2.

2025 HH Lodge Business Meetings

November 7

December 5

January 30*

March 7

***Jan 30 will cover Jan. & Feb. Business**

Business meetings are held the first Friday of each month, August - May at 6pm, with dinner at 5pm.

All events are held at Trinity Lutheran Church, unless otherwise noted.

812 N. 5th Street, Coeur d'Alene, ID 83814

2025 District 2 Events

Check the District 2 website and see all the great activities coming up!

<https://www.sonsofnorway2.com/events/>

2025 DISTRICT 2 Events @ Trollhaugen

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/>



2025-2026 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, Mark Agerter
District 2 Sports Director Alisha Anunson

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



**SONS of
NORWAY**

**Julefest
(Christmas Party)**

December 13th 11am

Trinity Lutheran Church 812 N. 5th Street, CdA

Adults -- \$20, Youth 0-18 years --FREE

Come enjoy glogg, pork loin, potatoes, peas, applesauce, lefse, and riskrem. Cookie exchange and tree decorating begins at 11. Lunch, live music with Courtney & Co., and songs around the tree will follow. If you'd like to participate in the cookie exchange, please bring a dozen cookies. Bring extra cookies & we will enjoy the leftovers with Coffee.

Make your reservations now!

Call or text the Lodge Phone 208.262.8020 to make a reservation. Tell us your name, phone number and how many are in your party. **Deadline is Dec 10.**

2025-2026 HH Executive Board

Dave McManus--President
Kyle McManus--Vice President
Colleen Sisk--Secretary
Lana Stroud--Treasurer
Dave Jacobson--Membership Secretary
Pamla Silk--Counselor
Cindy McManus-- 1 yr Trustee
Jennifer McManus--2 yr Trustee
Annika Silk-- 3 yr Trustee

2025-2026 Lodge Officers

Matthew Barrie--Cultural Director
Cindy McManus--Social Director
Rob Knutson--Sports Director
Suzanne Knutson--Publicity Director
Dave McManus--Foundation Director
Suzanne Knutson--Editor & Webmaster
Social Committee:
Cindy McManus Matthew Barrie
Barbara Rostad Ed Ronningen
Suzanne Knutson Dave Jacobsen
Bill Solum--Historian
Kathy Solum--Sunshine Chair
Mark Haberman--Musician
Greeters: Dave Jacobson
Kay & JoAnne Nelson
Karen Williams--Marshal
Ed Ronningen--Assistant Marshal
Auditors: Jennifer McManus
Cheryl Reed
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/ledge_leadership_resources/administrative_resources/leadership_roles_guidelines/

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

Send them to Suzanne Knutson:
SoNCdApublicity@gmail.com

Newsletter is sent out via email and print to members, bi-monthly.

Thank you to each person submitting!



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NORWAY**

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