



SONS of NORWAY

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



www.SoN-CdA.com



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208-262-8020



Sons of Norway Coeur d'Alene

A Message from President Dave McManus

Hilsener fellow Harald Haarfager members!

I hope you're all enjoying summer — it's flying by. Cindy and I will be attending the District 2 annual steak fry at Trollhaugen on 7/18. If you haven't been to Trollhaugen, you're missing out. Please reach out to Bill Hicks or me for tickets. We will be taking a raffle basket. We need any raffle item you can give. We have a reputation of having one of the best raffle baskets at the steak fry to uphold.



We had a great time at the District 2 Convention and won several awards:

- 2024 Most Compliant Lodge
- 2024 Family Lodge of the Year (Large Lodge)
- 2024 International Family Lodge of the Year
- 2025 Most Compliant Lodge
- 2025 Lodge of the Year (Small Lodge)
- 2025 Family Lodge of the Year
- District 2 2024/2025 Silver Award for Outstanding Newsletter (Small Lodge)

Thanks to Poulsbo Lodge for putting on a great convention. Cindy is once again the District 2 Publicity Director, Darrin Lee is the new Zone 5 Director, and I'm the new District 2 Sports Director. We will participate in the Coeur d'Alene 4th of July parade — The theme is Americas 250 th anniversary. Come celebrate our nations history and some Norwegian culture. We need participants. It's only for a couple of hours in the morning. Our next business meeting is August 7th. We still need volunteers for kid's camp and the beer garden. Our lodge is more successful when we work together!

See you soon.

Broderlig,

President Dave McManus

Mark Your Calendar! And call or text the lodge phone

208-262-8020

CDA Independence Day Parade July 4

Call or text the lodge phone to reserve your spot in the truck, in the truck bed, or in the boat. 208-262-8020

Room for 19 total!

Let's show this town how vikings celebrate freedom!

Kids Camp Meeting

Wednesday, July 15
4pm @ Trinity Lutheran
**Join us for a meeting to
get organized for Kids
Camp.**

**Call or text the lodge
phone to RSVP.**
208-262-8020

Kids Camp

**August 5 & 6
10am-2pm**

Trinity Lutheran Church
812 N. 5th Street, CdA

All Hands On Deck!
call or text the lodge phone
and let us know you can help!
208-262-8020
It's TONS of FUN!

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THANK YOU!



Takk for hjelpen!

Tusen Takk HH members for your incredible hospitality for Syttende Mai!
Mange Takk to all Tordenskjold Members who joined the fun in celebrating year 212 since the signing of the Norway Constitution!

Tusen Takk to Sharon and Jerry Hanson for hosting the 2nd Annual Midsommer Sankthansaften (St. John's Eve) or Jonsok. What a special day to gather together!



Sharon and Jerry Hanson pose in front of Selma, the HH Lodge Viking Ship at the Syttende Mai Celebration.

Ed Ronningen shares Norwegian folk with Grandson Owen Ronningen!

"Owen is a Junior at Whitworth University, studying pre-law with a concentration in Speech and Forensic Debate. He started at Whitworth on a Forensic Debate scholarship three years ago, and continues to do well in that endeavor. He is part of the Whitworth Forensics Debate team and has participated in all the various tournaments with the team.

Before attending Whitworth he was schooled in a classical education group through the 12th grade. He has also studied and practiced Tai Kwon Do for several years, eventually earning his black belt.

Owen is the oldest of our 20 grandchildren. His family lives in West Seattle and he has been raised there, primarily.

I have taught Owen some of the skills needed for chip carving. He has done quite well and is developing his own style of chip carving, incorporating traditional chip carving with free-style and carving various faces. I look forward to seeing where he takes it from here. He may be replacing me at the Cultural Craft Fairs soon!" Thank you. Ed! and Thank you Owen, for participating in the 2026 Craft and Cultural Fair. Owen's rune carvings were a big hit!

Gratulerer Med Dagen!

Please wish these members

Happy Birthday!

Juli Bursdager

- 01 Cheryl Reed
- 06 Dave McManus
- 06 Darla Gunning
- 11 Dick Jurvelin
- 19 Madelyn Knutson
- 20 Ed Ronningen
- 23 Anne Capellen
- 24 Doug Miller
- 25 Julita Carroll
- 27 Nash Blinn
- 29 Karen Williams
- 31 Rob Knutson

August Bursdager

- 07 Deborah Simpson
- 08 Charles Simpson
- 16 Oliver Brown
- 20 Barb Rostad
- 20 Jack Knutson



Lodge News



Sunshine Report



Thank you Kathy Solum, for keeping up with sending sunshine to our members with get-well, sympathy, and well wishes cards!

Membership Count

Members	92
Golden	7
Heritage	9
Affiliate	4



At the recent District 2 Convention, Harald Haarfager Lodge brought home armloads of awards. We should be proud for all the hard work that goes into everything we accomplish in our lodge every year. It is nice to know that it is recognized and appreciated.

A HUGE thank you, to Cindy McManus for documenting all of our activities and attendance, making us eligible for all awards! It is quite an honor to collect the The Sons of Norway International Lodge of the Year! It is a very prestigious fraternal award presented to the most outstanding local lodge across the entire organization, recognizing lodges that excel in preserving Nordic heritage, performing community service, and driving membership growth.

Local lodges submit detailed reports highlighting their triumphs, volunteer events, and cultural programs over the preceding two years leading up to the District Conventions. Lodges are then scored based on their activities and community and cultural contributions, and those scoring highly on these reports receive Gold, Silver, or Bronze Merit Awards at their regional District Conventions. The highest-scoring Gold Merit lodges from each district compete for the title of District Lodge of the Year. From this elite group, the top organization-wide lodge is selected as the International Lodge of the Year. In order to achieve this honor, International Lodge of the Year honorees are typically recognized for:

- Hosting large community events--HH Craft and Culture Fair, Musical Concerts, Lutefisk Lunch
- Offering robust cultural programs-- Kids Camp, Genealogy Conference, Traditional Cooking & Arts Classes
- Running successful outreach and scholarship campaigns--Serving Beer at the Fair and Highway clean up

HIP HIP HURRAH HARALD HAARFAGER MEMBERS! AND WELL DONE!

Mike Claflin, 2026 Convention Delegate, Shares His Experience

District 2 meeting Recap

I feel very privileged to have been elected to be a delegate to the biennial Sons of Norway District 2 Convention in Bremerton, hosted by the Poulsbo Lodge. The theme was "Preserving the Past Preparing the Future." I was asked to provide a report on the event and that is what follows.

The actual convention and associated business meetings ran from Thursday, May 28 through Saturday the 30th. Members of our delegation: Dave and Cindy McManus as district officials; Pamla Silk, Darla Gunning and myself – the delegates, arrived at various times during that week, but all arriving by Wednesday. Dave and Cindy had district meetings prior to the convention. Darla and I had to attend a new delegates meeting Wednesday afternoon to fill us in on what to expect and what was expected of us. By my rough estimate it appeared that approximately 1/3 of the delegates to the convention were new delegates. Wednesday evening, we were welcomed to the President's reception featuring a no host bar and a light dinner in the Bremerton Convention Center (where most of the events occurred.) We were entertained by a parade of Bunads. It was the start of much socializing and meeting other delegates throughout the convention – to me the most benefit.

Thursday morning began with the presentation of the Lodges Fanes with Pamla presenting ours as the acting President, Dave being a district official during the meeting. Following was a presentation of the national flags and anthems by the VFW Post 2463 Color Guard. Various dignitaries were introduced with the Mayor of Poulsbo welcoming us to the convention. Coffee breaks and lunch followed. After lunch, most of the meeting was regarding the changes forthcoming with the merger/going under the umbrella of Better Life, Daniel Seyfried, CEO of the Sons of Norway, spoke about the reasoning for this merger, changes and took questions. A representative from Better Life was there and also talked briefly about Better Life. We were dismissed early to catch buses to Poulsbo for a dinner at their lodge. All the delegates boarded two buses for a drive from Bremerton to Poulsbo arriving around 4pm. We had about an hour and a half to wander the streets of Little Norway, do some shopping, supporting the businesses that supported the Poulsbo Lodge in putting this convention together. We were told that the Vikings would start blowing their horns as a dinner call at 5:30, which they did. They had 6-10 Vikings blowing horns up and down Front Street, the main street, to call us to the Lodge which is right on Front Street. Again, we were treated to a no host bar, except that there was at least a dozen plus brands of Aquavit to sample at no charge as well as Darrin's Norwegian beers provided by Darrin and the Tordenskjold Lodge. A lovely dinner was served and during dinner we were entertained with a dance performance by the Poulsbo Leikarringen, a youth (mostly teenagers) Norwegian Folk Dancers group. It was very entertaining: many dances, starting with a Schottisch, which I learned as a 4 year old, as well as a mock fight between two males over a female dancer. After dinner, we had a Norwegian sweater fashion show and then we all gathered outside for a Viking Bonfire. The Vikings mentioned are all SON members and an auxiliary group of the Poulsbo lodge. We marched behind the Vikings down Front Street with their lit torches, turned towards the beach and city park and back to a fire pit where the bonfire was lit.

Friday was mainly business meetings: various reports, bylaw proposed changes and resolutions to vote on. These brought about some very active, but respectful discussion. During the coffee breaks all three days, there were various vendors and lodge presentations to browse while drinking our coffee and gorging ourselves – well yours truly was gorging, on various cookies. One room was dedicated to cultural presentations that were voted on and awarded various honors. Elections were held for the next two years for the various district offices. Quinn Balstad, a delegate from Tacoma, gave a presentation and then had us discuss with other lodges what the lodges were doing to encourage participation among members, attracting new members, etc. We (Pamla, Darla and I) had a good discussion with the Fjeldheim Lodge (Bend OR.) They are struggling some as are a lot of the lodges and I think we, especially Pamla gave them some good advice. I will mention more of this in my closing paragraph.

Dist. 2 Recap Cont'd

Friday's meeting wrap up was breaking down into our zones to elect the new zone president. After much discussion, Darrin (president of Tordenskjold Lodge and affiliate member of our lodge, agreed to take on that role to much fanfare. Thank you Darrin for stepping up. Friday night was the night that the Alaska delegates from various lodges host their Hospitality night, featuring a buffet of all things Alaskan: various meats, cheeses, dips, etc. Darrin again was kind enough to supply the Norwegian beer. I haven't mentioned this before, but having lived in Western Washington (including Bremerton) at various times for over 17 years, I always tell people W. Washington is a great place to visit as long as it's in July and August. Well God certainly blessed us with fabulous weather the whole time with the exception of Friday night, but even then, it was really just cloudy, windy and a little chilly. A great night for our Norwegian sweaters.

Saturday morning was a wrap on the meeting. It was started by a wonderful memorial service to the Sons of Norway members we had lost since the last district convention. The balance was mostly about Trollhaugen and voting for three members to their board and I'm happy to report that Pamla was re-elected as secretary. In fact, she is so popular that she had no opponent. Saturday night was the final dinner and awards ceremony. It was a great dinner with music by Skandia Kapell (they were also the band for the Norwegian dancers.) After dinner, they started the award ceremony for various awards. We sat at our table celebrating various lodges until the end when I think we were awarded the last 5 awards. I was taking pictures and would get up and walk in front of an Alaskan group to take a picture and then walk back to our table. After the 3rd award they said I should just stay there. We were awarded: Most Compliant Lodge (paperwork) for both 2024 and 2025, kudos to Colleen and Cindy, Family Lodge of the Year, Lodge of the Year and International Family Lodge of the Year.

As a final wrap to this whole convention, again I thank you for this opportunity. I heartily recommend attending one of these conventions to all of our members. The opportunity to connect more personally with my lodge group as well as other lodge members was terrific. I even learned that one of our delegates has a second husband and I will leave it at that. I can honestly say from speaking to various lodge members ours is one of the most active. We typically have 25 of 99 members attend our monthly business meetings and all of those folks typically help in various roles at all our functions. Other members are attending various functions we have throughout the year. The district convention was about preserving the past and preparing the future and bringing about more engagement from members. For those less active members, how can our lodge help you in that regard?

I greatly enjoyed the convention and even if I'm never elected to go back, I can see myself paying my way as a guest. Mange Takk.

CdA Delegates L to R: Dave & Cindy McManus, Darla Gunning, Pamla Silk, Mike Claflin



Viking SON members-- auxiliary group of the Poulsbo lodge



Upcoming Events



Kids Camp Helpers!

Kids Camp meeting
July 15 @ 2pm
at Trinity Lutheran Church

KIDS CAMP!

AUGUST 5 & 6
10AM-2PM

**JOIN US FOR TWO DAYS OF
 FUN LEARNING ABOUT
 PLACES IN NORWAY, THEIR
 CULTURE, FOOD, ETC...**

**Come help plan activities and find out more
 about how you can help out. Choose your
 favorite areas to Contribute!**

**Last year we had an amazing group of helpers
 and kids and we look forward to another
 successful year!**

4TH OF JULY CELEBRATION

Celebrating 250 years!

Join the lodge, in the 250th Celebration of our nation's birthday!

For the past several years, Harald Haarfager Lodge has participated in the Coeur d'Alene Independence Day Parade on July 4. Obviously, we are a favorite entry!

We are hoping to add a few more vikings to our boat, Selma, for the festivities.

Sign up to participate by calling or texting the lodge phone 208-262-8020 and tell us if you are riding in the boat, truck cab or truck bed.

The truck and boat will be downtown early, but riders just need to be in our boat by 10 am. We can text you our location.

Let's Vike It
 2026 Experience

Where the past greets the present!

Friday, Sept. 11th 5-9
 Saturday, Sept. 12th 10-5
 Newport City Park
 Newport WA
 letsvikeit@gmail.com

FREE

Learning Page

TRIVIA TIME: Norway and the US Revolution

1. **True or False:** Norway was one of the 13 American colonies.
2. **True or False:** During the American Revolution, Norway was united with Denmark and was not an independent country.
3. **True or False:** Vikings from Norway explored North America hundreds of years before the American Revolution.
4. **True or False:** Leif Erikson, a Viking explorer with strong ties to Norway and Iceland, reached North America about 500 years before Columbus.
5. **True or False:** Norwegian immigrants helped settle many parts of the United States after the Revolutionary War.
6. **True or False:** The Vikings fought in the American Revolution wearing horned helmets.
7. **True or False:** The American and Norwegian flags both use the colors red, white, and blue.

The Latest on the Norway Sports Scene

Norway has had quite the showing in international sports this year. Not only did they compete in the World Cup Soccer Tournament for the first time since 1998, but the Norwegian National Hockey Team achieved one of the biggest upsets in international hockey history by shocking the Canadian team 3-2 in overtime in the bronze medal game at the 2026 IIHF Ice Hockey World Championship, May 31, 2026 in Zurich, Switzerland. After Canada staged a late rally to tie it up, Norway scored the sudden-death winner at 3:32.

It is Norway's first medal in IIHF history in any top-division tournament.

"This is huge," said Norway's Kristian Ostby. "Hockey fever is back in Norway. Hopefully we are starting something new today and can get more people to play, build more rinks. Hopefully this is a turning point."



Upcoming Lodge Events

July 4 Coeur d'Alene Independence Day Parade
 July 15 2pm Kids Camp Preparation meeting
 August 5 & 6 Kids Camp
 August 25 & 26 Beer Gardens at the North Idaho Fair
 Sept 11 & 12 Let's Vike It--in Newport, WA
 Sept 18-20 Doreen J. Parker Heritage Weekend at Trollhaugen

Mark your calendars!

Please call or text the lodge phone 208-262-8020 and let us know how you would like to help with any of the upcoming events. Set up, serving, clean up.... helping...It's where the fun is!

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

2026 HH Lodge Business Meetings

August 7 November 6
 September 4 December 4
 October 2

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**

2026 DISTRICT 2 Events

July 12, 2026 Border Festival Picnic--Peace Arch Park, Blaine, WA For More Info: Elaine Grasdock
 more info: (360) 982-2965 viking1kg@gmail.com

August 22, 2026 GOLF TOURNAMENT
Icicle Course, Leavenworth, WA

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

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

2026 DISTRICT 2 Events @ Trollhaugen

July 18, 2026 District 2 Horseshoe and Kubb Tournament, followed by Steak Fry

For more info:

<https://www.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/>

Sept 18-20, 2026 Doreen J. Parker Heritage Retreat. \$160 before Sept 1.
 Includes a bed, all meals, and all craft supplies. Info:
<https://www.sonsofnorway2.com/events/>



Trollhaugen
Steak Fry

We have fun family and group activities planned for the day.
 All activities will start at **10:00am**

Dist. 2 invites you to a Horseshoe and Kubb tournament

There is something planned for all to enjoy.
 Don't delay make reservations today!

Dinner Reservation - Bill Hicks 425/672-0194 or
Hicks1015@msn.com

Overnight reservation email trollhau@outlook.com
 Remember say **Steak or Salmon**

Kids hotdog meals
\$5.00 Donation

Happy Hour (BYOB) 2:30pm

Dinner 3:30pm

DEADLINE July 6, 2026

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, Mike Dyal
 District 2 Sports Director Dave McManus

Zone 1 Director – Jim King Sonja Lodge
 Zone 2 Director – Shirley Lovelace, Normanna Lodge
 Zone 3 Director – Patti Blegen, Bothell Lodge
 Zone 4 Director – Doug Quammen, Breidablik Lodge
 Zone 5 Director – Darrin Lee, Tordenskjold Lodge
 Zone 6 Director – Richard Carr, Artic Viking Lodge

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

Cindy McManus--Social Director
 Darla Gunning--Cultural Director
 Rob Knutson--Sports Director
 Suzanne Knutson--Publicity Director
 Dave McManus--Foundation Director
 Suzanne Knutson--Editor & Webmaster
 Social Committee:

Cindy McManus	Darla Gunning
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



**SONS OF NORWAY
DISTRICT 2**

**DOREEN J PARKER HERITAGE
RETREAT
SEPTEMBER 18-20, 2026**

Do you craft? Do you carve? Do you rosemal?
 Do you want to learn... YOU are in luck!

Come join us in the beautiful Cascade Mountains at Trollhaugen.
 Some of the activities to choose from are Rosemaling,
 Woodcarving and Hardangersøm
 (Depending on instructors)

Registration fee of \$160 (\$170 after September 1st) Per Person
 This includes all meals, class supplies and a bed
 Mail checks made out to: Heritage Retreat
 Paula Boerner
 201 29th St
 Hoquiam WA 98550

What to Bring:
 Bring your bedding for a twin bed, shower supplies (towels & toiletries)

Don't Miss Out... This is the one and only heritage retreat this year. Your check will reserve this limited opportunity. Call a friend and let's set a goal of 25 plus campers!

Chris Hicks (425) 672-0194 or ChrisD2SofN@outlook.com Or
 Nancy Holter sol.land.lodge@gmail.com

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 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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SONS OF NORWAY

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