



SONS of NORWAY

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



www.SoN-CdA.com



soncda11@gmail.com



208-262-8020



Sons of Norway Coeur d'Alene

A Message from President Dave McManus

Hilsen, (Greetings)

Spring is upon us! Thanks to all who helped make our Craft and Cultural Fair a huge success. We have some great events coming soon. I am really looking forward to meeting and hearing Finn Brobakken's presentation on where to visit in Norway Sunday March 1 st . 1-3 PM at Trinity Lutheran Church. Please review our future events in this newsletter.



I want to thank Darla Gunning for accepting the Cultural Director Position. I look forward to working with her. She has great knowledge of Norway and Genealogy. Soon we will be scheduling our Spring adopt a highway trash pickup. This is one of our community service events. I'll keep you updated on the date and time.

Tusen Takk
President Dave

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

Finn Brobakken Visit
Places you never knew to see in Norway
Sunday, March 1
1-3pm
Trinity Lutheran Church
812 N. 5th Street, CdA

Reserve your spot on our Website www.SON-CDA.com or call or text the lodge phone. 208-262-8020

Waffle Breakfast
Saturday, March 14
8:30-10 am
Trinity Lutheran Church
812 N. 5th Street, CdA
\$15 adults
Traditional Norwegian waffles with lemon or Cardamom, various toppings and other breakfast goodies

Taste of Norway Potluck
Saturday, April 18
11:0
Trinity Lutheran Church
812 N. 5th Street, CdA
Bring a Norwegian dish to share. Call or text the lodge phone and let us know what you plan to bring. We will let you know if anyone is already planning to bring the same dish.

Table of Contents	
President's Message	1
Lodge News	2-3
Spotlight & Birthdays	4
New Members & Sunshine	5
Nordic Culture Corner	6
Learning page	7
Upcoming Events	8
District and Lodge Leaders	9

Lodge News

Takk for hjelpen!

- Thank you Cindy, Dave, Karen, and Pamla for creating such a delicious 116th Anniversary Luncheon! Everything was so delicious! And your work on special Soups, Salads, Breads, and desserts were enjoyed by all!
- Thank you HH members for your incredible hospitality and care for all areas of the Craft and Culture Fair! Your help to pull off this huge festival is appreciated and we could not do it without you!

THANK YOU!
♥

Tusen Takk!
♥



Lodge member Ed Ronningen created and gifted the lodge with a beautiful wood carved Table Piece for our lodge, in the design of the Sons of Norway logo. Mange Takk Ed!

Lot's going on at Harald Haarfager Lodge!

This has been a busy year, thus far, at Harald Haarfager Lodge! In February we hosted the 4th Craft and Culture Fair, which was established from past Heritage Fairs. We had a great turn out with 26 vendors, five cultural organizations, musical entertainment, presentations, and demonstrations. Waffles were a huge hit and the Viking Boat Lunch SOLD OUT in a record 55 minutes. We had no idea so many people would be craving the famous HH Meatballs--recipe from Lodge past President, Asbjorn Rostad and made with love by Cindy McManus. Since the event, we have had MANY new visitors to our website! It was a truly fantastic day! **Thank you ALL for your gracious hospitality and help!**

Darla Gunning was sworn in as our new Cultural Director at our last business meeting, offering to take on the role for the remainder of the term. Her interest and knowledge of Norway is an important addition to our events. She has already instigated the visit by her friend Finn Brobakken March 1 and has offered to hold another genealogy presentation. Thank you Darla!

At the same meeting several members were selected as delegates to the District 2 Convention in May--**Pamla Silk, Darla Gunning, and Michael Claflin** will be attending and **Ed Ronningen** will be an alternate. Dave & Cindy McManus will also be representing HH. **Takk!!**

Viking Knit Jewelry Bracelet Making Class

Saturday, April 18, 2026 1:30-4:30pm

Trinity Lutheran Church

812 N. 5th Street, CdA

\$10 Per Person

includes materials and instruction

Only 14 spots available

Students must be at least 10 years old, have good manual dexterity, patience, good eyesight, and eye-hand coordination.

Sign up on our website!

www.son-cda.com



Lodge News

Harald Haarfager celebrates 116th Anniversary

Barbara Rostad received her 55 year pin

Members receiving their pins this year include:

Barbara Rostad	55 years
Deborah Simpson	35 years
Pamla & Todd Silk	25 years
Wenche Austrheim-Ruzich	25 years
Bill Solum	20 years
June Gilseth	20 years
Brad Forthun	15 years
Alan Boe	10 years
Annika Silk	10 years
Bettie Lou Price	10 years
Mark Haberman	10 years
Rob, Suzanne, Madelyn & Jack Knutson	5 years

Lodge Members and guests enjoyed the delicious soups, salads and Norwegian breads, crackers, Creme Cake and Almond Cake before a special viewing of the movie "Lutefisk Wars", complete with popcorn!

Two of our newest members joined us for the celebration, Mike Claflin and Robert Andrews.

Dave McManus shared some of the history of the lodge and Darrin Lee brought a greeting and toast from Tordenskjold Lodge, our lodge sponsor in 1910. An excerpt from Darin's greeting:

"One hundred and sixteen years. That is not just a number--it is a saga. A saga of community, culture, and commitment. A saga written not with swords and longships, but with lefse rollers, coffee pots, and the steady hands of volunteers who have kept our heritage alive, one meeting, one celebration, and one lutefisk dinner at a time.

Named for King Harald Fair Hair,--the first king of Norway, the great unifier,--this lodge has lived up to its namesake. For over a century, you have been uniting people: Norwegians and Norwegian-Americans, neighbors and newcomers, young and old. You've built bridges between generations and across oceans, reminding us that heritage is not just something we inherit, it's something we live, share, and pass on.

Harald Haarfager and Tordenskjold lodges share more than just a proud Norwegian lineage. In fact, they were once sister ships in the Royal Norwegian Navy: coast defense vessels built side by side, in the 1890's, to protect Norway's shores during a time of national awakening. One bore the name of King Harald Fair Hair, the unifier of Norway; the other, Vice Admiral Tordenskjold, the fearless naval hero. Together, they symbolize the very spirit we celebrate today--heritage, courage, and the enduring power of community. As lodges, we carry forward that legacy--not with armor or artillery, but with culture, connection, and a deep love for our shared story."

Tordenskjold then shared a special gift of \$116 to add to our Kids Camp fund, explaining that our kids camp is a unique place on the "East Side" that offers children an important time to connect with their Norwegian heritage while enjoying the community of lodge members who are willing to share their time, talents, and heritage to nurture and thus continue the traditions we all appreciate and find dear. Tusen Takk



Vafelhjerte Frokost Waffle Hearts Breakfast

Saturday, March 14, 2026

8:30 am -10:00 am

Trinity Lutheran Church

812 N. 5th St., Coeur d'Alene

\$15 for adults, Free for Kids under 10

Sample various kinds of vafler (waffles) including cardomom or lemon, and topped with brun ost (brown cheese), smoked salmon, jam, berries, or cream. Breakfast includes sausage, juice and coffee.



Hosted by Sons of
Norway Harald
Haarfager Lodge
Coeur d'Alene



Gratulerer Med Dagen!

Please wish these
members

Happy Birthday!

Mars

- 9 Colleen Sisk
- 11 Brent Egesdal
- 12 Avery McManus
- 14 Ina Bressler
- 16 Sandra Marlowe
- 18 Sharon Hanson
- 22 Kyle McManus
- 30 Annika Silk
- 31 Harry Reed

SAVE THE DATE!

Lagre datoen

27-30 mai 2026

Sons of Norway
District 2
Convention



Preserving the Past
Preparing the Future

Hosted by

Poulsbo Sons of Norway
at the
Kitsap Conference Center,
a beautiful waterfront facility
in Bremerton,
near Poulsbo, WA



www.poulsbosonsofnorway.com/convention

April

- 4 Reba Haugen Jewell
- 4 Bill Solum
- 10 Jennifer McManus
- 10 Normandy Vincent
- 11 Carol Uptagrafft
- 16 Cindy McManus
- 18 Joe Dahlheim
- 22 Karen Lauritzen
- 24 Allen Isaacson



Jerry Hanson’s Flying Jacob Recipe (Taste of Norway 2025)

Flying Jacob (Swedish: flygande Jacob/Jakob) is a Swedish casserole dish, baked in the oven and usually served with rice and a side salad. One story says that in the summer of 1976, air-freight worker Ove Jacobsson rummaged through his kitchen and created the first Flying Jacob with whatever he found. The dish was a hit among his neighbors, including Anders Tunberg, then an editor of "Allt om Mat" (a Swedish food magazine) Tunberg gave the dish its nickname, Flygande Jakob, an allusion to Jacobsson’s occupation and last name. The original recipe calls for shredded, grilled chicken topped with sliced bananas and Italian salad spice to be submerged in a mixture of whipped cream and Heinz chili sauce. After baking, it’s sprinkled with fried bacon chunks and peanuts—an unusual combination of ingredients. The recipe is still referenced today, and many Swedish households have developed their own versions of the dish.

Prep time 20 Min Cook time 20 Min Serves 8

- | | |
|------------------------|----------------------|
| 2.5 lbs chicken breast | 14 oz Bacon |
| 2 bananas | 1.5 C Whipping cream |
| 1 C chili sauce | 1 C Salted Peanuts |

1. Preheat Oven to 350*
2. Cut the chicken into strips and brown them in olive oil in a frying pan. You can also use grilled chicken. Place the cooked chicken on the bottom of your casserole dish.
3. Fry the bacon and add it to the casserole on top of the chicken
4. Slice the bananas into four long strips
5. Whip the cream and gently fold in the chili sauce. Pour the mixture over the casserole and sprinkle with peanuts.
6. Bake in the middle of the oven 20 minutes. Serve over rice.

Let us know if you make it, and how it turns out!



Sunshine Report



Do you know a member who could use some sunshine? A get well card, encouragement, or congratulations? Call or text the lodge phone and let us know. 208-262-8020

Krumkake Shots

A delicacy served at the 2024 District Convention in Coeur d’Alene, ID.

Recipe, courtesy of Sally Dwyer, St. Petersburg, AK lodge

- 1 oz Vanilla Crown Royal
- 1 oz Amaretto
- 1 oz Irish Cream
- Whipped Cream & Cardamom for garnish

- Shake with ice and pour into a Rocks glass
- top with whipped cream
- dust with cardamom
- Offer the following Toast

Cheers--Skål--Toast

Og så svinger vi ølglassene våre igjen, hei skål!

And so we swing our beer glasses again, hey cheers!



Membership Count

Members	97
Golden	8
Heritage	13
Affiliate	2



NORDIC CULTURE CORNER

Norwegian Rosemaling

by Carol Uptagrafft, Lodge Member

Norwegian Rosemaling is a colorful and distinctive folk art. The word **rosemaling** means rose painting. In Norwegian, the verb **rose** can mean “to decorate”, and **rose painting** means “decorative painting”. It evolved over many centuries but became popular in the 1700's to the mid 1800's. Rosemaling started in the cities of Drammen, Oslo, and Kongsberg. Schools were established where rosemaling painting and wood carving were taught. Students were inspired by painters and carvers that brought the Rococo and Baroque styles from Germany and Holland. From the cities, the painters and carvers moved up into the valleys of Telemark, Hallingdal, and Grubrandsdal, to name just a few. Each valley developed their own unique style. This evolved into 16-20 distinct traditional regional styles. The styles vary from quite complex, such as the Grubrandsdal, to more simple designs, such as Viksdalen. Sometimes the talent and ability of an accomplished rosemaling painter or wood carver was handed down from father to son. Other times it was learned from a master painter or wood carver.

Rosemaling and wood carvings are found in Stave churches and farm houses throughout Norway, dating back to the 1700's. A renewed interest in rosemaling occurred in the 1890's. From rosemaling the inside of houses, cupboards, and travel trunks, painters moved on to smaller items such as plates, bowls, chairs, and ale bowls--probably due to the long cold winters and extra time on their hands during the winter months, the people spent their time rosemaling and wood carving. It was a good use of their time and talent.

From 1860-1910 many Norwegians immigrated to the United States and brought with them, their talents, interests, craftsmanship, and other skills, introducing Rosemaling to the US. My grandparents immigrated during this time but it wasn't until I was in my late 20's that I was introduced to rosemaling. At that time, my mother was taking a rosemaling class, and through her interest and talent I became very interested in learning the art. Initially I was self taught as I didn't know of any teachers around where I lived, to take lessons from. After I retired from a teaching profession, I discovered a Master Teacher and took lessons from her. She taught many different styles on different shapes and surfaces. I have been rosemaling seriously for 13 years.

My favorite style is probably Rogaland. The Rogaland style comes from the area in Norway where my ancestors lived and where my cousins still live. My favorite piece I have painted is a family heirloom, a violin, in the Rogaland style, that will be on display at the Museum of North Idaho, in Coeur d'Alene, February 20-May 2 in their **Moments That Made Us: Early Immigrants to North Idaho** exhibit. (The museum is open Wednesday through Saturday from 11 am to 5 pm--Adult admission is \$6 (Seniors are \$5) <https://museumni.org/exhibits/>

When someone asks me what rosemaling is, I answer by saying “Norwegian Folk Art”. Most people can identify with folk art and those who question me further, I answer by saying “it is kind of like tole painting, but not really.” If they continue to be interested, I go into more detail. It is important to me to keep this art form passed down from generation to generation, as it is part of our Norwegian heritage and a beautiful expression of Norwegian culture.

*Carol is teaching a Rosemaling Class at the Jacklin Arts and Culture Center in Post Falls March 19, 26, April 9 & 16. Register here <https://checkout.square.site/merchant/YWJ6XP7KB86S3/checkout/I6TQCTZ7JBUEQROQTPJLSZJW>

Sons of Norway has many opportunities to learn about Norwegian culture through their Cultural Skills Program. You can find more information on the various skills, INCLUDING ROSEMALING, on the Sons of Norway website. https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/ Other skills include genealogy, cooking, literature, stamp collecting, and knitting. Pins are awarded to participants as they progress through the units within the program. Which one are you working on?

Learning Page

Nordic Day, March 23, 1962



Find each Nordic country on the map. Can you name them?

Below: The flags are mixed up! Draw a line from each country name to the **CORRECT** flag.

Denmark



Finland



Iceland



Norway



Sweden



Faroe Islands



Greenland



Åland



A Day of Friendship and History!

The Nordics is both a geographical and cultural region that includes Denmark, Finland, Iceland, Norway, and Sweden, as well as the Faroe Islands, Greenland and Åland.

Nordic Day is a special celebration of the Nordic countries. But did you know this day is also about teamwork and friendship between these nations?

Nordic Day is celebrated on March 23. That date is important because of something called the Helsinki Treaty. In 1962, leaders from the Nordic countries signed this agreement in the city of Helsinki, Finland. The treaty promised that the countries would work together peacefully and cooperate on things like education, culture, travel, and protecting the environment.

Thanks to the Helsinki Treaty, people in Nordic countries can travel between these nations more easily, study in each other's schools, and work together to solve problems. It's like a promise of friendship between neighbors! Nordic cooperation actually began even earlier. After difficult times in Europe during the early 1900s and World War II, the Nordic countries wanted to make sure they supported each other. In 1952, they created the Nordic Council, a group where leaders meet to share ideas and make plans together.

Today, Nordic Day celebrates:

- Friendship between countries
- Respect for nature
- Education and learning
- Culture, music, and traditions
- History, including the famous Vikings

When you celebrate Nordic Day, you're not just learning about cool flags, tasty foods, and Viking ships — you're celebrating cooperation, peace, and helping neighbors. How will you celebrate Nordic Day on March 23?

Upcoming Lodge Events

- March 1, 1pm Presentation by Finn Brobakken
- March 14 9-11am Waffle Breakfast
- March 14, 1-3pm Rosemaling Workshop
- March 19, Rosemaling Class at JACC in Post Falls (See info)
- April 18 Taste of Norway Potluck
- April 18 Viking Knit Jewelry Workshop
- May 17 Syttende Mai
- Sept 11 & 12 Let's Vike It In Newport, WA

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

March 6 April 3 May 1

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

For 2026 District 2 Events

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

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

For Trollhaugen information and availability: <https://www.trollhaugensofn.com/reservations>. For reservations: email trollhau@outlook.com. For member rates, bring your Sons of Norway membership card.

Sons of Norway Rosemaling Workshop

Saturday, March 14, 1-3 pm

Trinity Lutheran Church, 812 N. 5th Street, CdA

\$10 for Lodge members, \$20 for non members

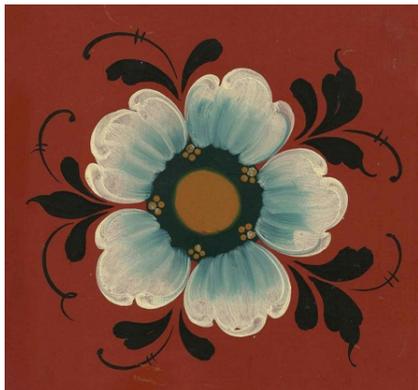
Only 10 spaces open

Register on the Lodge Website www.son-cda.com/events

and send your payment to Sons of Norway,

P.O. Box 337, Coeur d'Alene, ID 83816

Come learn the Norwegian folk art of Rosemaling in a 2 hour introductory workshop



Instructor, Carol Uptagrafft, has been Rosemaling for many years with other talented instructors and wants to help our lodge members learn this special folk art. Your registration fee includes a basic introduction, instruction, and use of supplies to make a small project. Space is limited so sign up soon.

www.son-cda.com/events

MOMENTS THAT MADE US

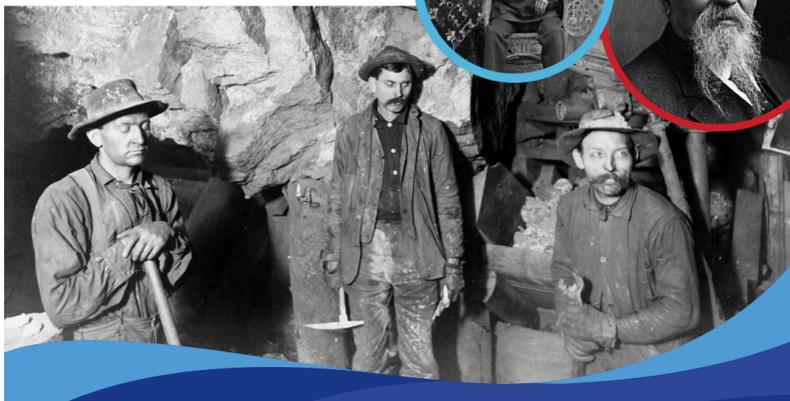
Early Immigrants of North Idaho

February 18th through May 2nd



Museum of North Idaho

Diverse immigrants helped shape the region's early communities from Scandinavian homesteaders and Irish miners to German loggers and Chinese railroad workers. Their stories reveal how North Idaho was a haven for hardworking people who wanted to build a better life.



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, Jerry Erickson
 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

TASTE OF NORWAY POTLUCK LUNCH

Saturday, April 18, 2026 11:30am
 Trinity Lutheran Church
 812 N 5th St, Coeur d’Alene

Call or text the Lodge Phone 208-262-8020, and leave a message saying what favorite Norwegian delicacy you plan to bring and how many in your group. If someone is already planning to bring the same item, we will let you know. Then bring your dish to share, with the recipe.



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

Darla Gunning--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	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

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:

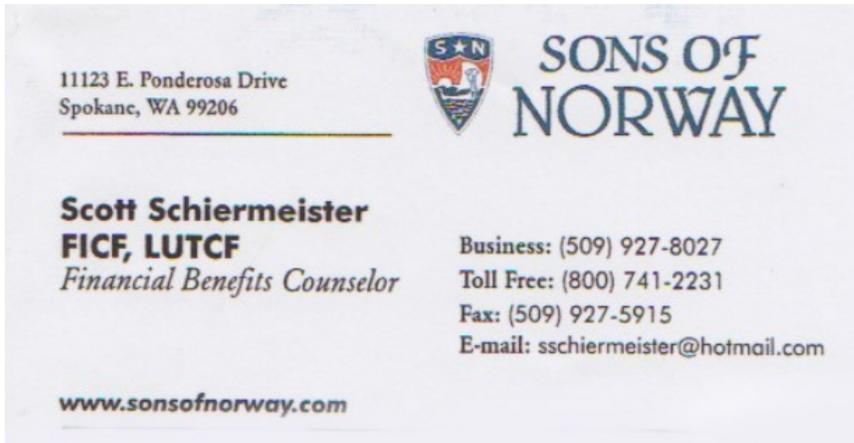
https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines/

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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by Carol Uptagrafft



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