



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 attended and helped with our Musical Migration Crossings Event and luncheon at The JACC in Post Falls. With more than 150 people in attendance, it was a huge success.



Thanks to all who attended the District 2 Zone Seminar April 5 th at the Best Western CDA Inn. hosted by our lodge. It was a very informational event. It was helpful in letting members and officers know that there is more to Sons of Norway than our local lodge.

We have some great events coming soon. Please review them in this newsletter.

We have an adopt the highway garbage pickup on May 3 rd . Info is listed in this newsletter. We can always use more help. This is one of our community service events. Please show up to help clean up your community!

Tusen Takk
President Dave

Mark Your Calendar!

**Syttende Mai
Constitution Day
Celebration**
Saturday, May 17
5pm

The Lodge will provide
hot dogs and drinks--
Please bring a salad or
dessert to share.

Midsomer Fest
Saturday, June
21, 12-3 pm
Radiant Lake

Information will
come to members
via email and post
card.

**CdA Independence
Day Parade**
**July 4--more info
coming**

Kids Camp
August 6 & 7
**Volunteer
opportunity!**

Table of Contents

President's Message	1
Lodge News	2-3
Birthdays & Sunshine	4
Spotlights	4
Nordic Culture Corner	5
Bits and Pieces	6
Upcoming Events	7
Learn & Play	8
District and Lodge Leaders	9

Lodge News

Lots of fun events to connect with your Norwegian Heritage and other Norwegian Americans

SYTTENDE MAI OR GRUNNLOVSDAGEN

(17TH OF MAY OR CONSTITUTION DAY)

Saturday, May 17, 2025 5:00 pm

Trinity Lutheran Church

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

Celebrate ratification of the Norwegian Constitution in 1814 with a Flag Ceremony, Neighborhood Parade, and dinner. Wear your bunad, sweater, lodge vest, or best Norwegian attire.

RSVP by text or call to the lodge phone 208-262-8020. Bring a salad or dessert to share. Sons of Norway Harald Haarfager lodge will provide hot dogs and drinks!



GENEALOGY SEMINAR



Saturday May 24

10:30am-2:30pm

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

Cost: \$10 at the door, to cover lunch

RESERVATION REQUIRED

Space is limited! Call or text the Lodge phone, 208-262-8020, with your name and phone number.

We will **only** call you back if we are full. Reserve NOW, on May 10 we will open registration to other lodges and the public.



HARALD HAARFAGER LODGE #02-011
COEUR D'ALENE, ID
EST. 1910
www.SoN-CdA.com

**GREG HOLTER, PRESIDENT OF
KENNEWICK LODGE WILL BE
COMING TO SHARE HIS
VALUABLE KNOWLEDGE WITH
US!**

On April 12, HH hosted A Taste of Norway potluck event. Folks brought a great selection of Norwegian delicacies to share and Kari Thompson, of **Aaesvig**, a local viking education group shared her knowledge on the history of vikings, their lifestyle, habits, and food. She brought several artifacts with us and answered all our questions! We had a fantastic time and are excited to welcome her and her husband as our newest lodge members! She is hosting **Let's Vike It: A Viking Age Faire**, September 13th, 2025, at Newport City Park in Newport, WA, from 10am to 6pm.



Member Highlights

Musical Migration Concert

Thank you to all lodge members who attended our Musical Migration Concert at the Jacklin Arts and Cultural Center on March 22. It was a wonderful event, and extra wonderful for those who included the Norwegian style lunch served before the concert! More than 50 people enjoyed lunch and more than 150 attended the concert! Musicians, Laura Loge and Steven Luksan were fabulously talented and put on a delightful and moving concert. If you would like to know more about the Edvard Greig Society, please see the article on page 5. This was a very special event for our community and we'd like to be able to provide more programming such as this in the future, in conjunction with Tordenskjold Lodge! This was another big event and your time, service, and delicious cookies making everyone feel welcome. Thank you to those who prepped, served, and baked cookies and those who did all the things! You are appreciated!

Cindy McManus	Judy Moxley *	Dick Jurvelin
Dave McManus	Lois McKinnell *	Jill Jurvelin
Colleen Sisk	Carol Braaten *	Kay Nelson
Barbara Rostad	Darrin Lee *	JoAnn Nelson
Karen Williams	Carol Uptagrafft	Rob Knutson
Sharon Hanson	Cheryl Reed	Suzanne Knutson
Jerry Hanson	Dave Jacobsen	

*** Indicates Tordenskjold Member**

Cindy McManus's FAMOUS Creamy Wild Mushroom and Brunost soup

12 T butter	8 shallots, diced
¼ tsp dried thyme	40 oz wild mushrooms --Crimini
17 C chicken or vegetable stock	3 cups Heavy Cream
12 ozs Brunost cheese--sliced	Salt and pepper

Heat the butter over medium high heat in a large, heavy pot. Toss in diced shallots and thyme and cook 2 minutes, until shallots are soft. Add mushrooms and saute 6-8 minutes until browned. Add stock and simmer uncovered 10 minutes and slightly reduced. Add cheese and heavy cream, stir until combined. Cook 5 minutes longer until heated through. Season with salt and pepper and garnish with fresh thyme. Serves 20.

This soup has been served at Lodge Anniversary Lunch and Musical Migration concert luncheon to rave reviews! Let us know how it turns out!

Gratulerer Med Dagen!

Please wish these
members **Happy
Birthday!**

Mai bursdager

01	Ron Moran
01	Brianne Gookin
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
21	Mr Kay Nelson
23	Michael Anderson
25	Kathy Solum
25	Ayden Rosenberg
26	Catherine Anderson
28	Tobin Carlson

Juni Bursdager

03	Judy Edwards
03	JoAnn Nelson
04	Dane Mosher
05	Lana Stroud
10	Ivan Dremov
10	Krieg Barrie
11	Caroline Sisk
13	Sophie Rosenberg
21	June Gilseth
22	Neal S DeGarmo

Guidelines for Sports Medals

Submit completed Sports Medal cards to your lodge Sports Director, who may place an order for your medals via the Lodge Leader Supply Store.



Congratulations to Sharon Hanson for earning your Silver walking medal! 180 miles and she is working on 270 for GOLD!

Spring is just around the corner and several Harald Haarfager members are working on sports medals. There are several to look into, including Sons of Norway Virtual Pilgrimage. Basically, you log your miles by walking at home, or anywhere, but follow along the route from Oslo to Trondheim in Norway, almost 400 miles. The Gudbrandsdalen route, is the same journey that King Olav Haraaldson (St. Olaf) trekked, during his life (995-1030), converting pagan Norway to Christianity. If you were to actually walk the route in Norway, you would need at least 32 days. On your way, you would walk past historical and cultural landmarks, through cultural landscapes and pristine nature, and medieval farms that offer culinary experiences based on locally sourced seasonal ingredients, and a comfortable bed for the night. If you take the virtual route, you will experience nine legs of the journey, including Eidsvoll, Lillehammer, Kvam, Kongsvold, and ending in Trondheim, formally Nidaros.

You might want to check it out. Just log in to your account on the Sons of Norway website, www.SofN.com. Go to **member resources**, then **cultural programming**, **sports medals**, and then **virtual pilgrimage**. It's tucked away a bit but it looks interesting. Try the link at the end of the article and let us know if you are working on it.

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/virtual_pilgrimage/



Sunshine Report



Spread some Sunshine to members needing encouragement or congratulations!

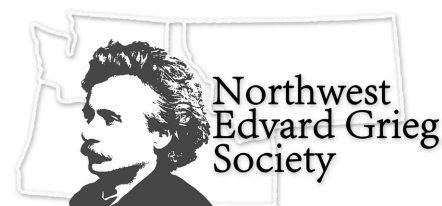
We are making a difference in our community through Hospitality!

Membership Count

Members	126
Golden	8
Heritage	18
Affiliate	1



NORDIC CULTURE CORNER

**Bergen, Norway Comoposer,
Edvard Grieg, 1843 - 1907**

On March 22, Harald Haarfager lodge partnered with Tordenskjold lodge for a wonderful musical adventure with composer Steven Luksan and Soprano Laura Loge, both from the Northwest Edvard Greig Society. Laura is the executive director and founder of the organization, whose mission is to promote the music of Edvard Grieg through performance, educational outreach and research in the Northwest of the United States.

Edvard Grieg, a renowned Norwegian composer, was born on June 15, 1843, in Bergen, Norway. He grew up in a musical family, and his talent for music became apparent from an early age. At just 15 years old, he entered the Leipzig Conservatory in Germany to study music, honing his skills in piano and composition. During his time in Leipzig, Grieg was exposed to a variety of musical influences, including the works of Robert Schumann and Franz Liszt. However, he always maintained a strong connection to his Norwegian roots, drawing inspiration from the rugged landscapes and folk traditions of his homeland. Grieg's music is often described as having a distinctly Norwegian character, incorporating elements of folk melodies and dance rhythms into his compositions. Often times, composers find a landscape, experience, picture, poem, or stories that are specific to their homeland and then put the idea to music, creating a work that imparts a musical experience on the listener that has the same sound inflections as the spoken language or is a sound representation of the landscape. For example, one of Greig's most well known pieces, *Morning Moon*, from the first movement of Peer Gynt Suite No. 1, depicts a tranquil and serene Norwegian sunrise, capturing the peaceful awakening of a new day. Delicate melodies played by flutes and oboes, accompanied by strings, evoke the beauty and serenity of the new beginning of a Norwegian morning. Astounding! You can listen here: <https://www.youtube.com/watch?v=pgRrY1d-O7A>

The Northwest Edvard Greig Society in Seattle create and support different programing through individual performances, educators, scholars, and larger projects as well as collaborate with organizations with mutual interests to support and encourage events and outreach, meeting their mission. You can listen to several online concerts on their website <https://www.stevenluksan.com/online-concerts> or

by scanning the QR Code.

We hope to bring them back again for one of their other presentations.



Steven Luksan and Laura Loge March 22, 2025

Bits and Pieces **2025 SONS OF NORWAY YOUTH CAMPS**

For over 50 years, Sons of Norway District 2 has provided safe and educational summer camps. Our camps teach an appreciation for Scandinavian heritage to campers in an engaging environment.

District 2 offers 3 separate 2-week long camps for children ages 9-15. The unique natural setting of each camp enhances the cultural experience of all who attend. There are scholarship opportunities for members of Sons of Norway District 2 Lodges.

You can find more information by clicking on the camp name, or at the Trollhaugen website <https://www.sonsofnorway2.com/youth-camps/>

Trollhaugen: June 29 – July 12, Ages 13-15 Easton, Washington

Nidaros: July 13 -July 26, Ages 9-12 Near Seaside, Oregon

Normanna: July 27- August 9, Ages 9-12 Lake Riley, outside Arlington, Washington

The Camper Application form is on each of the camp pages. Registration opened in February so **DON'T WAIT! Spots will fill up! There are Scholarships available!**



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

Happy Hour
(BYOB)
2:30pm

Kids hotdog meals
\$5.00 Donation
DEADLINE July 7, 2025

Dinner
3:30pm



**DISTRICT 2
HORSESHOE/KUBB
TOURNAMENT**

July 19, 2025 Trollhaugen Lodge
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 for snacks.
Lodge Host Needed

If you have any questions about this event, please contact **Alisha** at alishaanunson@gmail.com

To get your tickets to the Steak Fry, please contact:
Bill Hicks: (425) 672-0194
Hicks1015@msn.com

If you would like to stay for a night or the whole weekend,
Trollhau@outlook.com to make reservation.

Heading East on I-90 take Exit # 62 onto Stampede Pass Road.
Turn right at stop and continue for approx.1 mile. Driveway is on the left.
Address: 314 Stampede Pass Road
Easton, WA 98925

Upcoming Lodge Events

May	3	Highway Clean up
May	17	Syttende Mai Celebration
Ma7	24	Genealogy Seminar
June	21	Midtsommer Festival
July	4	CdA Independence Day Parade
Aug	6 & 7	Kids Camp
Aug	20 & 21	North Idaho Fair Beer Garden Serving
Sept	20	Norsk Heritage Event
Oct	18	Salmon Dinner & Special Entertainment
Nov	15	Lutefisk, Meatball, and Lefse Luncheon
Dec	13	Julefest (Christmas Party)

Mark your calendars!

What events will you help with?

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

2025 HH Lodge Business Meetings

May	2	October	3
August	1	November	7
September	5	December	5

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/>



**District Two
United States**





**District Seven
British Columbia**

Peace Arch Park - Blaine, Washington

Sunday, July 13th, 2025

11:00 games before lunch.
Lunch at 12:00 noon, Coffee provided.
Bring a lunch to share with others at your table,
utensils and beverages (other than coffee)
and a dessert to share with all lodges.
Bring desserts to the kitchen.

Program begins at 1:00 and includes:
Flag salute and national anthems.
Raffle drawings, royalty contest and entertainment.

Optional: Lawn chair, sun glasses, hat and umbrella

Parking: Washington State Parks Dept charges
\$10.00 for one day or requires a
Discover Pass (\$30.00) to use the parking lot.
Handicapped parking is free.

Information Contact

Elaine Grasdock vikings1kg@gmail.com (360) 982-2965
Susan Strang sstrang49@gmail.com (604) 291-1664

2025 DISTRICT 2 Events @ Trollhaugen

Board Meeting: May 30, 2025

Work Party: May 31, 2025

Board Meeting: July 18, 2025

Steak Fry: July 19, 2025

Kubb Tournament : July 19, 2025

Heritage Retreat: September 19-21 2025

District Board Meeting: September 26-28 2025

Board Meeting: October 10, 2025

Work Party: October 11, 2025

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/>

Lære og Leke (Learn and Play)

Do you know your numbers in Norwegian?

Using the line provided after each numeral, write in the correct norwegian number spelling. The column on the right has them all mixed up

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

seks

syv

en

ti

åtte

tre

fem

ni

to

fire

NORWEGIAN Basics

Basic Greetings & Politeness

God morgen: Good morning

God ettermiddag: Good afternoon

God kveld: Good evening

God natt: Good night

Hei: Hello

Ja: Yes

Nei: No

Takk: Thank you

Vær så snill: Please

Vær så god: You're welcome

Unnskyld: Excuse me

Beklager: I'm sorry



SONS OF
NORWAY
KIDS CAMP



AUGUST
6 & 7

10AM - 2PM

AGES 5-12YRS

COME LEARN ABOUT LIFE
IN NORWAY!

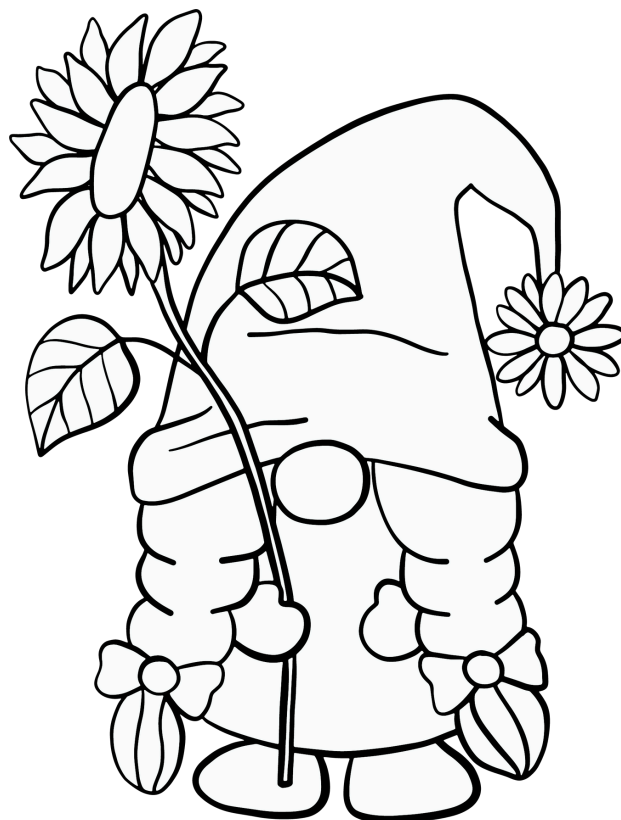
MUSIC, DANCE, GAMES
FOOD, FREINDS, FUN!



TRINITY LUTHERAN CHURCH
812 N. 5TH STREET, COEUR D'ALENE
208-262-8020



Scan the QR code and fill out
the registration form.
We will reply by email when
we receive your information.



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
 District 2
 Golf Tournament
 August 2, 2025**

**Join us at
 White Horse Golf Course
 in beautiful Kingston
 Washington**
whitehorsegolf.com

**10:00 am warm up
 tee off at 10:30 am**

**Cost per player \$120
 contact Alisha at
 alishaaunson@gmail.com
 to register, deadline July 1, 2025**

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

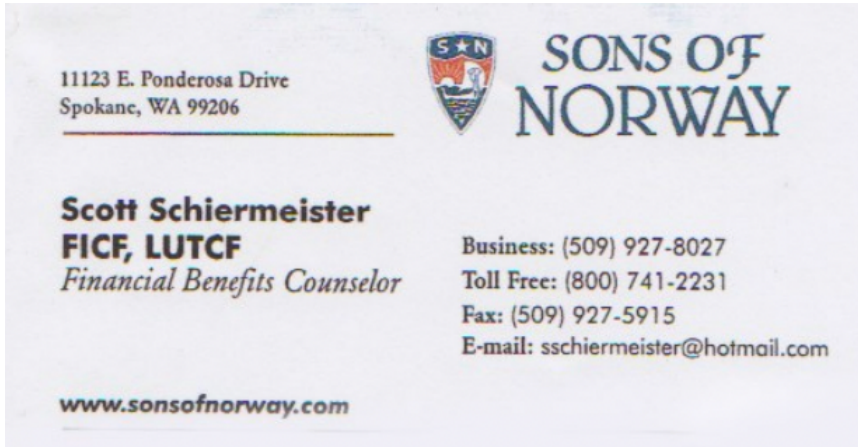
Bill Solum--Historian
 Kathy Solum--Sunshine Chair
 Mark Haberman--Musician
 Greeters: Dave Jacobson
 Kay & JoAnne Nelson
 Karen Williams--Marshal
 Ed Ronningen--Assistant Marshal
 Auditors: Jennifer McManus
 Cheryl Reed
 OPEN--Youth Director

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/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines/

Lodge Nyheter articles are due
by the 15th of each month.
Send them to Suzanne Knutson:
SoNCdApublicity@gmail.com

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



Contact Information

Harald Haarfager Lodge, CdA

President Dave McManus
www.SoN-CdA.com
soncda11@gmail.com
208-262-8020

District 2 www.sonsofnorway2.com

President Joanne Gray
360-923-1242 Joanne@moholtusa.com

International Headquarters

1455 W Lake St
Minneapolis, MN 55408-2666
Phone: (612) 827-3611
Chairperson: Daniel Seyfried

Trollhaugen Lodge

PO Box 155, Easton 98925
509-656-9997
trollhau@outlook.com
www.trollhaugensofn.com/

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