



**SONS of  
NORWAY**

*Kristiania Lodge 1-047*



### Hilsen fra Presidenten—

With the ending of the recent scholarship program season, I want to say thank you to **Shelly Spallees Hansen** for standing as the Scholarship Committee Director this year and for all of her leadership and hard work. This was a challenging time with the continually changing environment, and Shelly helped coordinate and work through these challenges.

Also, a thank you goes to all of you who helped in various roles with the review process this year: **Ann Romo, Bob Rosedahl, Dave Anderson, Kristi Simmons, Lisa Fenton, and Wayne Rogelstad.**

—Erica Ward, Presidenten

#### Open Board Positions:

Vice-President  
Publicity/Marketing Director  
Librarian  
Trustee

To volunteer, contact Erica or another current board member!

# KRISTIANIA POSTEN

Rochester, Minnesota

Phone: (507)206-6262;

Web page: [www.Kristiania1-47.org](http://www.Kristiania1-47.org)

Facebook: @sonsofnorwaykristiania

**JUNE 2021**

Volume 2021 Number 6

## Summer Picnic at Little Thistle Brewery

We are finally able to socialize in person again! To celebrate, we'd like to invite you to meet at **Little Thistle Brewery**, where we will bring in a dinner catered by **John Hardy's Bar-B-Q.**

**Date:** Thursday, July 15, 6-8 p.m.

**Place:** Little Thistle Brewery, at 2031-14th St. NW, Rochester. (west of main Post Office)

Dinner will be served indoors. There is no agenda other than to enjoy a meal together! The meal is **free for Kristiania members.** Meat selections will include wings, ribs, shredded pork, turkey breast and beef. Beverages are available for purchase.

Space is limited. Please RSVP by email to [info@kristiania1-47.org](mailto:info@kristiania1-47.org) or call/text (507) 202-1811.



The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

## WELCOME TO A NEW MEMBER

Welcome to our newest member, **Robert Schmidt**, who lives in Lake City. We hope to be able to greet you in person very soon!



### We are in *Viking* Magazine!

A screen-shot of Kristiania's February Zoom book club discussion with author Wendy Swallow is pictured in the latest (June 2021) issue of *Viking* magazine (page 38).

### Jump on the Trend of Nordic Walking

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

#### Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

#### Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program



## SCHOLARSHIPS AWARDED TO EIGHT OUTSTANDING SENIORS

The Kristiania Scholarship Committee has selected eight outstanding seniors to receive college scholarships for 2021.

Erika Banitt—Dover-Eyota High School  
Shane Cleary—Century High School  
Marissa Ding—John Marshall High School  
Grace Erickson—Alden-Conger High School  
Alyssa Jones—Stewartville High School  
Tessa Lanzel—Stewartville High School  
Abigail Miles—John Marshall High School  
Deep Patel—Mayo High School

See the enclosed insert for biographies and future plans of each of the students.

The Scholarship Committee, chaired by Cultural Co-Director **Shelly Hansen**, worked diligently with on-line and paper applications, and Zoom meetings to determine the recipients from a large, very qualified applicant group.

### 2020 Sons of Norway Foundation Recap

2020 was a great year for the Sons of Norway Foundation. Our lodges and members responded throughout the year, and especially during the Together We Are The Future campaign. The Sons of Norway Foundation Board of Governors thanks you for your incredible support.

Members and lodges donated \$391,615. This included a \$90,000 legacy, a \$20,000 memorial, and a \$53,000 addition to an existing endowed scholarship.

Donations to the Together We Are The Future campaign were \$210,164:

- \$ 85,561 for endowed scholarships
- \$ 17,013 for the humanitarian relief fund
- \$ 106,590 unrestricted funds

Donations came from 721 members and 113 lodges. Our lodges donated \$29,585.

Remember: The Foundation is here for you . . . for good and forever.—SofN Newsletter Service

Please continue to watch for updates in lodge emails, on the website ([www.kristiania1-47.org](http://www.kristiania1-47.org)), or on the Facebook page (@sonsofnorwaykristiania). If you know fellow members who do not have access to electronic media, please pass information to them by phone. You may phone any of the lodge officers if you have questions. Their contact information can be found on pages 3-5 of your 2020 Kristiania yearbook.

The 2021 Kristiania Yearbook will be published and mailed when it is possible to plan to hold meetings at Our Savior's again.

## From our Financial Benefits Counselor

Hello everyone,

Since my last newsletter article appeared, you should have received a letter from me encouraging you to contact me to set up a time to do a Confidential Review; I invite you to do so. During this review we have a two-way conversation as to what your financial goals are. I listen a lot as I want to get to know you and for you to get to know me. I simply call this a visit.

I would also review what products Sons of Norway has to offer. I can't tell you the number of Sons of Norway members that I have met with who are amazed as to what products Sons of Norway has to offer that will give you financial security and peace of mind just like any other financial company does. For example:

\*Final Expense policies—guaranteed acceptance—no medical exam. Age 0 to 85.

\*Fixed Annuities—first year interest rates up to \$4.1% (includes a 1.25% first year bonus). No front-end loads or service fees.

\*Gift ideas for grandkids—A gift of Life Insurance from grandma and grandpa—ONE –TIME PREMIUM.”

\*Six other types of life insurance that fit different needs.

Like I said, this Confidential Review is a get-acquainted meeting. I will not ask you to buy anything. For what it's worth, I am 100% Norwegian.

I invite you to contact me. I get to the Rochester area quite often as my wife and I grew up in the area, so we have relatives to visit.

Thank you.

Len Carlson

Len.carlson253@gmail.com

651-253-1943

## Nicole Kidman to Star in Series Based on Award-Winning Norwegian Film

Emmy and Oscar winner Nicole Kidman is set to star in a television series based on an award-winning Norwegian film. Written by Maria Sødahl, the film is titled *Hope*. Similar to the film, the series depicts the undoing of a family over twelve days of their Christmas together, but also encapsulates the idea of falling in love again.

Hopes are high for the series as the film was selected at this year's Oscars as the Norwegian entry for Best International Feature Film. In addition to this acclaim, the film also won the European Cinemas Label award for best film in the Berlin Film Festival's Panorama section. Not only will Kidman be a leading actress in the series, she will also serve as executive producer. With elements such as humor, mystery, and suspense, the series written by Alice Bell will eventually be available on Amazon Prime.

### You've probably heard these before.....

Ole and Lars were on their very first train ride, heading to Minneapolis. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel. "Have you eaten your banana yet?" Ole asked excitedly.

"No," replied Lars.

"Vell, don't touch it den" Ole exclaimed "I yust took vun bite and went blind."

Lena called the airlines information desk and inquired, "How long does it take to fly from Minneapolis to Fargo?"

"Just a minute," said the busy clerk.

"Vell," said Lena, "if it has to go dat fast, I tink I'll yust take da bus."

Ole's neighbor Sven had a boy, Sven Junior, who came home one day and asked, "Papa, I have da biggest feet in da third grade. Is dat because I'm Norwegian?"

"No," said Sven, "it's because you're 19."



### Check us out on Facebook

Lodge event photos, interesting articles, and meeting reminders are on Facebook! Our lodge page is public, which means **you don't have to have a Facebook account** to view our posts. Go to:

<https://www.facebook.com/sonsofnorwaykristiania/>

Weather-related announcements will be communicated through Facebook. —Lisa Fenton, Webmaster

### You Have Mail!

Send us an Email!

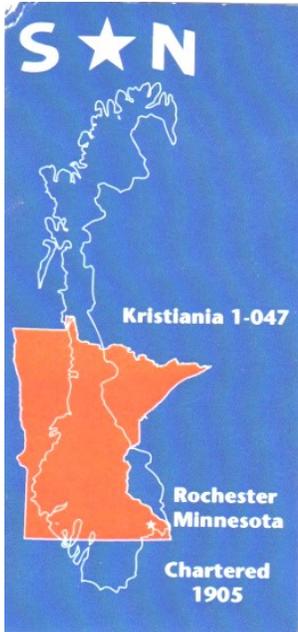
We would like to update the Lodge Email and telephone contact list. **Please send us an email** at : [info@kristiania1-47.org](mailto:info@kristiania1-47.org) and include your name and phone number. Please tell us if we can send text messages to that number. *Takk!*



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 <p><b>The Nordic Shop</b>        Shops at University Square, Skyway Level,        Rochester, MN 55904        (507-285-9143 www.thenordicshop.net        Largest selection of Norwegian sweaters</p>	<p>@sonsofnorwaykristiania</p> 	<p><b>STIFEL NICOLAUS</b>        102 S. Broadway, Suite 300        Rochester, MN 55904        (507) 288-9622</p>
<p><b>Hunt's Silver Lake Drug        &amp; Gift</b>        1510 N. Broadway—289-3901        Rochester, MN 55906        Card &amp; Gift 289-1543; Photo 289-0749        Open 7 days a week</p>	 <p><b>JIM MINER, BROKER-REALTOR®</b>        MN LICENSE #711263        www.jimminer.com • email: jimminbtr@aol.com        SUITE 300 • 604 11TH AVE. N.W. • ROCHESTER, MN 55901        Cell1: 507/254-8071 Res: 507/288-9343 Bus: 507/282-4624        Cell2: 507/269-1644 Fax: 507/282-7980</p>	<p>Look online at: <a href="http://www.discoverytoys.com">www.discoverytoys.com</a>        For a catalog or order, contact Independent Consultant:  <b>Kari Christen Richards</b>        507-585-0088        KarisToys@gmail.com        Sons of Norway member!</p> 
<p>Kristiania <i>Posten</i> is the newsletter of Kristiania 1-47 in Rochester, MN, and is published eleven times a year.        Redaktør: VJ Anderson, 44 County 16 Road SE, Rochester, MN 55904; 507-289-3794; verlajeana@aol.com.</p>	 <p>507-288-3772 <a href="http://pepsirochester.com">pepsirochester.com</a>        3393 Commercial Drive SW        Rochester, MN 55902</p>	 <p><b>SONS of NORWAY</b>        District 1</p>