



SONS of NORWAY

Kristiania Lodge 1-047



KRISTIANIA *POSTEN*

Rochester, Minnesota

Phone: 507-512-0279

Web page: www.Kristiania1-47.org

Facebook: [@sonsofnorwaykristiania.org](https://www.facebook.com/sonsofnorwaykristiania.org)

JUNE 2022

Volume 2022 Number 6

COMING KRISTIANIA EVENTS

(All events held at Our Savior's Lutheran Church unless otherwise noted.)

June 9 Board meeting 6:00 pm

June 9 Chapter meeting 7:00 pm

Program: Ana-Marita Garsed, Norwegian Folksinger

See page 2.

No events planned for July.

Kristiania Phone

507-512-0279

The Kristiania board voted to discontinue phone service to our board room at Our Saviors, and instead, a TrakFone has been purchased, with the number listed above. For the present time, the phone will "reside" at the home of **Wayne** and **Carol Rogelstad**.

HILSEN FRA PRESIDENTEN, Erica Ward

This May in Norway, Swift Response exercises were held for American NATO paratroopers. There are three other exercises taking place throughout Europe involving thousands of troops. A founding member, Norway has been a member since 1949.

Norway has hosted NATO exercises many times in the past. According to NATO's website, exercises give "...NATO Allies and partners an invaluable opportunity to test themselves against some of the harshest conditions Europe has to offer. The Norwegian fjords provide a master class in austerity, forcing any troops who train there to quickly learn the lessons of arctic warfare, or suffer the consequences"

Often we think of the beauty of the country or of visiting family when we speak of Norway. We do not necessarily think about the opportunities for military and disaster response training which the geographical landscape in Norway provides, with its varied environments from the extreme of the arctic to the mountains and valleys in the south.

Nadarajah Sethurupan. Norway News. American NATO paratroopers undergo live fire training in Norway. <https://www.norwaynews.com/aemican-nato-paratroopers-undergo-live-fire-training-in-norway/>

NATO website. Newsroom News. Dispatch from the field—exercise Cold Response 2022 wraps up in Norway. https://www.nato.int/cps/en/natohq/news_194434.

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.

Program for June 9 Meeting: Ana-Marita Garsed, Folksinger



Ana-Marita was born and raised in Norway, and in addition to making music in the American country/folk genres, has been performing at Scandinavian festivals and events around the country for several years, including the Daughters of Norway National Convention in 2018.

Ana-Marita has put together a solo acoustic show of traditional and contemporary Scandinavian folk songs (both Norwegian and Swedish), and original songs

about Scandinavian people in the United States, with stories and tidbits of history mixed in.



Kristiania Chapter Meeting— May 12, 2022

Kristiania Lodge gathered in the fellowship hall of Our Savior's with **Erica Ward** presiding. **VJ Anderson** played piano for the three national anthems, and the Pledge of Allegiance was recited.

Len Carlson, Financial Benefits Counselor for Sons of Norway, spoke briefly about Sons of Norway products.

Four of this year's nine scholarship winners were present to receive their certificates from **Carol Lucido**: Ethan Norman (Mayo High school, grandson of **Richard Norman**; Hans Xu (Century High School); Sarah Watters (Stewartville High School); and Angela Eggers (John Marshall High School). **Sharon Barsness** accepted the certificate for her and **Larry Barsness'** grandson Tyler Bay (Scripps Ranch High School, San Diego).

Lisa Fenton introduced the evening's speaker, Damon Ramaker. Damon is a full-time emergency department nurse at St. Marys Hospital. He and his family also own Deep Root Kennel near Fountain, MN, where they maintain a team of 16 Alaskan Huskies. Damon shared his story of completing the 1049 miles of the 2020 Iditarod Sled Dog Race, giving us an insider's view of how the race works, including how you get 14 dogs to Anchorage, Alaska; how you feed them (10,000 calories a day) and care for them on the trail; and how the landscape changes as you make your way toward the finish line. According to his website, Damon finished the race in 13 days, 20 hours, 28 minutes, and 37 seconds.

Respectfully submitted,

Kristi Simmons, Secretary



Andrei Bancos, shown above with fellow competitors, was a double winner in the recent piano contest co-sponsored by Kristiania and the Rochester Keyboard Club. He won in the Scandinavian composer division and was also the overall winner. He was awarded cash prizes and two *rosemaled* plates, painted by **Dean Vigeland**.

Photo by



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

NORDIC EVENTS IN OUR AREA

Sat., June 18—Nordic Midsummer Fest, Buck Hill Ski Resort, Burnsville. 9 am—9 pm, \$10 Nordicmidsummerfest.com

July 28-30—Nordic Fest, Decorah, IA



Scholarship Winners at May 12 Meeting



Three of the nine 2022 scholarship winners are shown left: Sarah Waters, Hans Xu, and Angela Eggers, with **Carol Lucido**, Scholarship Chair.



Also able to attend was Ethan Norman, shown with grandfather, **Dick Norman** and father Hal Norman.

Photos: Lisa Fenton, Carol Lucido

FROM OUR FINANCIAL BENEFITS COUNSELOR

Stock Market and Diversification

You probably have money in the market, right? Does the performance make you nervous and concerned about future losses? If so, make sure you diversify. Invest some of your money in an instrument like a Sons of Norway Fixed Annuity where your money is steadily going to keep growing in an upward fashion. I am not suggesting anyone to get out of the market completely—just diversify some.

Fixed Annuities have these advantages;

*Protect your principle

*Avoid poor market timing

*Have access to penalty-free withdrawals.

Money Market and savings accounts and Fixed Annuities

If you have money in Money Markets and savings accounts earning under 1%, as most or all of them are, consider moving some into Sons of Norway's Fixed Annuity. Wouldn't it be better to earn 2.9% to 3.35% (which includes a 0.50% bonus) on an investment worth between \$10,000 and \$100,000 rather than 0.5%?

My mission is to help Sons of Norway members improve their financial position. My suggestions here will do that. Please allow me to help.

Please contact me for more information.

—**Len Carlson**,
1-651-253-2943,
Len.carlson253@gmail.com

From Hospitality Director, Kathy Rosedahl

Our *Syttende Mai* celebration didn't turn out exactly as planned, as COVID again reared its ugly head, causing some new restrictions on the lunch that had been planned for the May 12 meeting. We had planned a feast in honor of Norwegian Constitution Day. Our lunch was limited to delicious cookies and bars baked and served by **Sharon and Larry Barsness, Tracy and Eric Barsness, Carol and Clifton Lucido**, and **Jean Carlson**. A special thanks to **Carol and Wayne Rogelstad** for cooking the coffee and setting up the social hall. We appreciate so much the willingness of our servers as we once again begin having lunch and social time at our meetings.

Lodge's Liability Insurance

Kristiania lodge is covered by a liability insurance policy from Aon Risk Services Central through Sons of Norway International.

2022 Kristiania Board

President	Erica Ward	emaie44@gmail.com
Vice Pres.	Vacant	
Secretary	Kristi Simmons	ssimmons10@aol.com
Treasurer	David Anderson	verlajeanaa@aol.com
Financial Sec.	Wayne Rogelstad	wrogelstad@gmail.com
Social Dir.	Lisa Fenton	lj.fenton789@gmail.com
+ Webmaster		
Hospitality	Kathy Rosedahl	rer1558@msn.com
Cultural	Vacant	
Director		
Counselor	Byron Stadvold	bstadvold@msn.com
+Sports/Youth		
Trustees	Bob Rosedahl	rer1558@msn.com
	Ann Romo	annromo04@gmail.com
	Carol Lucido	lucidocarol6@gmail.com
Librarian	Vacant	
Foundation	Vacant	
Volunteer	Carol	carolrogelstad@gmail.com
Coordinator	Rogelstad	
Newsletter	VJ Anderson	verlajeanaa@aol.com
Editor		
Publicity	Vacant	
Scholarships	Carol Lucido	lucidocarol6@gmail.com

Sons of Norway Dist Lodge 1
 2124 Viola Road NE
 Rochester, MN 55906

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<p>Hunt's Silver Lake Drug & Gift 1510 N. Broadway—289-3901 Rochester, MN 55906 Card & Gift 289-1543; Photo 289-0749 Open 7 days a week</p>	 <p>JIM MINER, BROKER-REALTOR® 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: www.discoverytoys.com For a catalog or order, contact Independent Consultant: Kari Christen Richards 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 pepsirochester.com 3393 Commercial Drive SW Rochester, MN 55902</p>	 <p>SONS of NORWAY District 1</p>