



*Kristiania Lodge 1-047*



*Hurrah for  
Syttende  
Mai!*

# KRISTIANIA *POSTEN*

Rochester, Minnesota

Phone: (507)206-6262;

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

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

**MAY 2021**

Volume 2021 Number 5

## *Hilsen fra Presidenten —*

The Pulla bread giveaway on March 27 was a success. Sixty loaves were handed out and 40 additional loaves were sold. The bread was delicious, and I hope you were able to enjoy it. Thank you to all of the volunteers who participated in the planning and distribution of the bread.

Our April board meeting was held virtually. During this meeting, we discussed the newly-sent phased opening for the church where we hold our meetings. The first phase includes only outdoor meeting space with masks and social distancing. Since we are unable to use the restrooms during phase 1, the board chose not to pursue phase 1 meetings. When the church moves into phase 2 opening, the board will re-evaluate starting up meetings there depending on the restrictions for this phase. As a whole, the board views this as a positive move towards getting back together in person. The board is researching a possible catered outdoor event at a local facility this summer for our members. Hopefully we will be able to offer something since we are unable to meet as we normally do. Stay tuned for more information.

The board also discussed the upcoming scholarship review. We have received many applications and are looking forward to reviewing them.

If you would like to attend a virtual board meeting, please send us an email at [info@kristiania1-47.org](mailto:info@kristiania1-47.org) or [president@kristiania1-47.org](mailto:president@kristiania1-47.org) so we can send you the log-in information

**—Erica Ward, *Presidenten***

### Open Board Positions:

Vice-President

Publicity/Marketing Director

Librarian

Trustee

### **In-Person Meetings Remain on Hold**

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

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.

## UPCOMING DATES



17 May—*Syttende Mai*—  
Norwegian Constitution Day

### From our Financial Benefits Counselor, Len Carlson

I want to thank those members that have contacted me over the past year and requested a meeting with me. I get great satisfaction knowing that I can and have made a difference in helping them obtain financial security. Here is a review of what's available on the Sons of Norway's Financial Menu:

- \* Term Insurance—great for young families  
Choices of 10, 15, 20, or 30 year term  
Example—Male, age 30 in great health, 10 year term, \$5000,000 is \$210 per year.
- \* Simplified Whole Life  
\$10,000 to \$50,000 of coverage, issue ages 0-85  
Few medical questions.
- \* Guaranteed Issue Whole Life  
No exam, guaranteed acceptance  
\$5,000 to \$25,000 of coverage, issue ages 0-85.
- \* Single Premium Whole Life  
Issue ages 0-74. Pay one lump sum premium.  
Great place to put "LAZY MONEY," money that's in bank CD's, money market and savings accounts that you are not going to spend, but instead pass it on to someone. Did I mention that the proceeds are paid out income tax-free at death?
- \* Children Insurance  
Viking Voyager—a meaningful gift idea  
Example—Premium for a male, age 0 is \$504 one time. The child is covered to age 26.  
Issue age 0-17.
- \* Annuities—Another great place to put "LAZY MONEY"  
Interest rate from 3.65% to 4.10%, depending up on Interest rate includes a 1.25% first-year bonus.

Sons of Norway and I have a lot to offer you. I can help. Allow me to use my 48 years of experience in the insurance business to help you. Please call or text me at 651-253-1943 or email me at len.carlson253@gmail.com to set up a time to just get acquainted and perhaps do a complimentary review. Thank you, Len Carlson.

## NEWS AND NOTES FROM

### KRISTIANIA LODGE

- ◆ We would like to recognize the following members for their recruitment of new members. We would normally present their certificates during a meeting, so in lieu of that, we have mailed their awards to them.

**Carl Otto Nilsen**—1 new member

**Kate R. Reynolds**—1 new member

- ◆ Congratulations to **Jean Mortenson**, who has achieved Golden Member status.
- ◆ Thanks to Cultural Co-Directors **Erling** and **Shelly Hansen** for organizing the recent virtual book club meetings, which gave members two opportunities to meet on Zoom with author Wendy Swallow and to discuss her novel Searching for Nora: After the Doll's House. Nora's fictional experiences in Norway and Minnesota led to questions for Ms. Swallow and discussion of the immigrant experience.
- ◆ **Monica VanKirk** would like to remind members to continue collecting pop can tabs for Ronald McDonald House. A special container for collecting them will be available when we meet again.
- ◆ **Karen Anderson Ricklefs** was the subject of an article in the Saturday, April 24 *Post-Bulletin* for her "trailblazing" service 50 years ago as president of the Rochester School Board.
- ◆ **Norwegian Ridge Language and Cultural Camp** at Spring Grove, MN will hold a virtual camp this year from June 14-18. For more information and to register, see [norwegianridge.org](http://norwegianridge.org)
- ◆ **Norway House** in Minneapolis has scheduled some virtual and live *Syttende Mai* events for May 15-17. See more information at [Norwayhouse.org](http://Norwayhouse.org)
- ◆ The 2022 Sons of Norway **International Convention**, postponed from 2020, has been rescheduled for Aug. 31-Sept. 1, 2022, at Omni Viking Lakes Hotel, Eagan, MN.

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.

## HOSPITALITY

Greetings to Sons of Norway lunch room members who have many times and for many years hosted the monthly Thursday evening lodge meetings! Coffee, sandwiches, sweet treats, and fellowship have been a special part of our lodge meetings.

We miss these gatherings during these strange, abnormal times. Someday the church doors will fling wide open, and we will gather once again. When that day comes, and you hear the voice of the lunch coordinator on the phone, you will know that Sons of Norway is “WOW!” back to normal. Almost? Maybe? I have missed phone conversations with you, and always appreciate your willingness to be a “lunch person.” —From the “Lunch Lady,” **Kathy Rosedahl**, Hospitality Director



### Celebrate Syttende Mai

*Syttende Mai* (May 17<sup>th</sup>) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

#### Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

#### Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

#### Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått* (*Norway in Red, White, and Blue*). Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

#### Gratulerer med dagen!

A typical activity on Syttende Mai is saying “*Gratulerer med dagen!*” (Congratulations on this day!) or “*Hurra for Syttende Mai!*” (Hooray for May 17<sup>th</sup>!). Repeat this to everyone you see throughout the day.

#### Food

*Syttende Mai* is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit—often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. *Hurra for Syttende Mai!*  
—Sons of Norway Newsletter Service

(Note: The Syttende Mai Parade in Oslo has been canceled for 2021 due to the pandemic.)



### 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!

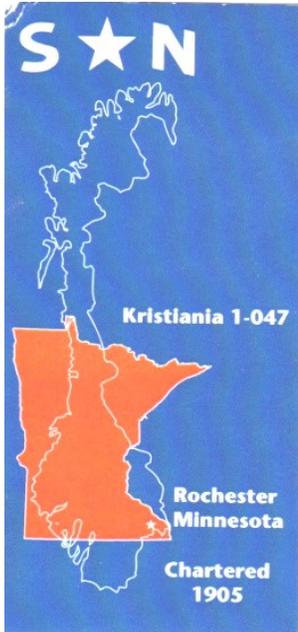


We would like to update the Lodge Email and telephone contact list. **Please send us an email** at : [info@kristiania1-47.org](mailto:info@kristiania1-47.org) and include your name and phone number. Please tell us if we can send text messages to that number. *Takk!*

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

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<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>