



**SONS of
NORWAY**

Celebrating **125 Years**

1895-2020

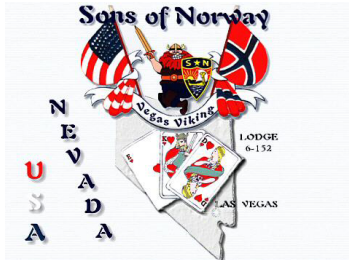
VEGAS VIKINGS NEWS



**Sons of
Norway**

Mission Statement

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.



Ord fra Presidenten

Hilsen all sammen. (Greetings, everyone)

Some of you may have read the Sons of Norway blog this month reminding us that February equals 14 days of friluftsliv. As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (*free-loofts-leave*). Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to the mind, body and spirit.

Over the past year, *friluftsliv* has become a buzzword around the globe as people seek to maintain mental and physical balance. This can apply to any activity that allows you to appreciate the outdoors in a simple manner. Being the shortest month, February is the perfect time to try and get outside every other day. Starting on the first of the month, why not challenge yourself to experience **friluftsliv** at least half of the days in February? Here’s some suggestions:

- Go stargazing
- Unplug for a whole day (no devices!)
- Prepare and eat a meal in your yard

- Visit The Bird Sanctuary in Henderson
- Walk around your neighborhood
- Outdoor yoga or Tai Chi
- Visit the dog park
- Build a campfire
- Ice skating—Downtown Summerlin and Lake Las Vegas
- Take a picnic hike
- Visit a scenic overlook
- Go to Mt Charleston and play in the snow
- Bike commute to nowhere
- Watch a sunset or sunrise

*If you can’t get outside: open the window and breathe some fresh air. Immerse yourself in some beautiful nature scenes, sights, winds, and bird calls.

ODA FRA PRESIDENTEN-CONTINUED

In the spirit of Frilufsliv, our lodge will do a group hike (more like a walk) around the Wetlands Park in Henderson, 7050 Wetlands Park Lane, 9:00 a.m. on Feb.25. The trails are paved and ADA accessible. I understand they have a couple of carts for those of you who have trouble walking. Hopefully, we can arrange for a guided tour.

Our Annual Lutefisk Dinner was a success. A big tusen takk to all who worked so hard to make it successful: a total of 41 people volunteered! Special recognition to our leads: Bob Sturgeon-Kitchen, Terri Anderson-dining room, Gwen Knighton-tickets, Erik Pappa-publicity, Rory



Raymond-raffle, and Vikki Renneckar-lefse. Many, many hours go into preparation for our biggest fundraiser of the year. Although we are tired at the end of the day, it's a fun time of fellowship and working together.

Our next meeting will be on Saturday, February 4, at 10 a.m. at the Jaycee Community Center. As usual there will a potluck brunch for all to enjoy. Please wear



your Norwegian sweaters! Our program entitled, "Trolls (with a peek into Norwegian literature)," will be presented by Lene Thorsen-Peters, our Clinical Director. If you have a favorite troll at home, please bring him along!

Fraternally yours,

Karen Holien Buehrer

Clipart from Shutterstock.com

Birthday Name	Month
Kasian Biernacinski	FEB
Gregg LeDuc	FEB
Rory Raymond	FEB
Linda Kristensen	FEB
Suzan Sibert	FEB
Terri Anderson	FEB
Brittany Lem	FEB
Alice Salvesen	FEB
Emmalee Torgesen	FEB
Conor Upchurch	FEB
Judy Maland	FEB
Jen Wolf	FEB
Julien Hsiung	FEB
Terri Kurcab	FEB
Kim Becker	FEB
Gwen Knighton	FEB
Annie Mathiesen	FEB
Kristin Torgesen	FEB
David Jellum	FEB



Kalendaren

Date	Event
FEB 4	Lodge Meeting
FEB 18	Board Meeting
FEB 20	Book Club
FEB 25	Wetlands Park Hike

Lodge Meeting Saturday, February 4, 2023, at 10:00 a.m.

Jaycee's Senior Center: There is an entrance gate with a code to enter. Someone will be stationed there to let you in between 9:30 a.m. and 10:00 a.m. If you are going to be late, please text 702-290-1324 for the code.

5805 W Harmon Ave, Las Vegas, NV 89103

Contact Us: <https://vegasvikings.org>
 Webmaster Krystal Buehrer; Newsletter information and submissions: vegasvikingsnewsletter@gmail.com



Change of address or email: Janelle Reed

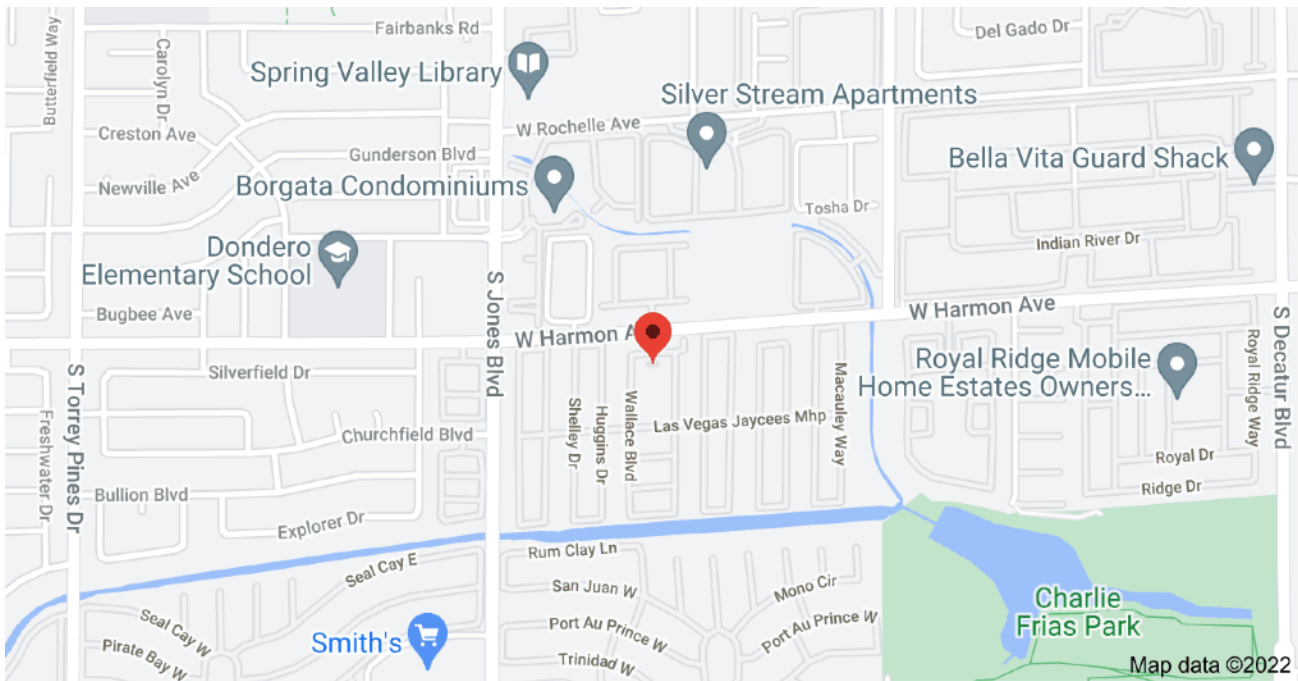
Facebook: Vegas Viking Twitter: vegasvikinggang Instagram: @VegasVikingLodge

Lodge Meeting Saturday, February 4, 2023, 10:00 a.m.

Jaycee’s Center, 5805 W Harmon Ave, Las Vegas, NV 89103

Click this link for [Directions](#). It is located on the South side of the street. The gates will be open from 9:30am-10:00am. If you are arriving after 10:00am please text 702-290-1324 for the gate code. This will be a brunch potluck, please feel free to bring your favorite dish.

This months meeting will feature “Trolls (with a peek at Norwegian literature),” presented by Lene Thorsen-Peters. If you have any trolls to show off, feel free to bring them. Wear your Norwegian sweaters while the days are cold and be ready for a group picture!



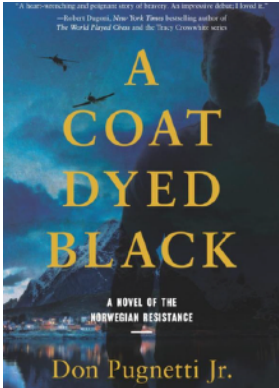
[Jaycee's Center](#)

MEMBERSHIP

2023 is off to a great start with 2 new lodge members: Ingmar and Kathryn Njus. We look forward to getting to know them in the upcoming year! And, as always, encourage your friends and family to join us at our meetings and special events!

Janelle Reed, Membership Secretary

BOOK CLUB



Book club meets every third Monday of the month at 10 a.m. For more details and location of meet up please see Lisa Kershaw.

[Click here](#) to purchase a copy of May's book of the month from Amazon.

Date	Book	Author	Genre
February	A Coat Dyed Black	Don Puggnetti Jr.	WWII Historical Fiction
March	Little Drummer	Knell Ola Dahl	International Mystery & Crime
April	The Resistance Girl	Mandy Robotham	WWII Historical Fiction
May	The Saboteur	Andrew Gross	Special Operations (military science)-fiction
June	Sixteen Trees of the Somme	Lars Mytting	Historical Fiction
July	No Meeting		
August	The Axe	Sigrid Undset	Fiction
September	Land of Dreams	Vidar Sundstol	Historical Mystery
October	TBD		Biographies
November	The History of Bees	Maja Lunde	Bees-Fiction
December	No book-watch movie		



A Little Sunshine from Susan & Jeanette



Sunshine Report:

A sympathy card was sent to Siri Poehls after the death of her daughter Dawn.



Thinking of you cards sent to:

- Gwen Knighton
- Alice Salvesen
- Elaine Halvorsen
- Judy & Eric Maland
- Cheryl & Roger Lesch
- Stevie Pace

Hoping we will see them at our Lutefisk dinner.



My email is grove7@aol.com and cell phone is 702 659 3225 Please contact me if you have news for Sunshine. Jeanette Grove



Name Badges

I continue to order Name Badges for members as they place their orders with me. The Name Badges are \$7.00 each. Just see me at the lodge meeting or email or phone me and leave a phone message.

SuzanSibert
email arsibert@cox.net
phone 702-645-6666



Pull Tops for Ronald McDonald House:

Please continue to collect your pull tops off your food canned items and drink items. Just bring them to the lodge meeting and I will drop them off at Ronald McDonald House.

Tusen takk to David Nygard for his great donation of pull tops. He saved and filled an empty Blue Bunny Vanilla Bean Ice Cream container!

SPORTS MEDALS

Link for sport activities while social distancing



Doug Kittelson, Sports Director

https://www.sofn.com/resource_blog/tracking-sports-activities-while-social-distancing/

Follow this link to activities that can be done while following the social distancing guidelines. It links to YouTube videos on how to do the activities.

Sports medals earned:

- Jenna Becker Idrettshelt Enamel

We have 9 members earning 12 medals. Remember for Gangmerke (walking) 2000 steps equals a mile. It is easy walk 2 miles while shopping. Many smart phones have an app that keeps track of your steps.

Submitted by Doug Kittelson



If you've been craving new fitness goals, we are here to help! These two medals are now available for anyone aiming to set the bar higher in the Sons of Norway Sports Medal Program.

Stay tuned to the [Sons of Norway website](#) for details on submitting points toward these pins!

The first of our new medals, **Idrettshelt** [*ee-dretts-hellf*]—the sports hero pin—is the 5th level within any sports medal category. **To earn this metal do double the enamel requirement.**

We've also added **Hederspris** [*hay-dersh-prees*]—the outstanding sports achievement award. This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any **three** sports medal categories. **New to the Sports Medal Program? Get involved today.**

Step up your game with our new sports medals

SCHOLARSHIPS AWARDS

Sons of Norway Foundation Scholarships

<https://sofn.com/foundation/scholarships>

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year and promotes cultural exchange and support education to help students prepare the next generation of workers.

All scholarships are open for application from October 1 – March 1.

Domestic Scholarships

[Astrid G. Cates Vocational Scholarship](#)

[Dan and Betty Rude Scholarship](#)

[King Olav V Norwegian-American Heritage Scholarship](#)

[Myrtle Beinhauer Fund](#) (membership required)

[Nancy Lorraine Jensen Memorial Scholarship Fund](#) (membership required)

[Orel and Marie Winjum Memorial Scholarship](#)

[District 4 Scholarship](#)

[Bernt Anker Scholarship](#)

[Sissel and Roger Espeland Memorial Scholarship Fund](#)

[Elaine Nelson Scholarship](#) (membership required)

International Scholarships

[Douglas Warne – Rolf & Wenche Eng Scholarship](#)

[Helen Tronvold Norwegian Folk High School Scholarship](#) (membership required)

[Lund Fund Scholarship](#) (membership required)

[Oslo International Summer School Scholarship](#) (membership required)

Please contact the Foundation with any questions or for more information.



A way to help our youth with furthering their education is to donate to The Vegas Vikings Scholarship Fund. The fund is a 501 c(8) donation for tax purposes.

Please make checks out to Vegas Viking 6-152 and in the memo write *Scholarship*.

You can mail your donation to:

Terri Anderson

6217 O'Bannon Dr.

Las Vegas NV 89146

Terri will also accept your donations in person, at lodge meetings. Thank you for giving wisely!

SCHOLARSHIP AWARDS-CONTINUED

Sons of Norway Scholarship Fund Yard Sale – Saturday, March 25, 2023

Are you doing some spring cleaning or de-cluttering around your house? Here is a great chance to get rid of those dust-catchers, duplicate presents, or extra items you no longer need or use.

Things that seem to sell well include:

- Small household appliances and lamps
- Soft goods—towels, sheets, pillows, blankets
- Clothing in good condition for men, women, and children
- Miscellaneous knick-knacks and books
- Kitchen items—pots, pans, utensils, dish-ware
- Hand tools or small electrical tools

We do not have space or the ability to handle large appliances or furniture at this event.

On Saturday, March 25 from 8 AM to 4 PM we will hold a Sons of Norway yard sale at Kristy McCumby-Hyland's house at 2524 Boise St. in Las Vegas with all the proceeds to support our Scholarship Fund.

Please drop off any items you may have for the sale at Kristy's house on Thursday or Friday, March 23 or 24 from 1 PM to 5 PM. If you have a suggested price for any specific item, please mark it on your donation, otherwise we will be pricing as we see fit. If you cannot make the donation dates and times listed above, please contact Kristy at 702-350-3892 or at kmccumby1@yahoo.com to come up with another option. All items that are left over after the event will be donated to a local charity.

We are also looking for Sons of Norway volunteers to help set up the event at starting at 7 AM on Saturday, March 25, to help customers during the event, and to help clean up any left-over items at 4 PM. Contact Kristy if you can help that day.

So, please help support the Sons of Norway Scholarship Fund by donating items to sell or volunteering to work at this event.



UPCOMING EVENTS

ST. PATRICK'S DAY PARADE

Save the date! The Vegas Vikings will be raiding and pillaging the Sons of Erin parade in downtown Henderson on March 11, 2023. The parade is a 10 a.m. with staging at 9 a.m. Ride the Ormen Korte (our dragon boat) or march alongside. If you have Viking gear, please wear that, but anything Norwegian or even green for St. Patrick's Day is fine. Bring your flags and join the fun!



CELEBRATE FRILUFTSLIV (Living in the free air)

Lodge members and guests are invited to a group hike at the [Wetlands Park](#), 7050 Wetlands Park Ln, Las Vegas at 9 a.m. The Wetlands Park Nature Preserve is home to hundreds of species of animals. The preserve includes ponds, three miles of paved ADA accessible trails, restrooms, and picnic areas. We will meet at the parking lot by the Nature Center and choose the trail we would like to walk according to everyone's abilities.





SONS of NORWAY

Student Art Contest

DEADLINE
March 31, 2023

Sons of Norway Vegas Viking Lodge invites young artists to participate in our inaugural Student Art Contest. Our theme is "Sail Like a Viking," exploring the vibrant artistry and history of Viking ships. We encourage participants to create original 2-dimensional artwork that reflects the theme. Winners will be selected in each of the grade divisions.

ARTWORK ENTRIES

Artwork must be two-dimensional (flat) to showcase drawing or painting. Art may be created with crayons, markers, ink, pencil, pastels, oils, acrylics, watercolors or charcoal, or a combination of these.

No photography or digitally designed work.

GRADE DIVISIONS

- K-5
- 6-9
- 10-12

TO ENTER

Complete & attach the contest entry form with your submission.

Email to:
newmediareview@gmail.com.
File size not to exceed 25mb with both attachments. You may email the entry form and jpg separately.

RULES

- Contest is open to students in grades K-12 residing in the United States. Membership in the Lodge is not required. No purchase necessary.
- All entries should reflect the theme "Sail Like a Viking."
- The entry must be the student's own creation and idea.
- Only one entry per student will be accepted.
- Open to individuals only; no collaborative entries or adult alteration of the student's work.
- Art must be two-dimensional and created by hand.
- All entries must be original and free of copyright restrictions.
- Winners will be selected by a panel of judges.
- Clear, legible & signed entry forms must be included with your submission.
- Submit a jpg of your work as an attachment only (don't imbed it in your email). Recommended size is 640x480.

DISCLAIMER: All entries become property of the Sons of Norway Vegas Viking Lodge ("Lodge"). Lodge has the right to display, reproduce, or otherwise use the submissions. For questions, please contact newmediareview@gmail.com.



Sons of Norway Vegas Viking Lodge Student Art Contest Submission Form

Complete the fields below and email your completed & signed entry form along with a jpg of your artwork to: newmediareview@gmail.com by 5 p.m. PT on March 31, 2023

Please print; illegible entries will not be accepted

YOUTH NAME: _____ ARTWORK TITLE: _____

WHAT DID YOU USE (MARKERS, ETC.) TO CREATE THIS ARTWORK?:

AGE: _____ GRADE: _____ Relative of Lodge member? Yes No List name _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: _____ EMAIL: _____

I declare and avow that the artwork I am submitting to the Sons of Norway Vegas Viking Lodge Student Art Contest is my own original work and was not copied from other artists' work or photographs. I did not trace this artwork.

Youth Signature _____

PARENT/GUARDIAN NAME (PLEASE SIGN): _____

Parent/guardian: I hereby grant, transfer and assign to Sons of Norway Vegas Viking Lodge all my rights and interest in the artwork I have submitted. I acknowledge that this includes the right to use, reuse, publish, republish and otherwise use and display the artwork, and also includes the right to transfer these rights to a third party. I authorize the Lodge to include the artist name, image, quote, age and city to identify the work. I hereby release and discharge Lodge from any and all claims and demands arising out of, or in connection with the use of the original artwork, including without limitations any and all claims for libel or invasion of privacy. I have read and fully understand the foregoing and fully consent to it. This release shall be binding upon me and my heirs, legal representatives, and assigns.

I, _____, being the parent/guardian of the above-named minor, hereby consent to and join in the foregoing release & consent on said minor. Date _____

Deadline: All entries must be received by 8 p.m. PT on March 31, 2023. Winners will be announced in late April 2023. Questions? Email newmediareview@gmail.com.



Vegas Viking Lodge 6-152 Lodge Meeting
January 7, 2023 at Jaycee's Center, 5805 West Harmon Ave.,
Las Vegas, NV 89103

The first meeting of 2023 for the Sons of Norway Lodge 6-152 was held Jan. 7 at the Jaycees Community Room, 5805 W. Harmon Ave. Following a Potluck Brunch and the singing of the American and Norwegian National Anthems, President Karen Holien Buehrer called the meeting to order at 10:35 a.m. There were 30 members and six guests present. The minutes were approved as printed.

Treasurer Terri Anderson presented the financial report:

Wells Fargo Savings—\$5,864.14
Headquarters Savings—\$14,058.08
Scholarship Checking—\$1,123.00
General Lodge Account—\$19,887.88

Director's Reports

Sports and Scholarships—Director Doug Kittelson, reported that scholarship materials are being distributed to churches and schools. Applications for scholarships are available on the Lodge's Web site.

Membership—Nancy Paulson, Assistant Membership Director, reported 6 new members that were present. Membership medals were distributed to Olav Vangstad and Anita Meyer, 5-years; Erik Pappa, 20 years. "Mange tusen takk!!!" (Many thousand thanks)

Sunshine Report—President Holien Buehrer announced that former Desert Trolls Lodge President Siri Poehls reported that her daughter passed away.

Book Club—The Book Club will meet at the home Ellen King, Jan. 16. The group will discuss "Haymaker in Heaven."

Cultural Director—Lene Thorsen-Peters asked members for ideas for future programs. Several suggestion were made, and she will continue with developing plans for 2023.



**Vegas Viking Lodge 6-152 Lodge Meeting
January 7, 2023 at Jaycee's Center, 5805 West Harmon Ave.,
Las Vegas, NV 89103**

Project Reports

Lutefisk dinner—tickets are on sale. Publicity is already appearing in media and online. Flyers were distributed to the members attending, who were also reminded to watch the Website and other online media. Cookie Making Day for the dinner will be held Jan. 25 at the home Linda Turner. All are welcome to help. A volunteer sheet for the day was distributed.

Final Report on Cadence Holiday Market Place—Kristy McCumby-Hyland reported that we had as many as 3,000 visitors, including 734 who came on board the *Orman Korte*. We sold almost everything and cleared more than \$1,300 for the Lodge. The items that were left over will be at the Lutefisk dinner for sale. Her one disappointment was the number of volunteers. We could have used as many as 30, twice the number we actually had.

Marketing Committee—Roger Buehrer reported that the new Website along with the Lodge's Facebook Pages seem very popular. We now have more that 700 friends on FaceBook. The next big projects are the brochure and redesign of the business card. The Lodge will use a graphic designer that we met at RenFair. Lars Bjorklund is the owner of Predator Signs & Graphics and he has been selected to do our projects.

Monthly Program

The monthly program was a Norwegian Trivia Game. Cultural Director Lena Thorsen-Peters developed questions based on information shared by various speakers at programs during 2022.

The meeting adjourned at 12:10 p.m.

BOARD OF DIRECTORS	
President	Karen Holien Buehrer, jkholien@cox.net (702) 290-1324 mobile
Vice President	Lynelle Aanestad, sonnorskdoll@gmail.com
Counselor	Gregg LeDuc, rfk2514@aol.com (847) 894-1186
Secretary	Roger Buehrer, RBuehrer@mindspring.com , (702) 726-1149
Treasurer	Terri Anderson, terrilovesmath27@hotmail.com , (702) 469-9077
OFFICERS	
Financial Benefits Counselor	James Donovan (702) 440-9905
Cultural Director	Lene Thorsen-Peters
Social Director	Kristy McCumby-Hyland
Membership Secretary	Janelle Reed
Webmaster	Krystal Buehrer, santana_krystal@hotmail.com
Sports Director	Doug Kittelson
Foundation Director	David Anderson
Youth Director	Kim Becker
Trustees	David Anderson, Bob Sturgeon
Greeter	Britt Wood
Publicity Director	Erik Pappa
Marshall	Chris Christensen
Historian	Rick Senzig
Librarian	Linda Turner
Newsletter Editor	Brittany Lem
Volunteer Coordinator	Vicdan Kittelson
Name Tags & Pop Tops	Suzan Sibert
Camp Norge Ambassador	Arlon Sibert
Sunshine	Jeanette Grove

COMMITTEE CHAIR PERSONS

Lutefisk Dinner Chairpersons	Bob Sturgeon Kitchen Chair
Scholarship	Doug Kittleson, David Nygaard, Lynelle Annestad, Lene Thorsen-Peters, Charlene Fuentes
Book Club	Lisa Kershaw (702) 556-0774
Holiday Bazaar	Lynelle Aanestad, Vikki Renneckar
Syttende Mai	Bob Sturgeon, David Anderson
Renaissance Fair	Terri and Dave Anderson
50/50 Raffle	Chuck Grove
SoN District 6 Convention 2024	Lynelle Aanestad, Nancy Paulson, Roger Buehrer, Chris Christensen, Lene Thorsen-Peters, Barbara Farmer