



**SONS of
NORWAY**

District 7

RESOURCE BOOK

A Guide for Local Lodge Leaders
and District Officers
Updated 2018

The District Board of Directors
acknowledges and thanks
Dorothy Thoen and Alice Cristofoli
for originating and compiling
the first District No. 7 Resource Book

Revised by
Thelma and Jack Lysne
2018

RESOURCE BOOK

INTRODUCTION

The first edition of this Resource Book was the creation of Dorothy Thoen, Past Secretary, President and International Director of District Lodge #7 and Alice Cristofoli, Past Secretary of District Lodge No. 7. We owe these two women a great "Tusen Takk" for all their research, dedication and the many hours devoted to compiling this Book.

The intention of updating this publication is to recognize and remember our Sisters and Brothers who have been instrumental in organizing and promoting the Heritage and Cultural of Norway. It is our desire to keep it growing for our future generations.

Two thousand and ten (2010) marked the 100th Anniversary of Sons of Norway in British Columbia with a charter awarded to Sleipner Lodge No. 8 in Vancouver February 27, 1910. Varden Lodge No. 19 followed a year later in 1911. British Columbia was originally part of District Lodge No. 2, until October 29, 1966 when District No. 7 was formed.

This publication includes the names of the Delegates who attended the Inaugural Meeting in 1966. We believe this information is an important part of District No. 7's history.

The Resource Book is intended to guide and assist the Local Lodges in the many activities available for members of District No. 7.

Please take the time to read this Resource Book from start to finish in order to learn of the many opportunities and past history of Sons of Norway, District Lodge No. 7 and your Local Lodges.

Fraternally,

Thelma and Jack Lysne

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SECTION 1

ANTHEMS



**MISSION
STATEMENT**



**NORWEGIAN
TABLE PRAYER**



**MEMBERSHIP
STATISTICS**



LOCAL LODGE



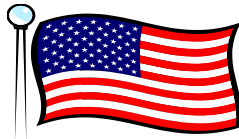
O CANADA

O Canada, our home and native land.
True patriot love, in all thy sons command.
With glowing hearts, we see thee rise,
The true North, strong and free
From far and wide, O Canada
We stand on guard for thee.
God keep our land, glorious and free;
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.



JA, VI ELSKER

Ja, vi elsker dette landet, som det stiger frem,
Furet, værbitt over vannet, med de tusen hjem.
Elsker, elsker det og tenker på vår far og mor
og den saganatt som senker drømme på vår jord,
og den saganatt som senker, Senker drømme på vår jord.



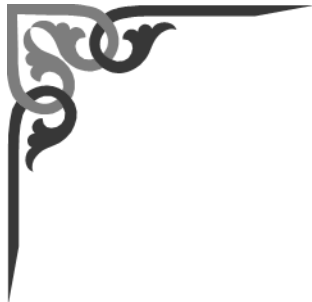
THE STAR SPANGLED BANNER

O say can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming,
Whose broad strips and bright stars through the perilous fight,
O're the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O say does that star spangled banner yet wave
O'er the land of the free and the home of the brave?

MISSION STATEMENT

THE MISSION OF SONS OF NORWAY IS TO PROMOTE AND PRESERVE THE HERITAGE AND CULTURE OF NORWAY, TO CELEBRATE OUR RELATIONSHIP WITH OTHER NORDIC COUNTRIES, AND PROVIDE QUALITY INSURANCE AND FINANCIAL PRODUCTS TO OUR MEMBERS.

SONS OF NORWAYS MISJON ER Å FREMME OG IVARETA NORSKE KULTURTRADISJONER, Å FEIRE VÅRT FORHOLD TIL ANDRE NORDISKE LAND OG SAMTIDIG TILBY DE BESTE FORSIKRINGS – OG FINANSPRODUKTER TIL VÅRE MEDLEMMER.



NORWEGIAN TABLE PRAYER

I Jesu navn går vi til bords,
å spise, drikke, på ditt ord,
deg Gud til ære, oss til gavn,
så får vi mat i Jesu navn.

Amen

ENGLISH TRANSLATION

In Jesus name go we to the table,
To eat and drink by your word,
Your God to honor, and our benefit,
We receive this food in Jesus name.

Amen



MEMBERSHIP STATISTICS DISTRICT LODGE NO. 7

LODGE	CITY	JAN. 1966	2012 12/31	2013 12/31	2014 12/31	2015 12/31	2016 12/31	2017 12/31	2018 12/31
SLEIPNER #8	VANCOUVER	761	454	408	402	395	385	392	
VARDEN #19	NEW WESTMINSTER	349	81	76	60	60	55	55	
NORDLY'S #20	PORT ALBERNI	92	17	17	15	16	13	17	
VINLAND #28	PRINCE RUPERT	115	30	29	29	24	22	21	
EIDSVOLD #53	VICTORIA	161	201	184	188	188	180	179	
NORTH STAR #63	NANAIMO	193	77	78	74	68	57	51	
RONDANE #71	PRINCE GEORGE	195	93	104	100	99	90	90	
NORDIC #76	CASTLEGAR	78	34	29	32	47	35	28	
DAWSON CREEK #79	DAWSON CREEK	76	79	81	90	89	84	83	
VIKING #81	SURREY	232	78	76	74	69	71	77	
VESTLANDET #98	POWELL RIVER		8	7	7	6	6	6	
HARDANGER #109	KELOWNA		49	47	39	35	36	40	
GOLDEN EARS #137	MAPLE RIDGE		18	18	16	13	12	12	
STORLAND #140	WILLIAMS LAKE		13	10	9	9	9	-	-
HEIMDAL #141	KAMLOOPS		48	41	38	38	35	34	
SKJONNE DAL #142	BELLA COOLA		14	15	16	15	13	11	
TROLLHEIMEN #157	NORTH VANCOUVER		33	31	32	28	27	29	
SUB TOTAL		2252	1331	1251	1221	1219	1130	1125	
CENTRAL LODGE	7-000		36	30	24	22	26	28	
SPIRIT OF THE NEW CENTURY	7-999		5	6	6	6	0	0	
TOTAL		*	**	**	**	**	**	**	
		2252	1372	1287	1251	1227	1156	1153	

*FROM DISTRICT NO. 7 MINUTES 1966

**HOME OFFICE YEARLY REPORTS

All Statistics are from December year-end.

LOCAL LODGE ANNIVERSARY'S BY INAUGURATION DATE

DATE ORGANIZED	LODGE NAME	2015	2016	2017	2018	2019	2220	2221	2222	2223	2224
FEB. 27, 1910	SLEIPNER #8	"105"	106	107	108	109	"110"	111	112	113	114
MARCH 24 1911	VARDEN #19	104	"105"	106	107	108	109	"110"	111	112	113
SEPT. 19 1930	NORDLY'S #20	"85"	86	87	88	89	"90"	91	92	93	94
NOV. 21 1930	VINLAND # 28	"85"	86	87	88	89	"90"	91	92	93	94
MAY 25 1946	EIDSVOLD # 53	69	"70"	71	72	73	74	"75"	76	77	78
NOV. 3 1951	NORTH STAR #63	64	"65"	66	67	68	69	"70"	71	72	73
NOV. 27 1955	RONDANE #71	"60"	61	62	63	64	"65"	66	67	68	69
SEPT. 30 1961	NORDIC #76	54	"55"	56	57	58	59	"60"	61	62	63
AUG. 10 1963	DAWSON CREEK #79	52	53	54	"55"	56	57	58	59	"60"	61
APRIL 3 1964	VIKING #81	51	52	53	54	"55"	56	57	58	59	"60"
NOV. 27 1970	VESTLANDET #98	"45"	46	47	48	49	"50"	51	52	53	54
APRIL 20 1974	HARDANGER # 109	41	42	43	44	"45"	46	47	48	49	"50"
OCT. 6 1985	GOLDEN EARS #137	"30"	31	32	33	34	"35"	36	37	38	39
NOV. 27 1987	STORLAND #140	28	29	"30"	31	32	33	34	"35"	36	37
NOV. 21 1987	HEIMDAL #141	28	29	"30"	31	32	33	34	"35"	36	37
NOV. 21 1987	SKJONNE Dal #142	28	29	"30"	31	32	33	34	"35"	36	37
NOV. 27 1993	TROLLHEIMEN #157	22	23	24	"25"	26	27	28	29	"30"	31

DISTRICT LODGE NO. 7 – ZONES

ZONE 1

VANCOUVER ISLAND

Nordlys #20 – Port Alberni
Eidsvold #53 - Victoria
North Star #63 - Nanaimo
Vestlandet #98 – Powell River

ZONE 2

LOWER MAINLAND

Sleipner #8 - Vancouver
Varden #19 – New Westminster
Viking #81 - Surrey
Golden Ears #137 – Maple Ridge
Trolheimen #157 – North Vancouver

ZONE 3

NORTHERN B.C.

Rondane #71 – Prince George
Skjonne Dal #142 – Bella Coola

ZONE 4

INTERIOR

Nordic #76 - Castlegar
Hardanger #109 - Kelowna
Heimdal #141 - Kamloops

SECTION 2

DELEGATES TO THE
INAUGURAL DISTRICT
LODGE NO. 7
CONVENTION
1966



PAST DISTRICT NO. 7
PRESIDENTS AND
INTERNATIONAL
DIRECTORS



PAST DISTRICT NO. 7
OFFICERS



DELEGATES AT THE INAUGURAL DISTRICT LODGE NO. 7 CONVENTION
HELD IN VANCOUVER, ON OCTOBER 29TH, 1966

SLEIPNER NO. 8	Tormod Rekdal Kolbjorn Nordlie Arne Lovset John Walseth Margaret Forbes Simon Moan Theodore Jevne Della Graveness Elsa Hansen
VARDEN NO. 19	Bette Stubelt Otto Maaren Viola Haaheim Anfin Haaheim
NORDLYS NO. 20	Gustav Frigstad Svend Thorsberg
VINLAND NO. 28	Sophia Giske Oscar Giske
EIDSVOLD NO. 53	Ruby Jorde Vera Lysne Ella Moeskau
NORTH STAR NO. 63	S. Leonard Johnson Anton Nordli Adolph Ahlstrom
RONDANE NO. 71	Alfred W. Strom Arvid Ruste Toralf Myrbo
NORDIC NO. 76	Gunvor Reinsbakken
VIKING NO. 81	Myrna Engh Einar Floe Harald Revaa

At the inaugural Convention meeting on October 29, 1966 every Director was asked to comment and these wise words came from Ruby Jorde – District #7's first Social Director.

***Be not concerned or be surprised
If what you do is criticized.
There's always folks who usually can
Find some fault with every plan.
Mistakes are made we cannot deny,
But only made by folks who try.***

DISTRICT LODGE NO. 7 PRESIDENTS AND INTERNATIONAL DIRECTORS

<u>DISTRICT PRESIDENTS</u>	<u>YEAR</u>	<u>INTERNATIONAL DIRECTORS</u>
Tormod Rekdal	1966 – 1968	Haakon Soros
Tormod Rekdal	1968 – 1970	Haakon Soros
Tormod Rekdal	1970 – 1972	Haakon Soros
Ralph Hagen	1972 – 1974	Haakon Soros
Jack Lysne	1974 – 1976	Tormod Rekdal
Jack Lysne	1976 – 1978	Tormod Rekdal
Tore Klausen	1978 – 1980	Tormod Rekdal
Tore Klausen	1980 – 1982	Tormod Rekdal
Harald Revaa	1982 – 1984	Jack Lysne
Tore Pettersen	1984 – 1986	Jack Lysne
Tore Pettersen	1986 – 1988	Harald Revaa
Dorothy Thoen	1988 – 1990	Harald Revaa
Dorothy Thoen	1990 – 1992	Tore Pettersen
Dorothy Thoen	1992 – 1994	Tore Pettersen
Bjarne Thorshaug	1994 – 1996	Dorothy Thoen
Bjarne Thorshaug	1996 – 1998	Dorothy Thoen
Erik Brochmann	1998 – 2000	Tore Pettersen
Erik Brochmann	2000 – 2002	Tore Pettersen
Elsa Ring	2002 – 2004	Erik Brochmann
Ron Stubbings	2004 – 2006	Erik Brochmann
Ron Stubbings	2006 – 2008	Erik Brochmann
Ron Stubbings	2008 – 2010	Erik Brochmann
Gloria Benazic	2010 – 2012	Ron Stubbings
Gloria Benazic	2012 – 2014	Ron Stubbings
Erik Brochmann	2014 – 2016	Gloria Benazic
Erik Brochmann	2016 – 2018	Gloria Benazic

PAST DISTRICT LODGE NO. 7 OFFICERS

1966 – 1968

PRESIDENT

VICE PRESIDENT
SECRETARY/TREASURER
COUNSELOR
SOCIAL DIRECTOR
SPORTS DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR

Tormod Rekdal

Einar Floe
Anfin Haaheim
Alf Strom
Ruby Jorde
Kolbjorn Nordlie
Gus Frigstad
Harald Revaa

1968 – 1970

PRESIDENT

VICE PRESIDENT
SECRETARY/TREASURER
COUNSELOR
SOCIAL & PUBLICITY
SPORTS DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR
YOUTH DIRECTOR – Appointed Dec. 1968

Tormod Rekdal

Einar Floe
Anfin Haaheim
Alf Strom
Ruby Jorde
Kolbjorn Nordlie
Len Johnson
Harald Revaa
Jack Lysne

1970 – 1972

PRESIDENT

VICE PRESIDENT
SECRETARY/TREASURER
COUNSELOR
SOCIAL / PUBLICITY
SPORTS DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR
YOUTH DIRECTOR

Tormod Rekdal

Ralph Hagen
Anfin Haaheim
Hans Hanston
Ruby Jorde
Kolbjorn Nordlie
Len Johnson
Harald Revaa
Jack Lysne

1972 – 1974

PRESIDENT

VICE PRESIDENT
SECRETARY/TREASURER
SOCIAL / PUBLICITY
SPORTS DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR

Ralph Hagen

Jack Lysne
Anfin Haaheim
Ruby Jorde
Bjorn Grendel
Einar Floe
Myrna Engh
Hans Engen

1974 – 1976

PRESIDENT

VICE PRESIDENT
SECRETARY/TREASURER
SOCIAL/CULTURAL
SPORTS DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR
GENERAL DIRECTOR
PAST PRESIDENT

Jack Lysne

Tore Klausen
Nils Hoeg
Gina Rekdal
Henry Sotvedt
Tore Pettersen
Mervyn Rogelstad
Paul Malakoff
Ralph Hagen

1976 – 1978

PRESIDENT
VICE PRESIDENT
SECRETARY/TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Jack Lysne
Tore Klausen
Nils Hoeg
Ellen Bergenhus
Niilo Itkonen
Helen Larsen
Henry Sotvedt
Walter Ratzlaff

1978 – 1980

PRESIDENT
VICE PRESIDENT
SECRETARY/TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR
PAST PRESIDENT

Tore Klausen
Bob Smales
Nils Hoeg
Kathy Furuness
Neilo Itkonen
Helen Larsen
Eugene Voight
Tom Jorsvik
Jack Lysne

1980 – 1982

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Tore Klausen
Harold Revaa
Helen Larsen
Nils Hoeg
Kathy Furuness
Annar Jacobsen/Kaare Tyssedal
Van Gray/Eugene Voight
Karen Johnson
Art Lear

1982 -1984

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Harold Revaa
Tore Pettersen
Helen Larsen
Nils Hoeg
Elsa Ring
Baard Braaten
Eugene Voight
Audrey Harvey/Jim Carlson
Bjarne Thorsauhg

1984 – 1986

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR
PAST PRESIDENT

Tore Pettersen
Helen Larsen
Dorothy Thoen
Bob Kneeland/ Arne Sorbo
Elsa Ring
Baard Braaten
Charles Spencer
Jim Carlson
Bjarne Thorshaug
Harald Revaa

1988 – 1988

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Tore Pettersen
Charles Spenser
Dorothy Thoen
Nils Hoeg
Harald Jensen
Shannon Davidson
Gunnar Warolin
Martin Holt
John Martinsen

1988 – 1990

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR
PAST PRESIDENT

Dorothy Thoen
Nils Hoeg
Alice Cristofoli
Karin Edberg-Lee
Vera Lysne
Shannon Davidson
Bea Fossum
Martin Holt
John Martinsen
Tore Pettersen

1990 – 1992

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Dorothy Thoen
Martin Holt
Chantell Brenholen
Karen Edberg-Lee
Vera Lysne
Shannon Davidson
Erik Brochmann
Susan Stainton
John Martinsen

1992 – 1994

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Dorothy Thoen
Erik Brochmann
Alice Cristofoli
Karin Edberg-Lee
Shannon Davidson
Ron Stubbings
Gunnar Warolin
Susan Stainton
Meme Martinsen

1994 – 1996

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
CULTURAL DIRECTOR
RECREATIONAL DIRECTOR
PUBLICITY DIRECTOR
YOUTH DIRECTOR
GENERAL DIRECTOR

Bjarne Thorshaug
Erik Brochmann
Jean Christensen
Karin Edberg-Lee
Kathy Tveita
Ron Stubbings
Linda Loe
Chantell Brenholen
Beverly Saugstad

1996 – 1998	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL DIRECTOR PUBLICITY DIRECTOR YOUTH DIRECTOR GENERAL DIRECTOR	Bjarne Thorsaug Erik Brochmann Thelma Morisset Sharon Coles Kathy Tveita Patty Haahiem Ida Pedersen Thorleif Lie Linda Brekke
1998 – 2000	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL DIRECTOR PUBLICITY DIRECTOR YOUTH DIRECTOR GENERAL DIRECTOR	Erik Brochmann Thorleif Lie Thelma Morisset Sharon Coles Elsa Ring Patty Haaheim Ida Pedersen Ron Stubbings Linda Brekke
2000 – 2002	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL DIRECTOR PUBLICITY DIRECTOR YOUTH DIRECTOR	Erik Brochmann Thorleif Lie/Elsa Ring June Ruzas Ian Barnhill Elsa Ring/Wench Garner Patty Haaheim Ellen Coates Ron Stubbings
2002 – 2004	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Elsa Ring Annar Jacobsen/Ron Stubbings June Ruzas Ian Barnhill Wenche Garner Ron Stubbings Ellen Coates
2004-2006	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Ron Stubbings David Sallows Thelma Morisset Ian Barnhill Wenche Gransjoen Eric Haugen Ellen Coates

2006-2008	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Ron Stubbings Dorothy Thoen/Gloria Benazic Thelma Morisset Ian Barnhill Wenche Gransjoen Eric Haugen Maxine McDonald/Martin Naske
2008-2010	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Ron Stubbings Gloria Benazic Thelma Morisset Jim Hall Susan Strang Jodie Engeseth Martin Naske
2010-2012	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Gloria Benazic Erik Brochmann Patty Schwartz Jim Hall/Gloria Benazic, Acting Susan Strang Einar Thomassen/Kim Jensen Martin Naske
2012-2014	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR	Gloria Benazic Erik Brochmann Patty Swartz Martin Naske/June Ruzas Thelma Lysne/Judith Hanson Susan Strang
2014-2016	PRESIDENT VICE PRESIDENT SECRETARY TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR PUBLICITY DIRECTOR	Erik Brochmann Bruce Strang Patty Schwartz Andrina Benazic Judith Hanson Susan Strang Jim Tore Breivik
2016-2016	PRESIDENT VICE PRESIDENT SECRETAR TREASURER CULTURAL DIRECTOR RECREATIONAL/YOUTH DIRECTOR GENERAL DIRECTOR	Erik Brochmann Bruce Strang Thelma Lysne Andrina Benazic Judith Hanson/Susan Strang Susan Strang/Darren Erickson/Tania Jacobsen Darren Erickson/T.Jacobsen/open



SECTION 3

**CULTURAL
ACTIVITIES
AND
ANNUAL
EVENTS**

DISTRICT LODGE NO. 7 HERITAGE CAMP **

District Lodge No. 7 has sponsored Heritage Camp for 30 years. This camp is open to all members of District Lodge No. 7, their families and non-members. Members of other Sons of Norway Districts are welcomed to attend. Sons of Norway members receive a discount for this camp. It is held at the Sons of Norway Country Club, which is owned by Sleipner Lodge No. 8 and located at Hatzic, B.C.

Accommodations are primarily tents, motorhomes or trailers, however there are also many summer homes on the property which are owned by Sleipner Lodge members, and may be available (arranged on an individual basis). There is a large open playing field, swimming pool, tennis courts, a gazebo, and a clubhouse, all of which are available for the use of Heritage Camp participants. There is plenty of space for parking recreational vehicles and tents. Daily fees for staying on the campsite are paid to the caretakers. For reservations, please contact the on-site caretakers. There are also motels a few miles away.

The camp is usually held beginning the Wednesday following the August long weekend, and is advertised in advance in the Leiflette, including prices, and a list of activities. Most years, the activities include classes in traditional Norwegian crafts and activities such as: *Rosemaling, Hardanger Embroidery, Folk Dancing, Orienteering, Cooking, Crafts, Conversational Norwegian Language, and Woodcarving. Other activities (such as archery) are added from time to time, depending on the availability of instructors. There are a variety of Children's activities, some of which are the same as those listed above. Many activities such as Camp Olympics, Campfire Sing-along and Norwegian story-telling, Jarrid Mosdell Memorial Soccer Game, and Heritage Camp Idol, include all ages. For adults, there is a horseshoe tournament and a car rally. Raising and lowering of the flags each day is a popular part of the program.

Registration fees are nominal and include a barbecue on Saturday night and a pancake breakfast on Sunday morning. Occasionally, there are separate costs for materials in individual classes. A grant is received each year from the Sons of Norway Foundation in Canada. This must be requested by the District Board at least six months in advance.

REGULATIONS FOR STANDARD OPERATING PROCEDURES

1. The Coordinator is appointed by the District President.
2. The Coordinator selects his/her committee.
3. All instructors are to be appointed by March 1st.
4. Each instructor is to develop an operating budget for their respective activity, to be approved by the Coordinator.
5. All prizes are to be useful items, purchased by the Coordinator, except that Camp Olympics can have ribbon medals.
6. All games must have rules posted in the clubhouse prior to the event.
7. Information concerning the camp are to be placed in the May and June Leiflettes and Registration forms are available on the District Lodge No. 7 website.

For more information, contact the District President or Secretary for the name of the Camp Coordinator.

- All classes offered are dependent on the availability of instructors.

SNO-FUN DAYS **

District No. 7 has been sponsoring a wintertime activity known as “Sno-Fun Days” most years from 1976 to the present time. This event originally took place at Lac le Jeune near Kamloops and for the past several years, at the Hills Health Ranch near 108 Mile in the Cariboo. This location makes the event accessible to more lodges in District No. 7. The facility has everything that you need for a fun-filled weekend. They have nice chalets that accommodate six adults plus one or two small children. Supplied in the cabins are bedding, towels, dishes, pots and pans. They also have a large heated swimming pool, a whirlpool, a spa and a large common room, which is normally available for our use on the Saturday evening for talent shows, dancing, etc.

Sno-fun days is open to all members of the District and is usually planned for the second week of February.

Your District No. 7 Recreational and Cultural Directors work together planning a Cultural and Outdoor weekend in order to promote our Heritage and Culture for the enjoyment of all Sons of Norway members and their families.

Fun snow games such as “Snow golf”, and “Snorse shoes” designed to suit family members of all ages may be part of the weekend activities. “The Hills” has its own sleigh ride, available for our Sons of Norway group. There is a small fee for this fun experience. Following the sleigh ride, there is a sing-song, hot wine, coffee and hot chocolate in the big tent down on the lake. A dog sled ride may be available to those interested.

For those not interested in skiing there may be Cultural activities and games.

Registration fees change from year to year, depending on the activities offered but the fee is nominal and family rates are available.

This event is usually publicized in the Leiflette in the late fall. The District Board applies for a grant from the Sons of Norway Foundation in Canada to defray extra expenses from this event. The District Board of Directors must request this grant six months prior to the event.



ANNUAL DISTRICT NO. 7 SALMON AND LAKE TROUT FISHING DERBIES **

There are separate derbies for salmon and lake trout as well as separate derbies in each category for young people under the age of fourteen.

Both derbies are open to all members and their immediate families in District #7. Interpretations in eligibility will be the responsibility of the local Lodge Recreational Directors.

Derbies run each year from May 1st of one year to April 30th of the following year. All entries must be in the hands of the District Recreational Director no later than May 15th (immediately following the close of the derby).

To qualify, complete the entry package which must include the following:

1. A photo of the fisher "person" and fish
2. Name of the entrant and home lodge
3. Weight, length and girth measurement of the fish
4. Verification of photo and fish information by the local lodge Recreational Director or local lodge President.

It is suggested that the local lodge Recreational Director arrange for copies of all items in No. 3 for their records.

There is no limit to the number of entries by eligible persons.

Derby winner are judged by the District Recreational Director and his/her decision is final.

If there are questions or comments,
Contact the District Recreational Director
Or any District Board Member.

BOWL-BY-MAIL TOURNAMENT **

This District Program has been in effect for many years. The rules have been updated from time to time as necessary.

REGULATIONS:

1. The tournament is to be played during the month of February.
2. All bowlers must be lodge members for six (6) months.
3. Bowlers must enter as a team (five [5] bowlers to a team). No pre bowling scores to be used.
4. Each Lodge can enter as many teams as they wish.
5. Scratch will be 1,000 with a 70% handicap.
6. Averages and handicap will be worked out for you when the sheets are sent in.
7. All score sheets are to be in the mail by March 15th.
8. Score sheets are to be mailed to the District Recreational Director.
9. All score sheets to be signed by the League Secretary and the Bowling Alley Manager. In cases of non-league player, just have the score sheets signed by the Bowling Alley Manager.

If you have any questions, contact the District Recreational Director.

GOLF BY MAIL **

This contest is designed to broaden the scope of District activities so that more Lodges are able to participate in District sponsored events. The contest will be held each year beginning on April 1st and ending September 30th. Participants can enter any gold score together with the course par and their handicap score during the competition dates. The winner will be the person with the best score relative to the difficulty of the course and their handicap. All entries must be received by the District Youth and Recreation Director before March 32st of the convention year. Prizes will be awarded at the biennial convention in May or June of the convention year. For example, in 2013 the contest will run from April 1 to September 30, 2013 and the winner will be announced at the convention in 2014. Another contest will begin April 1, 2014 and will run until September 30, 2014 but the winner will not be announced until convention 2016 as will the winner of the 2015 competition.

DANCE STEVNE **

This District No. 7 sponsored event is arranged by the District Cultural Director and is not scheduled on a yearly basis. The location varies and is selected by the Cultural Director.

****THE ABOVE SIX EVENTS ARE DISTRICT SPONSORED AND THEREFORE ELEGIBLE FOR POINTS ON THE LODGE OF THE YEAR FORMS**

INTERLODGE BOWLING TOURNAMENT**

Although this is not a District sponsored event, it is open to any Lodge in the District who wishes to participate.

This tournament is held around the first week of April each year with a local Lodge hosting the event.

REQUIREMENTS:

1. Bowlers must be a Sons of Norway member for six month prior to the Tournament.
2. Bowlers must have eighteen (18) games in league play before January 31.
3. Maximum of two (2) teams of five (5) players each per lodge.
4. Averages used are as of January 31st.

For further information, please contact Gordie or Patty Schwartz.

BORDER FESTIVAL

The Border Festival is held annually on the second Sunday in July at the Peace Arch Park on the Canada/U.S. Border.

Members from Districts #2 and #7 have been celebrating this event for many years. Members bring a picnic lunch and there are tables set up for this purpose. Coffee is provided and a dessert buffet is set up in the Club House and everyone is invited to bring a dessert for all to share.

Arrangements for the annual event are made by a Border Festival Committee which is made up by members from both Districts. The presidency alternates each year between the two Districts.

The program usually consists of flag raising, a horseshoe tournament, tug-of-war, selection of a Border Festival Queen and children's games, plus any other entertainment that the committee comes up with such as folk dancing or singing groups.

Lodges must notify the committee by June 15th if they wish to enter a contestant in the Border Queen contest. The contestant must be unmarried and between the ages of sixteen and twenty-two years. She must wear white, pastels or a Norwegian Bunad. Lodges must provide their queen with a corsage and a shoulder sash bearing the name and number of their Lodge. The queen is chosen through a draw—they do not have to do any entertaining or make speeches. To enter a queen, Lodges must sell a required number of raffle tickets – depending on the size of the Lodge. There are 10 tickets in a book – the seller does not receive a free one. The cost of each ticket is \$1.00.

The Bellingham Lodge always arranges for the use of the park, ropes for the tug-of-war, and the flags.

The approximate time schedule is:

10:00 a.m.	Horseshoe contest
11:00 a.m.	Children's games
12:00 noon	Lunch
1:00 p.m.	Queen Contest followed by entertainment
2:00 p.m.	Tug-of-war



DISTRICT #7 YOUTH RECOGNITION AWARD

OBJECTIVE: To recognize and encourage young people who are involved in Sons of Norway and who offer significant and/or unique contributions to the Order.

Enable the Local Lodge to acknowledge the participation of young people in the Order as examples to both older and younger Lodge members as well as Junior Lodge members.

QUALIFICATIONS: Nominees must be a member of a Local Lodge, Junior Lodge or a Heritage member on the 31st day of January of the District Biennial Convention year.

The sponsoring Lodge President will submit the written recommendation for the District No. 7 Youth Recognition Award to the District No. 7 Secretary by January 31 of the Convention year.

The applicant must be under 25 years of age on January 31 of the Convention Year.

Each recommendation will be considered on its individual merit. A cap of \$200.00 has been set by the District Board of Directors to be awarded within a biennium. There is no limit to the number of Youth Recognition Awards to be given within a biennium.

The award will only be given once to any individual.

District Board members will evaluate appropriate recommendations and act as referees in determining the merit of each candidate.

PRESENTATION: Awards will be presented at the District Convention with the successful candidates present whenever possible. Expenses for travel are the responsibility of the recipient and recommending Lodge.

When presentation at the convention is impractical or impossible, the award will be presented by a District Officer at the recipient's Lodge.

MERIT CONSIDERATIONS:

1. LENGTH OF TIME the candidate has been involved with/contributed to Sons of Norway.
2. TYPES OF CONTRIBUTION, for example;
 - a) performances, teaching (Heritage Camp, Sno-fun Days, classes),
 - b) volunteering (offering time and work for Lodge activities and projects),
 - c) public relations and community profile (participation in parades as Sons of Norway member),
 - d) representing the Lodge as Queen, King, or Ambassador,
 - e) speaking engagements, (oral presentations about Sons of Norway or Norwegian culture),
 - f) holding an office in the Local Lodge or Junior Lodge, and any other type of contribution.
3. AGE, in relation to the amount of contribution.
4. QUALITY OF THE CONTRIBUTION, how much time has been offered, how much work has the young person done for the Lodge?

MEMORIAL SERVICES AT DISTRICT NO. 7 CONVENTIONS

The District Cultural Director is responsible for organizing a Memorial Service at District No. 7 Conventions and coordinating with the Convention Committee for special arrangements, room and or equipment needed.

Embellishments for this Service are small table, white cloth, white candles and holders, vase and enough roses for each lodge to present in Memory of their past members. It is also nice gesture to have the spouse or parent of a past member to remember their loved one with a **white** rose.

CULTURAL DISPLAY AT DISTRICT NO. 7 CONVENTIONS

The Host Lodge is responsible for arranging a special room for a cultural display at District No. 7 Conventions. Times for the room being open to Convention delegates and visitors plus any other special arrangements should be coordinated with the District Cultural Director.

The District Cultural Director will send each lodge a list of the different Cultural categories' the participants may enter.

Each entry must have been finished (completed) within a two (2) year period prior to the Convention.

Each participant may submit two (2) entries in each category.

Judging will be done by three neutral judges and the "Best of Show" submission is decided by the Sons of Norway members attending the Convention.

DISTRICT NO. 7 MEMORY BOOK CONTEST

DEADLINE: All Memory Books to be judged are to be registered with, and turned over to the person in charge of the Cultural Display prior to 9AM on the opening day of the District Lodge No. 7 Convention.

TIME SPAN:

- The Memory Books should contain the Lodges events from January 1st of the last District Convention year to December 31st preceding the next District Convention (i.e. January 1, 2012 to December 31, 2013). Points will be lost if they do not cover the specified time span.
- No more than two Memory Books are allowed; if more than two books are submitted, only two will be judged. The only exception is an entry from a newly formed lodge.

JUDGES: Three non-Sons of Norway members will act as judges.

JUDGING STRUCTURE:

- Each Judge will be issued a separate judging form for each Memory Book.
- The Lodge with the three highest total points will be awarded First, Second, Third Ribbons.
- The Lodge with the highest points will be awarded \$50.00 by the District.
- Points will be verified by the District Cultural Director.

The District Cultural Director is responsible for this program and informing the Lodges of the regulations and for coordinating with the Convention Committee. The District Cultural Director is also responsible for selecting (or arranging for) three independent (non Sons of Norway) persons to act as judges. The judges are given a complimentary lunch and the District Cultural Director ensures that a thank-you letter is sent to them.

MEMORY BOOK JUDGING CRITERIA

Lodge Name & Number

Organization

- Does the Front Page, Title Page or inside cover contain the Lodge Name and Number?
- Does it cover the required time span? January 1st of the last District Convention year to December 31st preceding the next District Convention.
- Is it in chronological order?
- Are the pages well utilized?
- Have clippings from local newspapers been included?

25 Points

Originality

- Has the author added their own personal touch? Such as drawings, borders, explanations, etc.

25 Points

Artistic Impression

- Are the pictures and articles arranged so as to be pleasing to the eye?
- Has Norwegian flavor been added?

25 Points

General Appearance

- Is the book clean and neat?
- Is there any adhesive material showing?
- Are the pictures or clippings wrinkled?

15 Points

Picture Identification

- Are the names under the pictures neat and readable

10 Points

GRAND TOTAL

100 Points

Judges Signature

LODGE NEWSLETTER CONTEST

The District Convention in 2004 accepted a resolution to promote Lodge Newsletters and establish a judging format.

Lodges shall submit three (3) issues of their Newsletter for judging. The Newsletter should not be consecutive months but spaced throughout the year.

The Memory Books should contain the Lodges events from January 1 of the District Convention year to December 31 preceding the next District Convention (i.e. January 1, 2010 to December 31, 2011).

The District will award a \$50.00 cheque, to the winning Lodge.

This Contest is under the direction of the District Publicity Director.

NOTE:

The 2018 revised District Lodge No. 7 Resource Book includes the Judging Criteria as set down by the District Cultural Director and Publicity Director. This will give every Lodge a guideline when compiling their entries for competition at District Lodge No. 7 Biennial Conventions.

Front page:

On the front page of the newsletter there are certain items that should always appear.

- Volume number (i.e. volume 5 would represent the 5th year of publication).
- The publication date.
- The name of your newsletter.
- Lodge logo or the Sons of Norway logo.
- The name and number of your lodge, including district number (i.e. Nidaros 1-001).

25 Points

Special Sections

- "From the President" which is a short letter from the lodge president (or/and vice president).
- Message from editor, newsletter submission deadline.
- Section for announcing birthdays, anniversaries, and miscellaneous congratulations to members on special days.
- Upcoming Events and Fundraisers (Calendar) /Announcements..
- Introduction of new members.
- Stories/information about Norway.
- Contains content in Norwegian.
- Contains original content (written specifically for the lodge newsletter).
- Uses SON newsletter services, Viking resource, other internal SON sources.

45 Points

Layout

- Newsletter is clean and neat, looks tidy.
- Uses consistent font throughout the document for similar things (i.e. headlines use same font, body text uses same font).
- Pictures or images are used to break up large blocks of text and give newsletter personality.
- Lodge newsletter should have the same look and layout for every issue. Using the same colors and logos, recurring sections occur in same location each issue.
- Easy to read, not confusing to the eye (e.g. use columns & white space).

25 Points

General Appearance

- Pictures clear (regardless if printed in color or black & white).
- Pictures relevant to text and people/events identified.
- Writing/grammar/spelling correct.
- Newsletter example printed in color.

20 Points

Grand Total

/115 Points

Each bullet has a 5 point value.

Judges Signature



SECTION 4

**RESOURCE
PERSONS,
INSTRUCTORS**

RESOURCE PERSONS/INSTRUCTORS

ROSMALING

Aaslaug Bouller

2139 Old Dollarton Road
North Vancouver, B.C., V7H 1W3
email: aaslaug@telus.net
Phone: 604-929-3826
Sleipner Lodge No. 8

Vivian Bates (short small classes)

103-710 7th Avenue
New Westminster, BC V3M 5V3
email: vabates@shaw.ca
Phone 604-521-6714
Varden No. 19

Dorinda Hegge

1404 - 106 Ave.,
Dawson Creek, BC
Phone: 250-782-8289

Inger Bloodworth

51 - 6325 Metral Dr.,
Nanaimo, BC V9T 6P9
Phone: 250-390-0380
email: ingerstudio5plus@netscape.net

FOLKDANCING

Don Hardgrove/

6254 Fairview Way
Duncan, B.C., V9L 2J3
email: djhardgrove@shaw.ca
Phone: 250-746-6100
Eidsvold No. 53

Mel Klassen

1464 Stroud Rd.
Victoria, B.C., V8T 2K9
email: mklassen2004@shaw.ca
Phone: 250-595-7052
Eidsvold Lodge No. 53

Curt Jensen

101 – 1597 Mortimer Street
Victoria, B.C., V8P 2A7
email: lissen@shaw.ca
Phone: 250-472-1972
Eidsvold Lodge No. 53

Run Stubbings

#104C - 3655 Shaughnesy Street
Port Coquitlam, BC V3B 6C8
email: norwayshaw.ca
Phone: 604-941-0760
Varden Lodge No. 19

Riita Huttunen

#104C - 3655 Shaughnesy Street
Port Coquitlam, BC V3B 6C8
email: norwayshaw.ca
Phone: 604-941-0760
Varden Lodge No. 19

HARDANGERSØM

Gloria Benazic

1590 Highland Drive N
Kelowna, BC V1Y 4K8
email: gloriabenazic@shaw.ca
Phone: 250-613-9234
Rondane No. 71

Bea Jacobsen

#303-33388 Mayfair Avenue
Abbotsford, BC V2S 7E1
email: bearay@shaw.ca

Inger Bloodworth

51 - 6325 Metral Dr.,
Nanaimo, BC V9T 6P9
Phone: 250-390-0380
email: ingerstudio5plus@netscape.net

NORWEGIAN KNITTING

Marianne MacDonald

520 Stoneridge Drive
Kamloops, B.C., V2H 0A7
email: norskgirl48@hotmail.com
Heimdal Lodge No. 141

Wenche Gransjoen

575 Stirling Road
Kelowna, BC V1X 3X4
email: ruthw.575@gmail.com
Phone: 250-763-8191
Hardanger #109

Bea Jacobsen

#303-33388 Mayfair Avenue
Abbotsford, BC V2S 7E1
email: bearay@shaw.ca
Sleipner #8

Lillian K. Hope

2462 Nodely Cres.,
Nanaimo, BC V9T 5T1
Phone: 250-758-1095

Rosie Barlak

6194 Parkwood Drive
Nanaimo, BC V9T 6C8
email: rbarlak@island.net
Phone: 250-758-7576

CROCHETING

Gloria Benazic

1590 Highland Drive N
Kelowna, BC V1Y 4K8
email: gloriabenazic@shaw.ca
Phone: 250-613-9234
Rondane No. 71

WOODCARVING

Anita Jacobsen

406-3065 Primrose Lane
Coquitlam, B.C., V3B 7P7
email: jacobsenanita65@gmail.com
Phone: 778-242-8933
Sleipner Lodge No. 8

COOKING AND BAKING

Susan Strang

3450 Oxford Street
Vancouver, B.C., V5K 1N9
email: strangb@telus.net
Phone: 604-291-1664
Varden Lodge No. 19

Gloria Benazic

1590 Highland Drive N
Kelowna, BC V1Y 4K8
email: gloriabenazic@shaw.ca
Phone: 250-613-9234
Rondane No. 71

Lillian K. Hope

2462 Nodely Cres.,
Nanaimo, BC V9T 5T1
Phone: 250-758-1095

Rosie Barlak

6194 Parkwood Drive
Nanaimo, BC V9T 6C8
email: rbarlak@island.net
Phone: 250-758-7576

OPEN FACE SANDWICHES

Elisabeth Jensen

101 – 1597 Mortimer Street
Victoria, B.C., V8P 2A7
email: lissen@shaw.ca
Phone: 250-472-1972
Eidsvold Lodge No. 53

Wenche Gransjoen

575 Stirling Road
Kelowna, BC V1X 3X4
email: ruthw.575@gmail.com
Phone: 250-763-8191
Hardanger #109

NORWEGIAN LANGUAGE

Wenche Gransjoen

575 Stirling Road
Kelowna, BC V1X 3X4
email: ruthw.575@gmail.com
Phone: 250-763-8191
Hardanger #109

GENEALOGY RESEARCH

Judith Hanson
4038 Loyola Street
Victoria, BC V8N 4V4
Phone: 250-472-1972



SECTION 5

DISTRICT

LODGE

NO. 7

OUTREACH

PROGRAMS

SKI FOR LIGHT (CANADA) INC.

Ski for Light (Canada) Inc., a Sons of Norway outreach program, has been in existence since 1978. It was officially incorporated as a national non-profit organization in 1981.

It promotes cross-country skiing for visually impaired people and the annual six-day events are hosted by Sons of Norway Lodges throughout western Canada.

YOU can get involved by: volunteering as a guide; assisting with ski events; helping to start a ski club in your lodge for visually impaired people in your community; or by volunteering your assistance if a ski club is already in existence in your lodge.

Lodge or Club memberships are available for an annual fee of \$25.00. Individual memberships are \$5.00.

LOGO AND MOTTO

OUR LOGO represents a rock carving found in Norway and reputed to be over 400 years old providing the first evidence of skiing in world history.

Ski for Light: A six day cross-country ski event, held in Canada every year benefiting blind, visually impaired and mobility impaired persons.

SKI FOR LIGHT MOTTO: "If I can do this, I can do anything"



PRESIDENT: Brian McIvor
#18 – 4940 – 39th Avenue SW
Calgary, Alberta T3E 6M7
Phone 403-242-8325

SECRETARY: Monique Van Bergen
#105 – 619 Heritage Lane
Saskatoon, Sask. S7H 5P6
Phone 306-373-1514



SONS OF NORWAY FOUNDATION IN CANADA

Points you should know about The Sons of Norway Foundation in Canada:

- All Canadian members of Sons of Norway are sustaining members of the Sons of Norway Foundation in Canada
- A group may obtain a Voting membership by donating \$1000.00 or more to the Foundation.
- The Foundation awards scholarships and bursaries for post-secondary students.
- The Foundation awards grants that will support the preservation and enhancement of the Norwegian heritage and culture.
- The Foundation may receive funds from individuals, organizations or corporations by direct donation or by bequest for general or specific purposes providing it does not conflict with Foundation objectives or Canadian Law.
- An individual who contributes \$100 to the FOUNDATION will receive a Bronze Pin, contributions of \$500 a Silver Pin, \$1000 a Gold Pin and \$2000 a Platinum Pin, these donations can be cumulative.
- The Foundation policies and objectives are set and approved by the Board of Directors of the Foundation within the scope of the Bylaws of the Foundation and Canadian Law.

GRANTS AVAILABLE

- ❖ The General Fund provides for scholarships for post-secondary and graduate studies, financial assistance grants for Oslo International Summer School students and grants for cultural and recreational activities sponsored by Canadian Lodges. They also offer financial assistance to Lodges starting a Junior Lodge or an orienteering program.
- ❖ The Tormod Rekdal Fund provides financial assistance to persons taking courses in cultural activities who will pass their skills on to others.
- ❖ The Folkehøgskole Bursary provides financial assistance for successful applicants for Folkehøgskole in Norway.
- ❖ The Humanitarian Financial Support Fund provides financial assistance to people suffering losses to their homes, inventory and property by catastrophic events.
- ❖ The Lysne Rosemaling Bursary is specifically aimed at those wanting to learn or upgrade their Rosemaling skills. Preference being given to those who are willing to teach others what they have learned.
- ❖ The Bjarne & Karel Thorshaug Bursary for Norwegian Studies is for post-secondary Canadian students taking courses in various Norwegian studies at Canadian institutions.

PRESIDENT: Tore Pettersen
6249 East Purdue Road
Prince George, B.C. V2N 6G8
Phone (250) 964-9644

SECRETARY: Helen Evjen
#212 – 200 Bethel Drive
Sherwood Park, AB. T8H 2C5
Phone (780) 417-5157



SECTION 6

HOME

OFFICE

PROGRAMS

INTERNATIONAL CULTURAL SKILLS PROGRAMME

This programme was introduced by Liv Dahl, Past Administrative Director, Heritage Programmes of Sons of Norway International Headquarters with information gathered from individual Sons of Norway members who are knowledgeable on certain topics.

Programmes have been written up on things like Hardanger Embroidery, Rosemaling, Norwegian Cooking, Knitting, Woodcarving, Genealogy, Stamp Collecting, Reading, Folk Dancing.

Beautiful pins can be earned for doing work in the various categories.

For information on the programs contact:

Sons of Norway
1455 West Lake Street
Minneapolis, Mn. 55408
Phone 1-800-945-8851

Website

www.sonsofnorway.com

SPORTS & FITNESS MEDAL PROGRAMME

This programme, initiated in 1984 by International Headquarters, is designed to promote physical fitness and camaraderie among Sons of Norway member of all ages.

The categories are Bicycling (outdoors or stationary bike) or Wheelchair – SKKELMERKE; Walking or Treadmill – GANGMERKE; Fitness and Sports – IDRETTSMERKE; Skiing or Ski exercise machine – SKIMERKE; Swimming – SVOMMEMERKE.

Participant must be Sons of Norway members. Choose the sports medal category and begin tracking your participation on the Record Form. Once you have reached the requirements of the first level, i.e. “Bronze”, turn the Record Form in to your Local Lodge Sports Director who will order the pin free of charge from Home Office and then present it at a Lodge meeting.

Once a level is completed, you can immediately begin a Record Form for the next level(s), i.e. “Silver”, “Gold”, “Enamel” and collect all four medals in each category. Please note that each new Record Form begins at 1 kilometer or 1 lap, etc. and works up the requirement or that level. You do not begin your new Record at the number you completed to achieve the Bronze level.

Local Lodge Recreational Directors may supply the participant Record Forms to the interested members or you can find them at the Sons of Norway International website www.sofn.com.



PROJECT FRAMTID

(ADOPT A SCHOOL)

The Adopt-a-School programme has been broadened under name of “Project Framtid” (“Project Future”). This programme expands on the Adopt-a-School concept and incorporates many new way to make Sons of Norway more visible in the community.

The Adopt-a-School is still included in this new schedule along with Planning, Volunteering, working with other groups and organizations and many more ideas to connect Sons of Norway to the community.

For full information on this programme log on to: www.Sonsofnorway.com click on the box on the top of the site “Member Resources” a search engine will appear and type in Project Framtid and that will give all the information on the many programmes available to you as a Sons of Norway member.

Many lodges hold a Norway Day at the school, with the volunteers attending in Bunads and bringing special Norwegian Cultural items to the school. Special Norwegian cookies are also offered to the children so they have a “Taste of Norway” thereby learning about our Culture.

ORIENTEERING

Orienteering, the Scandinavian sport of strategy, map reading, (and competition if you so desire) became an official Sons of Norway activity in 1990. Participants set out from a starting point, in search of markers called controls. Each control is labeled on the map. The object is to navigate the course outlined on the map by finding all the control markers.

Orienteering is a year-round activity that attracts participants of all ages and abilities. It challenges the mind as well as the body. The key to orienteering is the ability to make good decisions. The basics can be learned in about half an hour but you can spend a lifetime honing your skills.

District No. 7 has an Orienteering Kit, which is available for loan to Lodges. Contact the District Recreational Director.

The Fraternal Department at International Headquarters has kits and manuals available for rent at a cost of \$25.00. Lodges are billed after the kit has been returned. For more information, contact the Public Relations Coordinator at International Headquarters.



LODGE LIABILITY INSURANCE

Each year, Sons of Norway International arranges for District and local Lodge liability insurance coverage. One hundred percent participation by all Lodges is required to maintain the best coverage. No exception is granted, even though some Lodges have coverage of this nature with other insurance companies. It is necessary that all Lodges participate in the coverage and its cost.

Please contact Sons of Norway International Headquarters for current rates by emailing sales@sofn.com. If your Lodge wants additional coverage, check that out with Headquarters as well. A letter is sent to each Local Lodge annually indicating the premiums due for that year and payment is due by October each year.



AFA LODGE ACTIVITY REPORT

At the beginning of each year, local Sons of Norway Lodges are asked to fill out an AFA Lodge Activity Report (which is part of the Lodge Achievement form) indicating how their Lodge participated in Fraternal and Community activities during the year.

This information is vital for Sons of Norway in retaining a tax-exempt status. The AFA compiles these facts and figures and uses them as evidence of our benevolent work.

By submitting this form, Lodges will receive three points towards the Lodge Achievement rating. Lodges not filling out this form **WILL NOT BE ELIGIBLE** for a Lodge of the Year award.



LODGE ACHIEVEMENT FORM

Lodge Achievement forms are sent out from Home Office to Local Lodges early each year. The form must be completed and sent to the Zone Director by the deadline date specified on the form. Zone Directors and/or the District President make any necessary adjustments and forward the forms to Home Office. Lodges may lose points for not complying with instructions e.g., not submitting a **full explanation** of activities as requested on the form.

Lodges are rated according to a point system which is outlined on the Lodge Achievement Form. A Lodge of the Year plaque is awarded to the Lodge having the highest number of points in the gold category. Other Lodges falling within the designated point range receive either a bronze, silver or gold certificate. Certificates and plaques are given out at the District Biennial Convention.

Lodge Activity Reports and Lodges Achievement Forms must be sent to the Zone Director by March 1st each non-convention year and by February 15th in convention years.



DISTRICT NO. 7 LODGE OF THE YEAR RECIPIENTS

1978-80-----Nordic Lodge No. 76, Castlegar
1980-82-----Saga Lodge No. 104, Langley
1982-84-----Eidsvold Lodge No. 53, Victoria
1984-86-----North Star Lodge No. 63, Nanaimo

AT THIS TIME, THE LODGE OF THE YEAR PROGRAM CHANGED TO A POINT SYSTEM AND WAS AWARDED ANNUALLY

1987-----Sleipner Lodge No. 8, Vancouver
1988-----No Lodge of the Year awarded as there were no gold certificates earned
1989-----No Lodge of the Year awarded as there were no gold certificates earned
1990-----Heimdal Lodge No. 141, Kamloops
1991-----Heimdal Lodge No. 141, Kamloops
1992-----Heimdal Lodge No. 141, Kamloops
1993-----Eidsvold Lodge No. 53, Victoria
1995-----Heimdal Lodge No. 141, Kamloops
1996-----Eidsvold Lodge No. 53, Victoria
1997-----Eidsvold Lodge No. 53, Victoria
1998-----Eidsvold Lodge No. 53, Victoria
1999-----Rondane Lodge No. 71, Prince George
2000-----Varden Lodge No. 19, New Westminster
2001-----Nordic Lodge No. 76, Castlegar

2002	TIER #1 -----Eidsvold Lodge No. 53, Victoria
	TIER #2 -----Golden Ears Lodge No 137, Maple Ridge
2003	TIER #1 -----Varden Lodge No. 19, New Westminster
	TIER #2 -----Saga Lodge No. 104, Langley
2004	TIER #1 -----Varden Lodge No. 19, New Westminster
	TIER #2 -----Saga Lodge No. 104, Langley
2005	TIER #1 -----Viking Lodge No. 81, Surrey
	TIER #2 -----Saga Lodge No. 104, Langley
2006	TIER #1 -----Eidsvold Lodge No. 53, Victoria
	TIER #2 -----Saga Lodge No. 104, Langley
2007	TIER #1 -----Eidsvold Lodge No. 53, Victoria
	TIER #2 -----Storland Lodge No. 140, Williams Lake
2008	TIER #1 -----Eidsvold Lodge No. 53, Victoria
	TIER #2 -----Storland Lodge No. 140, Williams Lake
2009	TIER #1 -----Rondane Lodge No. 71, Prince George
	TIER #2 -----Trollheimen Lodge No. 157, North Vancouver
2010	TIER #1 -----Rondane Lodge No. 71, Prince George
	TIER #2 -----Nordic Lodge No. 76, Castlegar
2011	TIER #1 -----Varden Lodge No. 19, New Westminster
	TIER #2 -----Hardanger Lodge No. 109, Kelowna
2012	TIER #1 -----Rondane Lodge No. 71, Prince George
	TIER #2 -----Nordic Lodge No. 76, Castlegar
2013	TIER #1 -----Varden Lodge No. 19 New Westminster
	TIER #2 -----Nordly's Lodge No. 20, Port Alberni
2014	TIER #1 -----Nordic Lodge No 76 Castlegar
	TIER #2 -----Eidsvold Lodge No 53 Victoria
2015	TIER #1 -----Hardanger Lodge #109 Kelowna
	TIER #2 -----Eidsvold Lodge #53 Victoria
2016	TIER #1
	TIER #2
2017	TIER #1
	TIER #2



FOUNDERS' AWARDS

Founders' Certificate Awards are presented annually by Sons of Norway International to Lodges who have achieved three percent (3%) or better membership growth within the previous calendar year.

Since the inception of this program (1986), Founders' Certificates have been awarded to District No. 7 lodges as follows:

1986

Vinland No. 28
Sol land No. 121
Golden Ears No. 137

Dawson Creek No. 79
Scandia No. 84
Leif Erikson No. 93
Dovre No. 99

1987

North Star No. 63
Nordic No. 76
Saga No. 104
Golden Ears No. 137

1994

Eidsvold No. 53
North Star No. 63
Nordic No. 76
Saga No. 104
Sol land No. 121

1988

Dawson Creek No. 79
Freya No. 100
Skogvann No. 135
Golden Ears No. 137
Heimdal No. 141
Skjonne Dal No. 142

1995

Varden No. 19
Rondane No. 71
Leif Erikson No. 93
Heimdal No. 141
Solstrand No. 144
Trollheimen No. 157

1989

Varden No. 19
Heimdal No. 141

1996

North Star No. 63
Leif Erikson No. 93
Vestlandet No. 98
Hardanger No. 109
Fjellidal No. 156

1990

Vestlandet No. 98
Heimdal No. 141
Solstrand No. 144

1997

Scandia No. 84
Dawson Creek No. 79
Vestlandet No. 98

1991

Eidsvold No. 53
Freya No. 100
Heimdal No. 141

1998

Scandia No. 84
Leif Erikson No. 93

1992

Dawson Creek No. 79
Storland No. 140
Heimdal No. 141

1999

Eidsvold No. 53
North Star No. 63
Rondane No. 71
Dawson Creek No. 79
Hardanger No. 109

1993

Sleipner No. 8
Eidsvold No. 53
North Star No. 63
Nordic No. 76

2000

Vinland No. 28
Heimdal No. 141

2001

Sleipner No. 8
Nordic No. 76
Leif Erikson No. 93

2002

Scandia No. 84
Storland No. 140

2003

Varden No. 19
Vinland No. 28
North Star No. 63
Rondane No. 71
Vestlandet No. 98
Saga No. 104
Storland No. 140

2004

Varden No. 19
Vinland No. 28
North Star No. 63
Rondane No. 71
Vestlandet No. 98
Saga No. 104

2005

Nordlys No. 20
Scandia No. 84
Vestlandet No. 98

2006

Varden No. 19
Eidsvold No. 53
North Star No. 63
Rondane No. 71
Nordic No. 76
Viking No. 81
Saga No. 104
Hardanger No. 109
Heimdal No. 141
Trollheimen No. 157
North Star No. 63

2007

Varden No. 19
Eidsvold No. 53
Rondane No. 71
Nordic No. 76
Dawson Creek No. 79
Viking No. 81
Hardanger No. 109
Storland No. 140

Trollheimen No. 157

2008

Rondane No. 71
Dawson Creek No. 79
Viking No. 81

2009

Leif Erikson No. 93
Storland No. 140
Trollheimen No. 157

2010

North Star No. 63
Sleipner No. 8

2011

Vinland No. 28
Saga No. 104
Rondane No. 71

2012

Dawson Creek No. 79

2013

Nordly's No. 20
Rondane No. 71
Dawson Creek No. 79
Skjonne Dal No. 142

2014

Nordic No 76
Trollheimen No 157
Dawson Creek No 79

2015**2016**

Viking No 87
Hardanger No 109

2017

MERIT AWARDS

<u>Lodge:</u>	<u>President:</u>		
		<u>2000</u>	
		Gold:	
Eidsvold #53	* Bob Gunderson	Eidsvold Lodge #53	Al Coates
		Varden Lodge #19	Ron Stubbings
		Silver:	
Nordic #76	* Olwin Ringheim	Sleipner Lodge #8	June Juzas
Heimdal #141	* Mariette Brenholen	Rondane Lodge #71	Egil Lindquist
Golden Ears #137	* Karin Edberg Lee	Hardanger Lodge #109	Wenche Gardner
North Star #63	* Ida Pedersen	Leif Erickson Lodge #	Sigrid Tveita
Scandia #84	* Ida Pedersen	Nordic Lodge #76	Conrad Brattebo
		Bronze:	
Sleipner #8	Jorgen Dahlie	Trollheimen Lodge #157	Bud Grondahl
Varden #19	* Patty Haaheim	Saga lodge #	Sheila Stach
Saga #104	* Charles Spences	Viking Lodge #81	Verna Otter
Viking # 81	* Sharon Coles		
Rondane #71	* Tore Pettersen		
Skjonne Dal #142	* Kaare Paulsen		
Leif Erickson #93	* Tore Ring		
Dovre #99	* Jim Marriot		
		<u>2001</u>	
		Gold:	
		Saga Lodge#104	Sheila Stach
		Nordic Lodge #76	Eric Knudsgaard
		Silver:	
Leif Erickson #93	* Tor Ring	Eidsvold #53	Al Coates
Heimdal #141	* Olav Tveita	Varden #19	Ron Stubbings
Varden #19	* Patty Haaheim	Rondane #71	Elsa Aase
Eidsvold #53	* Bob Gundersen	Sleipner #8	Annar Jacobsen
North Star # 63	* Ida Pedersen	Hardanger #109	Wenche Gardner
		Bronze:	
Nordic #76	* Olwyn Ringheim	North Star #63	Katrine Furuness
Dovre #99	* Pixie Marriot	Trollheimen #157	Bud Grondahl
Hardanger #109	* Kari Meidal		
Rondane #71	* Tore Pettersen		
Viking #81	* Sharon Coles		
Saga #104	* Sheila Stach		
Nordlys Lodge #20	* Fred lea		

*) Accepted on behalf of Lodge and President

2004**Gold:**

Varden #19

Silver:

Saga # 104

Viking #81

Eidsvold #53

Bronze:

Sleipner #8

North Star #63

Trollheimen #157

2005**Silver:**

Viking #81

Bronze:

Eidvold #53

Sleipner #8

Varden #19

Saga #104

2008**Silver:**

Trollheimen # 157

Rondane #71

Varden #19

Eidsvold #53

Bud Grondahl

Gloria Benazic

Susan Strang

Betty Hall

Bronze:

Sleipner #8

North Star #63

Dawson Creek #79

Viking #81

Hardanger #109

Storland #140

Erik D. Brochmann

Brian Grosseth

Vern Braaten

Doreen Rasmussen

Wilf Akerlund

Ellen Wiege

2009**Gold:**

Rondane #71

Varden #19

Hardanger #109

Gloria Benazic

Susan Strang

Wilf Ackerlund

Bronze:

Sleipner #8

Saga #104

Trollheimen #157

Noirdic #76

Storland #

Dawson Creek #79

June Ruzas

Sheila Stach

Bryan Grondahl

Ida Price

Sandra Hawkins

Vern Braaten

2010**Gold:**

Sleipner #8

Varden #19

Rondane #71

June Ruzas

Susan Strang

Gloria Benazic

Bronze:

Nordica #76

Viking #81

Ida Price

Doreen Rasmussen

2011**Silver:**

Sleipner #8

Varden #19

Eidsvold #53

North Star #63

Rondane #71

June Ruzas

Susan Strang

James D. Hall

Kathie Furuness

Gloria Benazic

Bronze:

Nordic #76

Viking #81

Hardanger #109

Ida Price

Doreen Rasmussen

Clara Hare

2012**Silver:**

Sleipner #8	June Ruzas
Varden #19	Susan Strang
Eidsvold #53	Vance Hanson
Rondane #71	Gloria Benazic
Vikingt #81	Bernice Lilley

Bronze:

North Star #63	Katrine Furuness
Hardanger #109	Lloyd Coltman
Nordic #76	Ida Price

2013**Silver:**

Sleipner #8	June Ruzas
Vardenn #19	Susan Strang
Eidsvold #53	Vance Hanson
Rondane #71	Gloria Benazic
Viking #81	Marg Kirsebom

Bronze:

North Star #63	Ida Pedersen
Dawson Creek	Vern Breaaten
Nordic #76	Ida Price

2014**Silver:**

Varden #19	Susan Strang
Viking #81	Marg Kirsebom
Eidsvold #53	Vance Hanson

Bronze:

Sleipner #8	June Ruzas
North Star #63	Ida Pedersen
Nordic #76	Ida Price
Hardanger #109	Lloyd Coltman

Special Merit award:

Norlys #20	Donna Hedley
Skjonne Dal #142	Barbara Gilbert

2015**Bronze:**

Sleipner #8	Marian Snowball
Viking #81	Marg Kirsebom
Varden #19	Susan Strang
Eidsvold #53	Vance Hanson
North Star #63	Ida Pedersen

Special Merit Award:

Nordlys #20	Donna Headley
Skjonne Dal #142	Barbara Gilbert
Dawson Creek #79	Vern Braaten
Hardanger #109	Lloyd Coltman
Trollheimen #157	Bruce

A decorative border in a light gray color, resembling a scroll or ribbon, frames the text. It has curved top and bottom edges and is held together at the corners by stylized knot-like fasteners.

SECTION 7

DISTRICT

LODGE NO. 7

CONVENTION

INFORMATION

SO YOUR LODGE IS HOSTING THE NEXT DISTRICT NO. 7 CONVENTION



CONGRATULATIONS! NOW THE WORK (and the fun) BEGINS!

Before you begin, the Lodge President should make sure that your Lodge members understand the Lodge as a whole has taken on the commitment and carries the responsibility of hosting a Convention.

The Convention Chairperson and Committee are selected to do the fine-tuning and to ensure that there are enough people involved to do the necessary work. The Lodge members, and particularly the Lodge President, must keep abreast of all of the plans and give the Chairperson and the Committee the necessary support and guidance to ensure a successful Convention.

Keep in mind also that, as this is the District Convention, the District Board is the ultimate body responsible. As such, they have the right and the duty to assist by laying down guidelines for the host Lodge to follow. They also provide liaison, advice and direction whenever necessary.

Minutes of Convention Committee meetings should be sent to the District President and District Secretary. The District Secretary should be invited to attend two (2) Conventions Planning meetings.

WHERE DOES ONE BEGIN EXCEPT AT THE BEGINNING???

1. **Elect or select, a Chairperson:** In view of the heavy workload and, as the Lodge President is already an ex-officio member of every Committee, the Chairperson should be someone other than the Lodge President.
2. **Select a Convention Committee.** Usually the selection is made by the Chairperson together with the Lodge President.
3. **Set the date.** This is done in collaboration with the District Board. District No. 7 Conventions are usually held in late May or early June. The Constitution (Chapter 9 Article 3.9.2.1) dictates that the closing date shall not be less than 45 days before the opening of the International Lodge Meeting.
4. **Choose the Site.** Although not mandatory, it is preferable that the Convention facility be large enough to house all delegates under one roof. Most of the Convention activities such as the actual Convention Meeting, Board and Committee meetings, Cultural Display, etc. should be in that same facility. Please see "Accommodation and Rooms required" for details that are more specific. The District Secretary should notify the Convention Committee in March, the number of committed delegates so the correct number of rooms can be reserved.
5. **Invite the Installing Officer.** The selection of the Installing Officer is at the discretion of the District President. However, it is customary to invite the International President out of respect for the highest office in Sons of Norway. If he/she is unavailable to attend, it will be up to the International President to appoint another representative from the International Board to attend the District Lodge meeting/convention. It should be stated clearly, in the invitation, the committee is asking the International President to attend and be the installing officer for the incoming District Lodge No. 7 Board of Directors. When the invitation is accepted the Convention Committee should make arrangements to meet the International President or alternate.

Arrangements should also be made for the departure of the International President or Alternate. If the wife/husband of the invited Installing officer accompanies him/her, arrangements should be made to provide Lodge members to host the spouse on a tour, shopping trip and generally make their visit welcome and friendly.

6. **Begin work on the Souvenir Program Booklet:** Although these booklets are expensive to print, they can also be a good source of revenue to your lodge. You should select members for this project who are very “good” at selling advertising. Because this is an expense item, the District Board does not feel that they can say that a Souvenir Booklet is mandatory. However, it does add class and distinction to the Convention and you are urged to publish one if at all possible. Some Host Lodges in the past have “netted” as much as \$1,500.00 on the Book.
7. **Registration Forms:** When the prices for Registration, meals and the Banquet have been determined a Registration Form should be emailed or snail mailed to every Lodge President. The Lodge President will be responsible for passing the information to the Lodge Delegates. The District Secretary will provide the Host Committee with the information required. The form should include an area for non-delegates. Non-delegates do not pay a Registration Fee. This form should include a closing date for Registration.

NOW THAT WE HAVE SOME PRELIMINARIES OUT OF THE WAY – LET US DELVE A LITTLE DEEPER!

MEET WITH THE HOTEL MANAGEMENT TO OBTAIN A GROUP RATE AND BLOCK ROOMS. [A SPECIFIC CUT OFF DATE SHOULD BE ALSO NEGOTIATED.]

ACCOMMODATIONS REQUIRED

District President: An Executive Suite is desired. Required from Wednesday night to Saturday night **inclusive**. This room should be large enough to host the Presidents Reception on Wednesday night and Board meetings during the day. The President suite should have separate sleeping and washroom accommodations. There should be a table large enough to accommodate eight to ten (8-10) Board members. Sufficient chairs should be available to seat extra dignitaries.

District Secretary: A suite to do any necessary secretarial work. Required from Thursday night to Saturday night inclusive.

International Director: This is paid for by the International Lodge and the type of room is at the discretion of the International Director. Required from Thursday to Saturday inclusive.

Board and Committee Members: Rooms will be required for eight (8) Board members and six (6) Committee members from Thursday night to Saturday night. Check with the District Secretary on the number required.

Delegates: Rooms required from Friday to Saturday inclusive for approximately 50 Delegates. Keep in mind that some of these will be married couples and some delegates will share accommodations. There will no doubt be some guests as well. A block of 30 – 40 rooms should be sufficient. The hotel will usually only charge for the numbers of people that actually arrive but, if not, be careful not to over-book. Each Delegate is responsible for booking their room.

ACTIVITY ROOMS REQUIRED

BOARD ROOM: A board room is required on Thursday from 9:00 a.m. to 5:00 p.m. and Sunday morning from 9:00 a.m. to noon. Please arrange morning and afternoon coffee for approximately 15 people on Thursday. The Board room can be arranged for if it comes as a package and is free. If there is a charge for the Board Room consider using the District Presidents suite.

CONVENTION MEETING ROOM: Set up with tables and chairs for each lodge (the order of which is up to the convention committee). Lodge names should be placed on the table as appropriate. These are passed on from the last host lodge. Water and glasses are to be placed on each table.

A head table should be placed on a raised dais at the head of the room. It should be long enough to seat all of the Board Member plus the International Director, International Representative, Parliamentarian and other dignitaries. It is helpful if a name sticker is placed on the back of each chair. There should be a podium and microphone on the center of the table. Water and glasses are necessary! Please consult with the District President or Secretary about proper seating arrangements for the Head Table.

A rectangle table with seating for three and a table microphone in the center placed directly in front of the President for the Committees.

There should be a wide aisle down the center of the room with sufficient room for two officers to walk in side-by-side, and even wider if they are to be escorted by marshals. There should be at least two stand-up microphones strategically placed in the aisles for the delegates to reach with comparative ease. The microphones must be connected to a quality recording device and P.A. System. Any screens and video display equipment is at the cost of the host lodge.

REGISTRATION ROOM: The room should be in a convenient location and should be large enough to accommodate three or four people comfortably. A rotunda or lobby is sometimes used. The Registration desk should be open on Thursday from approximately 2 p.m. until 10 p.m. or longer if necessary. It must be open again from 8 a.m. to 9 a.m. on the Friday morning. Receipts should be given to the delegates for their registration fees and the duplicates kept for your records. Delegate packages can be either folders or plastic briefcases (at the discretion of the Committee). They should contain the Delegate name and Lodge No., Souvenir Program Booklet, the voting ballots (which are available from Home Office), any tickets to special events, meal and banquet tickets, Convention agenda, and any other pertinent Convention material. They should also contain any “extras” that your Committee wishes, such as scratch pads, pens, pencils, maps, and brochures of the area. Bags to hold the Delegate packages may be available from Head Office.

CULTURAL DISPLAY ROOM: This room should be large enough to accommodate approximately 8 to 10 eight-foot long tables. It is also helpful if arrangements are made to hang certain items such as bell pulls, painting, pictures and Hardanger embroidery. The room should be available from Thursday afternoon to Saturday afternoon. The Cultural Room should be open at times that seem most suitable to the Convention Agenda. Staffing and security is the responsibility of the Host Lodge. The District Cultural Director is responsible for setting up the Cultural Displays. The District Cultural Director will make up the necessary forms and arrangements for “signing” articles in and out. The District Cultural Director is responsible for assigning the Ribbons for each item. The Host Lodge is responsible for locating three (3) competent non-member Judges. It would be advantageous if the Judges were familiar with Norwegian Culture and craft. Lodges should be notified of arrangements for the Cultural display well before the Convention. Information for Convention displays may be done by letter and/or advertised in the Leiflette by the District Cultural Director after consultation with the Host Lodge.

COMMITTEE MEETING ROOMS: It is not necessary to provide extra rooms for this purpose as members can use one of the committee members room unless there are other rooms available which would be supplied free of charge by the hotel. The secretary's suite can also be used for a committee room

WELCOME TO THE COMMITTEE EVENT: This is held Thursday evening and is hosted by the District Board. A room large enough to hold about 35 to 40 people is desirable as the Convention Committees are also welcome to attend. It can be held in the President's suite if large enough. The District Secretary arranges for the refreshments.

WELCOME DELEGATE EVENT: Held on Friday evening and hosted jointly by the District Board and the Host Lodge. The Host lodge (in consultation with the District President or designate) arranges for a large room, goodies and refreshments. Friday evening is an Open Forum event.

ROOM FOR INTALLATION OF OFFICERS: The Convention meeting room could be used for this purpose after the tables have been removed. This room should be large enough to hold 30 – 50 people and a Podium for the Installing officer. Some Host Lodges have planned the Installation directly before dinner when the delegates and guests are seated for dinner in the ballroom. This must be a well-planned part of the program and preformed with dignity. Your lodge should have someone knowledgeable in such procedures available to help the District Officers with the routine and plans. If possible, the Installation Ceremonies should take place by 5 p.m. and preceding the social hour and banquet. This gives the delegate's time to dress up in their "finery" which lends much class to the Ceremonies, as it should be a dress-up affair. The District Board has a special Installation Ceremony Ritual. Two Installing Marshalls are required for escort new elected District Board Officers to the Installing Officer

SATURDAY NIGHT BANQUET: The room should be large enough to accommodate approximately 100 people (or more depending on the attendance of local members) to a sit-down dinner. The dance floor should be large enough to accommodate a grand march if the committee so wishes, or at least to accommodate at least 30 couples at any one time. If the Committee chooses to use a Head table it should be large enough to seat:

1. Lodge President and Spouse
2. Convention Chairperson and Spouse
3. District President and Spouse
4. International Director and Spouse
5. Installing Officer and Spouse
6. Invited guest(s) and spouses such as the Mayor and/or Alderperson
7. Any others that the Committee feel should be seated at the head table.

If the Committee chooses not to use a head table, round tables if available, can be used. It is suggested to seat at least one Dignitary and Spouse, or one District Officer and Spouse at each table. This seating arrangement helps promote Fraternalism. **Sign-up sheets for the same amount of tables as necessary can be posted with a District Directors name positioned at the top. Delegates may then fill in their names under the District Directors name.**

Speakers will be given a time limit. The Chairperson and Host Lodge President should not use this forum to thank the Lodge members and Committee members in any other than a general way. It is desirable to limit the speeches to one-half to three-quarters of an hour in total. People tend to get bored very quickly with long speeches!

HELPFUL HINT – THE HOTEL WILL SOMETIMES PROVIDE SOME COMPLIMENTARY ROOMS SUCH AS AN EXECUTIVE SUITE OR TWO FOR USE OF YOUR LOCAL LODGE MEMBERS – ASK THEM!

MEALS: Dining facilities must be such that delegates can be served quickly. Buffet style is often preferred, especially for breakfast. Lunches can be soup and sandwiches rather than ordering from a menu. It is often preferable to charge a meal to a room number rather than wait in line at the till to pay. Meals can be part of the “delegate’s package” or they can be optional.

CONVENTION AGENDA

(Rough outline)

- WEDNESDAY** Arrival of District Board Members, International Director and Committee members. Welcome Committee members hosted by the District Board.
- THURSDAY** Board and Committee meetings. Arrival of all other delegates. Arrival of International Representative, Registration and handing in of Cultural items. Cultural room opens in the evening if feasible. “Open Forum” with refreshment hosted by District Board and Host Lodge.
- FRIDAY** Registration 8 – 8:50 a.m. Opening Ceremonies: 9 a.m. sharp. Convention Meeting. Cultural Room open. Caucus meetings. Host-Lodge “fun” night.
- SATURDAY** Convention Meeting. Election of Officers. Cultural Room closes – signing out of items. Installation of Officers. Banquet.
- SUNDAY** Board Meeting 9 until 11 a.m. (if not held Saturday afternoon. Departure. Hugs! Tears!

SO WHERE DOES THE MONEY COME FROM??

The District By-laws state that the Host Lodge may charge each delegate up to \$50.00 for Registration.

Tickets should be sold for the Friday “fun” night and the Saturday night Banquet. Attendance should be optional.

You may wish to have a raffle to help defray expenses. **Permission must be granted by the District No. 7 Board of Directors if asking for prizes from District No. 7 Lodges.**

As stated before, you may be able to make a profit from the Souvenir Program Book.

Use any other pre-Convention moneymaking schemes that your Lodge or Convention Committee can come up with locally but check with the District No. 7 President if you want to sell tickets or anything else District-wide.

THE DISTRICT LODGE WILL PAY FOR THE FOLLOWING:

1. The Board Room (if necessary)
2. Cultural Display Room
3. One-half of the expenses for the Friday night “Welcome Delegates Event”
4. Recording equipment for the Convention, approved by the District Secretary.
5. Anything not on this list is the responsibility of the host lodge, as approved by the District Board.

WHAT HAVE WE FORGOTTEN?

Each delegate must have a numbered paddle for voting. There should be a paddle for the invited Installing officer and Home Office representative. There should be paddles for Past District Lodge No. 7 Presidents. They should be designated as P.P. 1, P.P. 2 etc. Paddle No. 1 goes to the Senior Past President with the last No. to the Junior Past President. The design is up to the Host Lodge.

Delegates must have a nametag. It is usual (but not mandatory) to have different colored ribbons that designate District Officers, Delegates, Visitors or Committee members.

There must be all three Flags – Canadian, Norwegian and American – and a flag bearer for each. Flag Protocol on page 7.7.

A pianist (or accordionist) who has practiced beforehand must be in attendance!

A Convention Banner is available for the front of the hall – ask the previous hosts for it. It is also up to the Committee to plan a field trip of some kind on Friday for non-delegates if warranted.

There are probably many other things that we have forgotten but will think of them as we go along – remember we are in this together. The result will be – A SUCCESSFUL CONVENTION.

GOOD LUCK!

LYKKE TIL!

OPENING CEREMONIES AND FLAG PROTOCOL

OPENING CEREMONIES:

Example: Commence at 09:00. All delegates are to be seated by 08:55.

The opening Ceremonies must be impressive. The meeting room may be set up with long rectangle or round tables with the name of the Lodge on each table. (See Convention Meeting Room Page) Extra chairs should be set in two rows facing the Podium in front of the Delegate tables on each side of the aisle.

At least six escorts, attired in suitable dress (i.e. Bunads, Mounties, Heritage Members or apparel unique to the Host area) to escort the District No. 7 Officers and International Representatives one by one to the chairs on the right of the center aisle. A list of the order of entry will be submitted by the District Secretary.

The Invited Dignitaries (i.e. Norwegian Consul; M.P.; M.L.A.; Mayor etc.) will be accompanied by the escorts one by one and seated on the left side of the aisle. The Chairperson will be stationed at the head table podium. Each person escorted into the Meeting Room will be introduced by the Chairperson as they enter.

When all are in position the Chairperson will ask all to rise for the presentation of the Canadian, Norwegian and United States Flags (see Flag Protocol). All three National Anthems will be sung.

The Chairperson will then invite each guest speaker to proceed to the podium to say their words of welcome. When all speeches are completed the Master of Ceremonies will call for a Coffee Break.

On completion of coffee the Dignitaries will depart and the Convention Chair calls the meeting to order. The District Board and International representatives will take their places on the dais.

The Convention Chair will declare the meeting "Officially Open" and turn the gavel over to the District President.

FLAG PROTOCOL

One of the first impressions that your Conventions delegates or guests will receive is the presentation of our National Flags. It is therefore of the utmost importance that the Opening Ceremonies be conducted with dignity, precision and accepted protocol. For your Convention and other special occasions in Sons of Norway the Canadian, Norwegian and U.S. Flags should all be presented.

The positioning and sequence of presentation of the National Flags varies with different countries. These instructions apply to Flag Protocol applicable in Canada.

The major importance is to display all National Flags with equal dignity and precision. All National Flags being display should be of equal dimensions. They should be mounted on poles of equal quality and length. The finial (the ornament at the top of the pole) should be the same on all flag poles. The flags should be carried with dignity.

The recommendation for carrying the National Flags is as follows: Hold the flagpole on the right hand side of your body, pointing forward at about a 60-degree angle. This can be accomplished with your right hand held straight down by your side and your left hand horizontally across your body. This will give the desired forward angle to the flag. **NEVER ALLOW THE FLAG TO TOUCH THE FLOOR OR GROUND.**

PRESENTATION

All present must be asked to stand for the parading of the National Flags. The Canadian Flag **MUST** be presented **FIRST**, the Norwegian Flag **SECOND** and the U.S. Flag **LAST**. To start the procedure, the Musician should play a march or some appropriate music while the Canadian Flag is being carried to the front of the room. The flag bearer should stop at the center of the room and turn to face the audience. The assembly then facing the flag, sings the Canadian National Anthem. The flag bearer then places the Canadian Flag in the center position of the flag stands and then stands behind the flag stands. The procedure is then repeated for the Norwegian and U.S. Flags and Anthems. The Norwegian Flag should be positioned to the Left of the Canadian flag, as seen by the audience. The U.S. Flag should be positioned to the right of the Canadian Flag, as seen by the audience.

When all three flags have been presented and anthems have been sung, the flag bearers should march back to the starting point and dismiss.

NOTES:

- 1) Brief the Flag Bearers on their duties don't assume they will know what is expected of them.
- 2) Brief the Musician on the procedure.
- 3) The Flag Bearers do not sing the anthems, they are on parade.
- 4) Everyone must face the Flags during the singing of the National Anthems.

SO YOU'RE A DELEGATE TO A DISTRICT CONVENTION



The following information was formulated to familiarize local Lodge delegates with a District Convention.

FORWARD

Often in our Lodge work, we get the impression that the rules of the Order are set by the International Headquarters (Home Office). This is true only in the setting up of procedures by which we operate. The authority for creating new laws and changing existing laws as it relates to the Constitution and By-Laws rests solely with the International Lodge.

BY-LAWS:

If we want to make changes to our Laws and Procedures, it must be done through resolutions at the **DISTRICT CONVENTION**. This ensures analytical evaluations of ideas as they relate to the entire Order. However, conformity in the delivery of our programs is desirable, if not essential.

The International Lodge, its Officers and Directors, are first elected as representatives of the various District Lodges in the order. There is only one way in which a member can start on his or her way to a position on the International Board. That is by way of first representing his or her lodge as a delegate to a District Convention.

SO WHAT IS A CONVENTION ALL ABOUT?

The following paragraphs will lead you through the various steps and procedures prior to and during the Convention.

ELECTION OF DELEGATES AND ALTERNATES:

By-Laws stipulate the formula that determines the number of delegates each Lodge is allowed. It is based on membership figures supplied by Home Office as of December 31 of the previous year. Delegates must be elected at least ninety days prior to the opening of the District Convention. In most cases, this means that the election must be conducted on or before the last day of February of the Convention year. At the same time each lodge should elect alternates which at least equal the number of delegates elected. An alternate becomes a delegate when he/she replaces a duly elected delegate. Delegates are voting members of the District Lodge until the next Convention when another delegate "team" is elected. **THE DISTRICT SECRETARY MUST BE ADVISED OF THE NAMES AND ADDRESSES OF DELEGATES AND ALTERNATES NO LATER THAN TEN DAYS AFTER THE ELECTION.**

It is desirable that delegates and alternates have a thorough knowledge and appreciation of the working and condition of the Lodge. Selection should be made based on those who will best serve the needs of the Lodge and the Order. It should not be a process of reward. Although not mandatory, the President of the Lodge should be a Delegate. When choosing delegates, consideration should be given to whether they have an interest in seeking a position on the District Board and whether they are available and willing to be a delegate to the subsequent International Convention who must be Sons of Norway insurance policy holders.

District Officers automatically attend the District Convention; they are not elected as delegates. A District Officer's term expires upon the installation of his/her successor. A District Officer who is not re-elected is still eligible for election as a delegate to the subsequent International Convention.

SO WHAT IS EXPECTED OF YOU AS A DELEGATE?

Once chosen, each delegate must realize and appreciate what is expected of him/her. This can be simply stated in three words – **PREPARE, PARTICIPATE, AND REPORT.**

Delegates must be willing to **PREPARE** by studying the resolutions in the Convention Reports Book and By-Laws. Particular attention should be paid to those sections that apply to the resolutions that deal with By-Law changes. Each Delegate must be willing to meet with their own Local Lodge Executive and delegates to discuss the resolutions and how they would affect their Local Lodge.

Delegates, must be willing to **PARTICIPATE**, by being alert to what is going on during the Convention; by asking questions; by meeting and talking to other delegates and members; and by making their Lodge's wishes known concerning the subject being discussed.

Delegates must be prepared to **REPORT** to their Lodge following the Convention. The Lodge has a right to a return on their investment by way of feedback.

If not all of the above is done to the best of your ability, you are letting your Lodge down. It may have been a nice experience and something may have been learned but, if this is not shared, then only the delegate would have benefited and only in a personal way.

As a delegate, you will incur expenses – for travel, accommodation, food, etc. The portion of these expenses that your Lodge is prepared to cover is determined by your Lodge. Few (if any) lodges cover all out-of-pocket expenses; some cover certain portions and some may not cover any expenses. Cost for time off work is the sole responsibility of each Delegate, not the Lodge.

RESOLUTIONS AND CHANGES:

Resolutions as approved by the Lodge are submitted to the District Secretary at least ninety days prior to the start of the District Convention. This is necessary because the resolutions must be included in the Convention Reports Book. Lodges are encouraged to select a Resolution Committee in the year prior to the Convention so that there is time for careful selection of items for consideration. Resolutions should be well thought-out and truly for the "Good of the Order". Delegates and their Lodge membership should not be discouraged if their resolutions are not passed. We should be satisfied that proposed changes have been thoroughly discussed, but perhaps with a different perspective than that of the sponsoring Lodge. Please refer to information on "Resolutions" on District #7 website at www.sofn7.com for the proper outline when preparing resolutions for submission.

CONVENTION BIDS:

Lodges wishing to bid on hosting the next Convention should send a letter to the District Secretary to that effect. Pertinent information should be enclosed such as the proposed location, accommodation, cost, etc. The Reports Committee advises the Convention of the bids received and will comment as to their satisfaction or otherwise on the information that was presented with the bid. Convention delegates will make the actual selection by secret ballot. Lodges wishing to bid can also request time during the Convention meeting to make a presentation.

THE CONVENTION:

A District No. 7 Convention may a four-day affair or less.

Day 1 Thursday the Convention Committees meet – Board meets

Day 2&3 Friday – Saturday the Convention meeting is held

Day 5 Sunday the new District Board meets

DISTRICT BOARD MEETING:

The main purpose of the District Board meeting immediately preceding the Convention is:

- 1) to ensure that all plans are in readiness
- 2) to give direction and assistance to Convention Committees, and
- 3) to prepare material for the proposed budget (for the next term) and assist the Finance Committee

CONVENTION COMMITTEES:

The appointment of members to the various Convention Committees is the prerogative of the District President. Prospective members are usually consulted by telephone and appointments are then confirmed in writing. Each Convention Committee is composed of at least three delegates. The Committees (as outlined in the following paragraph) are responsible for dealing with resolutions, By-Laws, changes, proposals and budgets, and for the presentation of these items to the Convention.

COMMITTEE ON LAWS: Deals with all By-Law change proposals. A two-thirds majority vote is required.

COMMITTEE ON RESOLUTIONS: Deals with resolutions regarding procedures. They also recommend the various "Thank-you" letters.

COMMITTEE ON FINANCE: Deals with financial reports and budget proposals.

COMMITTEE ON FRATERNAL PROGRAMS: Deals with items involving the development and delivery of programs and activities, including publicity programs.

COMMITTEE ON REPORTS: Deals with the reports presented in the Convention Reports Book and the review of Convention bids. They may also comment on the actual Reports book as they see fit.

Committee members are allowed expenses for the day of the Committee meetings to the same limits as for District Officers.

The past few years has seen the downsizing of the number of committees depending on the workload. Combining two or more committees under one set of delegates has worked well when warranted.

All Committees are encouraged to interview District Board members and any other members that they feel can provide information to the Committee.

- ✿ The purpose of the Committee is to discuss, evaluate, consolidate, and make recommendations or propose replacement resolutions to the Convention.
- ✿ Any business item during the Convention must be prepared by a Convention Committee.
- ✿ All Convention Committee members are expected to reflect complete impartiality in their deliberations, considering the welfare of the Order as a whole.

Presentation of items for Convention consideration can be done in two ways:

- 1) The Committee will state whether or not they agree with the change proposed and will then recommend acceptance or rejection. It must be noted that a Resolution/By-Law change has been developed and approved by either a Lodge or the District Board. Therefore, a motion and secondary are not required.
- 2) A new dimension or consolidation of ideas is presented as an amendment or a replacement proposal. In this case, the Committee makes a motion, but a secondary is not required as the Committee consist of two or more persons.

One Committee member does not make a motion to amend on his/her own except if he/she temporarily leaves the Committee table to speak from the floor. If the Committee is not unanimous, it is permissible to present a minority report. It is in order for a dissenting Committee member to enter debate from the floor.

A report in the Reports Book is written by an individual so the Reports Committee will simply move for its acceptance or rejection, clearly stating the reasons

OTHER CONVENTION COMMITTEES:

The Organizing Committee of the Host Lodge is not a regular part of the Convention except that recognition is normally given individually or collectively for the work that has been completed. The Convention Chairperson is given the opportunity (at the commencement of a session or immediately before a break) to make announcements or requests.

REGISTRATION:

Article 3.6.3 in the Charter, Constitution Policies & Procedures, 2016-2018 states: The Secretary of the District Lodge shall prepare a list of all duly elected delegates and alternates for the use by the convention registration committee and the District Committee on Delegate Eligibility. A current Sons of Norway membership card and a form of picture identification will be used as a means to identify a delegate. (8/04)

CACUS MEETINGS:

Each Zone in District No. 7 (Zone 1, 2, 3 & 4) may meet from time to time through the Convention meeting or in the evenings. The Zone Director usually arranges caucuses. However, each caucus will elect its own Chairperson who will preside over the meetings and be the spokesperson on items that pertain to caucus discussion.

THE CONVENTION AGENDA:

Delegates must be seated before the start of the Opening Ceremonies.

OPENING CEREMONIES:

- ◆ Convention Chairperson co-ordinates
- ◆ Seating of the District Board of Directors
- ◆ Presentation of flags
- ◆ Singing of anthems
- ◆ Welcome address by Host Lodge President
- ◆ Address by Municipal Dignitary

DISTRICT PRESIDENT PRESIDES:

- ✚ Introduction of International Officers and Directors attending
- ✚ Introduction of District Board members
- ✚ Recognition of Past International Officers and Directors attending
- ✚ Recognition of Past District Officer attending
- ✚ Introduction of Sons of Norway staff members attending
- ✚ Introduction of Recording Secretary and Typist
- ✚ Visiting dignitaries (with marshals or escort) will exit at this time
- ✚ Roll Call of District Officers and Delegates
- ✚ Motion to give International Officer and Directors the privileges of the floor
- ✚ Credentials Committee report on status of Delegates and majorities
- ✚ Committee appointments confirmed
- ✚ Appointment of temporary officers (Marshals and Guard for the Session). New temporary officers are assigned each half day
- ✚ Minutes of the Previous Convention

COMMITTEE REPORTS AND CONSIDERATIONS:

(This is a major part of the Convention)

PRESENTATIONS:

- ▶ Convention Chairperson
- ▶ Lodge of the Year
- ▶ Membership Contest
- ▶ Memory Book Contest
- ▶ Plaques to out-going District Officer
- ▶ Other miscellaneous mementos and donations

District President (or Vice President) appoints scrutinizers to count ballots

Election of District Officers:

President

Vice President

Secretary

Treasurer

Cultural Director

Recreation/Youth Director

Publicity Director

General Director

Declaration of candidate for International Officer Position (if required)

Selection of Host Lodge for the next District Convention

Election of Delegates to the International Convention

Announcements

INSTALLATION: Exact time and place arranged by Host Lodge Convention Committee, in consultation with the District President. The District President will choose the Installing Officer and the Installing Marshalls will be through consultations between District President and Host Lodge Committee.

Adjournment

New District Board of Directors meeting usually commences at 9:00 a.m. on Sunday.

DISTRICT LODGE NO. 7 CONVENTION - COMMITTEES

NOTE: The name listed first in each committee was the Chairperson

1968

LAWS - Henry Sotvedt, #8; Olav Saele, #20; Kaare Sather, #19
FINANCE - Otto Maaren, #19; Len Johnson, #63; Edwin Malones, #85
SPORTS – Annar Jacobsen, #8; Johan Olsen, #28; Steve Hindrum, #19
REPORTS – Daphne Winkler, #63; Nils Kristiansen, #76; Erling Skuggedal, #71
RESOLUTIONS – Jack Lysne, #53; Margaret Floe, #81; Hans Hanston, #79

1970

LAWS – Mervin Rogelstad, #19; Henry Sotvedt, #8; Karen Flakstad, #85
FINANCE – Tom West, #71; Gerd Henley, #81; John Vestli, #84
RESOLUTIONS – Hans Hanston, #79; Margaret Chipman, #20; Tron Kringhaug, #76
SPORTS & YOUTH ACTIVITIES – Sig Bekken, #71; Erling Omtvedt, #8; Roy Johnson, #63
Elsa Aase, #71; Enes Christiansen, #93
REPORTS – Ralph Hagen, #71; Henry Christiansen, #93; Daphne Kristiansen, #63

1972

LAWS – Nils Hoeg, #85; Hans Engen, #89; Tore Klausen, #8
REPORTS AND FINANCE – Christian Bonde, #76; Roy Johnson, #63; Kaare Sather, #19
RESOLUTIONS – Tom Taylor-Bullen, #81; Margaret Chipman, #20; Kelly Meade, #81
SPORTS & YOUTH ACTIVITIES – Bjorn Grendel, #8; Karen Smale, #71; Dennis Hansen, #84

1974

LAWS – Henry Sotvedt, #8; Art Lear #71; Agnar Gjesdal, #81
REPORTS & FINANCE – Christian Bonde, #76; Hans Myhre, #88; Vera Lysne, #53
RESOLUTIONS – Mervin Rogelstad, #19; Henry Christiansen, #93; Doreen Poulsen, #8
SPORTS & YOUTH ACTIVITIES – Tore Pettersen, #71; Bill Winship, #81

1976

LAWS – Kaare Sather, #19; Harald Ravaa, #81; Annar Jacobsen, #08
REPORTS & FINANCE – Helen Larsen, #19; Alma Almhjell, #08; Van Gray, #08
RESOLUTIONS – Art Lear, #71; Oral Bjorke, #99; Bjarne Thorshaug #53
SPORTS & YOUTH ACTIVITIES – Kelly Meade, #81; Synnove Jacobsen, #8; Nilo Itkonen #71

1978

LAWS – Harald Revaa, #81; Eugene Voight, #100; Bea Fossum, #84
REPORTS & FINANCE – Van Gray, #8; Lila Fitzsimmons, #28; Bob Smales, #71
RESOLUTIONS – Gina Rekdal, #8; Fred Swetish, #109; Lynn Kay
SPORTS & YOUTH ACTIVITIES – Dennis Carter, #104; Donna Halvorsen, #99; Pat Gray, #8

1980

LAWS – Tore Pettersen, #71; Van Gray, #8; Harald Revaa, 81
REPORTS & FINANCE – Charles Spencer, #104; Bjarne Thorshaug, #53; Jim Carlson, #28
RESOLUTIONS – Una Carlson, #19; Arvid Larsen, #63; Andy Ellingsen, #8
YOUTH & RECREATIONS – Reidun Seim, #81; Conrad Brattebo, #76; Synnove Jacobsen, #8

1982

LAWS – Reidun Siem, #81; Bjarne Thorshaug, #53; Mervin Rogelstad, #19

FINANCE – Andy Ellingsen, #8; Ralph Casperson, #121; Barry Carlson, #19

RESOLUTIONS – Conrad Brattebo, #76; Ron Anderson, #93; Wilf Akerlund, #109

YOUTH & RECREATION – Tore Pettersen, #71; Karen Frigstad, #20; Baard Braaten, #8

REPORTS – Charles Spencer, #104; Shannon Davidson, #84; Arvo Pavarinta, #63

1984

LAWS – George Grasdahl, #104; Kathy Furuness, #63; Kaare Sather, #19

FINANCE – Arne Sorbo, #8; Dorothy Thoen, #93; Agnar Gjesdal, #81

RESOLUTIONS – Elisabeth Jensen, #53; Bob Kneeland, #109; Gina Rekdal, #8

YOUTH AND RECREATION – Norma Morrison, #93; Vera Lysne, #53; Shannon Davidson #84

REPORTS – Al Longva, #19; Edel DeLong, #76; Dorothy Maxwell, #100

1986

LAWS – Nils Hoeg, #53; Arvid Larsen, #63; Shannon Davidson #64

FINANCE – Tor Ring, #93; Ross Hanson, #84; Ildri Nordlie, #8

RESOLUTIONS – Curt Jensen, #53; Audrey Casperson, #121; Al Cristofoli, #76

FRATERNAL PROGRAMS – Gladys Jaques, #81; John Martinsen, #71; Karen Klotz, #109

REPORTS – Gunnar Warolin, #8; Sharon Fitger, #19; Harald Jensen, #98

1988

LAWS – Bjarne Thorshaug, #53; Al Cristofoli, #76; David Fitger, #19

FINANCE – Peter Kirk, #8; Lloyd Paine, #109; Karin Edberg-Lee, #137

RESOLUTIONS – Elsa Ring, #93; Patty Haaheim, #19; Vera Lysne, #53

FRATERNAL PROGRAMS – Myrtle Spencer, #104; Hans Pederson, #79; Evelyn Novik, #8

REPORTS – Bea Fossum, #84; Bob Acott, #71; Norma Morrison, #8

1990

LAWS – Annar Jacobsen, #8; Patty Haaheim, #19; Arvid Larsen, #63

FINANCE – Erik Brochmann, #8; Norma Paulson, #135; Beverly Saugstad, #142

RESOLUTIONS – Vivian Bates, #19; Barry Brekke, #142; Lee Acott, #71

FRATERNAL – Olav Tveita, #137; Chantell Brenholen, 141; Niels Selnes, #109

REPORTS – Susan Stainton, #19; Karen Ring, #8, Deena Patten, #84

1992

LAWS/RESOLUTIONS – Bjarne Thorshaug, #53; Jean Christensen, #109; John Hoem, #140

FINANCE – Gunnar Warolin, #8; Carrie Ellingsen, #141; George Gudbranson, #144

FRATERNAL/REPORTS – Alice Cristofoli, #76; Ron Stubbings, #19; Orpha Peterson, #99

1994

LAW/RESOLUTIONS – Bjarne Thorshaug, #53; Joan Lemky, #71; Kare Paulsen, #142

FINANCE – Arne Sorbo, #8; Sharon Coles, #81; Reg Norberg, #140

FRATERNAL/REPORTS – Jean Christensen, #76; Victor Petersen, #99; Alan Blackwell, #135

1996

LAWS/RESOLUTIONS – Sharon Coles, #81; Sheila Stach, #104; Tom Lie, #156

FINANCE – Arne Sorbo, #8; Thelma Morisset, #93; Ida Pedersen, #63

FRATERNAL/REPORTS – Olav Tveita, #141, Kari Meidal, #109; Howard Melo, #53

1998

LAWS/RESOLUTIONS – Al Coates, #53; Susan Strang, #19; Myles Ringheim, #76

FINANCE – Tore Pettersen, #71; Doreen Wold, #141; Knut Bjorndal, #93

FRATERNAL/ REPORTS – Annar Jacobsen, #8; Mary Jensen, #98; Arvo Paivarinta, #63

2000

LAWS/RESOLUTIONS – Al Stennes, #53; Bev Saugstad, #142; Conrad Brattebo, #76

FINANCE – Ian Barnhill, #8; Brian Grondal, #157; Tor Ring, #93

FRATERNAL/REPORTS – Dorothy Thoen, #141; Sheila Stach, #104; John Martinsen, #71

2002

LAWS/RESOLUTIONS – Helen Mosdell, #19; Tor Ring, #93; John Martinsen, #71

FINANCE – Dorothy Thoen, #141; Bryan Grondahl, #157; Al Stennes, #53

FRATERNAL/REPORTS – Shannon Davidson, #84; Ron Anderson, #93, Karen Ring #8

2004

LAWS/RESOLUTIONS – Karen Ring, #8; Barry Nelson, #137; Bryan (Bud) Grondahl, #157

FINANCE – Martin Naske, #8; Kathy Furuness, #63; Shirley Grayston, #79

FRATERNAL/REPORTS – Bev Akerlund, #109; Al Coates, #53; Helen Bouchier, #76

2006

LAWS/RESOLUTIONS – Dorothy Thoen, #141; Alice Cristofoli, #76; Allen Coates #53

FINANCE – June Rusas #8; Bonnie Close, #53; Patty Haaheim #19

FRATERNAL/REPORTS – Val Biffert, #140; Clara Hare, #109; Veronica Brochmann, #8

2008

LAWS/RESOLUTIONS/ FRATERNAL/REPORTS – Tore Pettersen, #71; Alice Cristofoli, #76;
Wilf Akerlund, #109

FINANCE – Jim Hall, #53; Susan Strang, #19; Veronica Brochmann, #8

2010

LAWS/RESOLUTIONS/FRATERNAL/REPORTS – John Martinsen, 71; Kath Bowie, 8; Kim Jensen, No. 141.

FINANCE – Clara Hare, 109; Mel Anderson, 104; Joan Knapp, 53.

2012

LAWS/RESOLUTIONS/FRATERNAL/REPORTS – Erik Knudsgaard, #76; Jakob Tengs, #19; Vance Hanson, #53

FINANCE – June Ruzas, #8; Donna Hedley, #20; Thelma Lysne, #53.

2014

LAWS/RESOLUTIONS/FRATERNAL/REPORTS – Cathy Naske. #08; Lloyd Coltman. #109; Riita Huttunen'; #19

FINANCE - Melvin Klassen; #53, Andrina Benazic; #71, Donna Hedly, #20

2016

LAW/RESOLUTIONS/FRATERNAL/REPORTS - Linda Conway #008, Krista Solie #019, John Martinsen #71

FINACE - Melvin Klassen #53, Marion Dick #20, Ida Pedersen #63

DISTRICT LODGE NO. 7 DELEGATES TO INTERNATIONAL CONVENTION

1968 – ST. PAUL, MINNESOTA

Tormod Rekdal – District President
Henry Sotvedt – Sleipner No. 8
Bjornulv Gjervan – Sleipner No. 8
Kaare Sather – Varden No. 19
Olav Saele – Nordlys No. 20
Jack Lysne – Eidsvold No. 53
Alf Strom – Rondane No. 71
Ralph Hagen – Rondane No. 71
Bjarne Tvete – Viking No. 81

1970 – PORTLAND, OREGON

Tormod Rekdal – District President
Anfin Haaheim – District Secretary/Treasurer
Bjorn Grendel – Sleipner #8
Kolbjorn Nordlie – Sleipner #8
Jon Tronstad – Sleipner #8
Mervyn Rogelstad – Varden No. 19
Len Johnson – North Star #63
Ralph Hagen – Rondane #71
Gunnar Selvig – Nordic No. 76
Harald Revaa – Viking No. 81
Hans Myhre – Norland No. 88

1972 – MIAMI, FLORIDA

Ralph Hagen – District President
Anfin Haaheim – District Secretary/Treasurer
Tore Klausen – Sleipner No. 8
Bjorn Grendel – Sleipner No. 8
Kolbjorn Nordlie – Sleipner No. 8
Ina Soros – Varden No. 19
Len Johnson – North Star No. 63
Sig Bekken – Rondane No. 71
Gunnar Selvig – Nordic No. 76
Tom Taylor-Bullen – Viking No. 81
Nils Hoeg – Kon Tiki No. 85

1974 – BANFF, ALBERTA

Jack Lysne – District President
Nils Hoeg – District Secretary/Treasurer
Tormod Redkal – Sleipner No. 8
Tore Klausen – Sleipner No. 8
Annar Jacobsen – Sleipner No. 8
Anfin Haaheim – Varden No. 19
Bernice Cruickshank – Eidsvold No. 53
Art Lear – Rondane No. 71
Agnar Gjesdal – Viking No. 81
Paul Malakoff – Dovre No. 99

1976 – ALEXANDRIA, MINNESOTA

Jack Lysne – District President
Nils Hoeg – District Secretary/Treasurer
Gina Rkdal – Sleipner No. 8
Annar Jacobsen – Sleipner No. 8
Henry Sotvedt – Varden No. 19
Kaare Sather – Varden No. 19
Helen Johnson – North Star No. 63
Ralph Hagen – Rondane No. 71
Harald Revaa – Viking No. 81
Walter Ratzlaff – Leif Erikson No. 93

1978 – FARGO, NORTH DAKOTA

Tore Klausen – District President
Nils Hoeg – District Secretary/Treasurer
Gina Rekdal – Sleipner No. 8
Annar Jacobsen – Sleipner No. 8
Helen Larsen – Varden No. 19
Jack Lysne – Eidsvold No. 53
Nilo Itkonen – Rondane No. 71
Harald Revaa – Viking No. 81
Tom Jorsvik – Hardanger No. 109

1980 – NORTH HOLLYWOOD, CALIFORNIA

Tore Klausen – District President
Helen Larsen – District Secretary
Evelyn Novik – Sleipner No. 8
Van Gray – Sleipner No. 8
Annar Jacobsen – Sleipner No. 8
Jack Lysne – Eidsvold No. 53
Niilo Itkonen – Rondane No. 71
Harald Revaa – Viking No. 81
Karin Johnson – Leif Erikson No. 93

1982 – MADISON, WISCONSIN

Harald Revaa – District President
Helen Larsen – District Secretary
Andy Ellingsen – Sleipner No. 8
Baard Braaten – Sleipner No. 8
Jack Lysne – Eidsvold No. 53
Tore Pettersen – Rondane No. 71
Bea Fossum – Scandia No. 84
Elsa Ring – Leif Erikson No. 93
Charles Spencer – Saga No. 104

1984 – VANCOUVER , B.C.

Tore Pettersen – District President
Dorothy Thoen – District Secretary
Helen Larsen – Varden No. 19
Kathy Furuness – North Star No. 63
Art Lear – Rondane No. 71
Harald Revaa – Viking No. 81
Elsa Ring – Leif Erikson No. 93
Charles Spencer – Saga No. 104
Bob Kneeland – Hardanger No. 109

1986 – PHILADELPHIA, PA.

Tore Pettersen – District President
Dorothy Thoen – District Secretary
Evelyn Novik – Sleipner No. 8
Tormod Rekdal – Sleipner No. 8
Arvid Larsen – North Star No. 63
Art Lear – Rondane No. 71
Harald Revaa – Viking No. 81
Tor Ring – Leif Erikson No. 93

1988 – RAPID CITY, SOUTH DAKOTA

Dorothy Thoen – District President
Alice Cristofoli, District Secretary
Tormod Rekdal – Sleipner No. 8
Gunnar Warolin – Sleipner No. 8
Tore Pettersen – Rondane No. 71
Al Cristofoli – Nordic No. 76
Shannon Davidson – Scandia No. 84
Charles Spencer – Saga No. 104

1990 – SPOKANE, WASHINGTON

Dorothy Thoen - District President
Alice Cristofoli – Alt. District Secretary
Gunner Warolin – Sleipner No. 8
Vivian Bates – Varden No. 19
Vera Lysne – Eidsvold No. 53
Tore Pettersen – Rondane No. 71
Karin Edberg-Lee – Golden Ears No. 137
Martin Holt – Golden Ears No. 137

1992 – LILLEHAMMER, NORWAY

Dorothy Thoen – District President
Alice Cristofoli – District Secretary
Gunner Warlin – Sleipner No. 8
Gina Rekdal – Sleipner No. 8
Kaare Tyssedal – Sleipner No. 8
Harald Revaa – Viking No. 81

1994 MINNEAPOLIS, MINNESOTA

Bjarne Thorshaug – District President
Jean Christensen – District Secretary
Gunnar Warolin – Sleipner No. 8
Borghild Tyssedal – Sleipner No. 9
Bob Gunderson – Eidsvold No. 53
Egil Lindquist – Rondane No. 71
Dorothy Thoen – Heimdal No. 141

1996 – MINOT, NORTH DAKOTA

Bjarne Thorshaug – District President
 Karen Edberg-Lee – Alt. District Secretary
 Erik Brochmann – Sleipner No. 8
 Veronica Brochmann – Sleipner No. 8
 Bob Gundersen – Eidsvold No. 53
 Tore Pettersen – Rondane No. 71
 Tor Ring – Leif Erikson No. 93

1998 – ANAHEIM, CALIFORNIA

Erik Brochmann – District President
 Thelma Morisset – District Secretary
 Veronica Brochmann – Sleipner No. 8
 Annar Jacobsen – Sleipner No. 8
 Howard Melo – Eidsvold No. 53
 Tore Pettersen – Rondane No. 71
 Tor Ring – Leif Erikson No. 93

2000 – STAVANGER, NORWAY

Erik Brochmann – District President
 Dorothy Thoen – Alt. Dist. Secretary
 Wenche Garner – Hardanger No. 109
 Annar Jacobsen – Sleipner No. 8
 Veronica Brochmann – Sleipner No. 8
 Elsa Ring – Lief Erikson No. 93
 Tor Ring – Lief Erikson No. 93

2002 – MADISON, WISCONSIN

Elsa Ring – District President
 June Rusas – District Secretary
 Annar Jacobsen – Sleipner No. 8
 Erik Brochmann – Sleipner No. 8
 Dorothy Thoen – Heimdal No. 141
 Wenche Garner – Hardanger No. 109

2004 – WASHINGTON, D.C.

Ron Stubbings – District President
 Dorothy Thoen – Alt. District Secretary
 Veronica Brochmann – Sleipner No. 8
 Elsa Ring – Leif Erikson No. 93
 June Ruzas – Sleipner No. 8
 Alice Cristofoli – Nordic No. 76

2006 – VANCOUVER, B.C.

Ron Stubbings – District President
 Ian Barnhill – Alt. District Secretary
 Dorothy Thoen – Heimdal No. 141
 Helen Mosdell – Varden No. 19
 Gloria Benazic – Rondane No. 71
 Alice Cristofoli – Nordic No. 76

Resource Book District Lodge No. 7 – revised 2018

2008 – SAN DIEGO, CALIFORNIA

Ron Stubbings – District President
 Thelma Morisset – District Secretary
 Jim Hall – Eidsvold No. 53
 Veronica Brochmann – Sleipner No. 8
 Ralph Haugland – Sleipner No. 8
 Gloria Benazic – Rondane No. 71

2010 – COUR D’ALENE, IDAHO

Gloria Benazic – District President
 Patty Schwartz – District Secretary
 Jim Hall – Eidsvold No. 52
 Ron Stubbings – Varden No. 19
 Tore Pettersen – Rondane No. 71
 Alice Cristofoli – Nordic No. 76

2012 – FARGO, NORTH DAKOTA

Gloria Benazic – District President
 Patty Schwartz – District Secretary
 Jim Tore Breivik – North Star No. 63
 Erik Brochmann – Sleipner No. 8
 Tore Pettersen – Rondane No. 71
 Erik Knudsgaard – Nordic No. 76

2014 – JACKSONVILLE, FLORIDA

Erik D. Brochmann – District President
 Jim Tore Breivik – North Star No. 63
 Alice Cristofoli – Marion Snowball (Alternate)
 No. 8
 Veronica Brochmann - Sleipner
 Gloria Benazic – Andrina Benazic (Alternate) No. 71

2016 - TACOMA, WASHINGTON

Erik Brochmann, District President
 Thelma Lysne, Eidsvold #53
 Vance Hanson, Eidsvold #53
 Jim Tore Breivik, North Star #63
 Marian Snowball, Sleipner #8
 Andrina Benazic, Rondane #71



SECTION 8

DISTRICT

LODGE

NO. 7

BY-LAWS



BY-LAWS

ARTICLE I – NAME & TERRITORY

Par. 1 The name of the District shall be DISTRICT LODGE NO. 7, SONS OF NORWAY. It shall include the Province of British Columbia.

ARTICLE II - AUTHORITY

Par. 1 The District Lodge shall promote the interest of Sons of Norway within the province and shall co-operate with and assist the International Lodge and its officers in their work.

ARTICLE II A – FISCAL YEAR

Par. 1 The Official and Fiscal Year for District #7, Sons of Norway be the period January 1 to December 31 starting January 1, 2005.

ARTICLE III - CONVENTIONS & REPRESENTATIONS

Par. 1 The District Lodge shall meet for regular Conventions every second year and the closing date of such Convention shall not be less than forty-five (45) days prior to the opening of the International Convention of the same year. The Convention shall last for two (2) days.

The charge for registration to the Convention shall not exceed fifty dollars (\$50.00) per person.

Traveling expenses of the local lodge delegates to the District Lodge Convention shall be the sole responsibility of the individual lodges and their respective delegates.

Each delegate to a District No. 7 Convention will be furnished with a Convention information brochure prior to the Convention.

Par. 2 Every Lodge within the District Shall be entitled to two (2) delegates for the Lodge and one (1) delegate for each fifty (50) members or major fraction thereof, based on the last Membership Report prior to the election of delegates.

All members in good standing are eligible for election and the Lodge President should be one of the delegates. All shall be elected ninety (90) days prior to the Convention. At the same time as the delegates to the District Convention are elected, an adequate number of alternates shall be elected to fill the places of duly elected delegates prevented from attending the meeting, the first duly elected alternate filling the first vacancy, the second the next vacancy, etc.

- Par. 3 **Past District Presidents Seating:** At any District # 7 Lodge Meeting, a District # 7 Past President, who is in attendance and is not a current member of the District # 7 Lodge, shall have the privilege of being seated at a delegate table, providing he or she is a member of a Local Lodge of Sons of Norway. He or she shall be granted the privilege of the floor, but shall have no vote, nor is the individual entitled to any expense reimbursement from the District # 7 Treasury for this seating privilege.
- Par. 4 **International Representation:** District Lodge # 7 shall be entitled to two (2) “delegates at large” for the District, to the International Lodge Meeting, which should be the newly-elected President and Secretary; and one (1) delegate for each three hundred (300) members or major fraction thereof, based on the last annual Membership Report prior to the District Lodge Meeting, all of whom shall carry a valid insurance/benefit policy at the time of the International Lodge Meeting. Members who had and retain valid policies with Faith Life that had previously been Sons of Norway policies are also eligible.
- Par. 5 **International Director Nominations:** If the District Lodge Meeting occurs in a year in which the International Director for District # 7 is to be nominated, the election of that Director Nominee and the Alternate Director Nominee must occur prior to the general delegate election. If either or both members are not already “delegates at large” as stated in Par. 4, these nominees will each become representatives from their respective Zones and will sit as regular delegates in the International Lodge Meeting.
- Par. 6 **Delegate Elections:** The delegates to the International Lodge Meeting, as stated in Par. 4 above, shall be elected in a first round on the basis of one delegate per Zone. If no representative is available from one Zone, that delegate allocation will be moved to the Zone with the largest membership number. If the membership number is such that permits more than one delegate per Zone, additional delegate(s) may be elected from the Zone(s) with the largest membership number(s). Conversely, if the membership number in the District falls below the level of entitling one delegate per Zone, the Zones with the least number of members will combine to elect one delegate to represent those Zones.
- Par. 7 **Alternate Delegate Pool:** An appropriate number of alternate delegates shall be elected and be placed in an Alternate Delegate Pool. If any delegate is unable to attend the International Lodge Meeting, the District President will select the Alternate Delegate to replace the elected Delegate.

ARTICLE IV – COMMITTEES

- Par. 1 The District President shall appoint committees for the Convention in accordance with the Constitution of Sons of Norway.

ARTICLE V – RESOLUTIONS

- Par. 1 All resolutions from local lodges are to be submitted to the District Secretary at least sixty (60)* days prior to the District Convention.
- Par. 2 Resolution to District No. 7 Lodges meeting shall be submitted with appropriate rationale explained in “WHEREAS’s: preceding the resolve or resolves.”

ARTICLE VI – LOSS OF RIGHTS

Par. 1 Members of the District Board who leave the Convention without valid excuse or permission before the Convention is over, shall forfeit all claims to traveling expenses.

ARTICLE VII – BONDING

Par. 1 The District Board shall see to it the President; Vice-president & Treasurer are bonded for the sum of Fifty Thousand Dollars (\$50,000.00) with a Two Hundred and Fifty Dollar (\$250.00) deductible for each claim. Said bond to cover both the District and International Funds and must be approved by the District Board.

ARTICLE VIII – SALARY & TRAVELING EXPENSES FOR DISTRICT OFFICERS

Par. 1. All District Officers shall, when attending District Board meetings, District Conventions and other functions as dictated by the District By-laws or as directed by the District President, be paid a per diem, to cover expenses for meals and accommodation based on the following:

ACCOMMODATION – actual motel/hotel room expenses not to exceed One hundred and thirty Dollars (\$130.00) per night;

MEALS – actual expenses not to exceed – Breakfast - \$11.00, Lunch - \$14.00, Dinner- \$25.00 for a total of not more than fifty dollars (\$50.00) per day. That receipts of actual expenditures be submitted for reimbursement.

They shall also be compensated for traveling expenses when using public transportation or compensation at the rate of fourth-five cents (\$.45) per km, for the use of private vehicles. These same rates shall also apply to members of the Sons of Norway when required to travel on behalf of District Lodge No. 7, Sons of Norway.

For travel in the United States, travel allowance are amounts in US currency, which are then converted to Canadian dollars for claim purposes.

Par. 2 The Secretary shall be paid a yearly remuneration of eight cents (\$.08) per member based on the membership reports. This is to be paid semi-annually.

Par. 3 The District Lodge shall pay the registration fee for members of the District Board of Directors attending a District Convention.

Par. 4 The members of District Convention Committees, appointed by the District President shall be paid per diem allowance to cover meals and accommodation equal to that stipulated for the District Officers.

ARTICLE IX - ZONES 4

Par. 1 For the purpose of electing District Officers, the District shall be divided into four(4) geographical zones.

Zone No. 1 ----- Vancouver Island

Zone No. 2 ----- Lower Mainland

Zone No. 3 ----- Northern B.C.

Zone No. 4 ----- Eastern B.C.

The District President shall be elected at large.

It is desirable, but not mandatory that each zone shall be represented by at least one (1) District Officer (not counting the District President) on the Board of Directors. Whenever a zone does not have a nomination to the Board, a nomination from the remaining zones is in order.

Par. 2 An alternate shall be elected for the Director on the District Board from any Zone having only one (1) Director on the Board.

ARTICLE X - DISTRICT BOARD OF DIRECTORS

Par. 1 There shall be eight (8) elected District Officers which shall be:

- | | |
|-------------------|--------------------------------|
| 1) President | 5) Cultural Director |
| 2) Vice-President | 6) Recreational/Youth Director |
| 3) Secretary | 7) Publicity Director |
| 4) Treasurer | 8) General Director |

The District Board of Directors shall consist of these eight (8) elected District Officers and the immediate Past-President who, during the first biennium following his/her term in office as District President, shall be provided for this office and if a vacancy in it should occur, it shall not be filled. The District President, District Vice-President, District Secretary and District Treasurer shall be elected first. These four (4) and one (1) other Director, if desired, shall constitute the Executive Board.

The General Director will have a one year term maximum.

Par. 2.1. **1. Nominating Committee**

The District Nominating Committee, (District #7 – ARTICLE XIV) shall identify, review and recommend all qualified candidates for the election of District Lodge Officers and Directors.

No member of the Nominating Committee shall be a candidate for election as District Lodge Officer or Director.

Members of the District Lodge may submit candidates to the Nominating Committee as determined by the District Lodge.

Candidates for nomination to the District Board shall be insured members and must meet all qualifications as set forth by the District Lodge.

The insured member provision for District Board officers and directors shall not be required for countries, provinces or for countries, provinces or states where Sons of Norway is not authorized to sell insurance.

Should a District allow nominations from the floor, the Nominating Committee must approve the qualifications of the candidate nominated from the floor before such candidate may be slated to the ballot for election.

Other procedures and deadlines for the nomination of candidates for District Lodge Officers or Directors shall be determined by the District Board.

2. Election Procedures:

a) Time of Election

The Officers are elected at the regular meetings of the District Lodge by the International Officers, International Directors, District Officers, District Directors and District Delegates present, all being current members of the District Lodge.

b) Ballots:

Ballots shall be used in all cases where there are two (2) or more candidates for any office.

A majority of the votes cast is necessary for election; otherwise election shall be by acclamation.

c) Candidates

If more than two (2) candidates have been nominated for an office and none receives a majority on the first ballot, the candidate receiving the least number of votes shall withdraw, and so on until one (1) candidate gets a majority. When there is only one (1) candidate for any office, vote by acclamation is permissible.

ARTICLE XI - BIENNIAL REPORT

Par. 1 District Officers and other reporting members shall submit their report of activities to the District Secretary at least sixty (60) days prior to the District Convention and a copy of the Biennial Convention Reports Booklet shall be printed and circulated to the Convention delegates thirty (30) days prior to the start of the Convention.

Par. 2 A Board Audit Committee made up of the three Executive Board members, excluding the Treasurer, will conduct a review of the prior year-ended financial statements, including a Balance Sheet and Profit and Loss Budget vs. Actual, and apply reasonable judgment of accuracy following a review of all documentation to be made available by the Treasurer with regard to bank and investment statements, expense reports with back up receipts, invoices, deposit books and all other materials which support the Treasurer's reports. In the year that completes the biennium term, the audit committee will also review the externally prepared financial statements.

Par. 3 The District Board shall, every two (2) years, issue a printed report of the previous two years' activities and a financial statement. The District Board shall engage an external accountant to prepare financial statements for the two-year period ending December 31. Following the spring meeting, the District Secretary shall in ample time before the District Convention, send one (1) copy of this two (2) year financial report to each member of the District Board. He/she shall also send one (1) copy to each Local Lodge in the District and to the office of the International Lodge. The District Secretary shall have the names of the elected representatives printed on this report and shall mail a copy to each delegate.

At the Biennial Convention and District Lodge # 7 Meeting, a delegates' financial committee of three (3) persons, with at least one (1) member with some financial background, will be appointed by the District President to do a review of the externally prepared Financial Statements, and the prior years' Balance Sheet & Profit and Loss Budget vs. Actual, and apply reasonable judgment of accuracy. All supporting documentation to be made available by the Treasurer with regard to bank and investment statements, expense reports with back up receipts, invoices, deposit books

and all other materials which support the Treasurer's reports, if requested by the District # 7 Lodge Meeting Delegates Financial Committee.

This delegates' audit committee shall report their assessment and recommended approval of the externally prepared financial statements to the delegates of the Biennial Convention and District Lodge # 7 Meeting

- Par. 4 A summary report of the Convention shall be sent to the Official magazine of the order and to the Leiflette by the District Secretary by August 15 of that year.

ARTICLE XIII - LODGE VISITS

- Par. 1 The District President shall visit all the lodges within the District, or delegate another member of the District Board to do so. It shall also be the duty of the members of the District Board to instruct local lodges in their ritualistic work.

ARTICLE XIII - VACANCIES

- Par. 1 When a vacancy occurs on the District Board that vacancy shall be filled by the District Board.
- Par. 2 The District Board shall, by majority vote of all the members, have power to remove from office any member of the Board for reason of incompetence, moral or physical disqualification, embezzlement or neglect of duty, provided that the accused has been given a chance to defend him or herself.

ARTICLE XIV - INTERNATIONAL DIRECTOR

- Par. 1 The District Board of Directors shall elect a Nominating Committee of no fewer than three (3) and no more than 5 members of the District Lodge.

The purpose of the Nominating Committee is to identify, review and recommend all qualified candidates for the election of International Director.

The Nominating Committee shall elect the Committee Chair from the elected committee members.

No member of the Nominating Committee shall be a candidate for election as International Director.

Members of the District Lodge may submit candidates to the Nominating Committee as determined by the District Lodge.

Candidates for nomination to the International Board of Directors shall be insured members and must meet all qualifications as set forth by the International Lodge.

The Nominating Committee shall review the qualifications of the candidates and approve the slate of one or more candidates for election.

Should a District allow nominations from the floor, the Nominating Committee must approve the qualifications of the candidate nominated from the floor before such candidate may be slated to the ballot for election.

Other procedures and deadlines for the nomination of candidates for International Director shall be determined by the District Board.

ARTICLE XV - BY-LAW CHANGES

Par. 1 These By-laws may be amended or repealed at any regular or special District Lodge meeting, by two thirds (2/3) majority vote of all ballots cast by qualified voters.

ARTICLE XVI - DISTRICT FUNDS

Par. 1 The Investment of District Lodge No. 7 funds shall be restricted to Chartered banks, Credit Unions and Sons of Norway endeavors.

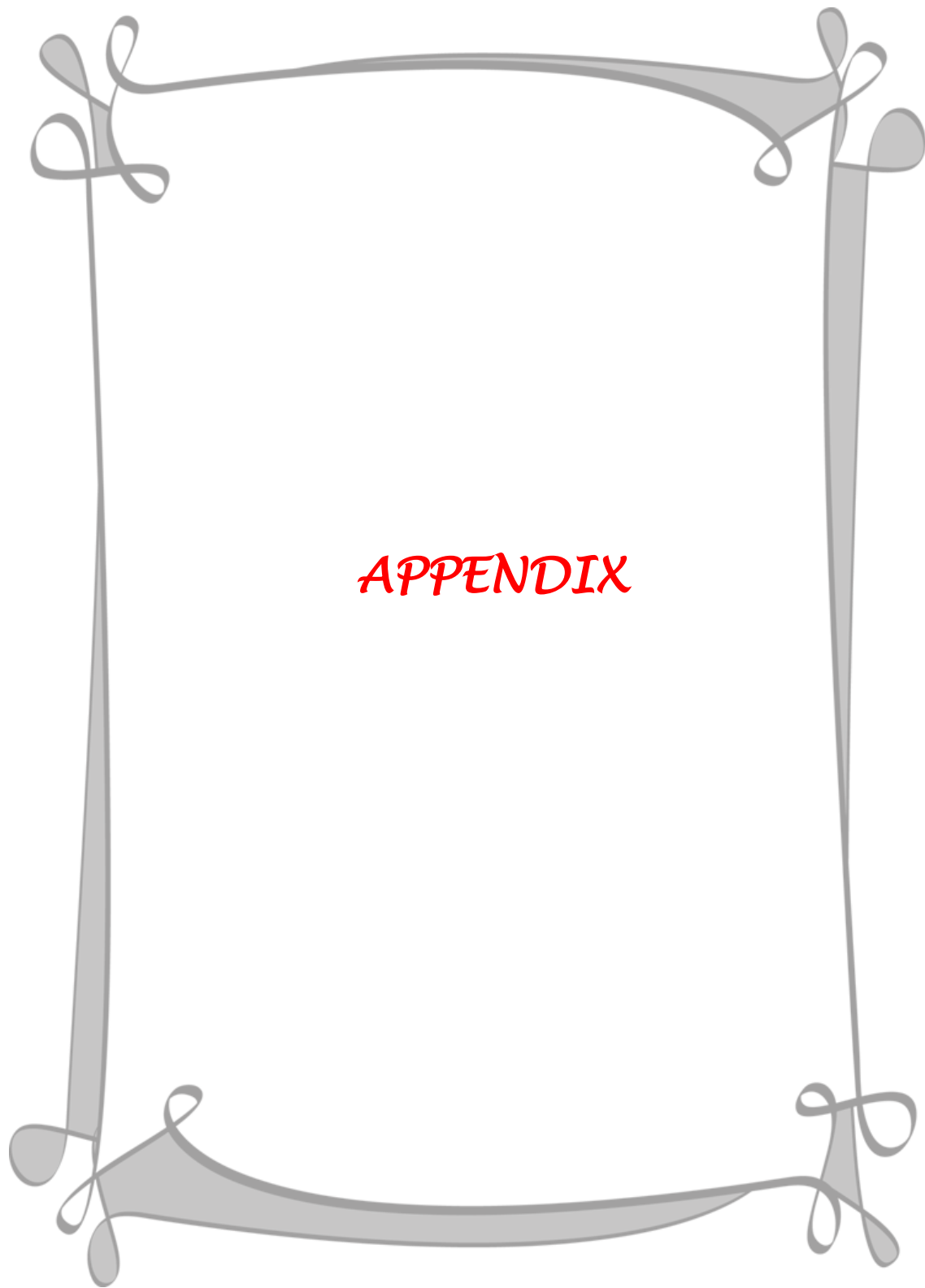
COPIED FROM THE 1982 CONVENTION MINUTES

ARTICLE XVII – DISTRICT DUES

Par. 1 District dues total \$ 7.50 per year, per dues paying member.

These By-laws were adopted at the District Convention held at EIDSVOLD #53 in Victoria, B.C. on the 21st of June, 1968, and altered and amended at the District Conventions held in:

RONDANE #71 - Prince George	June 11 & 12, 1970
NORDIC #7 – Castlegar	June 8 & 9, 1972
SLEIPNER #8 - Vancouver	June 7 & 8, 1974
DOVRE #99 - Penticton	June 4 & 5, 1976
NORDLYS #20 – Port Alberni	June 2 & 3, 1978
RONDANE #71 – Prince George	June 6 & 7, 1980
VARDEN #19 – Burnaby	June 4 & 5, 1982
LEIF ERIKSON #93 – Kamloops	June 1 & 2, 1984
NORTH STAR #63 - Nanaimo	June 6 & 7, 1986
HARDANGER #109 – Kelowna	June 3 & 4, 1988
RONDANE #71 – Prince George	June 1 & 2, 1990
EIDSVOLD #53 – Victoria	June 5 & 6, 1992
SKJONNE DAL #142 – Bella Coola	June 24 & 25, 1994
VARDEN #19 – New Westminster	June 7 & 8, 1996
HEIMDAL #141 – Kamloops	June 5 & 6, 1998
SLEIPNER #8 – Burnaby	June 9 & 10, 2000
EIDSVOLD #53 - Victoria	June 7 & 8, 2002
VARDEN #19 VIKING #81, SAGA, 104, GOLDEN EARS #137 –Mission,	May 29 & 30, 2004
NORDIC #76 – Castlegar	May 26 & 27, 2006
NORDLYS #20 – Port Alberni	May 30 & 31, 2008
SLEIPNER #8 – Vancouver	May 28 & 29, 2010
RONDANE #71 – Prince George	May 4 & 5, 2012
VARDEN #19 – New Westminster	May 30 & 31, 2014
EIDSVOLD #53, NORDLYS #20, NORTH STAR #63, Victoria	May 27 & 28, 2016



APPENDIX

Guide to Host District Convention

Any Lodge that wishes to present a bid to host the District Convention should present the following information to the delegation:

- ✓ Presentations should be no longer than 5 minutes
- ✓ The following information must be included in the presentation (all of which can be taken from the checklist that is provided on page 2).

Host information: including the name of the host, their Lodge and the location of the convention.	
Presenter information: Name and home Lodge and location of the Lodge	
Proposed Dates of the District Convention and Lodge Meeting	
Name and Location of the Convention Hotel which could include information about area	
Projected cost per room/per night including taxes and any incidentals not covered in room fee such as parking fees, etc	
Appropriate space for meetings, breakouts, Folk Art, coffee breaks (ability to bring in Norwegian baking), registration	
Proposed delegate package costs identifying what is included and what is extra, ie. lunches, coffee breaks, banquets, etc.	
Project costs to the District Board	

Checklist for District Convention Bidders**Year**

Lodge Number and Name	
Lodge Location	
Permission from Lodge ? (date)	
Lodge Committee Chairs appointed?	
Bid submitted to District Secretary? Date submitted	
Dates proposed for the start & end (include weekday)	
Location of Convention - City	
Name of the Convention Hotel	
Minimum number of room nights agreed upon	
All required rooms are in convention hotel?	
Projected cost per room per night?	\$
Projected tax per room per night?	\$
Parking costs per night and/or any other costs a guest might incur	\$
Breakout rooms to be furnished by hotel at no cost to contracting party?	
Free space provided for vendor sales or displays?	
Free space provided for Folk Art Exhibition?	
Adequate space provided for coffee breaks?	
Permission to provide ethnic cookies for breaks & name of hotel contact who confirmed.	
Adequate room for Registration process?	
Proposed delegate package cost?	\$
Proposed District Lodge costs?	\$
Contracts approved by hosts + date	

CULTURAL ROOM DISPLAY AT DISTRICT NO 7 CONVENTIONS

The Quilts displayed at each District Lodge No 7 Convention was made during Kathy Tveita's term as Cultural Director. A member of all the Lodges in District No 7 stitched a square in each of the quilts. One quilt represents the culture of Norway in Hardangersom. The second quilt represents the city where the Lodge is situated.

- The District Cultural Director is the final authority and should meet or phone the Host Lodge Cultural Coordinator at least six months prior to the District Lodge Convention.
- There will be guidelines for each category. All judges will receive guidelines and scoring sheets for every category. These will be given to the District Cultural Director to total and award ribbons in each category.
- Each Lodge in District No 7 must be informed of the criteria for entries and registration forms prior to the District Convention.
- The District Cultural Director should be excused from the District Meeting during the time of the Cultural Display judging.
- If there is a tie in scoring in a category, the final decision will be the Cultural Director's.
- The District Cultural Director shall not have prior knowledge of any cultural display's entrant's names.
- The Host Lodge Cultural Coordinator in conjunction with the District Cultural Director's guidelines will select Judges for the Cultural Display.
- Judges can be obtained from outside Sons of Norway, ie. photography, art, craft clubs.
- Cultural Room security is the responsibility of the Host Convention Lodge. There should be at least two (2) people guarding the cultural items at all times and ensure the Cultural Room is locked when there is no one in attendance.
- Each category should be displayed in its own location in the Cultural Room.
- A thank you card should be given to each judge and normal practice is to invite them to have lunch.
- "Exhibit Only" items should be displayed separately.