

**RESOURCE BOOK**

A Guide for Local Lodge Leaders

and District Officers

Updated 2024

The District Board of Directors

acknowledges and thanks

Dorothy Thoen and Alice Cristofoli

for originating and compiling

the first District 7 Resource Book

Revised

2024

**RESOURCE BOOK**

**INTRODUCTION**

The first edition of this Resource Book was the creation of Dorothy Thoen, Past Secretary, President and International Director of District 7 and Alice Cristofoli, Past Secretary of District 7. We owe these two women a great “Tusen Takk” for all their research, dedication and the many hours devoted to compiling this Book. In more recent years, Thelma and Jack Lysne regularly updated the document.

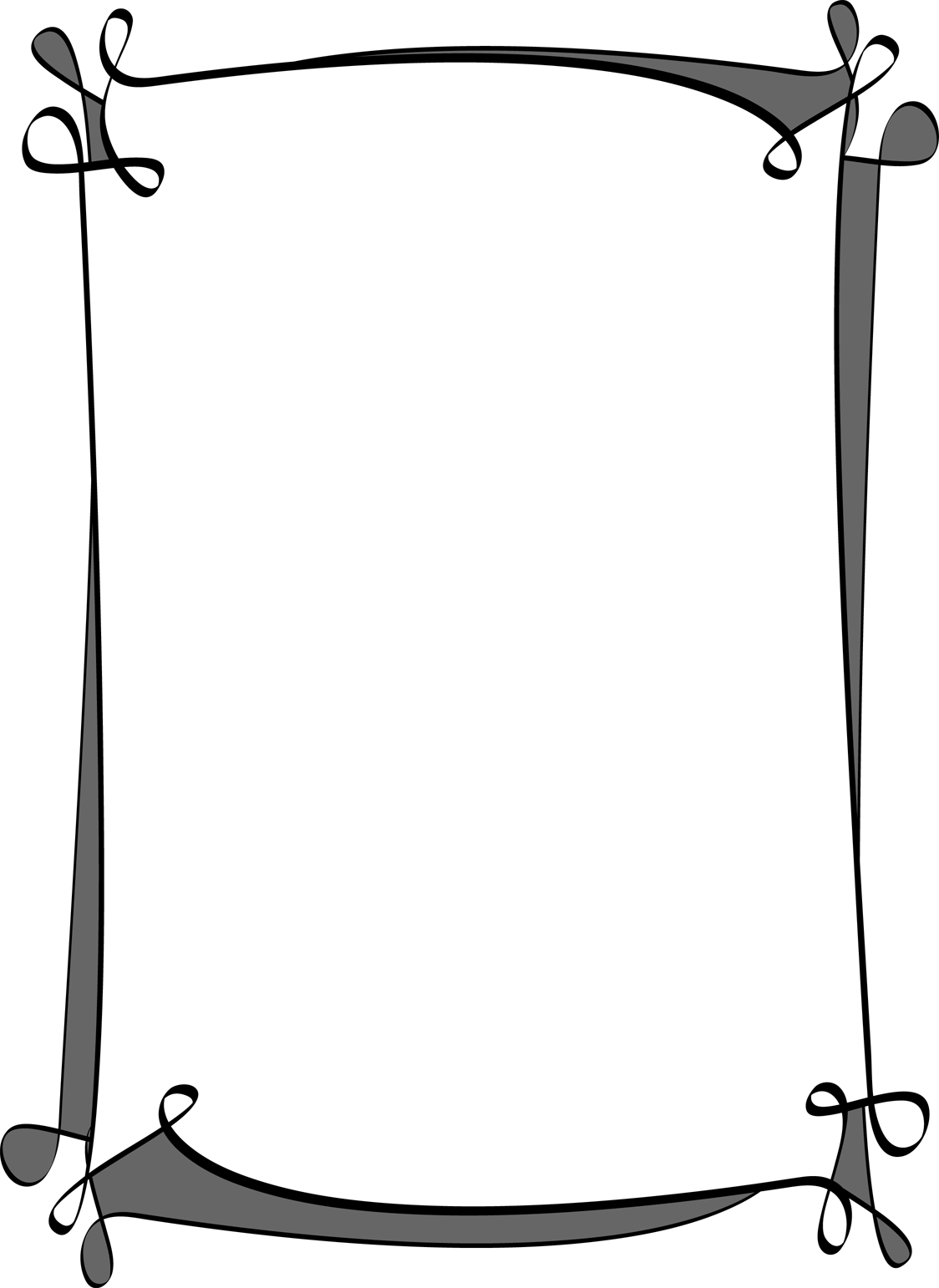
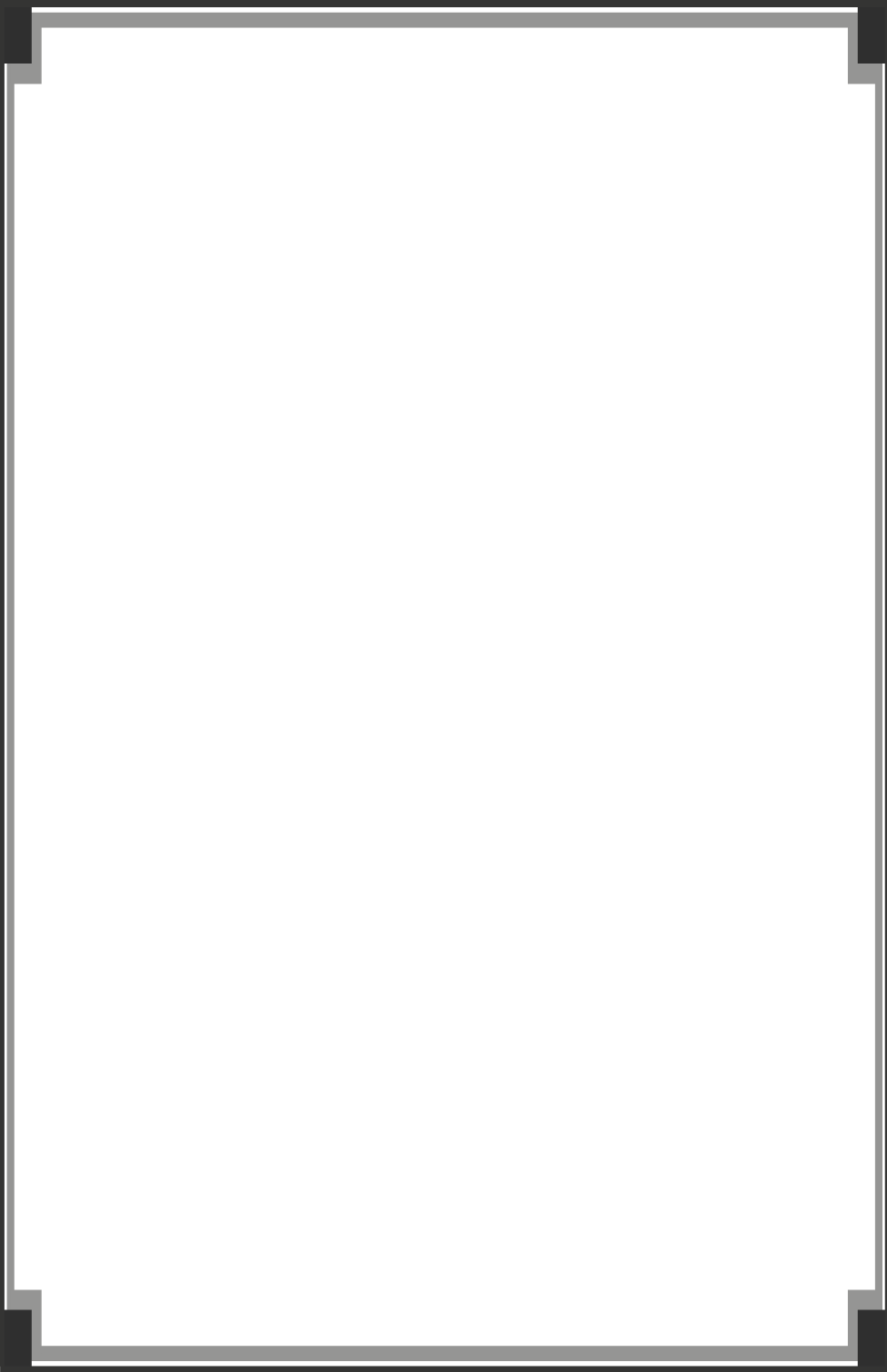
The intention of updating this publication is to recognize and remember our Sisters and Brothers who have been instrumental in organizing and promoting the Heritage and Cultural of Norway. It is our desire to keep it growing for our future generations.

Two thousand and ten (2010) marked the 100th Anniversary of Sons of Norway in British Columbia with a charter awarded to Sleipner Lodge 7-08 in Vancouver February 27, 1910. Varden Lodge 7-19 followed a year later in 1911. British Columbia was originally part of District 2 until October 29, 1966 when District 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 7’s history.

The Resource Book is intended to guide and assist the Local Lodges in the many activities available for members of District 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 7 and your Local Lodges.



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**MEMBERSHIP**

**STATISTICS**

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**LOCAL LODGE**

**ANNIVERSARY’S**dd01786_.wmf

**DISTRICT ZONES**

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**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.

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**JA, VI ELSKER**

Ja, vi elsker dette landet, som det stiger frem,

Furet, vǽrbitt over vannet, med de tusen hjem.

Elsker, elsker det og tenker pǻ vǻr far og mor

og den saganatt som senker drǿmme pǻ vǻ jord,

og den saganatt som senker, Senker drǿmme pǻ vǻr jord.

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**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?

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**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

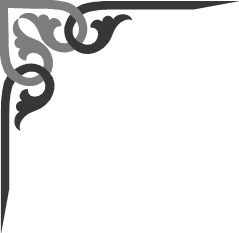
FINANCIAL PRODUCTS TO OUR MEMBERS.

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 gǻr vi til bords,

ǻ spise, drikke, pǻ ditt ord,

deg Gud til ǽre, oss til gavn,

sǻ fǻr vi mat i Jesu navn.

**Amen**

**ENGLISH TRANSLATION**

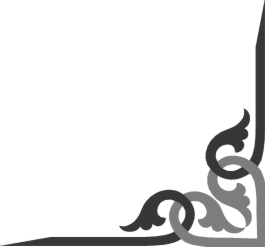
In Jesus name go we to the table,

To eat and drink by your word,

Your God to honor, and our benefit,

We receive this food in Jesus name.

**Amen**

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**MEMBERSHIP STASTICS DISTRICT 7**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **LODGE** | **CITY** | **JAN. 1966** | **2018**  **12/31** | **2019**  **12/31** | **2020**  **12/31** | **2021**  **12/31** | **2022**  **12/31** | **2023**  **12/31** | **2024**  **12/31** |
| SLEIPNER 7-08 | VANCOUVER | 761 | 411 | 437 | 452 | 547 | 484 | 475 |  |
| VARDEN 7-19 | NEW WESTMINSTER | 349 | 51 | 53 | 48 | 53 | 53 | 54 |  |
| NORDLYS 7-20 | PORT ALBERNI | 92 | 18 | 20 | 21 | 32 | 33 | 31 |  |
| EIDSVOLD 7-53 | VICTORIA | 161 | 209 | 212 | 196 | 179 | 172 | 160 |  |
| NORTH STAR 7-63 | NANAIMO | 193 | 61 | 57 | 55 | 50 | 48 | 46 |  |
| RONDANE 7-71 | PRINCE GEORGE | 195 | 82 | 76 | 63 | 67 | 58 | 59 |  |
| NORDIC 7-76 | CASTLEGAR | 78 | 23 | 19 | 19 | 17 | 18 | 15 |  |
| DAWSON CREEK 7-79 | DAWSON CREEK | 76 | 81 | 82 | 72 | 56 | 48 | 50 |  |
| VIKING 7-81 | SURREY | 232 | 77 | 75 | 63 | 55 | 51 | 45 |  |
| VESTLANDET 7-98 | POWELL RIVER |  | 6 | 6 | 6 | 6 | 5 | 5 |  |
| HARDANGER 7-109 | KELOWNA |  | 40 | 42 | 42 | 37 | 42 | 45 |  |
| GOLDEN EARS 7-137 | MAPLE RIDGE |  | 11 | 9 | 11 | 11 | - | - |  |
| HEIMDAL 7-141 | KAMLOOPS |  | 32 | 32 | 30 | 29 | 31 | 26 |  |
| SKJONNE DAL 7-142 | BELLA COOLA |  | 11 | 11 | 11 | 9 | 11 | 11 |  |
| TROLLHEIMEN 7-157 | NORTH VANCOUVER |  | 24 | 16 | 14 | 16 | 16 | 17 |  |
| SUB TOTAL |  | 2252 | 1138 | 1148 | 1103 | 1164 | 1070 |  |  |
| CENTRAL LODGE | 7-000 |  | 35 | 33 | 32 | 37 | 58 | 1091 |  |
| SPIRIT OF THE NEW CENTORY | 7-999 |  | 3 | 4 | 0 | 6 | 0 | 52 |  |
| TOTAL |  | **\***  **2252** | **\*\***  **1176** | **\*\* 1185** | **\*\***  **1135** | **\*\***  **1207** | **\*\***  **1128** | **\*\***  **2182** |  |

**\*FROM DISTRICT 7 MINUTES 1966**

**\*\*HOME OFFICE YEARLY REPORTS**

All Statistics are from December year-end.

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**LOCAL LODGE ANNIVERSARY’S BY INAUGURATION DATE**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE**  **ORGANIZED** | **LODGE NAME** | **2022** | **2023** | **2024** | **2025** | **2026** | **2027** | **2028** | **2029** | **2030** | **2031** |
| FEB. 27,  1910 | SLEIPNER  7-08 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 |
| MARCH 24  1911 | VARDEN  7-19 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 |
| SEPT. 20  1930 | NORDLYS  7-20 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 |
| NOV. 21  1930 | VINLAND  7-28 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 |
| MAY 25  1946 | EIDSVOLD  7-53 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 |
| NOV. 3  1951 | NORTH STAR  7-63 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| NOV. 27  1955 | RONDANE  7-71 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 |
| SEPT. 30  1961 | NORDIC  7-76 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| AUG. 10  1963 | DAWSON CREEK  7-79 | 59 | **60** | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 |
| APRIL 3  1964 | VIKING  7-81 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 |
| NOV. 27  1970 | VESTLANDET  7-98 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 |
| APRIL 20  1974 | HARDANGER  7-109 | 48 | 49 | **50** | 51 | 52 | 53 | 54 | 55 | 56 | 57 |
| NOV. 21  1987 | HEIMDAL  7-141 | **35** | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 |
| NOV. 21  1987 | SKJONNE Dal  7-142 | **35** | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 45 |
| NOV. 27  1993 | TROLLHEIMEN  7-157 | 29 | **30** | 31 | 32 | 33 | 34 | 35 | 36 | **37** | 38 |
|  |  |  |  |  |  |  |  |  |  |  |  |

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**DISTRICT 7 – ZONES**

**ZONE 1 VANCOUVER ISLAND**

Nordlys 7-20 – Port Alberni

Eidsvold 7-53 - Victoria

North Star 7-63 - Nanaimo

**ZONE 2 LOWER MAINLAND**

Sleipner 7-08 - Vancouver

Varden 7-19 – New Westminster

Viking 7-81 - Surrey

Trollheimen 7-157 – North Vancouver

**ZONE 3 NORTHERN B.C.**

Rondane 7-71 – Prince George

Dawson Creek 7-79 – Dawson Creek

Skjonne Dal 7-142 – Bella Coola

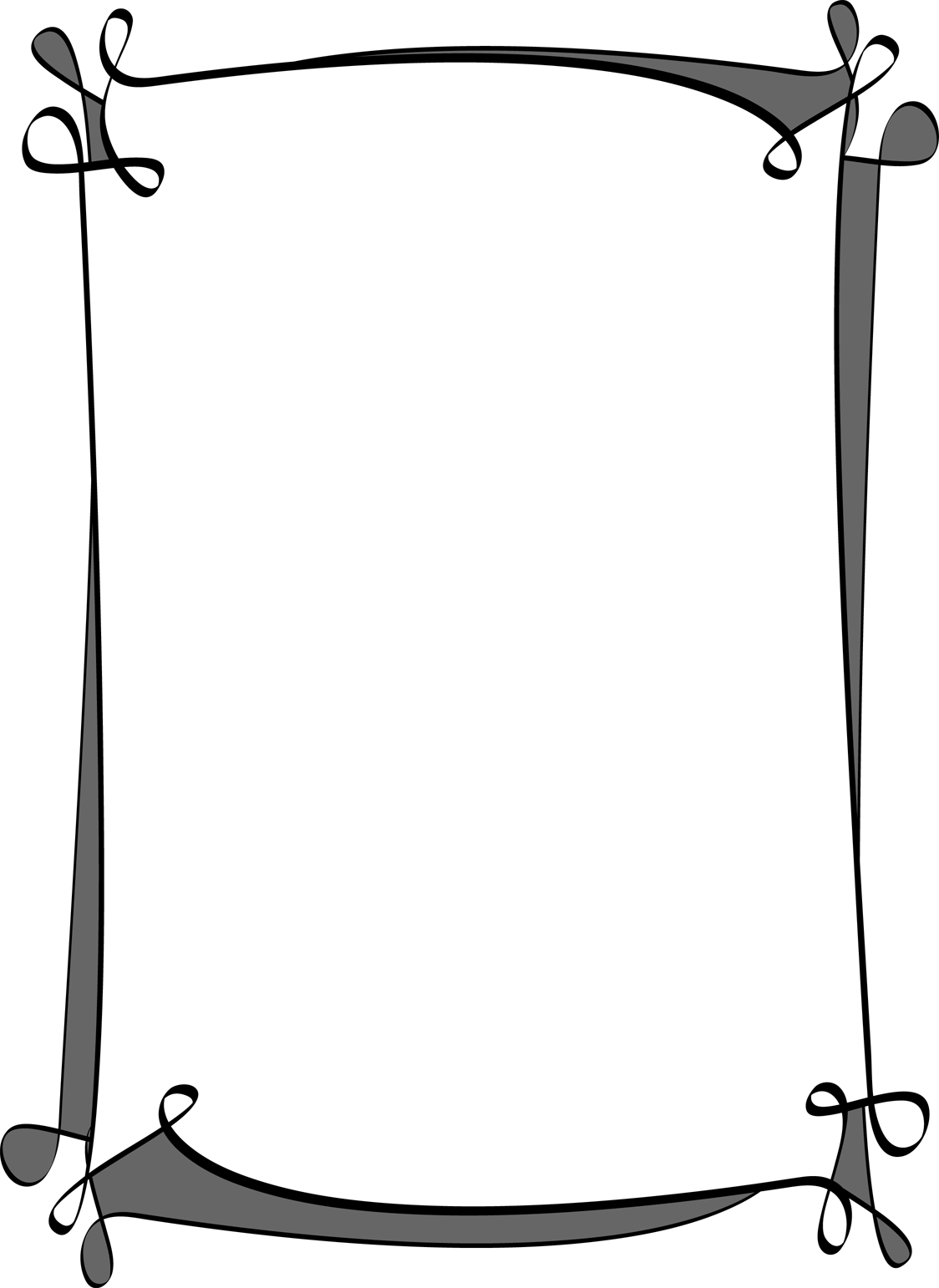
**ZONE 4 INTERIOR**

Nordic 7-76 - Castlegar

Hardanger 7-109 - Kelowna

Heimdal 7-141 - Kamloops

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**SECTION 2**

**DELEGATES TO THE INAUGURAL DISTRICT 7 CONVENTION**

**1966**



**PAST DISTRICT 7**

**PRESIDENTS AND**

**INTERNATIONAL**

**DIRECTORS**



**PAST DISTRICT 7**

**OFFICERS**



**DELEGATES AT THE INAUGURAL DISTRICT 7 CONVENTION**

**HELD IN VANCOUVER, ON OCTOBER 29TH, 1966**

**SLEIPNER 7-08**  Tormod Rekdal

Kolbjorn Nordlie

Arne Lovset

John Walseth

Margaret Forbes

Simon Moan

Theodore Jevne

Della Graveness

Elsa Hansen

**VARDEN 7-19**  Bette Stubelt

Otto Maaren

Viola Haaheim

Anfin Haaheim

**NORDLYS 7-20** Gustav Frigstad

Svend Thorsberg

**VINLAND 7-28** Sophia Giske

Oscar Giske

**EIDSVOLD 7-53** Ruby Jorde

Vera Lysne

Ella Moeskau

**NORTH STAR 7-63** S. Leonard Johnson

Anton Nordli

Adolph Ahlstrom

**RONDANE 7- 71** Alfred W. Strom

Arvid Ruste

Toralf Myrbo

**NORDIC 7-76**  Gunvor Reinsbakken

**VIKING 7-81** 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.***

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**DISTRICT 7 PRESIDENTS**

**AND INTERNATIONAL DIRECTORS**

DISTRICT PRESIDENTS YEAR INTERNATIONAL DIRECTORS

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

Bruce Strang 2018 – 2020 Erik Brochmann

Gloria Benazic 2020 – 2022 Erik Brochmann

Gloria Benazic 2022 – 2024 Erik Brochmann

Gloria Benazic 2024 – 2026 (No longer D7 Director)

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**PAST DISTRICT 7 OFFICERS**

**1966 – 1968 PRESIDENT Tormod Rekdal**

VICE PRESIDENT Einar Floe

SECRETARY/TREASURER Anfin Haaheim

COUNSELOR Alf Strom

SOCIAL DIRECTOR Ruby Jorde

SPORTS DIRECTOR Kolbjorn Nordlie

GENERAL DIRECTOR Gus Frigstad

GENERAL DIRECTOR Harald Revaa

**1968 – 1970 PRESIDENT Tormod Rekdal**

VICE PRESIDENT Einar Floe

SECRETARY/TREASURER Anfin Haaheim

COUNSELOR Alf Strom

SOCIAL & PUBLICITY Ruby Jorde

SPORTS DIRECTOR Kolbjorn Nordlie

GENERAL DIRECTOR Len Johnson

GENERAL DIRECTOR Harald Revaa

YOUTH DIRECTOR – Appointed Dec. 1968 Jack Lysne

**1970 – 1972 PRESIDENT Tormod Rekdal**

VICE PRESIDENT Ralph Hagen

SECRETARY/TREASURER Anfin Haaheim

COUNSELOR Hans Hanston

SOCIAL / PUBLICITY Ruby Jorde

SPORTS DIRECTOR Kolbjorn Nordlie

GENERAL DIRECTOR Len Johnson

GENERAL DIRECTOR Harald Revaa

YOUTH DIRECTOR Jack Lysne

**1972 – 1974 PRESIDENT Ralph Hagen**

VICE PRESIDENT Jack Lysne

SECRETARY/TREASURER Anfin Haaheim

SOCIAL / PUBLICITY Ruby Jorde

SPORTS DIRECTOR Bjorn Grendel

GENERAL DIRECTOR Einar Floe

GENERAL DIRECTOR Myrna Engh

GENERAL DIRECTOR Hans Engen

**1974 – 1976 PRESIDENT Jack Lysne**

VICE PRESIDENT Tore Klausen

SECRETARY/TREASURER Nils Hoeg

SOCIAL/CULTURAL Gina Rekdal

SPORTS DIRECTOR Henry Sotvedt

GENERAL DIRECTOR Tore Pettersen

GENERAL DIRECTOR Mervyn Rogelstad

GENERAL DIRECTOR Paul Malakoff

PAST PRESIDENT Ralph Hagen

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**1976 – 1978 PRESIDENT Jack Lysne**

VICE PRESIDENT Tore Klausen

SECRETARY/TREASURER Nils Hoeg

CULTURAL DIRECTOR Ellen Bergenhus

RECREATIONAL DIRECTOR Niilo Itkonen

PUBLICITY DIRECTOR Helen Larsen

YOUTH DIRECTOR Henry Sotvedt

GENERAL DIRECTOR Walter Ratzlaff

**1978 – 1980 PRESIDENT Tore Klausen**

VICE PRESIDENT Bob Smales

SECRETARY/TREASURER Nils Hoeg

CULTURAL DIRECTOR Kathy Furuness

RECREATIONAL DIRECTOR Neilo Itkonen

PUBLICITY DIRECTOR Helen Larsen

YOUTH DIRECTOR Eugene Voight

GENERAL DIRECTOR Tom Jorsvik

PAST PRESIDENT Jack Lysne

**1980 – 1982 PRESIDENT** **Tore Klausen**

VICE PRESIDENT Harold Revaa

SECRETARY Helen Larsen

TREASURER Nils Hoeg

CULTURAL DIRECTOR Kathy Furuness

RECREATIONAL DIRECTOR Annar Jacobsen/Kaare Tyssedal

PUBLICITY DIRECTOR Van Gray/Eugene Voight

YOUTH DIRECTOR Karen Johnson

GENERAL DIRECTOR Art Lear

**1982 - 1984 PRESIDENT Harold Revaa**

VICE PRESIDENT Tore Pettersen

SECRETARY Helen Larsen

TREASURER Nils Hoeg

CULTURAL DIRECTOR Elsa Ring

RECREATIONAL DIRECTOR Baard Braaten

PUBLICITY DIRECTOR Eugene Voight

YOUTH DIRECTOR Audrey Harvey/Jim Carlson

GENERAL DIRECTOR Bjarne Thorsauhg

**1984 – 1986 PRESIDENT Tore Pettersen**

VICE PRESIDENT Helen Larsen

SECRETARY Dorothy Thoen

TREASURER Bob Kneeland/ Arne Sorbo

CULTURAL DIRECTOR Elsa Ring

RECREATIONAL DIRECTOR Baard Braaten

PUBLICITY DIRECTOR Charles Spencer

YOUTH DIRECTOR Jim Carlson

GENERAL DIRECTOR Bjarne Thorshaug

PAST PRESIDENT Harald Revaa

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**1988 – 1988 PRESIDENT Tore Pettersen**

VICE PRESIDENT Charles Spenser

SECRETARY Dorothy Thoen

TREASURER Nils Hoeg

CULTURAL DIRECTOR Harald Jensen

RECREATIONAL DIRECTOR Shannon Davidson

PUBLICITY DIRECTOR Gunnar Warolin YOUTH DIRECTOR Martin Holt

GENERAL DIRECTOR John Martinsen

**1988 – 1990 PRESIDENT Dorothy Thoen**

VICE PRESIDENT Nils Hoeg

SECRETARY Alice Cristofoli

TREASURER Karin Edberg-Lee

CULTURAL DIRECTOR Vera Lysne

RECREATIONAL DIRECTOR Shannon Davidson

PUBLICITY DIRECTOR Bea Fossum

YOUTH DIRECTOR Martin Holt

GENERAL DIRECTOR John Martinsen

PAST PRESIDENT Tore Pettersen

**1990 – 1992 PRESIDENT Dorothy Thoen**

VICE PRESIDENT Martin Holt

SECRETARY Chantell Brenholen

TREASURER Karen Edberg-Lee

CULTURAL DIRECTOR Vera Lysne

RECREATIONAL DIRECTOR Shannon Davidson

PLUBLICITY DIRECTOR Erik Brochmann

YOUTH DIRECTOR Susan Stainton

GENERAL DIRECTOR John Martinsen

**1992 – 1994 PRESIDENT Dorothy Thoen**

VICE PRESIDENT Erik Brochmann

SECRETARY Alice Cristofoli

TREASURER Karin Edberg-Lee

CULTURAL DIRECTOR Shannon Davidson

RECREATIONAL DIRECTOR Ron Stubbings

PUBLICITY DIRECTOR Gunnar Warolin

YOUTH DIRECTOR Susan Stainton

GENERAL DIRECTOR Meme Martinsen

**1994 – 1996 PRESIDENT Bjarne Thorshaug**

VICE PRESIDENT Erik Brochmann

SECRETARY Jean Christensen

TREASURER Karin Edberg-Lee

CULTURAL DIRECTOR Kathy Tveita

RECREATIONAL DIRECTOR Ron Stubbings

PUBLICITY DIRECTOR Linda Loe

YOUTH DIRECTOR Chantell Brenholen

GENERAL DIRECTOR Beverly Saugstad

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**1996 – 1998 PRESIDENT Bjarne Thorsaug**

VICE PRESIDENT Erik Brochmann

SECRETARY Thelma Morisset

TREASURER Sharon Coles

CULTURAL DIRECTOR Kathy Tveita

RECREATIONAL DIRECTOR Patty Haahiem

PUBLICITY DIRECTOR Ida Pedersen

YOUTH DIRECTOR Thorleif Lie

GENERAL DIRECTOR Linda Brekke

**1998 – 2000 PRESIDENT Erik Brochmann**

VICE PRESIDENT Thorleif Lie

SECRETARY Thelma Morisset

TREASURER Sharon Coles

CULTURAL DIRECTOR Elsa Ring

RECREATIONAL DIRECTOR Patty Haaheim

PUBLICTY DIRECTOR Ida Pedersen

YOUTH DIRECTOR Ron Stubbings

GENERAL DIRECTOR Linda Brekke

**2000 – 2002 PRESIDENT Erik Brochmann**

VICE PRESIDENT Thorleif Lie/Elsa Ring

SECRETARY June Ruzas

TREASURER Ian Barnhill

CULTURAL DIRECTOR Elsa Ring/Wench Garner

RECREATIONAL DIRECTOR Patty Haaheim

PUBLICITY DIRECTOR Ellen Coates

YOUTH DIRECTOR Ron Stubbings

**2002 – 2004 PRESIDENT Elsa Ring**

VICE PRESIDENT Annar Jacobsen/Ron Stubbings

SECRETARY June Ruzas

TREASURER Ian Barnhill

CULTURAL DIRECTOR Wenche Garner

RECREATIONAL/YOUTH DIRECTOR Ron Stubbings

PUBLICITY DIRECTOR Ellen Coates

**2004 - 2006 PRESIDENT Ron Stubbings**

VICE PRESIDENT David Sallows

SECRETARY Thelma Morisset

TREASURER Ian Barnhill

CULTURAL DIRECTOR Wenche Gransjoen

RECRATIONAL/YOUTH DIRECTOR Eric Haugen

PUBLICITY DIRECTOR Ellen Coates

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**2006 - 2008 PRESIDENT Ron Stubbings**

VICE PRESIDENT Dorothy Thoen/Gloria Benazic

SECRETARY Thelma Morisset

TREASURER Ian Barnhill

CULTURAL DIRECTOR Wenche Gransjoen

RECREATIONAL/YOUTH DIRECTOR Eric Haugen

PUBLICITY DIRECTOR Maxine McDonald/Martin Naske

**2008 - 2010 PRESIDENT Ron Stubbings**

VICE PRESIDENT Gloria Benazic

SECRETARY Thelma Morisset

TREASURER Jim Hall

CULTURAL DIRECTOR Susan Strang

RECREATIONAL/YOUTH DIRECTOR Jodie Engeseth

PUBLICITY DIRECTOR Martin Naske

**2010 - 2012 PRESIDENT Gloria Benazic**

VICE PRESIDENT Erik Brochmann

SECRETARY Patty Schwartz

TREASURER Jim Hall/Gloria Benazic, Acting

CULTURAL DIRECTOR Susan Strang

RECREATIONAL/YOUTH DIRECTOR Einar Thomassen/Kim Jensen

PUBLICITY DIRECTOR Martin Naske

**2012 - 2014 PRESIDENT Gloria Benazic**

VICE PRESIDENT Erik Brochmann

SECRETARY Patty Swartz

TREASURER Martin Naske/June Ruzas

CULTURAL DIRECTOR Thelma Lysne/Judith Hanson

RECREATIONAL/YOUTH DIRECTOR Susan Strang

**2014 - 2016 PRESIDENT Erik Brochmann**

VICE PRESIDENT Bruce Strang

SECRETARY Patty Schwartz

TREASURER Andrina Benazic

CULTURAL DIRECTOR Judith Hanson

RECREATIONAL/YOUTH DIRECTOR Susan Strang

PUBLICITY DIRECTOR Jim Tore Breivik

**2016 - 2018 PRESIDENT Erik Brochmann**

VICE PRESIDENT Bruce Strang

SECRETARY Thelma Lysne

TREASURER Andrina Benazic

CULTURAL DIRECTOR Judith Hanson/Susan Strang

RECREATIONAL/YOUTH DIRECTOR Susan Strang/Darren Erickson/Tania Jacobsen

PUBLICITY DIRECTOR Jim Tore Breivik

GENERAL DIRECTOR Darren Erickson/T.Jacobsen/open

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**2018 - 2020 PRESIDENT Bruce Strang/Gloria Benazic**

VICE PRESIDENT Jim Tore Breivik

SECRETARY Melvin Klassen/Donna Hedley

TREASURER Christine Sullivan/Mel Klassen

CULTURAL DIRECTOR Susan Strang

RECREATIONAL/YOUTH DIRECTOR Tania Jacobsen

PUBLICITY DIRECTOR Jim Tore Breivik

GENERAL DIRECTOR Sharon Coles

**2020 - 2022\* PRESIDENT Gloria Benazic**

VICE PRESIDENT Jim Tore Breivik

SECRETARY Donna Hedley

TREASURER Melvin Klassen

CULTURAL DIRECTOR Susan Strang

RECREATIONAL/YOUTH DIRECTOR Tania Jacobsen

PUBLICITY DIRECTOR Jim Tore Breivik

GENERAL DIRECTOR Sharon Coles

\*No convention due to Covid Restrictions

**2022 - 2024 PRESIDENT Gloria Benazic**

VICE PRESIDENT Jim Tore Breivik

SECRETARY Donna Hedley

TREASURER Lori Barsi

CULTURAL DIRECTOR Anita Eriksen

RECREATIONAL/YOUTH DIRECTOR Tania Jacobsen

PUBLICITY DIRECTOR Jim Tore Breivik

GENERAL DIRECTOR Krista Solie

**2024 - 2026 PRESIDENT Gloria Benazic**

VICE PRESIDENT Randy Carlstad

SECRETARY Donna Hedley

TREASURER Lori Barsi

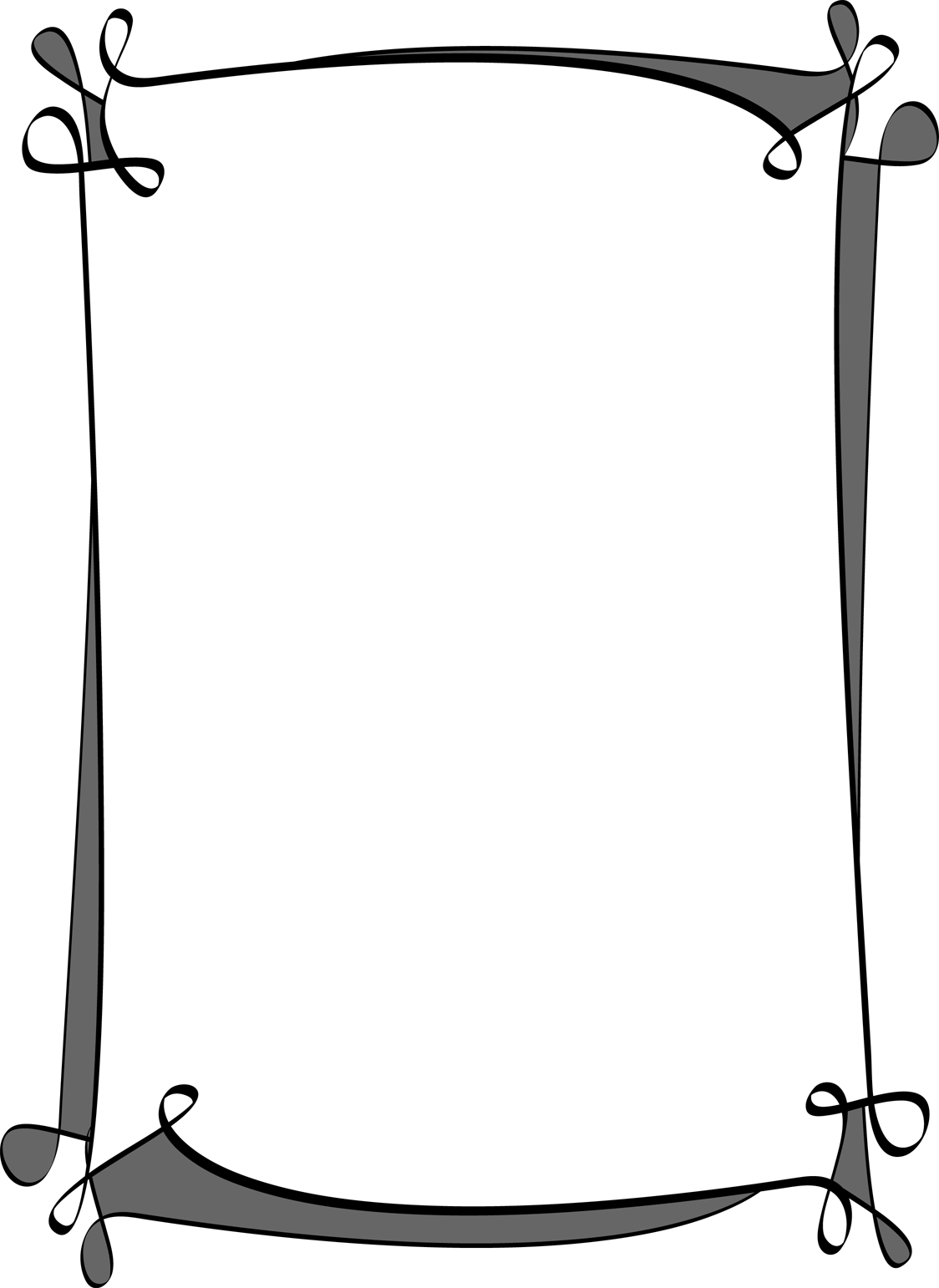
CULTURAL DIRECTOR Anita Eriksen

RECREATIONAL/YOUTH DIRECTOR Tania Jacobsen

PUBLICITY DIRECTOR Krista Solie

GENERAL DIRECTOR Rosie Barlak

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**SECTION 3**

**CULTURAL**

**ACTIVITIES**

**AND**

**ANNUAL**

**EVENTS**

**DISTRICT 7 HERITAGE CAMP \*\***

District 7 has sponsored Heritage Camp for 30 years. This camp is open to all members of District 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 7-08 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 Lip Sync battle, include all ages. For adults, there may be 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 often 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. Registration form (presently on Jotform) is sent out by May 1st.
6. Begin planning with committee by March.
7. Information concerning the camp are to be placed in the June Leiflette and Registration forms are available on the District 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.

Resource Book District 7 – Revised 2024 3-1

**SNO-FUN DAYS \*\***

District 7 has been sponsoring a wintertime activity known as “Sno-Fun Days” most years from 1976 to 2010. This event originally took place at Lac le Jeune near Kamloops and for several years, at the Hills Health Ranch near 108 Mile in the Cariboo. This location made the event accessible to more lodges in District 7. The facility had everything that you needed for a fun-filled weekend. They had nice chalets that accommodate six adults plus one or two small children. Supplied in the cabins were bedding, towels, dishes, pots and pans. They also had a large heated swimming pool, a whirlpool, a spa and a large common room, which was available for our use on the Saturday evening for talent shows, dancing, etc.

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

District Recreational and Cultural Directors worked 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” had its own sleigh ride, available for our Sons of Norway group. There was a small fee for this fun experience. Following the sleigh ride, there was a sing-song, hot wine, coffee and hot chocolate in the big tent down on the lake. A dog sled ride was available to those interested.

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

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

This event was usually publicized in the Leiflette in the late fall. The District Board applied 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.

This event has not been held in recent years but if there is interest, it should be implemented once again.



Resource Book District 7 – Revised, 2024 3-2

**ANNUAL DISTRICT 7 SALMON AND FRESHWATER TROUT FISHING DERBIES \*\***

There are separate derbies for salmon and freshwater 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 number 3 for their records.

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

Derby winners 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.

Resource Book District 7 – Revised 2024 3.3

**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 golf 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 31st of the convention year. Prizes will be awarded at the biennial convention in May or June of the convention year. For example, in 2023 the contest will run from April 1 to September 30, 2023 and the winner will be announced at the convention in 2024. Another contest will begin April 1, 2024 and will run until September 30, 2024 but the winner will not be announced until convention 2026 as will the winner of the 2025 competition.

**DANCE STEVNE \*\***

This District 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.

Resource Book District 7 – Revised 2024 3.4

**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



Resource Book District. 7 – Revised 2024 3.5

**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 7 Youth Recognition Award to the District 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 setby 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;
3. performances, teaching (Heritage Camp, Sno-fun Days, classes),
4. volunteering (offering time and work for Lodge activities and projects),
5. public relations and community profile (participation in parades as Sons of Norway member),
6. representing the Lodge as Queen, King, or Ambassador,
7. speaking engagements, (oral presentations about Sons of Norway or Norwegian culture),
8. holding an office in the Local Lodge or Junior Lodge, and any other type of contribution.
9. AGE, in relation to the amount of contribution.
10. QUALITY OF THE CONTRIBUTION, how much time has been offered, how much work has the young person done for the Lodge?

Resource Book District 7 – Revised 2024 3.6

**MEMORIAL SERVICES AT DISTRICT 7 CONVENTIONS**

The District Cultural Director is responsible for organizing a Memorial Service at District 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 7 CONVENTIONS**

The Host Lodge is responsible for arranging a special room for a cultural display at District 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.

See Appendix for Judging Materials for Cultural Competition.

Resource Book District. 7 – Revised 2024 3.7

**DISTRICT 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 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, 2022 to December 31, 2023). 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.

Resource Book District 7 – Revised 20243.8

**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

Resource Book District 7 – Revised 2024 3.9

**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 Newsletter should contain cover from January 1 of the District Convention year to December 31 preceding the next District Convention (i.e. January 1, 2024 to December 31, 2025).

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 2024 revised District 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 7 Biennial Conventions.

Resource Book District 7 – Revised, 2024 3.10

**Lodge Newsletter JUDGING CRITERIA**

Lodge Name& Number

***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**

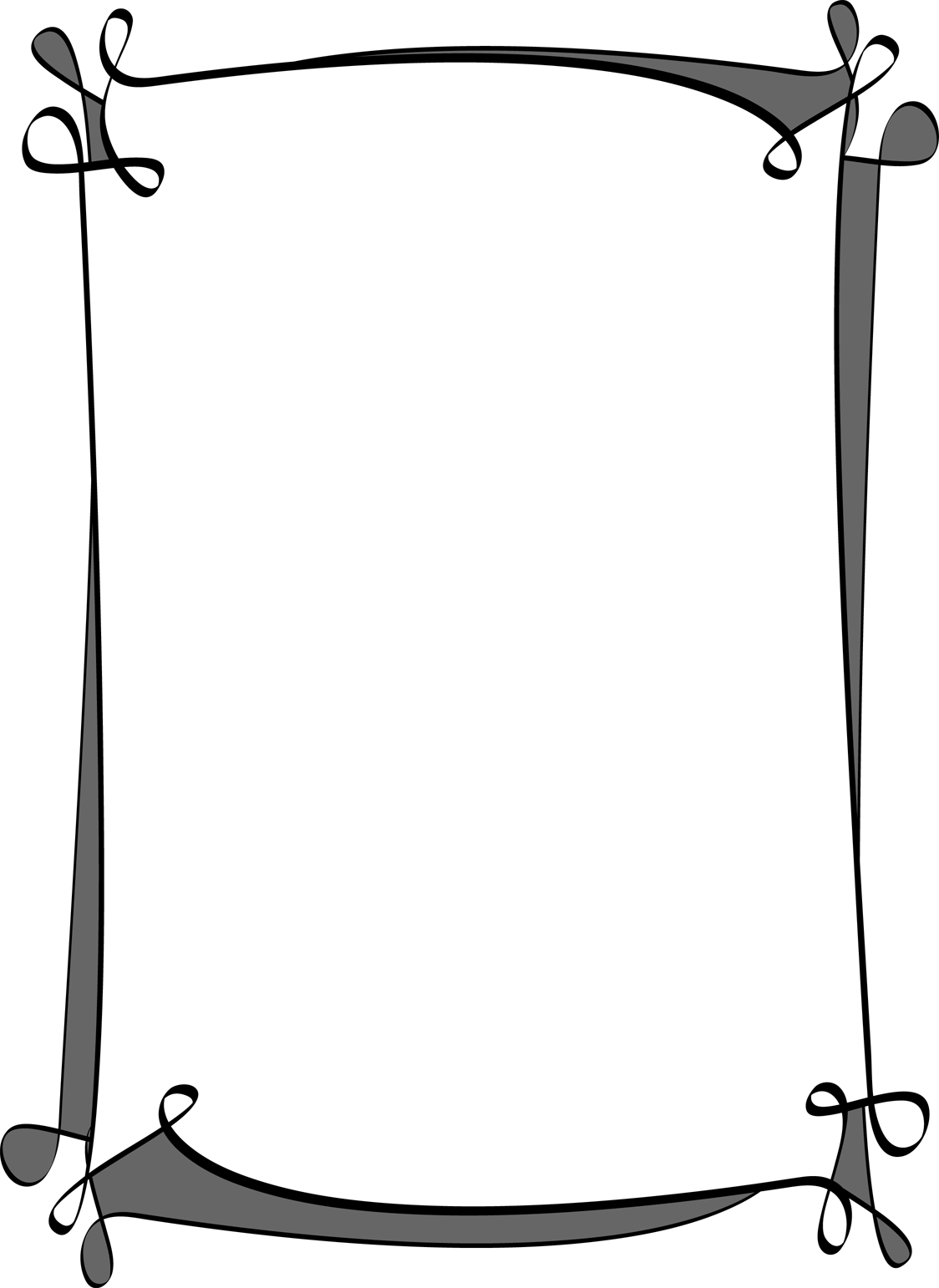
**Grand Total**

**/115 Points**

Each bullet has a 5 point value.

Judges Signature

Resource Book District 7 – Revised 2024 3.11



**SECTION 4**

**RESOURCE**

**PERSONS,**

**INSTRUCTORS**

**RESOURCE PERSONS/INSTRUCTORS**

**ROSEMALING**

**Aaslaug Bouller**  
2139 Old Dolllarton Road  
North Vancouver, B.C., V7H 1W3  
email: aaslaug@telus.net  
Phone: 604-929-3826  
Sleipner 7-08

**Dorinda Hegge**

1404 - 106 Ave.

Dawson Creek, BC

Phone: 250-782-8289

Dawson Creek 7-79

**Lori Barsi**

1817 Lodgepole Drive

Kamloops, BC V1S 1X7

email: mbarsi@telus.net

Phone: 250-377-3765

Heimdal 7-141

**FOLKDANCING**

**Don Hardgrove**6254 Fairview Way  
Duncan, B.C., V9L 2J3  
email: djhardgrove@shaw.ca  
Phone: 250-746-6100  
Eidsvold 7-53

**Mel Klassen**

1464 Stroud Rd.  
Victoria, B.C., V8T 2K9  
email: mklassen2004@shaw.ca  
Phone: 250-595-7052  
Eidsvold Lodge 7-53

**Ron Stubbings**#104C - 3655 Shaughnessy Street

Port Coquitlam, BC V3B 6C8

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Phone: 604-941-0760  
Varden Lodge 7-19

Resource Book District 7 – Revised 2024 4.1

**Riitta Huttunen**

#104C - 3655 Shaughnessy Street

Port Coquitlam, BC V3B 6C8

email: riihut@gmail.com

Phone: 604-941-0760  
Varden Lodge 7-19

**HARDANGERSØM**

**Gloria Benazic**  
 1702-1191 Sunset Drive

Kelowna, BC V1Y 0J4  
 email: gloriabenazic@gmail.com  
 Phone: 250-613-9234  
 Hardanger Lodge 7-109

**Bea Jacobsen**

#303-33388 Mayfair Avenue

Abbotsford, BC V2S 7E1

email: bearay@shaw.ca

**NORWEGIAN KNITTING**

**Marianne MacDonald**  
 520 Stoneridge Drive  
 Kamloops, B.C., V2H 0A7  
 email: norskgirl48@hotmail.com  
 Heimdal Lodge 7-141

**Wenche Gransjoen**

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Phone: 250-763-8191

Hardanger 7-109

**Bea Jacobsen**

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Sleipner 7-08

**Lillian K. Hope**

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Phone: 250-758-1095

**Rosie Barlak**

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Phone: 250-758-7576

North Star 7-63

**CROCHETING**

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Phone: 250-613-9234  
Hardanger Lodge 7-109

**WOODCARVING**

**Anita Jacobsen**406-3065 Primrose Lane  
Coquitlam, B.C., V3B 7P7  
email: jacobsenanita65@gmail.com  
Phone: 778-242-8933  
Sleipner Lodge 7-08

**COOKING AND BAKING**

**Susan Strang**3450 Oxford Street  
Vancouver, B.C., V5K 1N9  
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Phone: 604-291-1664  
Varden Lodge 7-19

**Gloria Benazic**  
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Resource Book District 7 – Revised 2024 4.2

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**Rosie Barlak**

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North Star 7-63

**OPEN FACE SANDWICHES**

**Wenche Gransjoen**

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Hardanger 7-109

**NORWEGIAN LANGUAGE**

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**Anita Eriksen**

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Sleipner 7-08

**GENEALOGY RESEARCH**

**Anita Eriksen**

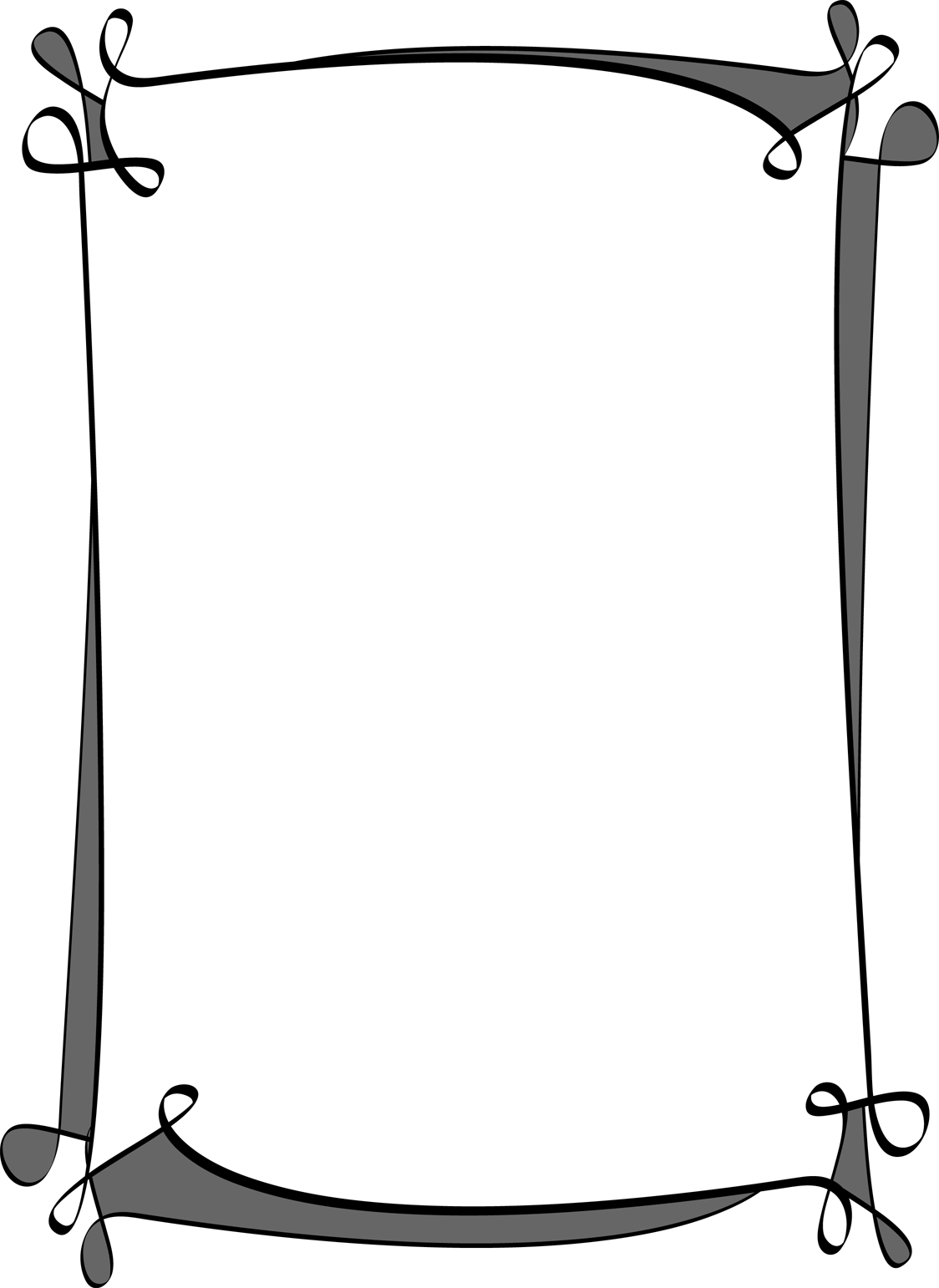
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Sleipner 7-08

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**SECTION 5**

**DISTRICT**

**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.

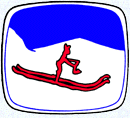
Lodge or Club memberships are available for an annual fee of $25.00. Individual memberships are $5.00.

**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: Peter Quaiattini SECRETARY: Greg Thompson**

1934 12th Street SW 535 5th Street

Calgary, AB Canmore, AB

T2T 3N2 T1W 2E9

quaiattp1934@gmail.com Phone 403 678 3353

gregthompson200@gmail.com



Resource Book District 7 – Revised 2024 5.1

**SONS OF NORWAY FOUNDATION IN CANADA**

Points you should know about The Sons of Norway Foundation in Canada ([www.sonfic.ca](http://www.sonfic.ca)) :

* 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: Gloria Benazic**  **SECRETARY: Patty Schwartz**

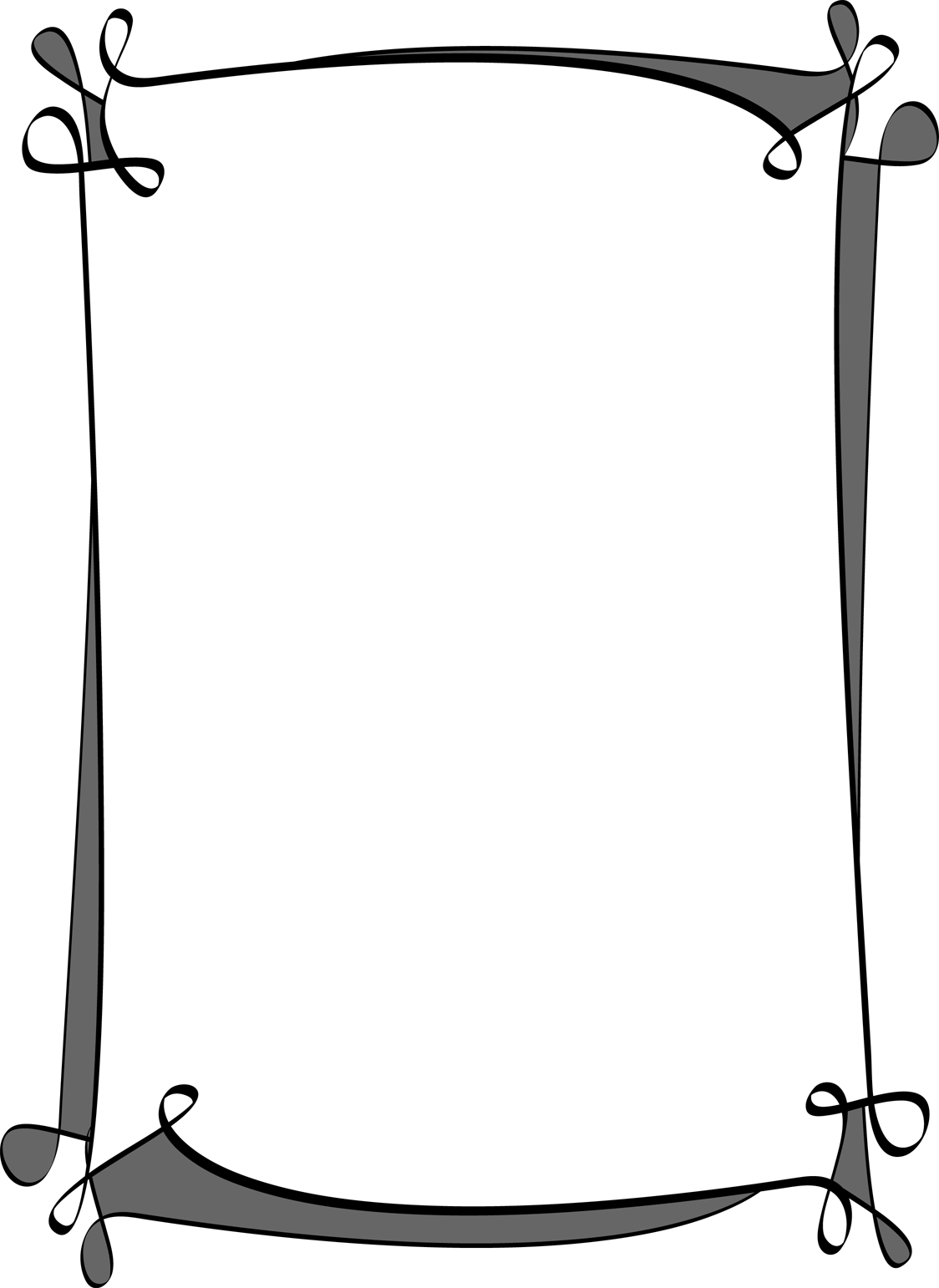
1702-1191 Sunset Drive 3839 S. Morgan Crescent

Kelowna, BC V1Y 0J4 Port Alberni, BC V9Y 6B7

Phone (250) 613-9234 Phone (250) 723-5530

[president@sonfic.ca](mailto:president@sonfic.ca) [secretary@sonfic.ca](mailto:secretary@sonfic.ca)

Resource Book District 7 – Revised 2024 5.2

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**SECTION 6**

**HOME**

**OFFICE**

**PROGRAMS**

**INTERNATIONAL CULTURAL SKILLS PROGRAM**

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

Programs 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-(612) 827-3611

Website

[www.sonsofnorway.com](http://www.sonsofnorway.com)

see: Member Resources>Cultural Programming>Cultural Skills Program

**SPORTS & FITNESS MEDAL PROGRAM**

This program, 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 – SYKKELMERKE: Walking or Treadmill – GANGMERKE; Fitness and Sports – IDRETTSMERKE; Skiing or Ski exercise machine – SKIMERKE; Swimming – SVØMMEMERKE. Sports Hero Medal – IDRERRSHELT – having completed all medals in any sport.

Participant must be Sons of Norway members. Choose the sorts of 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 to your Local Lodge Sports Director who will order the pin from Home Office and then present it at a Lodge meeting. https:\\sofnlodge.logoshop.com or search: Lodge Leader Supply Store.

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 of 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 Tracking Cards to the interested members or you can find them at the Sons of Norway International website [www.sofn.com](http://www.sofn.com). Lodge Leadership Resources>Sports Medal Program.

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**PROJECT FRAMTID (ADOPT A SCHOOL)**

The Adopt-a-School program has been broadened under name of “Project Framtid” (“Project Future”). This program expands on the Adopt-a-School concept and incorporates many new ways 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 program, log on to: [www.sofn.com](http://www.sofn.com) click on the box on the top of the site “Member Resources” >Cultural Programming >Idea Bank> #59. That site will give information on the many programs 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.

The best way to get started is Goggle search Orienteering Clubs in your area as most will offer beginner friendly courses: orienteering.ca/participate/find-a-club

**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](mailto:sales@sofn.com). If your Lodge wants additional coverage, check that out with Headquarters as well. A letter (usually in September) is sent to each Local Lodge annually, indicating the premiums due for that year. Payment is due and must be received by 1 November each year. Late payment will incur an additional fee.



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**D-17**

Districts and Local Lodges must complete and file Form D-17 on an annual basis. This requirement is a Sons of Norway Bylaw but also is required under state and federal law. The Revenue Code requires where local and district lodges are chartered by the parent Lodge, Sons of Norway, is required to provide oversight which in part is obtaining and reviewing the financial information of its lodges on an annual basis. The information is kept with strict confidentiality and is not shared with third parties.

Sons of Norway requires 100% compliance with the filing of Forms D-17. To avoid penalties, all filing must occur by 15th March each year. The form is available on the Sons of Norway webpage.

**LODGE VOLUNTEER HOURS**

The Individual Activity Tracking Sheet can be used by lodge members to track their volunteer hours outside of group activities. Members should only track volunteer time spent on projects organized by correlated to Sons of Norway at a lodge, district, or international level. At the next lodge meeting, members turn their completed Individual Activity Tracking Sheets to the lodge secretary and pick up new forms as needed.

The lodge secretary keeps and updates the Secretary’s Activity and Hour Tracking Spreadsheet. This tool is only utilized by lodge secretaries. It has recently been updated to an excel format to save time and automate the process. For example, if a lodge has a board meeting, a social event, and a book club most months, you can copy and paste those cells/fields from January and paste to February. Just make sure the details are accurate if you copy and paste.

See: Member Resources>Local Operations>Local Lodge Event Tracking Form

**LODGE ACHIEVEMENT FORM**

Lodge Achievement information is available on [www.sofn.com](http://www.sofn.com) webpage early each year. The form must be completed online via SurveyMonkey by 15th March. 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.

There is a specific Canadian version of the Lodge Achievement Form so please use that one.



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**FAMILY LODGE OF THE YEAR**

The Family Lodge of the Year Form is necessary to determine the Family Lodge of the Year. The form is completed via SurveyMonkey by the lodge secretary with input for other officers of the lodge. This program recognizes lodges that build strong family and youth connections among their members. This form is due 15th March each year.



**DISTRICT 7 LODGE OF THE YEAR RECIPIENTS**

1978-80---------------------------------------------------------------------------------------Nordic Lodge 7-76, Castlegar

1980-82------------------------------------------------------------------------------------------Saga Lodge 7-104, Langley

1982-84---------------------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

1984-86----------------------------------------------------------------------------------North Star Lodge 7-63, Nanaimo

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

1987-----------------------------------------------------------------------------------------Sleipner Lodge 7-08, 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 7-141, Kamloops

1991--------------------------------------------------------------------------------------Heimdal Lodge 7-141, Kamloops

1992--------------------------------------------------------------------------------------Heimdal Lodge 7-141, Kamloops

1993-------------------------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

1995--------------------------------------------------------------------------------------Heimdal Lodge 7-141, Kamloops

1996-------------------------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

1997-------------------------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

1998-------------------------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

1999----------------------------------------------------------------------------------Rondane Lodge 7-71, Prince George

2000-------------------------------------------------------------------------------Varden Lodge 7-19, New Westminster

2001-------------------------------------------------------------------------------------------Nordic Lodge 7-76, Castlegar

2002 **TIER #1**-------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

**TIER #2**------------------------------------------------------ ------Golden Ears Lodge 7-137, Maple Ridge

2003 **TIER #1**-------------------------------------------------------------Varden Lodge 7-19, New Westminster

**TIER #2**-----------------------------------------------------------------------------Saga Lodge 7-104, Langley

2004 **TIER #1**--------------------------------------------------------------Varden Lodge 7-19, New Westminster

**TIER #2**-----------------------------------------------------------------------------Saga Lodge 7-104, Langley

2005 **TIER #1**-------------------------------------------------------------------------------Viking Lodge 7-81, Surrey

**TIER #2**-----------------------------------------------------------------------------Saga Lodge 7-104, Langley

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2006 **TIER #1**--------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

**TIER #2**----------------------------------------------------------------------------Saga Lodge 7-104, Langley

2007 **TIER #1**--------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

**TIER #2**----------------------------------------------------------------Storland Lodge 7-140, Williams Lake

2008 **TIER #1**-------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

**TIER #2**----------------------------------------------------------------Storland Lodge 7-40, Williams Lake

2009 **TIER #1**-----------------------------------------------------------------Rondane Lodge 7-71, Prince George

**TIER #2**-------------------------------------------------------Trollheimen Lodge 7-157, North Vancouver

2010 **TIER #1**----------------------------------------------------------------Rondane Lodge 7-71, Prince George

**TIER #2**-------------------------------------------------------------------------Nordic Lodge 7-76, Castlegar

2011 **TIER #1**-------------------------------------------------------------Varden Lodge 7-19, New Westminster

**TIER #2**-------------------------------------------------------------------Hardanger Lodge 7-109, Kelowna

2012 **TIER #1**----------------------------------------------------------------Rondane Lodge 7-71, Prince George

**TIER #2**-------------------------------------------------------------------------Nordic Lodge 7-76, Castlegar

2013 **TIER #1**--------------------------------------------------------------Varden Lodge 7-19 New Westminster

**TIER #2**-------------------------------------------------------------------Nordlys Lodge 7-20, Port Alberni

2014 **TIER #1**--------------------------------------------------------------------------Nordic Lodge 7-76, Castlegar

**TIER #2**--------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

2015 **TIER #1**--------------------------------------------------------------------Hardanger Lodge 7-109, Kelowna **TIER #2-**-------------------------------------------------------------------------Eidsvold Lodge 7-53, Victoria

2016 **TIER #1**---

**TIER #2**---

2017 **TIER #1**---

**TIER #2**---

2018 **TIER #1**--------------------------------------------------------------------------------North Star, 7-63, Nanaimo

**TIER #2**------------------------------------------------------------------------------Hardanger, 7-109, Kelowna

2019 **TIER #1**--------------------------------------------------------------------------------North Star, 7-63, Nanaimo

**TIER #2**------------------------------------------------------------------------------Hardanger, 7-109, Kelowna

2020 **TIER #1**-----------------------------------------------------------------------------------------Viking, 7-81, Surrey **TIER #2**--------------------------------------------------------------------------Vestlandet, 7-98, Powell River

2021 **TIER #1**------------------------------------------------------------------------------------Eidsvold, 7-53, Victoria

**TIER #2**----------------------------------------------------------------------------------------Viking, 7-81, Surrey

2022 **TIER #1**------------------------------------------------------------------------------------Eidsvold, 7-53, Victoria **TIER #2**-------------------------------------------------------------------------------North Star, 7-63, Nanaimo

2023 **TIER #1**-------------------------------------------------------------------Dawson Creek, 7-79, Dawson Creek

**TIER #2**-----------------------------------------------------------------------------North Star, 7-63, North Star

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**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. (Note: this program is no longer part of International programs)

Since the inception of this program (1986), Founders’ Certificates have been awarded to District 7 lodges as follows:

**1986**

Vinland 7-28

Sol land 7-121

Golden Ears 7-137

**1987**

North Star 7-63

Nordic 7-76

Saga 7-104

Golden Ears 7-137

**1988**

Dawson Creek 7-79

Freya 7-100

Skogvann 7-135

Golden Ears 7-137

Heimdal 7-141

Skjonne Dal 7-142

**1989**

Varden 7-19

Heimdal 7-141

**1990**

Vestlandet 7-98

Heimdal 7-141

Solstrand 7-144

**1991**

Eidsvold 7-53

Freya 7-100

Heimdal 7-141

**1992**

Dawson Creek 7-79

Storland 7-140

Heimdal 7-141

**1993**

*Sleip*ner 7-08

Eidsvold 7-53

North Star 7-63

Nordic 7-76

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Dawson Creek 7-79

Scandia 7-84

Leif Erikson 7-93

Dovre 7-99

**1994**

Eidsvold 7-53

North Star 7-63

Nordic 7-76

Saga 7-104

Sol land 7-121

**1995**

Varden 7-19

Rondane 7-71

Leif Erikson 7-93

Heimdal 7-141

Solstrand 7-144

Trollheimen 7-157

**1996**

North Star 7-63

Leif Erikson 7-93

Vestlandet 7-98

Hardanger 7-109

Fjelldal 7-156

**1997**

Scandia 7-84

Dawson Creek 7-79

Vestlandet 7-98

**1998**

Scandia 7-84

Leif Erikson 7-93

**1999**

Eidsvold 7-53

North Star 7-63

Rondane 7-71

Dawson Creek 7-79

Hardanger 7-109

**2000**

Vinland 7-28

Heimdal 7-141

**2001**

Sleipner 7-08

Nordic 7-76

Leif Erikson 7-93

**2002**

Scandia 7-84

Storland 7-140

**2003**

Varden 7-19

Vinland 7-28

North Star 7-63

Rondane 7-71

Vestlandet 7-98

Sage 7-104

Storland 7-140

**2004**

Varden 7-19

Vinland 7-28

North Star 7-63

Rondane No. 71

Vestlandet 7-98

Saga 7-104

**2005**

Nordlys 7-20

Scandia 7-84

Vestlandet 7-98

**2006**

Varden 7-9

Eidsvold 7-53

North Star 7-63

Rondane 7-71

Nordic 7-76

Viking 7-81

Saga 7-104

Hardanger 7-109

Heimdal 7-141

Trollheimen 7-157

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**2007**

Varden 7-19

Eidsvold 7-53

North Star 7-63

Rondane 7-71

Nordic 7-76

Dawson Creek 7-79

Viking 7-81

Hardanger 7-109

Storland 7-140

Trollheimen 7-157

**2008**

Rondane 7-71

Dawson Creek 7-79

Viking 7-81

**2009**

Leif Erikson 7-93

Storland 7-140

Trollheimen 7-157

**2010**

North Star 7-63

Sleipner 7-08

**2011**

Vinland 7-28

Saga 7-104

Rondane 7-71

**2012**

Dawson Creek 7-79

**2013**

Nordlys 7-20

Rondane 7-71

Dawson Creek 7-79

Skjonne Dal 7-142

**2014**

Nordic 7-76

Dawson Creek 7-79

Trollheimen 7-157

**2015**

Nordic 7-76

**2016**

Viking 7-81

Handanger 7- 109

(Home Office cancelled this program)

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**2008 MERIT AWARDS**

**SILVER**  **PRESIDENT**

Trollheimen Lodge 7-157 Bryan Grondahl

Rondane Lodge 7-71 Gloria Benazic

Varden Lodge 7-19 Susan Strang

Eidsvold Lodge 7- 53 Betty Hall

**BRONZE** **PRESIDENT**

Sleipner Lodge 7-08 Erik Brochmann

North Star Lodge 7-63 Brian Grosseth

Dawson Creek Lodge 7-79 Vernon Braaten

Viking Lodge 7-81 Doreen Rasmussen

Hardanger Lodge 7 109 Wilf Akerlund

Storland Lodge 7-140 Ellen Wiege

**2009 MERIT AWARDS**

**GOLD**  **PRESIDENT**

Rondane Lodge 7-71 Gloria Benazic

**SILVER PRESIDENT**

Varden Lodge 7-19 Susan Strang

Hardanger Lodge 7-109 Wilf Akerlund

**BRONZE PRESIDENT**

Sleipner Lodge 7-08 June Ruzas

Saga Lodge 7-104 Sheila Stach

Trollheimen Lodge 7-157 Bryan Grondahl

Nordic Lodge 7-76 Ida Price

Storland Lodge 7-140 Sandra Hawkins

Dawson Creek 7-79 Vernon Braaten

**Note- these are now a listing of just the lodge – no Presidents**

**2018 MERIT AWARDS**

**GOLD**  **SILVER BRONZE**

Eidsvold 7-53 Viking 7-81 Hardanger 7-109

North Star 7-63

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**2019 MERIT AWARDS**

**GOLD**  **SILVER BRONZE**

North Star 7-63 Varden 7-19 Sleipner 7-08

Viking 7-81

Hardanger 7-109

Rondane 7-71

**2020 MERIT AWARDS**

**GOLD**  **SILVER BRONZE**

North Star 7-63 Sleipner 7-08

Viking 7-81

Varden 7-19

Eidsvold 7-53

**2021 MERIT AWARDS**

**GOLD**  **SILVER BRONZE**

North Star 7-63 Viking 7-81 Sleipner 7-08

Eidsvold 7-53 Rondane 7-71

**FOUNDERS CERTIFICATES PRESIDENT**

Rondane Lodge 7-71 Gloria Benazic

Dawson Creek Lodge 7-79 Vernon Braaten

Viking Lodge 7-81 Doreen Rasmussen

Leif Erikson Lodge 7-93 Tor Ring

Storland Lodge 7-140 Sandra Hawkins

Trollheimen Lodge 7-157 Bryan Grondahl

**FAMILY LODGE OF THE YEAR**

**2008** – SLEIPNER 7-08 **2009** - VARDEN 7-19

**2018** – NORTH STAR 7-63 **2019** – VARDEN 7-19

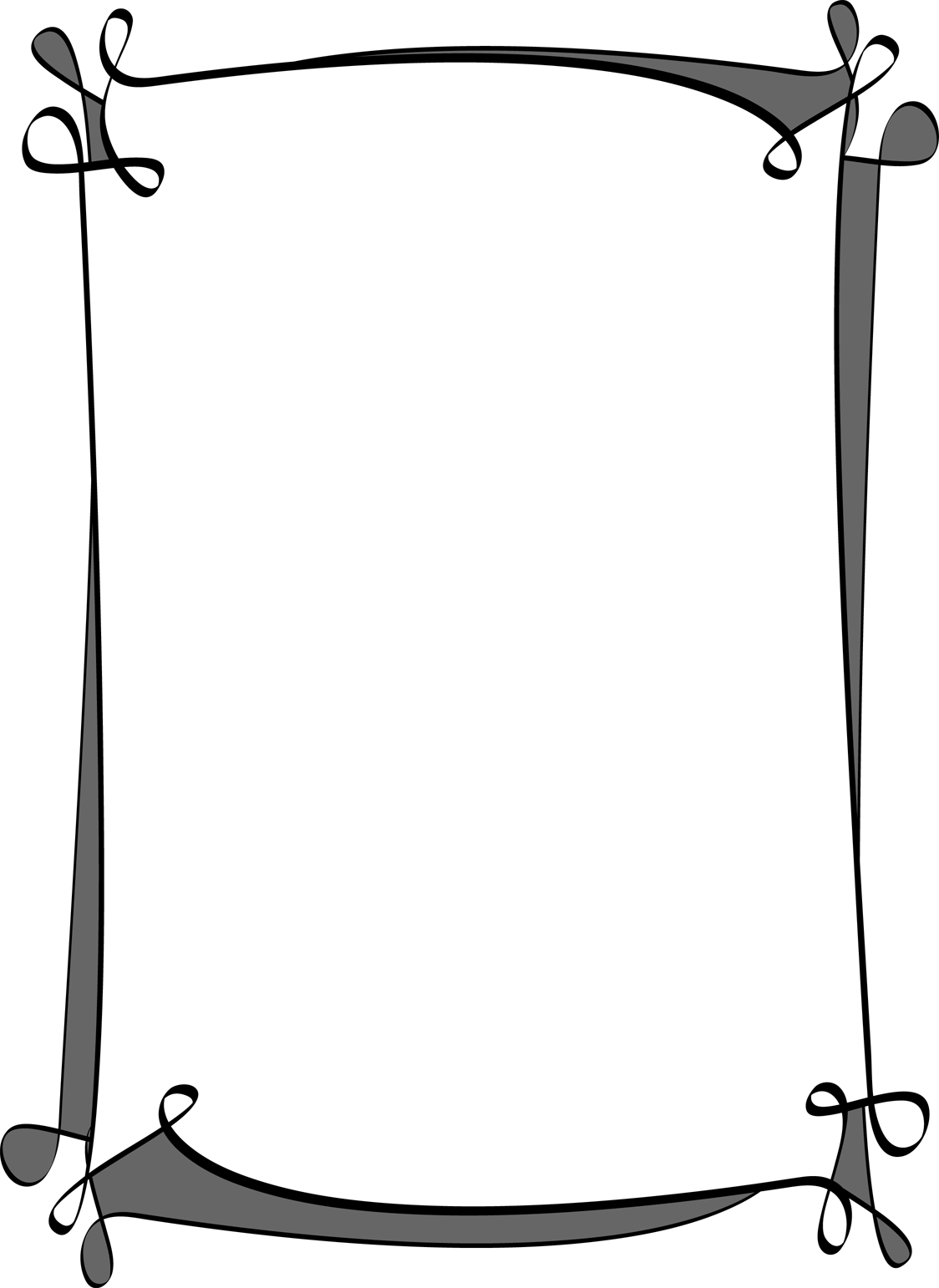
**2020** – VIKING 7-81 **2021** – NORTH STAR 7-63

**2022** – EIDSVOLD 7-53 **2023** – DAWSON CREEK 7-79

NORTH STAR 7-63 NORDLYS 7-20

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**SECTION 7**

**DISTRICT**

**7**

**CONVENTION**

**INFORMATION**

**SO YOUR LODGE IS HOSTING THE NEXT DISTRICT 7 CONVENTION**

****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.

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

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 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 7 Conventions are usually held in late May or early June.
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 may be at the discretion of theInternational 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 7 Board of Directors. When the invitation is accepted the Convention Committee should make arrangements to meet the International President or alternate.

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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.

1. **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 possible. Some Host Lodges in the past have “netted” as much at $1,500.00 on the Book.
2. **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 Thursday night to Saturday night **inclusive. T**his room should be large enough to host the Presidents Reception on Thursday night and Board meetings during the day.The President suite should have separate sleeping and washroomaccommodations.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. If large suite is not available, a Board Meeting space is required.

**District Secretary:** A suite to do any necessary secretarial work. Required from Thursday night to Saturday night inclusive. This room should be next to the President’s suite.

**Board and Committee Members:** Rooms will be needed for the remaining six (6) 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 40-50 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.

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**ACTIVITY ROOMS REQUIRED**

**BOARD ROOM**: A board room is required on Friday 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 packageand is free. If there is a charge for the Board Room consider using the District Presidents suite if large enough.

**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 Members, 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 Friday 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 Saturday 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 cloth bags (at the discretion of the Committee). Registration should include the Delegate name badge and Lodge number, Souvenir Program Booklet, the voting ballots, any tickets to special events, meal and banquet tickets, Convention agenda, and any other pertinent Convention material. The bags should contain any “extras” that your committee wishes, such as scratch pads, pens, pencils, maps, and brochures of the area.

**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 Friday afternoon to Saturday afternoon. The Cultural Room should be open at times that seem most suitable to the Convention Agenda. The Cultural Room must be staffed during all open hours. Staffing and security are 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 Cultureand 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.

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**COMMITTEE MEETING ROOMS**: It is not necessary to provide extra rooms for this purpose as members can use one of the committee members rooms 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 the Opening Ceremonies followed by President’s Reception and an open forum (Q&A) 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 precede the social hour and banquet. This gives the delegates 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 holding a dance. 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 Rep 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!

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**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)

**THURSDAY** Arrival of District Board Members and Committee members.

Welcome Committee members and Host Committee hosted by the District Board.

**FRIDAY** 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 afternoon/evening . Opening Ceremonies and “Open Forum” with refreshment hosted by District Board and Host Lodge.

**SATURDAY** Registration 8 – 8:50 a.m. Convention Meeting 9 a.m. sharp. Cultural Room open. Caucus meetings. Election of Officers. Cultural Room closes – signing out of items. Installation of Officers. Banquet.

**SUNDAY** New and retiring Board Meeting 9 until 11 a.m. 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.

Non-delegate tickets should be sold for the Saturday night Banquet.

You may wish to have a raffle to help defray expenses**. Permission must be granted by the District 7 Board of Directors if asking for prizes from District 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 7 President if you want to sell tickets or anything else District-wide.

**THE DISTRICT 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.

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**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 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!**

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**OPENING CEREMONIES AND FLAG PROTOCOL**

OPENING CEREMONIES:

Example: Commence at 06:00 pm. All delegates are to be seated by 05:55.

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 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 (or MC) 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/MC 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/MC will then invite each guest speaker to proceed to the podium to say their words of welcome. When all speeches are completed, the Convention Chair /MC will declare the meeting “Officially Open” and turn the gavel over to the District President. The District President will announce the Open Forum and reception that is about to begin for the remainder of the evening.

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.**

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**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.

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**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). 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.

The International Lodge Officers may be nominated from a District Lodge meeting, may be candidates from the benefit membership at large, or may be candidates outside the general membership to enhance the proficiencies, skills, or knowledge necessary to create a well-qualified board. Candidates must be benefit members or those Canadian members ‘grandfathered’ as benefit members

**BY-LAWS:**

If we want to make changes to our District 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.

**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 by March 1** before the District Lodge Meeting. 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. International Officer candidates must be current Sons of Norway insurance policy holders or ‘grandfathered Canadian policy holders’ (or make arrangements to purchase a SoN product.)

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.

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**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 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](http://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 7 Convention may a four-day affair or less.

Day 1 Convention Committees meet – Board meets – Opening Ceremonies and Q& A Session

Day 2 Convention AGM is held – Installation of Officers - Banquet

Day 3 Sunday the new District Board meets.

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**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.

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**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:**

By-Law 14.6.3 in the Charter & Bylaws, 2024 states: The Secretary of the Local Lodge shall prepare a list of all duly elected delegates and alternates with names, addresses, telephone numbers and email addresses. Either the Lodge President or Secretary will sign the report and forward to the District Secretary no later than March 11 in the year of the District Lodge Meeting. A current Sons of Norway membership card and a form of picture identification will be used as a means to identify a delegate at Convention Registration.

**CACUS MEETINGS:**

Each Zone in District 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 AT LODGE MEETING:**

* 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
* 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 for the Session). New temporary officers are assigned each half day
* Minutes of the Previous Convention

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**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, if there is a candidate, for International Office Position

Selection of Host Lodge for the next District 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.**

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**DISTRICT 7 CONVENTION - COMMITTEES**

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

**1968**

**LAWS** - HenrySotvedt, 7-08; Olav Saele, 7-20; Kaare Sather, 7-19

**FINANCE** - Otto Maaren, 7-19; Len Johnson, 7-63; Edwin Malones, 7-85

**SPORTS** – Annar Jacobsen, 7-08; Johan Olsen, 7-28; Steve Hindrum, 7-19

**REPORTS** – Daphne Winkler, 7-63; Nils Kristiansen, 7-76; Erling Skuggedal, 7-71

**RESOLUTIONS** – Jack Lysne, 7-53; Margaret Floe, 7-81; Hans Hanston, 7-79

**1970**

**LAWS** – Mervin Rogelstad, 7-19; Henry Sotvedt, 7-08; Karen Flakstad, 7-85

**FINANCE** – Tom West, 7-71; Gerd Henley, 7-81; John Vestli, 7-84

**RESOLUTIONS** – Hans Hanston, 7-79; Margaret Chipman, 7-20; Tron Kringhaug, 7-76

**SPORTS & YOUTH ACTIVITIES** – Sig Bekken, 7-71; Erling Omtvedt, 7-08; Roy Johnson, 7-63

Elsa Aase, 7-71; Enes Christiansen, 7-93

**REPORTS** – Ralph Hagen, 7-71; Henry Christiansen, 7-93; Daphne Kristiansen, 7-63

**1972**

**LAWS** – Nils Hoeg, 7-85; Hans Engen, 7-89; Tore Klausen, 7-08

**REPORTS AND FINANCE** – Christian Bonde, 7-76; Roy Johnson, 7-63; Kaare Sather, 7-19

**RESOLUTIONS** – Tom Taylor-Bullen, 7-81; Margaret Chipman, 7-20; Kelly Meade, 7-81

**SPORTS & YOUTH ACTIVITIES** – Bjorn Grendel, 7-08; Karen Smale, 7-71; Dennis Hansen, 7-84

**1974**

**LAWS** – Henry Sotvedt, 7-08; Art Lear 7-71; Agnar Gjesdal, 7-81

**REPORTS & FINANCE** – Christian Bonde, 7-76; Hans Myhre, 7-08; Vera Lysne, 7-53

**RESOLUTIONS** – Mervin Rogelstad, 7-19; Henry Christiansen, 7-93; Doreen Poulsen, 7-08

**SPORTS & YOUTH ACTIVITIES** – Tore Pettersen, 7-71; Bill Winship, 7-81

**1976**

**LAWS** – Kaare Sather, 7-19; Harald Ravaa, 7-81; Annar Jacobsen, 7-08

**REPORTS & FINANCE** – Helen Larsen, 7-19; Alma Almhjell, 7-08; Van Gray, 7-08

**RESOLUTIONS** – Art Lear, 7-71; Oral Bjorke, 7-99; Bjarne Thorshaug 7-53

**SPORTS & YOUTH ACTIVITIES** – Kelly Meade, 7-81; Synnove Jacobsen, 7-08; Nilo Itkonen 7-71

**1978**

**LAWS** – Harald Revaa, 7-81; Eugene Voight, 7-100; Bea Fossum, 7-84

**REPORTS & FINANCE** – Van Gray, 7-08; Lila Fitzsimmons, 7-28; Bob Smales, 7-71

**RESOLUTIONS** – Gina Rekdal, 7-08; Fred Swetish, 7-109; Lynn Kay

**SPORTS & YOUTH ACTIVITIES** – Dennis Carter, 7-104; Donna Halvorsen, 7-99; Pat Gray, 7-08

**1980**

**LAWS** – Tore Pettersen, 7-71; Van Gray, 7-08; Harald Revaa, 7-81

**REPORTS & FINANCE** – Charles Spencer, 7-104; Bjarne Thorshaug, 7-53; Jim Carlson, 7-28

**RESOLUTIONS** – Una Carlson, 7-19; Arvid Larsen, 7-63; Andy Ellingsen, 7-08

**YOUTH & RECREATIONS** – Reidun Seim, 7-81; Conrad Brattebo, 7-76; Synnove Jacobsen, 7-08

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**1982**

LAWS – Reidun Siem, 7-81; Bjarne Thorshaug, 7-53; Mervin Rogelstad, 7-19

**FINANCE** – Andy Ellingsen, 7-08; Ralph Casperson, 7-121; Barry Carlson, 7-9

**RESOLUTIONS** – Conrad Brattebo, 7-76; Ron Anderson, 7-93; Wilf Akerlund, 7-109

**YOUTH & RECREATION** – Tore Pettersen, 7-71; Karen Frigstad, 7-20; Baard Braaten,7-08

**REPORTS** – Charles Spencer, 7-104; Shannon Davidson, 7-84; Arvo Pavarinta, 7-63

**1984**

LAWS – George Grasdal, 7-104; Kathy Furuness, 7-63; Kaare Sather, 7-19

**FINANCE** – Arne Sorbo, 7-08; Dorothy Thoen, 7-93; Agnar Gjesdal, 7-81

**RESOLUTIONS** – Elisabeth Jensen, 7-53; Bob Kneeland, 7-109; Gina Rekdal, 7-08

**YOUTH AND RECREATION** – Norma Morrison, 7-93; Vera Lysne, 7-53; Shannon Davidson 7-84

**REPORTS** – Al Longva, 7-19; Edel DeLong, 7-76; Dorothy Maxwell, 7-100

**1986**

**LAWS** – Nils Hoeg, 7-53; Arvid Larsen, 7-63; Shannon Davidson 7-64

**FINANCE** – Tor Ring, 7-93; Ross Hanson7- 84; Ildri Nordlie, 7-08

**RESOLUTIONS** – Curt Jensen, 7-53; Audrey Casperson, 7-121; Al Cristofoli, 7-76

**FRATERNAL PROGRAMS** – Gladys Jaques, 7-81; John Martinsen, 7-71; Karen Klotz, 7-109

**REPORTS** – Gunnar Warolin, 7-08; Sharon Fitger, 7-19; Harald Jensen, 7-98

**1988**

**LAWS** – Bjarne Thorshaug, 7-53; Al Cristofoli, 7-76; David Fitger, 7-19

**FINANCE** – Peter Kirk, 7-08; Lloyd Paine, 7-109; Karin Edberg-Lee, 7-137

**RESOLUTIONS** – Elsa Ring, 7-93; Patty Haaheim, 7-19; Vera Lysne, 7-53

**FRATERNAL PROGRAMS** – Myrtle Spencer, 7-104; Hans Pederson, 7-79; Evelyn Novik, 7-08

**REPORTS** – Bea Fossum, 7-84; Bob Acott, 7-71; Norma Morrison, 7-08

**1990**

**LAWS** – Annar Jacobsen, 7-08; Patty Haaheim, 7-19; Arvid Larsen, 7-63

**FINANCE** – Erik Brochmann, 7-08; Norma Paulson, 7-135; Beverly Saugstad, 7-142

**RESOLUTIONS** – Vivian Bates, 7-19; Barry Brekke, 7-142; Lee Acott, 7-71

**FRATERNAL** – Olav Tveita, 7-137; Chantell Brenholen, 7-141; Niels Selnes, 7-109

**REPORTS** – Susan Stainton, 7-19; Karen Ring, 7-08, Deena Patten, 7-84

**1992**

**LAWS/RESOLUTIONS** – Bjarne Thorshaug, 7-53; Jean Christensen, 7-109; John Hoem, 7-140

**FINANCE** – Gunnar Warolin, 7-08; Carrie Ellingsen, 7-141; George Gudbranson, 7-144

**FRATERNAL/REPORTS** – Alice Cristofoli, 7-76; Ron Stubbings, 7-19; Orpha Peterson, 7-99

**1994**

**LAW/RESOLUTIONS** – Bjarne Thorshaug, 7-53; Joan Lemky, 7-71; Kare Paulsen, 7-142

**FINANCE** – Arne Sorbo, 7-08; Sharon Coles, 7-81; Reg Norberg, 7-140

**FRATERNAL/REPORTS** – Jean Christensen, 7-76; Victor Petersen, 7-99; Alan Blackwell, 7-135

**1996**

**LAWS/RESOLUTIONS** – Sharon Coles, 7-81; Sheila Stach, 7-104; Tom Lie, 7-156

**FINANCE** – Arne Sorbo, 7-08; Thelma Morisset, 7-93; Ida Pedersen, 7-63

**FRATERNAL/REPORTS** – Olav Tveita, 7-141, Kari Meidal, 7-109; Howard Melo, 7-53

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**1998**

**LAWS/RESOLUTIONS** – Al Coates, 7-53; Susan Strang, 7-19; Myles Ringheim, 7-76

**FINANCE** – Tore Pettersen, 7-71; Doreen Wold, 7-141; Knut Bjorndal, 7-93

**FRATERNAL/ REPORTS** – Annar Jacobsen, 7-08; Mary Jensen, 7-98; Arvo Paivarinta, 7-63

**2000**

**LAWS/RESOLUTIONS** – Al Stennes, 7-53; Bev Saugstad, 7-142; Conrad Brattebo, 7-76

**FINANCE** – Ian Barnhill, 7-08; Brian Grondal, 7-157; Tor Ring, 7-93

**FRATERNAL/REPORTS** – Dorothy Thoen, 7-141; Sheila Stach, 7-104; John Martinsen, 7-71

**2002**

**LAWS/RESOLUTIONS** – Helen Mosdell, 7-19; Tor Ring, 7-93; John Martinsen, 7-71

**FINANCE** – Dorothy Thoen, 7-141; Bryan Grondahl, 7-157; Al Stennes, 7-53

**FRATERNAL/REPORTS** – Shannon Davidson, 7-84; Ron Anderson, 7-93, Karen Ring 7-08

**2004**

**LAWS/RESOLUTIONS** – Karen Ring, 7-08; Barry Nelson, 7-137; Bryan (Bud) Grondahl, 7-157

**FINANC**E – Martin Naske, 7-08; Kathy Furuness, 7-63; Shirley Grayston, 7-79

**FRATERNAL/REPORTS** – Bev Akerlund, 7-109; Al Coates, 7-53; Helen Bourchier, 7-76

**2006**

**LAWS/RESOLUTIONS** – Dorothy Thoen, 7-141; Alice Cristofoli, 7-76; Allen Coates 7-53

**FINANCE** – June Rusas 7-08; Bonnie Close, 7-53; Patty Haaheim 7-19

**FRATERNAL/REPORTS** – Val Biffert, 7-140; Clara Hare, 7-109; Veronica Brochmann, 7-08

**2008**

**LAWS/RESOLUTIONS/ FRATERNAL/REPORTS** – Tore Pettersen, 7-71; Alice Cristofoli, 7-76;

Wilf Akerlund, 7-109

**FINANCE** – Jim Hall, 7-53; Susan Strang, 7-19; Veronica Brochmann, 7-08

**2010**

**LAWS/RESOLUTIONS/FRATERNAL/REPORTS** – John Martinsen, 7-71; Kath Bowie,7-08; Kim Jensen, 7-141.

**FINANCE** – Clara Hare, 7-109; Mel Anderson, 7-104; Joan Knapp, 7-53.

**2012**

**LAWS/RESOLUTIONS/FRATERNAL/REPORTS** – Erik Knudsgaard, 7-76; Jakob Tengs, 7-19; Vance Hanson, 7-53

**FINANCE** – June Ruzas, 7-08; Donna Hedley, 7-20; Thelma Lysne, 7-53.

**2014**

**LAWS/RESOLUTIONS/FRATERNAL/REPORTS** – Cathy Naske, 7-08; Lloyd Coltman, 7-109; Riita Huttunen, 7-19

**FINANCE -** Melvin Klassen, 7-53; Andrina Benazic, 7-71; Donna Hedley, 7-20

**2016**

**LAW/RESOLUTIONS/FRATERNAL/REPORT**S - Linda Conway, 7-08; Krista Solie, 7-19; John Martinsen, 7-71

**FINANCE** - Melvin Klassen, 7-53; Marion Dick, 7-20; Ida Pedersen, 7-63

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**2018**

**LAW/RESOLUTIONS/FRATERNAL/REPORT**S – Bev Akerlund, 7-10; Donna Hedley, 7-20; Conrad Brattebo, 7-76

**FINANCE** – Melvin Klassen, 7-53; Christine Sullivan, 7-71; Larry Brawn, 7-08

**2020**

No Conventions held due to Covid 19 pandemic

**2022**

**LAW/RESOLUTIONS/FRATERNAL/REPORT**S – Linda Conway, 7-08; Tore Pettersen, 7-71; Rannveig (Randi) Landet, 7-20.

**FINANCE –** Barbara Jean Knighton, 7-53; Lorilyn Barsi, 7-141; Rebecca (Rosie) Barlak, 7-63.

**2024**

**LAWS/RESOLUTIONS/FRATERNAL/REPORTS –** Cal Benazic, 7-109; Rannveig (Randi) Landet, 7-20; Daphne Shaw, 7-53.

**FINANCE –** Barbara Knighton, 7-53; Tore Pettersen, 7-71; Patty Schwartz, 7-20.

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**DISTRICT 7 DELEGATES TO INTERNATIONAL CONVENTION**

**1968 – ST. PAUL, MINNESOTA**

Tormod Rekdal – District President

Henry Sotvedt – Sleipner 7-08

Bjornulv Gjervan – Sleipner 7-08

Kaare Sather – Varden 7- 19

Olav Saele – Nordlys 7-20

Jack Lysne – Eidsvold 7-53

Alf Strom – Rondane 7-71

Ralph Hagen – Rondane 7-71

Bjarne Tvete – Viking 7-81

**1970 – PORTLAND, OREGON**

Tormod Rekdal – District President

Anfin Haaheim – District Secretary/Treasurer

Bjorn Grendel – Sleipner 7-08

Kolbjorn Nordlie – Sleipner 7-08

Jon Tronstad – Sleipner 7-08

Mervyn Rogelstad – Varden 7-19

Len Johnson – North Star 7-63

Ralph Hagen – Rondane 7-71

Gunnar Selvig – Nordic 7-76

Harald Revaa – Viking7-81

Hans Myhre – Norland 7-88

**1972 – MIAMI, FLORIDA**

Ralph Hagen – District President

Anfin Haaheim – District Secretary/Treasurer

Tore Klausen – Sleipner 7-08

Bjorn Grendel – Sleipner 7-08

Kolbjorn Nordlie – Sleipner 7-08

Ina Soros – Varden 7-19

Len Johnson – North Star 7-63

Sig Bekken – Rondane 7-71

Gunnar Selvig – Nordic 7-76

Tom Taylor-Bullen – Viking 7-81

Nils Hoeg – Kon Tiki 7-85

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**1974 – BANFF, ALBERTA**

Jack Lysne – District President

Nils Hoeg – District Secretary/Treasurer

Tormod Redkal – Sleipner 7-08

Tore Klausen – Sleipner 7-08

Annar Jacobsen – Sleipner 7-08

Anfin Haaheim – Varden 7-19

Bernice Cruickshank – Eidsvold 7-53

Art Lear – Rondane 7-71

Agnar Gjesdal – Viking 7-81

Paul Malakoff – Dovre 7-99

**1976 – ALEXANDRIA, MINNESOTA**

Jack Lysne – District President

Nils Hoeg – District Secretary/Treasurer

Gina Rkdal – Sleipner 7-08

Annar Jacobsen – Sleipner 7-08

Henry Sotvedt – Varden 7-19

Kaare Sather – Varden 7-19

Helen Johnson – North Star 7-63

Ralph Hagen – Rondane 7-71

Harald Revaa – Viking 7-81

Walter Ratzlaff – Leif Erikson 7-93

**1978 – FARGO, NORTH DAKOTA**

Tore Klausen – District President

Nils Hoeg – District Secretary/Treasurer

Gina Rekdal – Sleipner 7-08

Annar Jacobsen – Sleipner 7-08

Helen Larsen – Varden 7-19

Jack Lysne – Eidsvold 7-53

Nilo Itkonen – Rondane 7-71

Harald Revaa – Viking 7-81

Tom Jorsvik – Hardanger 7-109

7.18

**1980 –NORTH HOLLYWOOD, CALIFORNIA**

Tore Klausen – District President

Helen Larsen – District Secretary

Evelyn Novik – Sleipner 7-08

Van Gray – Sleipner 7-08

Annar Jacobsen – Sleipner 7-08

Jack Lysne – Eidsvold 7-53

Niilo Itkonen – Rondane 7-71

Harald Revaa – Viking 7-81

Karin Johnson – Leif Erikson 7-93

**1982 – MADISON, WISCONSIN**

Harald Revaa – District President

Helen Larsen – District Secretary

Andy Ellingsen – Sleipner 7-08

Baard Braaten – Sleipner 7-08

Jack Lysne – Eidsvold 7-53

Tore Pettersen – Rondan 7- 71

Bea Fossum – Scandia 7-84

Elsa Ring – Leif Erikson 7-93

Charles Spencer – Saga 7-104

**1984 – VANCOUVER , B.C.**

Tore Pettersen – District President

Dorothy Thoen – District Secretary

Helen Larsen – Varden 7-19

Kathy Furuness – North Star 7-63

Art Lear – Rondane 7-1

Harald Revaa – Viking 7-81

Elsa Ring – Leif Erikson 7-93

Charles Spencer – Saga 7-104

Bob Kneeland – Hardanger 7-109

**1986 – PHILADELPHIA, PA.**

Tore Pettersen – District President

Dorothy Thoen – District Secretary

Evelyn Novik – Sleipner 7-08

Tormod Rekdal – Sleipner 7-08

Arvid Larsen – North Star 7-63

Art Lear – Rondane 7-71

Harald Revaa – Viking 7-81

Tor Ring – Leif Erikson 7-93

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**1988 – RAPID CITY, SOUTH DAKOTA**

Dorothy Thoen – District President

Alice Cristofoli, District Secretary

Tormod Rekdal – Sleipner 7-08

Gunnar Warolin – Sleipner 7-08

Tore Pettersen – Rondane7-71

Al Cristofoli – Nordic 7-76

Shannon Davidson – Scandia 7-84

Charles Spencer – Saga 7-104

**1990 – SPOKANE, WASHINGTON**

Dorothy Thoen - District President

Alice Cristofoli – Alt. District Secretary

Gunner Warolin – Sleipner 7-08

Vivian Bates – Varden 7-19

Vera Lysne – Eidsvold 7-53

Tore Pettersen – Rondane 7-71

Karin Edberg-Lee – Golden Ears 7-137

Martin Holt – Golden Ears 7-137

**1992 – LILLEHAMMER, NORWAY**

Dorothy Thoen – District President

Alice Cristofoli – District Secretary

Gunner Warlin – Sleipner 7-08

Gina Rekdal – Sleipner 7-08

Kaare Tyssedal – Sleipner7-08

Harald Revaa – Viking 7-81

**1994 MINNEAPOLIS, MINNESOTA**

Bjarne Thorshaug – District President

Jean Christensen – District Secretary

Gunnar Warolin – Sleipner 7-08

Borghild Tyssedal – Sleipner 7-08

Bob Gunderson – Eidsvold 7-53

Egil Lindquist – Rondane7-71

Dorothy Thoen – Heimdal 7-141

7.19

**1996 – MINOT, NORTH DAKOTA**

Bjarne Thorshaug – District President

Karen Edberg-Lee – Alt. District Secretary

Erik Brochmann – Sleipner 7-08

Veronica Brochmann – Sleipner 7-08

Bob Gundersen – Eidsvold 7-53

Tore Pettersen – Rondane 7-71

Tor Ring – Leif Erikson 7-93

**1998 – ANAHEIM, CALIFORNIA**

Erik Brochmann – District President

Thelma Morisset – District Secretary

Veronica Brochmann – Sleipner 7-08

Annar Jacobsen – Sleipner 7-08

Howard Melo – Eidsvold 7-53

Tore Pettersen – Rondane 7-71

Tor Ring – Leif Erikson 7-93

**2000 – STAVANGER, NORWAY**

Erik Brochmann – District President

Dorothy Thoen – Alt. Dist. Secretary

Wenche Garner – Hardanger 7-109

Annar Jacobsen – Sleipner 7-08

Veronica Brochmann – Sleipner 7-08

Elsa Ring – Lief Erikson 7-93

Tor Ring – Lief Erikson 7-93

**2002 – MADISON, WISCONSIN**

Elsa Ring – District President

June Rusas – District Secretary

Annar Jacobsen – Sleipner 7-08

Erik Brochmann – Sleipner 7-08

Dorothy Thoen – Heimdal 7-141

Wenche Garner – Hardanger 7-109

**2004 – WASHINGTON, D.C.**

Ron Stubbings – District President

Dorothy Thoen – Alt. District Secretary

Veronica Brochmann – Sleipner 7-08

Elsa Ring – Leif Erikson 7-93

June Ruzas – Sleipner 7-08

Alice Cristofoli – Nordic 7-76

**2006 – VANCOUVER, B.C.**

Ron Stubbings – District President

Ian Barnhill – Alt. District Secretary

Dorothy Thoen – Heimdal 7-141

Helen Mosdell – Varden 7-19

Gloria Benazic – Rondane 7-71

Alice Cristofoli – Nordic 7-6

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**2008 – SAN DIEGO, CALIFORNIA**

Ron Stubbings – District President

Thelma Morisset – District Secretary

Jim Hall – Eidsvold 7-53

Veronica Brochmann – Sleipner 7-08

Ralph Haugland – Sleipner 7-08

Gloria Benazic – Rondane 7-71

**2010 – COUR D’ALENE, IDAHO**

Gloria Benazic – District President

Patty Schwartz – District Secretary

Jim Hall – Eidsvold 7-52

Ron Stubbings – Varden 7-19

Tore Pettersen – Rondane 7-71

Alice Cristofoli – Nordic 7-76

**2012 – FARGO, NORTH DAKOTA**

Gloria Benazic – District President

Patty Schwartz – District Secretary

Jim Tore Breivik – North Star 7-63

Erik Brochmann – Sleipner 7-08

Tore Pettersen – Rondane 7-71

Erik Knudsgaard – Nordic 7-76

**2014 – JACKSONVILLE, FLORIDA**

Erik D. Brochmann – District President

Jim Tore Breivik – North Star 7-63

Alice Cristofoli – Marion Snowball (Alt) 7-08

Veronica Brochmann – Sleipner 7-08

Gloria Benazic – Andrina Benazic (Alt) 7-71

**2016 - TACOMA, WASHINGTON**

Erik Brochmann - District President

Thelma Lysne - Eidsvold 7-53

Vance Hanson - Eidsvold 7-53

Jim Tore Breivik - North Star 7-63

Marian Snowball - Sleipner 7-08

Andrina Benazic - Rondane 7-71

**2018 – BLOOMINGTON, MINNESOTA**

Bruce Strang - District President

Erik Brochmann - Sleipner 7-08

Jim Tore Breivik - North Star7-63

Susan Strang - Varden 7-19

Veronica Brochmann – Sleipner 7-08

Donna Hedley – Nordlys 7-20

7.20

**2020 -RINGSAKER, NORWAY**

Cancelled due to Covid 19 pandemic

**2022 -MINNEAPOLIS, MINNESOTA**

ONLINE ONLY

Gloria Benazic – District President

Donna Hedley – District Secretary

Rosie Barlak – North Star 7-63

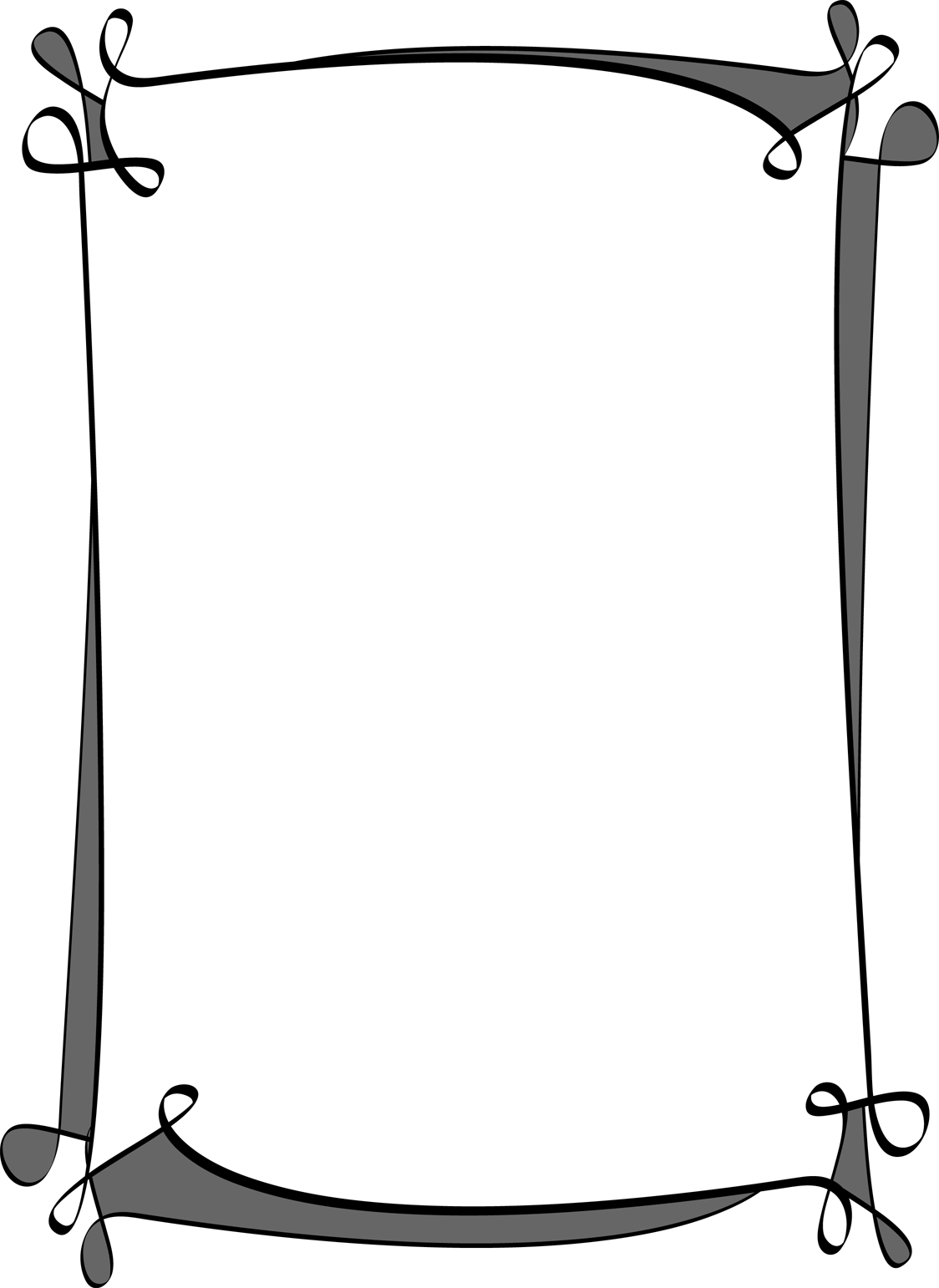
Bruce Strang – Varden 7-19

Jim Tore Breivik – North Star 7-63

Susan Strang – Varden 7-19

(No longer holding International Conventions as of 2024 due to changes in SoN Constitution)

Resource Book District 7 – revised 2024 7.21



**SECTION 8**

**DISTRICT**

**7**

**BY-LAWS**

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## BY-LAWS

**ARTICLE I – NAME & TERRITORY**

Par. 1 The name of the District shall be DISTRICT 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 shall meet for regular Conventions every second year and will normally be held in May or June of that year. The Convention shall last for a minimum of 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 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 delegates shall be elected by March 1. 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.

**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 7 Lodge 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 two hundred and fifty Dollars ($250.00) plus tax per night.

**MEALS** – actual expenses not to exceed – Breakfast - $25.00, Lunch - $25.00, Dinner- $34.50 for a total of not more than eighty-four dollars and fifty cents ($84.50) 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 seventy cents ($.70) 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 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. 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 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.

Candidates’ applications for District Officers must be submitted to the District Nominating Committee for vetting no later than sixty (60) days prior to the start of the District Lodge meeting.

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, 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 Leiflette by the District Secretary by August 10 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; may be the same committee as used for District nominations.

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

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

Par. 2 **INTERNATIONAL DIRECTOR NOMINATIONS:** If the District Lodge Meeting occurs in a year in which an International Director may be nominated, candidates may be submitted to the District Nominating Committee for vetting as determined by the International Board of Directors (IBOD). Candidates must meet all eligibility criteria as set out by IBOD

Par.3 Candidates for nomination to the IBOD shall be insured members and must meet all qualifications as set forth by the International Lodge. International Representation shall carry a valid insurance/benefit policy at the time of the International Lodge Elections. Members who had and retained valid policies with Serenia Life Financial that previously been Sons of Norway policies are also eligible.

Par. 4 The candidate applications will be forwarded to the International Nominating Committee for further review and vetting. Nominations for International Director that originates from a district lodge meeting shall be submitted to the International Nominating Committee no later than June 30 for vetting.

**ARTICLE XV - BY-LAW CHANGES**

Par. 1 These By-laws may be amended or repeated 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 7 funds shall be restricted to Chartered banks, Credit Unions and Sons of Norway endeavors.

These By-laws were adopted at the District Convention held at EIDSVOLD 7-53 in Victoria, B.C. on the 21st of June, 1968, and altered and amended at the District Conventions held in:

RONDANE 7-71 - Prince George June 11 & 12, 1970

NORDIC 7-76 – Castlegar June 8 & 9, 1972

SLEIPNER 7-08 - Vancouver June 7 & 8, 1974

DOVRE 7-99 - Penticton June 4 & 5, 1976

NORDLYS 7-20 – Port Alberni June 2 & 3, 1978

RONDANE 7-71 – Prince George June 6 & 7, 1980

VARDEN 7-19 – Burnaby June 4 & 5,1982

LEIF ERIKSON 7-93 – Kamloops June 1 & 2, 1984

NORTH STAR 7-63 - Nanaimo June 6 & 7, 1986

HARDANGER 7-109 – Kelowna June 3 & 4, 1988

RONDANE 7-71 – Prince George June 1 & 2, 1990

EIDSVOLD 7-53 – Victoria June 5 & 6, 1992

SKJONNE DAL 7-142 – Bella Coola June 24 & 25,1994

VARDEN 7-19 – New Westminster June 7 & 8, 1996

HEIMDAL 7-141 – Kamloops June 5 & 6, 1998

SLEIPNER 7-08 – Burnaby June 9 & 10, 2000

EIDSVOLD 7-53 - Victoria June 7 & 8, 2002

VARDEN 7-19; VIKING 7-81; SAGA 7-104; GOLDEN EARS 7-137 –Mission May 29 & 30, 2004

NORDIC 7-76 – Castlegar May 26 & 27, 2006

NORDLYS 7-20 – Port Alberni May 30 & 31, 2008

SLEIPNER 7-08 – Vancouver May 28 & 29, 2010

RONDANE 7-71 – Prince George May 4 & 5, 2012

VARDEN 7-19 – New Westminster May 30 & 31, 2014

EIDSVOLD 7-53; NORDLYS 7-20; NORTH STAR 7-63 - Victoria May 27 & 28, 2016

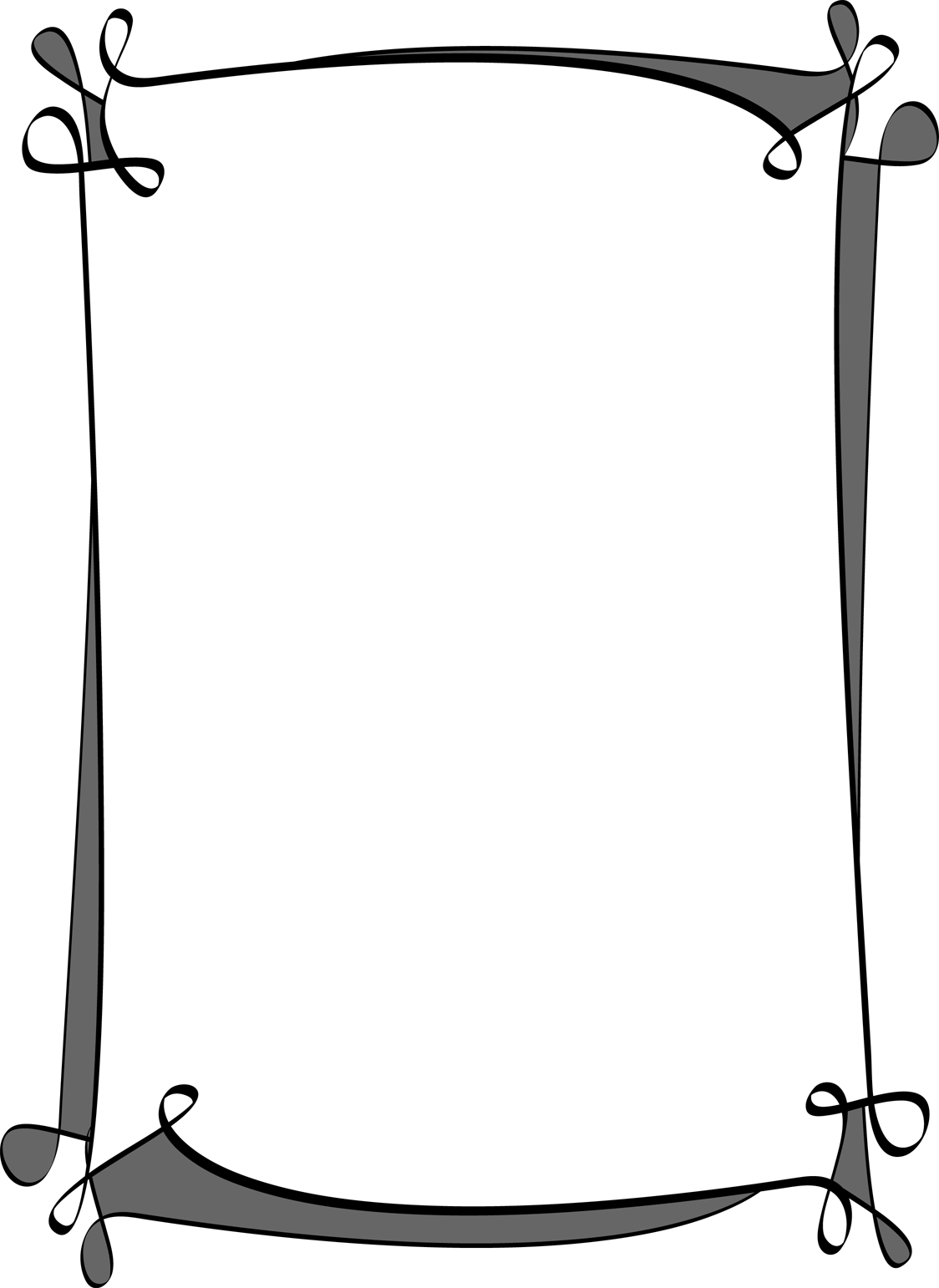
DISTRICT 7 BOARD – Langley May 25 & 26, 2018

Cancelled May 2020

HARDANGER 7-109 – Kelowna May 28 & 29, 2022

SLEIPNER 7-08; VARDEN 7-19 – Coquitlam May 31-June 1, 2024

Resource Book District 7 – revised 2024 8.7

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**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. |  |
| Projected 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 7 CONVENTIONS

The Quilts displayed at each District Lodge 7 Convention was made during Kathy Tveita’s term as Cultural Director. A member of all the Lodges in District 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 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, i.e. photography, art, craft clubs.
* Cultural Room security is the responsibility of the Host Convention Lodge. There should be at least two (2) people always guarding the cultural items 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.

**GUIDELINES FOR THE SONS OF NORWAY CULTURE COMPETITION AND EXHIBIT**

Each Biennial District Convention provides an opportunity for the talented members of District 7 to exhibit the great pieces of folk art for other members to see. You may enter your pieces such as rosemaling, weaving, needlework, knitting, crocheting, carving, photography, painting or other crafts as part of the judged competition or display only. However, we would like to make it easy for you, as well as for the onsite workers, by having you complete the paperwork *prior* to arrival at the convention hotel. Bring your item(s) with you or send it with a delegate but please do not mail items. Make sure if you are sending items with someone else that they pick them up at the conclusion of the Convention and bring them back to you.

***Please complete the three (3) forms provided and bring with you (or send with your Lodge delegate). It is important to complete and bring ALL these forms.***

Page 1 – **Registration Form**: Will record who is providing the items and what categories your items will be displayed or judged. You may submit up to two (2) items per category.

Page 2 – **Waiver**: The Cultural Room will be locked or have supervisory volunteers on site when the room is open to the public and reasonable care will be taken to safeguard all items.

Page 3 – **Identification Labels**: Complete *one label for each of your items* and have it attached to your item. The bottom of each of the labels should be folded under so it cannot be seen by the judges. Once judging is complete, the bottom will be unfolded so people may see who produced the item.

The District Cultural Director has overall authority over the Cultural Display at the Convention. If you have questions for District Cultural Director, please contact her. If you have questions specific to the Cultural Room at the Convention, the Cultural Room Co-ordinator can be contacted.

**CRITERIA FOR THE SONS OF NORWAY CULTURE COMPETITION AND EXHIBITION**

Any Sons of Norway member may submit items for the competition or just for exhibit. Work must be completed by the person submitting them, in the two-year period just prior to the Convention and Lodge Meeting. Entries are limited to two (2) items per category.

**CLASS**

Heritage (Youth) Participant under the age of 16 years, regardless of experience

Unger Venner Participant between the ages of 16 and 23 years, regardless of experience

Novice Adult Participant who has been involved in the skill for less than two (2) years and has not won a first-place ribbon in this skill

Advanced Adult Participant who has been involved in the skill for more than two (2) year or who has won a first-place ribbon in this skill

Professional Participant who teaches classes or who sells items in the category they are entering

Exhibition Only Participant can submit an entry without entering the competition

**CATEGORY**

1. Rosemaling
2. Fiber Arts
   1. Hardangersøm
   2. Needlework
   3. Klostersøm, diamondsøm, others with Nordic theme
   4. Needlework – bunads
   5. Hand Knitting
   6. Crocheting, tatting
   7. Quilts
   8. Nalbinding
   9. Felting
   10. Weaving
3. Woodworking
   1. Figure Carving
   2. Relief Carving
   3. Chip Carving
   4. Acanthus Carving
   5. Open Woodworking in Nordic tradition such as bentwood boxes, turned bowls, etc.
4. Optional Works such as:
   1. Photos/Pictures
   2. Knife Making
   3. Wheat Weaving
   4. Painting/Drawing
   5. Leatherwork
5. Memory Book Contest – criteria are available online in the District 7 Resource Book Section 3
6. Lodge Newsletter Contest – criteria are available online in the District 7 Resource Book Section 3

xxxx District 7 Convention and Lodge Meeting Page 1

Registration Form

Please Complete this Form:

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_POSTAL CODE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

TELEPHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LODGE NO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Category:** (Rosemaling, Knitting, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class:** (Professional, Novice Adult, Heritage, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Description of Item:** (eg. Bowl, red, 7” diameter) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Entry for:** \_\_\_\_\_ Competition \_\_\_\_\_ Exhibition Only

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**Class:** (Professional, Novice Adult, Heritage, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Description of Item:** (eg. Bowl, red, 7” diameter)

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**Entry for:** \_\_\_\_\_ Competition \_\_\_\_\_ Exhibition Only

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**Class:** (Professional, Novice Adult, Heritage, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Description of Item:** (eg. Bowl, red, 7” diameter)

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**Entry for:** \_\_\_\_\_ Competition \_\_\_\_\_ Exhibition Only

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**Category:** (Rosemaling, Knitting, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class:** (Professional, Novice Adult, Heritage, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Description of Item:** (eg. Bowl, red, 7” diameter)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Entry for:** \_\_\_\_\_ Competition \_\_\_\_\_ Exhibition Only

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xxxx District 7 Convention and Lodge Meeting Page 2

WAIVER OF RESPONSIBILTY

I, the undersigned, hereby acknowledge that Sons of Norway and its representative personnel (including but not limited to Lodge/District people, volunteers) shall not be held liable for damage or loss of the item(s) I am entering in the Sons of Norway District 7 Convention Cultural Competition and Display. I do hereby waive any claim against Sons of Norway, and its representative personnel, for any damage, breakage, marring, scratching or other losses which may occur to the item(s) I enter in the Sons of Norway Cultural Competition and Display.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Artist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 1. Category (e.g. Rosemaling, Knitting, etc.): ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **IDENTIFICATION LABEL #**  **For Staff use only- do not write here**   1. Class (Professional, Novice Adult, Heritage, etc): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Descrip. of item (e.g. Bowl, red 7” dia.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Enter item as:   ❑Exhibition  ❑ Competition  \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  Before Judging **Fold Under Here**  Name: \_\_\_\_\_\_\_\_\_\_\_  Address: \_\_\_\_  City: Prov \_\_\_\_\_P Code \_\_\_\_  Telephone ( )  Lodge # | 1. Category (e.g. Rosemaling, Knitting, etc.): ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **IDENTIFICATION LABEL #**  **For Staff use only – do not write here**   1. Class (Professional, Novice Adult, Heritage): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Descrip. of item (e.g. Bowl, red 7” dia.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Enter item as:   ❑Exhibition  ❑ Competition  \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  Before Judging **Fold Under Here**  Name: \_\_\_\_\_\_\_\_\_\_\_  Address: \_\_\_\_  City: Prov \_\_\_\_\_P Code \_\_\_\_  Telephone ( )  Lodge # |
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**Rosemaling**

Requiring precise brush strokes, intricate geometric elements and specific color blends, rosemaling is a type of fine Norwegian decorative art

Distinct styles developed within the valleys and the amateur rural artists began painting on small objects like cups and boxes.

There are at several varieties of rosemaling that have particular color sets and designs that distinguish them. Examples include: Telemark, Rogaland, Hallingdal, Gulbrandsdal, Vest Agder, Valdres and Os.

Base paint is – flat, matte or low sheen paint. Often a non-powdery chalk or chalk pencil is used to transfer the design on the base. Expert painters may do it freehand. Designs should consider balance of shape, size and elements. If you divide the design in quarters, there should be a major element, or part of the element, positioned in each quarter. Each quarter should also have an equal measure of positive and negative space. (Tip: look at the design upside down giving you fresh eyes to see any design faults.

To paint scrolls, the paint brush is loaded with more than one colour or more than one shade – as an example, blue is loaded on one side and on the opposite side is white or lightest colour and will gradually blend across the bristles. By applying pressure as the brush stroke occurs, it will lay down the dark to light colours in each stroke/scroll. Painting scrolls should have them all merging towards the one root point. Varying lengths of each scrolls add interest to the piece. Flowers use shapes following strokes, comma, or leaf shape (S and C strokes) as appropriate. Small detail strokes with a quill or liner brush can add embellishments to the flowers. Once the flowers are done, liner work can be used to embellish and make the design flow. Liner work should vary in thickness as it creates interest.

Almost all Rosemaling work has a border design, often ‘S’ strokes around the edge. A final coat of varnish will complete the piece and protect the painting.



CULTURAL COMPETITION JUDGING **ROSEMALING**

Judge’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Entry No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring Guide: Place one of these numbers in the box and total.

**5** – Outstanding in nearly every detail

**4** – Minor defects

**3** – Lacking finesse and/or interpretation

**2** – Basic weaknesses

**1** – Unsatisfactory

JUDGING CRITERIA COMMENTS



|  |  |  |
| --- | --- | --- |
|  | **Originality**  Exhibits creativity |  |
|  | **Craftsmanship**  Artist’s skill in the use of material |  |
|  | **Elements of Art**  Line, colour, space, form, graceful lines |  |
|  | **Composition**  Effective use of scrolls, flowers, liner work |  |
|  | **Unity and Variety**  Balance of elements, embellishment |  |
|  | **Medium and Texture**  Appropriate use of materials and textures |  |
|  | **Use of Space**  Perspective and mass |  |
|  | **Design Ability**  Appearance, geometric elements, colour blends |  |
|  | **Degree of Difficulty**  Appropriate for artist’s maturity and ability |  |
|  | **Overall Impression**  Effect of the piece in general |  |
|  | **TOTAL SCORE** |  |

**FibreArts**

Needlework or FibreArts include a variety of crafts such as cross stitch, beading, crocheting, embroidery, felting, knitting, needlepoint, pillows, quilts, wall hangings and weaving.

*Remember there are different categories for levels of expertise – Heritage (under 16 yr), Unger Venner (16-23yr), Novice Adult (less than 2 years in craft), Advanced Adult, Professional (teaches or sells craft) and these will be judged within category rather than all together.*

Design:

* Is it pleasing to look at?
* Design should have balance with a focal point for the eye to stop
* Both sides of the design have an equal visual weight. Large items should be balanced and toward the centre with heavier elements towards the bottom.
* Repetition of shapes or colours draw the eye around the piece
* Does the colour harmonize with the design and fabric
* Fabric and materials should be appropriate for the design
* Design stitched on the grain of fabric unless it is meant to be stitched on a slant

Complexity:

* Difficulty of materials used such as metallic fibres, silks, ribbon are more complex to work with than floss or string
* Difficulty in executing stitches and techniques
* The design with a variety of elements, techniques and stitches will increase score
* Scope of the project (size vs detail)

Workmanship

* Nice, even tension throughout, not too tight or it will have visible holes at the corners of stitches, and the fabric may pucker
* No missed/unfinished stitches
* No threads carried across the back of the work for more than a couple stitches and should have tried to pass the carries behind existing stitches. Long threads make the fabric pucker/lumpy and the back looks messy
* No KNOTS, starting and ending threads should be worked into the existing stitches
* Changing of colours or joining threads should look even tension and blend in with the other stitches
* No frayed ends on fabric
* Uniformity in stitches – density, stitched length, tension
* Dimensions are accurate
* No pattern marking lines can be seen on finished piece

Cleanliness

* No hoop or frame marks
* No fingerprints or smudges, soiled fabric
* No pet hair mixed in with fibres

Finishing

* The piece should be ready to use

Notes on specific crafts:

Framed Work

* No puckers on the front of the piece
* Fabric grain lines are perpendicular and square with frame
* Mat and frame colours should harmonize with the piece
* Borders are equal on sides and top with the bottom edge just a little wider

Pillows

* Gathered ruffles are appropriate size for the pillow
* Corners are smooth and not cupped
* Closure should be neatly finished

Flat Work

* Blocked to a uniform shape
* Lies flat with no puckering
* Edges finished appropriately

Counted Cross Stitch

* Quarter, half and three-quarter stitches are properly executed
* Full, even, non-twisted stitches with the top cross stitch going the same direction
* Stitches started at the lower left of a vertical thread if the ground fabric is line or an even weave fabric
* Even coverage and thickness of thread – no visible wearing or fuzziness of thread, smooth surface, no shadowing of darker threads through light
* Blocked and matted straight

Surface Embroidery

* Neat, even stitches except for special effects
* Even tension, no pucker, no pulls
* Do not let your pattern transfer show
* Finish thread beginnings and endings into existing stitches so no knots

Hardangersøm Embroidery

* The ‘worst sin’ is to leave lots of little stitch-ends showing where the Kloster Blocks have been cut, and fabric ends around the edges of the work
* Tension is very important. There are places where holes should show, ie eyelets; but places they should not, like around satin stitch motifs



CULTURAL COMPETITION JUDGING **FIBREARTS**

Beading, Bunads, Cross Stitch, Crochet, Diamondsøm, Embroidery, Felting, Jewelry, Knitting, Nalbinding, Needlepoint, Pillows, Quilts, Toy/Doll Making, Wall or Door Hangings, Weaving.

Judge’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Entry No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring Guide: Place one of these numbers in the box and total.

**5** – Outstanding in nearly every detail

**4** – Minor defects

**3** – Lacking finesse and/or interpretation

**2** – Basic weaknesses

**1** – Unsatisfactory

JUDGING CRITERIA COMMENTS



|  |  |  |
| --- | --- | --- |
|  | **Originality**  Exhibits creativity |  |
|  | **Workmanship**  Tension, completed stitches, correct patterning |  |
|  | **Design**  Pleasing, balanced, focal point, harmony |  |
|  | **Composition**  Colours harmonize with design, appropriate fabric |  |
|  | **Complexity**  Difficulty of materials ie silk/metallic vs string/floss |  |
|  | **Medium and Texture**  Appropriate materials and textures for design |  |
|  | **Use of Space and Style**  Dimensions are accurate, squared lines |  |
|  | **Presentation**  No puckers, no loose threads, corners smooth |  |
|  | **Precision in Finishing**  No knots, no long threads across back side, no little ends along hardanger cuttings, no pattern transfer lines showing, straight sewing lines |  |
|  | **Overall Impression**  Clean and ready to use, overall work in general |  |
|  | **TOTAL SCORE** |  |

NOTE: JUDGING FOR SEPARATE GROUPINGS, ie. Knitting only, Hardangersom only, etc

**WOODWORKING**

Composition

* Is there balance and focus in the carving from every point of view
* Is there spatial harmony in the shapes chosen and their positioning
* Are all objects useful to the composition or is there a cluttered look
* Is the medium, colour and texture suitable for the project
  + Does the colour, grain and surface texture support the carving quality
  + Does the wood choice enhance movement or pose
  + Does the wood choice obscure carved features, making it hard to appreciate
* Is the carving from a single piece of wood? If not, are the joints tight and clean?

Correctness

* *In-the-Round* – consider the relationships between various surface textures, flat vs curved surfaces. Use of light and shadow. Is there a suggestion of motion or action. Is the base integral part of the presentation or just there.
* *In Relief* – as those above, does it utilize proper principles of perspective. Is it carved at various depths.
* *Realistic Carvings* – is it true to life and nature in terms of shape, proportions, pose and color. Is the base consistent with the workmanship of the figure
* *Interpretive Carvings* – the shape should be intentionally altered but the subject should still be recognizable. There should be a purpose to the alteration as a means of saying something about the subject.

Care in Execution

* All visible tool marks are only there if appropriate to the composition in terms of placement, texture, shape
* All cuts should be smooth
* Textures consistent with the design, and crisp & detailed
* Carving is free of unnecessary cuts, chips, scratches, fuzzies, dirty marks, dust
* Very delicate work is done cleanly and precisely
  + Components of the carving are a challenge or difficult or basic
  + Eyes and ears are clean and sharp
  + Small scaled features are accurate and detailed
  + Are there different textures for items like clothes, hair, hands, etc
  + Detail is crisp with good cuts and undercuts
  + Are there fuzzies, miscellaneous cuts, gouges, rough spots
* Portions of the carving carved consistently. Uniformity of quality throughout the carving or is very good in some easy areas and not so good in difficult areas
* If you turn the carving upside down, is the carving of the same quality.

Finish

* Many carved works do not require any finish. If there is a finish, are there air bubbles, runs, trapped dust? Are brush marks visible? Are there sloppy paint edges? Was the paint appropriate – bright eyes, matte clothing, semi-gloss leather, etc.



CULTURAL COMPETITION JUDGING **WOODWORKING**

Figure Carving, Relief Carving, Chip Carving, Acanthus Carving, Bentwood Boxes, Turned Bowls

Judge’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Entry No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring Guide: Place one of these numbers in the box and total.

**5** – Outstanding in nearly every detail

**4** – Minor defects

**3** – Lacking finesse and/or interpretation

**2** – Basic weaknesses

**1** – Unsatisfactory

JUDGING CRITERIA COMMENTS



|  |  |  |
| --- | --- | --- |
|  | **Originality**  Exhibits creativity |  |
|  | **Craftsmanship**  Smooth cuttings, free of chips or scratches |  |
|  | **Design**  Balance & focus, positioning |  |
|  | **Components**  Carving is difficult or challenging, or basic |  |
|  | **Proportions**  Balance, consistent, uniform throughout |  |
|  | **Choice of Materials**  Colour, grain & surface texture supports carving |  |
|  | **Correctness**  Perspective, shapes, proportions, colours |  |
|  | **Detail**  Appearance, flat vs curved, depth, good undercuts |  |
|  | **Finish – most require no finish – Looks Good**  If painted, no brush marks, runs, sloppiness |  |
|  | **Overall Impression**  Effect of the woodwork in general |  |
|  | **TOTAL SCORE** |  |



**PHOTOS AND PICTURES**

Impact

* Evoke an emotion with the viewer

Creativity

* Conveys an idea, message or thought in an original and imaginative way

Style

* Showcases personal originality and technique to influence how the image is presented and interpreted

Subject Matter

* Subject matter displayed is appropriate, has an impact, relevant within a visual, emotional, aesthetic and intellectual context

Story Telling

* Evokes the viewer’s imagination and tells a story, makes an impression, has an effect.

Technique

* Approach used to create an image, printing, lighting, posing

Composition

* All the visual elements harmoniously express the purpose or intent of the image and draws the viewer in to look where the creator intended

Presentation

* Has a finished look, doesn’t look sloppy

Colour Balance

* Brings harmony to the photo, tones work together to support the image

Centre of Interest

* Points in the picture that the artist wants you to view – does it draw you in? Is there more than one centre of interest or none at all?

Lighting

* Use and control the lighting properly to enhance the image

Overall

* Has an effect, looks complete and outstanding, a wow factor



CULTURAL COMPETITION JUDGING **PHOTOS/PICTURES**

Judge’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Entry No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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JUDGING CRITERIA COMMENTS



|  |  |  |
| --- | --- | --- |
|  | **Originality**  Exhibits creativity, tells a story |  |
|  | **Content**  Uniqueness of concept |  |
|  | **Clarity**  Expression & quality of subject |  |
|  | **Composition**  Humour, entertainment value |  |
|  | **Colour Balance**  Balance of elements to support image |  |
|  | **Technical Competence**  Colour, lighting, exposure |  |
|  | **Use of Space and Style**  Perspective and techniques to influence image |  |
|  | **Presentation**  Was the subject displayed appropriately |  |
|  | **Centre of Interest**  Does the piece draw you in to focal point or not |  |
|  | **Overall Impression**  Impact of the piece in general |  |
|  | **TOTAL SCORE** |  |

**PAINTING/DRAWING**

Based on elements of artistic expression, it should be entertaining and interesting.

* Interpretation and Clarity of the theme
* Creativity and Originality
* Quality of artistic composition and overall design based on the theme
* Craftsmanship in image quality and balanced colours as well as proper sizing

Aspects of art that are generally appealing to the viewer are:

* Repeating shapes, patterns and symmetry
* Colours, especially colours that complement or enhance each other
* Textures, both visual and physical; like thick, impasto paint
* Crops and compositions that focus the eye and keep the viewers’ attention
* Movement or flow to guide the viewer through the art
* Correct or appealing proportions of figures and objects
* Presentation and framing

Skill and technique

* Technical skill is the most comparable and measurable aspect of art. By comparing it with other artwork, you will be able to determine how skillful it was created.

Inherent meaning

* Purely representational art is made simply for visual appeal and no deeper intent
* Art that references other art, providing a fresh perspective or continuing a conversation that another artist began
* Art that tells a story or evokes an emotion and might cause you to understand, empathize or feel what’s being depicted
* Art that makes a statement, actively promoting a cause or bringing attention to an issue that is important to the artist
* Art that is an allegory or metaphor contains more than one meaning and possibly several by using symbolic imagery or deals with more intangible human issues but is still a visually appealing creation

Uniqueness

* The aspect of art that relates not only what the artist is depicting but also how the artist is depicting it
* Good art explores new subjects or old subjects in a way that hasn’t been done before. Look for what is different in the work from all the other art you have seen and then decide if that unique quality distracts from or enhances the piece.

Fulfilled Intent

* What was the artist trying to say? If the intent is one thing, the art should not say something else.



CULTURAL COMPETITION JUDGING **PAINTING/DRAWING**

Judge’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Entry No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring Guide: Place one of these numbers in the box and total.

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**2** – Basic weaknesses

**1** – Unsatisfactory

JUDGING CRITERIA COMMENTS



|  |  |  |
| --- | --- | --- |
|  | **Originality**  Exhibits creativity |  |
|  | **Craftsmanship**  Artist’s skill in the use of material |  |
|  | **Elements of Art**  Line, colour, space, form, media, texture |  |
|  | **Composition**  Effective use of forms or abstract techniques |  |
|  | **Unity and Variety**  Balance of elements, repetition, visual rhythm |  |
|  | **Medium and Texture**  Appropriate use of materials and textures |  |
|  | **Use of Space**  Perspective and mass |  |
|  | **Presentation**  Appearance, complimentary framing/mounting |  |
|  | **Degree of Difficulty**  Appropriate for artist’s maturity and ability |  |
|  | **Overall Impression**  Effect of the artwork in general |  |
|  | **TOTAL SCORE** |  |

|  |  |  |
| --- | --- | --- |
| (Sample of check-in sheet at Cultural room)  **SoN CULTURAL COMPETITION - ROSEMALING -ROS** | | |
| ID # | **COLOUR/DESCRIPT.** | NAME |
| ROS1 |  |  |
| ROS2 |  |  |
| ROS3 |  |  |
| ROS4 |  |  |
| ROS5 |  |  |
| ROS6 |  |  |
| ROS7 |  |  |
| ROS8 |  |  |
| ROS9 |  |  |
| ROS10 |  |  |
| ROS11 |  |  |
| ROS12 |  |  |
| ROS13 |  |  |
| ROS14 |  |  |
| ROS15 |  |  |
| ROS16 |  |  |
| ROS17 |  |  |
| ROS18 |  |  |
| ROS19 |  |  |
| ROS20 |  |  |
| ROS21 |  |  |
| ROS22 |  |  |
| ROS23 |  |  |
| ROS24 |  |  |
| ROS25 |  |  |
| VOLUNTEER: please add each item received for this | | |
| category with member's name and then write | | |
| corresponding ID# on the item's paper slip. | | |

SAMPLE RFP FOR HOTEL QUOTES:

**ACCOMODATION REQUEST FOR PROPOSAL**

In May of 2026, District 7 Sons of Norway is looking at hosting their annual convention in (CITY). This weekend event running from (dates) will have International and district members traveling to (city) to conduct their annual meeting. Hotel needs are approximately xx doubles/singles for delegates; xx singles for board and committee members; 1 single for international representative; 1 suite for district secretary; and 1 executive suite for the district president. Please also provide any information on the hotel’s ability to provide meals on-site and available meeting room space. More detailed information can be found below. Please provide a proposal to (contact name) by **May 13, 20xx**. If you have any questions do not hesitate to call or e-mail. xxxx@gmail.com 250/604/779xxxx

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT NAME:** | | | | **PROPOSED DATE(S):** | | | | |
| **District 7 Annual Convention May 28 – May 31, 20xx** | | | | | | | | |
| **# ROOM REQUIRED FOR EVENT: Click or tap here to enter text.** | | |  | | | | | |
| **Room requirements vary, but xx doubles/singles; xx singles; 1 suite; 1 executive suite (?)** | | | | | | | | |
| **GENERAL INFORMATION** | | | | | | | | |
| **Hotel/Venue name:** | | **Sales Manager:** | | | | | | |
| **Address:** | | **Email:** | | | | | | |
| **Telephone:** | | **Web site:** | | | | | | |
| **ROOM BLOCK** | | | | | **HOSPITALITY** | | | |
| **Dates** | **# Rooms Available** | **Rate** | | | **# Suites Available** | **Rate** | | |
| Click or tap to enter a date. |  |  | | |  |  | | |
| Click or tap to enter a date. |  |  | | |  |  | | |
| Click or tap to enter a date. |  |  | | |  |  | | |
| Click or tap to enter a date. |  |  | | |  |  | | |
| Click or tap to enter a date. |  |  | | |  |  | | |
| **CHARACTERISTICS** | | | | | | | | |
| **No. of stars:** |  | **Hotel/Venue Wheelchair Accessible:** | | | Yes | | | No |
| **No. of Food/Beverage Outlets:** |  | **No. of wheelchair accessible rooms:** | | |  | | | |
| **Amenities available in the rooms:** | | | | | | | | |
|  | | | | | | | | |
| **Services available in the hotel/venue:** | | | | | | | | |
|  | | | | | | | | |
| **Are there any special concessions and/or incentives you would like to offer this group? (e.g. complimentary executive suite for district president, hospitality suite, food credits, etc.)** | | | | | | | | |
|  | | | | | | | | |
| **TRANSPORTATION** | | | | | | | | |
| **Parking** |  |  | | |  | | | |
| **Pick up / Drop off (no. of spots available)** | **Self** | **Valet** | | | **Parking Cost:** | | | |
|  | **Cars:** |  | | | **Buses:** | |  | |
| **Meeting/Banquet Rooms** | | | | |  | | | |
| **Dates May 28, 2026 to May 31, 2026** | | | | | **HOSPITALITY SUITE** | | | |
| Click or tap to enter a date. | **# of seats** | **Rate** | | | **# Suites Available** | **Rate** | | |
| **Meetings** |  |  | | |  |  | | |
| **2026-05-29** | 16-20 AM |  | | |  |  | | |
| **2026-05-29** | 50-60 PM |  | | |  |  | | |
| **2026-05-30** | 50-60 AM |  | | |  |  | | |
| **Banquet** |  |  | | |  |  | | |
| **2026-05-30** | 60-80 Evening |  | | |  |  | | |
| **Meeting** |  |  | | |  |  | | |
| **2026-05-31** | 16-30 AM only |  | | |  |  | | |

Meeting Room:

Friday – Morning and early afternoon Board and Committee Meeting Room with

coffee service (large tables with chairs for approx. 16-20 people)

Afternoon: Workshop, theatre style

Evening: Opening Ceremonies, theatre style with aisle for two people

Side by side, a microphone for MC, Silent Auction tables (4 long ones

along wall), and information table at front entrance for membership

applications, brochures, etc. Immediately followed in same room that

evening: Q & A reception style with chairs, some small rounds, bar,

food. (50-60)

Saturday - District Lodge meeting – delegate tables (two sides with centre aisle for microphone,

Morning and afternoon – 9 tables with 4 persons per table), guest chairs (a

dozen+), Committee table (small table with microphone and three chairs) in front of riser. Piano available. Delegate Coffee Breaks (would like to be able to bring in specialty Norwegian baking) and Lunch

Sunday – Old & New Board Meeting, Committee Members included (20-30)

Banquet:

Saturday- for 60-80

* Dinner tables (seating for 10 at each table)
* Microphone for MC
* Bartender hired for ½ hour prior to opening and ½ hour after closing bar

Other room:

Friday & Saturday - Cultural Competition & Display (manned or locked at all times), tables for

display

Hotel Rooms:

**District President:** An Executive Suite is desired. Required from Thursday night to Saturday night **inclusive.** If possible, this room should be large enough to host the Presidents Reception on Thursday night and Board meetings during the day.The President suite should have separate sleeping and washroomaccommodations.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. *(Discuss with President as the Reception and Board Meeting might need to be held elsewhere but cost is an issue.)*

**District Secretary:** A suite to do any necessary secretarial work. Required from Thursday night to Saturday night inclusive. Preference to be situated by President’s room.

**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.

**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.