

2018 Fall Sports and Recreation Committee Report

Cheryl Wille-Schlesser, Chair, Vennelag Lodge

Committee Members: Darlene Arneson-Mandt Lodge, Connie Kross-C leng Peerson Lodge, Audrey Severson-Valkyrien Lodge

The following activities will be retained: *bowling, orienteering, Barnebirke, kubb, and the Sports Medal Program*. We recommend eliminating the golf outing and the card tournament, as previously published in the Policies and Practices document.

One goal of the Sports and Recreation Committee is to promote health and wellness in our members. Another goal is to encourage fraternalism between all generations.

RECOMMENDATIONS

- 1) The Committee suggests that Lodges consider tweaking the Chili Cook-off Event previously established, making it more relevant for members by ideally working together on the ***Traditional Norwegian Cooking series***, posted on the Sons of Norway website.

The first unit is entitled, *Favorites*, followed by *Baked Goods and Desserts*, and lastly *Meat or Fish Dishes*. Members cooking or baking together and could earn Cultural Skills pins for their efforts.

*Members who have already earned their cultural pins for the Traditional Norwegian Cooking series could serve as mentors for others. The unit and its requirements can be found under the *Cultural Programming* tab on the SofN.com website.

The Committee suggests that lodges consider completing the *Baked Goods and Desserts* unit at the end of January or during the first two weeks of February. Traditional cookies could be made to satisfy the requirements of the unit. Additionally, favorite family cookies could also be baked with the Barnebirkie event in mind. **Please be aware that nuts or nut products should not be used in the preparation of any cookies for the Barnebirkie.**

Lodges contributing cookies to the Barnebirkie will be recognized for their efforts by having their lodge name printed in an edition of the *Friendly Friday Fifth News*. Each lodge president or his/her designee will submit a document that discloses the amount of cookies donated to the event. A running tally of overall contributions will be posted on the 5th District's **Facebook** page.

A drawing for a lucky prize of \$50.00 will occur on the day of the Barnebirkie event from all entries received. Documents need to be sent with each shipment of cookies. The District is not responsible for lost or misdirected documents.

- 2) In an attempt to involve multiple generations of lodge members in a sporting activity, the Committee proposes instituting a **Friendly Fifth Fisheree!** The fisheree could be held during the warmer summer months or in the winter on ice. An outline of the Friendly Friday Fifth Fisheree project will be posted on the District 5 webpage sonsofnorway5.com. Pictures of the fisheree winners could be shared with the District 5 Sports and Recreation Director for electronic posting. *Written permission from a parent or guardian must be obtained before photos of children under 18 years of age can be used.*

3) **The Adopt a Highway or Adopt a Bike Trail program** is proposed for all lodges. The programs allow a lodge to receive signage for the portion of the highway or trail that a group tends. Members could also log miles for the Gangemerke or walking medal while completing this activity. Submit an article to your local newspaper, including pictures, and send a copy to the Sports and Recreation Director for further publicity

4) Bowling Guidelines Established for the 2018-2020 Biennium

The Bowling Activity timeframe will be between February 1 and April 30th each year.

The following categories have been established for recognition by the Sports and Recreation Committee.

<u>Adult Women</u>	<u>Adult Men</u>	<u>Youth-ages 5-12</u>	<u>Teen-ages 13-19</u>	<u>Wi-Bowling</u>
		Girl	Male	
		Boy	Female	

A \$10.00 cash prize will be issued to the top bowler in each category. The Committee requests that \$70.00 be added to the District 5 Budget to cover these seven divisions.