

Friendly Fifth Friday News April 24, 2020

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com

From our Sports and Recreation Director Cheryl Schlessner

God Kveld, Alle Sammen (Good Evening, Everyone),

Recently, the District 5 Board of Directors learned from Sons of Norway CEO Chris Pinkerton that all directors will continue to serve in their elected positions for two more years. The next District Convention will be held in Madison, WI in 2022.

With that being said, I want to make certain that all of the Sports and Recreation Directors and/or each local lodge's leadership are aware of the sports and recreation offerings through District 5. These opportunities are posted to the FFFN newsletter.

Secretary Darlene Arneson sends this newsletter out to our leadership teams in the latter part of each week. Last week's edition contained a full report on the Barnebirkie ski event which was held in Hayward, WI. One can see how our lodges are involved. The assistance lodges provide makes a difference. Whether your lodge sent cookies for the Celebration Tent, had members working on-site, or sent a check for financial support, all was welcomed and genuinely appreciated. On behalf of the District, Thank you! I look forward to working with our lodge members as we prepare for the 2021 Barnebirkie!

Currently, the Virtual Walk to Ringsaker, Norway has been extended to all of our members until December 15th. This gives everyone an opportunity to participate in this venture. A few lodges have made it to Norway, and they are now somewhere in the Atlantic Ocean on their way back to America! Gratulerer til deg (congratulations to you)! Lodges have been asked to consider giving a \$50.00 entry fee for the Virtual Walk which will be designated for support of the 5th District's heritage camp, Masse Moro. This support should be sent directly to Mike Palecek, District Treasurer, at 5747 Sandy Lane, Racine, WI 53406. Please make any checks payable to the Nordic Legacy Foundation.

Re-energize your members, if needed, and encourage their participation! It is getting warmer outdoors, and there are many outdoor activities to enjoy. An activity guide has been posted to the District 5 website: www.sonsofnorway5.com to help you determine mileage for the activities you choose to do. Get out, get fit, and help the District to accomplish our goals!

While members are exercising, I ask individuals to take pictures of their activities and send them to me at: rogrcher@mhtc.net. These photos will be added to a Power Point slide show to be shown at the 2022 Convention.

Tusen takk og ha en god uke (a thousand thanks and have a good week),

Cheryl Wille-Schlessner
District 5 Sports and Recreation Director
rogrcher@mhtc.net
608-219-4464

New additions to Idrett Medal Tracking

You'll be happy to hear that Kubb is going to be on the newly printed cards for Idrettsmerke, and that they do have the same point total as Golf: 5 points per 10 minutes.

I decided to add in several activities that members had asked about, such as Kubb, Zumba, Yoga, Tai Chi, Dancing and Pilates, since people were more likely to be participating in these than playing formal hockey and wrestling.

Vennlig hilsen / Best regards,

Jana Velo

Cultural Coordinator

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Nordic News- First session on April 28

On Tuesday, April 28, 6:20 PM (CT) <7:20 PM (ET)> you can join me for the first session of "Nordic News." During the COVID-19 crisis, this will be a weekly "radio" show, about all things Norwegian-American.

The April 28th guest presenter will be Glenn Borreson, from Holmen, Wisconsin, who will present "Maria the Midwife: Stories of Norwegian Midwives in the Midwest." Borrisson is a well-known Norwegian-American historian, who has a dozen different presentations on Norwegian-American topics which he can do for local lodges. Throughout human history midwives have attended the birth of babies. See and hear who these women were among Norwegian immigrants to America, and why they were important. Borrisson tells their stories with photos of midwives especially from rural Wisconsin where they were trusted members of the community. Learn too how their status changed in the early 20th century.

You can listen to "Nordic News" by calling 646-749-3112, and entering access code 509-077-557.

If you want to watch Borrisson's slide presentation, you can participate via your computer at <https://www.gotomeet.me/SofN-D5>. Your computer will prompt you to download the GoToMeeting app.

The GoToMeeting software limits the group size to 150 participants.

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Some audioconferencing notes:

- 1.) Dial in two minutes before the scheduled time, so the meeting can begin on time
- 2.) Use a phone with good audio fidelity - if using a cellphone, have the best reception possible
- 3.) Don't use handsfree "speakerphone" features - it picks up a lot of background noise
- 4.) Be in a quiet place, so it's easy for you to hear well, and there isn't background noise
- 5.) Your phone will be muted throughout the presentation. If you want to ask questions, participate with your computer and use the chat feature to ask a question.

Time on your hands? Learn Norwegian in 5 Minutes a Month!

https://www.sofn.com/norwegian_culture/norwegian_language_lessons/

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us.

Visitors to “Norwegian in 5 Minutes a Month” have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!

Notice to Members: You can access language lessons **with sound** in the [Members Login](#) area.

- [**The Norwegian Alphabet**](#)
- [**Lesson 1**](#)–When meeting people, small talk, and counting 1 to 10
- [**Lesson 2**](#)–When leaving people, small talk, and counting 11 to 20
- [**Lesson 3**](#)–Useful phrases and more numbers
- [**Lesson 4**](#)–Days, months, and seasons and greetings
- [**Lesson 5**](#)–Weather
- [**Lesson 6**](#)–Activities
- [**Lesson 7**](#)–Let’s Go Shopping, Part 1
- [**Lesson 8**](#)–Let’s Go Shopping, Part 2
- [**Lesson 9**](#)–Genealogy Terms
- [**Lesson 10**](#)–Travel Plans, Part 1
- [**Lesson 11**](#)–Travel Plans, Part 2
- [**Lesson 12**](#)–Travel Plans, Part 3
- [**Lesson 13**](#)–Sports Activities, Part 1
- [**Lesson 14**](#)–Sports–Equipment and More Sports Vocabulary, Part 2
- [**Lesson 15**](#)–Christmas Words
- [**Lesson 16**](#)–Winter Words
- [**Lesson 17**](#)–Exploring the House
- [**Lesson 18**](#)–Inside the House
- [**Lesson 19**](#)–Other Rooms in the House
- [**Lesson 20**](#)–Wander Out into the Community
- [**Lesson 21**](#)–Hiking
- [**Lesson 22**](#)–Fishing
- [**Lesson 23**](#)–Visit a Museum
- [**Lesson 24**](#)–A Walk through Trondheim, Part 1
- [**Lesson 25**](#)–A Walk through Trondheim, Part 2
- [**Lesson 26**](#)–Christmas Ideas
- [**Lesson 27**](#)–We Go Skiing
- [**Lesson 28**](#)–We Bake a Cake
- [**Lesson 29**](#)–Seventeenth of May in Oslo
- [**Lesson 30**](#)–Midsummer (St. John’s Eve)
- [**Lesson 31**](#)–Word List of Professions
- [**Lesson 32**](#)–Go to the Kristiansand Zoo
- [**Lesson 33**](#)–Visit Finnmark
- [**Lesson 34**](#)–Visit the County of Rogaland
- [**Lesson 35**](#)–Visit the County of Telemark
- [**Lesson 36**](#)–Visit the County of Hordaland
- [**Lesson 37**](#)–Sailing with Japanese TV and Thor Heyerdahl

Baking and cooking a lot at home?

Try the Recipe Box for new recipes! https://www.sofn.com/norwegian_culture/recipe_box/



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Featured Recipes >

Viking Magazine

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Recipe Box >

Appetizers >

Baked Goods, Breads and Desserts >

Main Dishes >

Sandwiches >

Soups >

Salads >

Vegetables and Grain Dishes >

Gløgg

The most important part of this recipe? Plan ahead – you want the mixture to stand for at least 12 hours before enjoying!

[VIEW RECIPE](#)



Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and still considered that today.

[VIEW RECIPE](#)



Lefse

A holiday tradition that fires up appetites any



Work on your Cultural Skills Medal for Traditional Norwegian Cooking!

https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/

Three parts to complete:

Traditional Norwegian Cooking

[Get the unit PDF](#) | Go to the [YouTube playlist](#)

Part 1: Your Favorites

[Download Level 1 report form](#)

Part 2: Baked Goods and Desserts

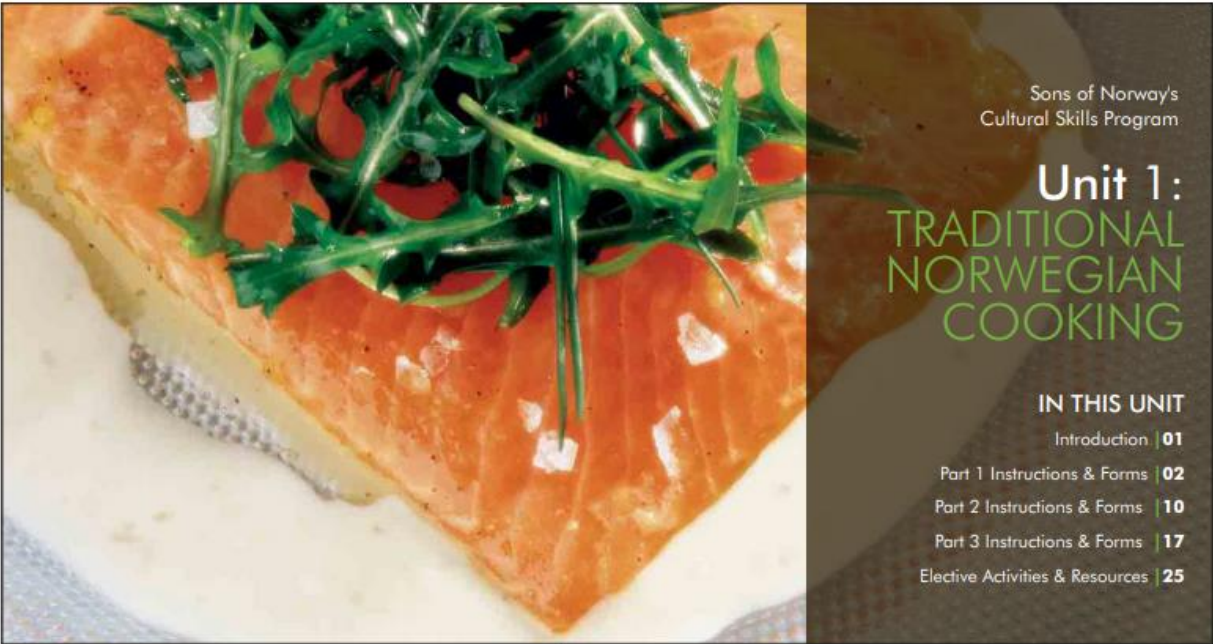
[Download Level 2 report form](#)

Part 3: Meat or Fish Dishes

[Download Level 3 report form](#)

Check out their videos on YouTube:

https://www.youtube.com/playlist?list=PLJAn1AfEnOp7ytCkeZplcZEEH_m5RLldf



Sons of Norway's
Cultural Skills Program

Unit 1: TRADITIONAL NORWEGIAN COOKING

IN THIS UNIT

Introduction	01
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Part 3 Instructions & Forms	17
Elective Activities & Resources	25

About the Cultural Skills Program
Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. As a benefit of membership, the Cultural Skills program is available only to members of Sons of Norway.

When you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.

INTRODUCTION

Norway's cuisine reflects both its climate and its culture. Because of the country's high mountains, steep fjords and sweeping plateaus, only a small percentage of Norway's land is arable. Traditionally, farms were small and subsistence-oriented. From the 1500s to the 1800s Norway's population remained at the very limits of what the country's agriculture could sustain. In order to survive, Norwegians had to supplement their diets with hunting, fishing, and gathering – as well as pioneering some fairly extreme methods for preserving and storing foods.

Surviving on a meager food supply for centuries had an indelible impact on Norwegian culture. People learned to live and thrive on what they had. Thrift, perseverance and moderation became treasured traditional values. However, even though Norway itself was relatively poor, its strong maritime

2020 District 5 and International Calendar and Deadlines

Changes in red!

April 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

May 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

May 15, 2020

- Fraternal Funds Report due to Sons of Norway Headquarters
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.
- D17 & 990 filing deadline for lodges that own property

June 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

July 5, 2020

- **Deadline for submitting photos for the District 5 Scandinavian Photo Contest**

July 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

August 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

September 2020

- Lodge liability premium sent to all lodge treasurers. This package includes information regarding the coverage, a certificate of insurance for the lodge and an invoice for the lodge's share of the premium.
- September 10 – Foundation Board of Governors applications due. If you are someone who loves nonprofits, governance and your Nordic values, running for a Foundation board position may be a perfect fit!

September 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

October 2020

- Lodge Officer Update/D63 form and instructions is mailed to lodge secretaries.
- The Sons of Norway Foundation portal is available for lodges and individuals to apply for grants and scholarships.
- Lodge Achievement, Family Lodge of the Year and AFA Year-end report forms and instructions is mailed to lodge secretaries.
- Lodge Barneløpet Coordinators are encouraged to contact Sons of Norway Headquarters to discuss plans for anticipated events.

October is Foundation Month

- Help support our grant and scholarship recipients and share your Nordic values by celebrating Foundation month! Please consider a donation directly to the Foundation or plan a fundraising event through your lodge.
- October 1 Grant applications open – Our lodge grants award amounts go up to \$500-\$1,500 depending on a lodge's project.
- October 1 Scholarship applications open – Scholarship opportunities start at \$1,000 with an average scholarship of \$3,000.

October 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

October 15, 2020

- Lodge liability premium is due to Sons of Norway Headquarters.

November 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

December 2020

- D17 and D18 forms, instructions and timeline sent to lodge treasurers.

December 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

December 15, 2020

- District 5 Sports Challenge ends

December 16, 2020

- Application deadline for:
 - Community Partnership Grant applications are due to Sons of Norway Foundation.
- Date that new member applications (paper forms) must be **received** at HQ to ensure processing in time for end-of-year delegate calculation and recruitment challenge recognition. (Online applications may be submitted through December 31.)

December 31, 2020

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Last day to enter new membership applications into the database for delegate calculations and 2019 recruitment challenge recognition. (**Paper applications should be received at headquarters by December 15** to ensure adequate time for processing.)
- Application deadline for:
 - - Lodge Helping Hands to Children Grant*
 - Lodge Culture and Heritage Grant*
 - Lodge Vitality Grant*
- Deadline to order Barneløpet supplies.

DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting in 2022 in Madison, Wisconsin. Hotel to be determined.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022. The location has not been announced.

Viking Chest Rotation

- The rotation will begin again with this rotation.

- The zone directors are responsible for keeping track of the whereabouts and letting their lodges know that the chest is in their zone for that time period.
- The chest should be brought back to the District Board Meeting to be given to the next zone.

Time period	Zone with chest
October 2019-April 2020	5
April 2020-October 2020	2
October 2020-April 2021	4
April 2021-October 2021	6
October 2021 – April 2022	1
April 2022 – October 2022	3

Zone Meeting Schedule 2020

Zone	Date	Hosted by	Location
1	Thursday, Feb 20 at 1:15	Zone 1 Directors	Veterans Community Center, Hayward during the volunteer reception after Barnebirkie
2			
3	Sat. January 25	Mandt Lodge	Stoughton, WI
4			
5			
6			

Note:

- Check correspondence from the International and District and the International (www.sofn.com) and District (www.sonsofnorway5.com) websites for any updates and changes.
- Additional deadlines for the District 5 and International Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.
- The District 5 Convention will be June 25-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 19-23, 2020 in Ringsaker Norway

Compiled by Darlene Arneson, SN District 5 Secretary (arnesonfamily5@gmail.com or 608-873-7209)

FFFN Basics

In an attempt to help our lodge leaders become more familiar with resources, changes, deadlines and other information, I will compile a weekly “Friendly Fifth Friday News” email to our leadership. Some of the information you might already have, but hopefully it will be a good reminder for all of us (me included) of all the great resources that Sons of Norway has to offer. **Please feel free to cut and paste any of this information for your lodge’s use!**

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com With our new arrangement, I actually send the FFFN pdf to our webmaster on Thursday morning before I go to work. So if you have anything you'd like me to consider putting in, please send it by Wednesday night. Please do not send pdf's as I have a hard time cutting and pasting them. The Word Document works best for me. Don't forget that lodge events should be submitted to inputd5@sonsofnorway.com as I have a hard time keeping track of all lodge activities. I'll put some in but that is more the role of the website event calendar.

If you would like to get the MS Word document, just shoot me an email and I'll add you to the list. I send it out right after I send the email to the large group.

Darlene Arneson – arnesonfamily5@gmail.com