

## **Friendly Fifth Friday News**

### **April 21, 2023**

**Send all web posting info and calendar dates/events directly to our webmaster at [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com). Feel free to share this with your lodge members!**

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#### **Spring 2023 District President's Report-Cheryl Wille-Schlesser**

I attended meetings of the District Presidents' Advisory Council in February and March. We await procedural updates from the home office, but as of this writing, no such information has been forthcoming. We do not know which responsibilities are being shifted to the districts from HQ.

Ron Stubbings and Chris Pinkerton provided a message to district leaders about the health of the insurance company. More information will be forthcoming in the June edition of the Viking regarding the financial stability of Sons of Norway

The home office staff has asked the district presidents to stop any marketing efforts that we had investigated earlier. Connie O'Brien oversees all marketing messages for the Sons of Norway. This does not affect local advertisements for local lodges.

Reports are that headquarters will no longer supply promotional items for events such as posters, brochures, or other signage previously available. The district presidents expressed concerns about the lessening of support from the home office. More members are dropping their memberships and some individuals are pulling their investments.

Updated policies and procedures for the Sons of Norway were posted online. I would encourage all directors to read these updates. District five will be submitting a change to our by-laws regarding filling open board seats.

All district boards are scheduling and meeting with their respective zones for officer training. District presidents have asked their lodges to submit copies of their D17 reports and the IRS 990 filing. This request will help the presidents better monitor filings submitted to the home office and to the Internal Revenue Service.

The home office has taken a hard line with lodges about their online filings. Lodges have been told that they run the risk of losing their membership dues checks, and the home office may consider suspending their charter. District five lodges should reach out to their zone directors, a district board officer, or district treasurer Corey Olson for assistance in filing these forms.

An International Board committee is studying the necessity and effectiveness of district boards. It will take one year to complete the study and an additional year for the International Board to review findings and to make a recommendation.

There has been interest from Norway House in Minneapolis and the Norwegian consulate about local strategies to increase membership. Norway House is willing to spread the word to the Norwegian communities about Sons of Norway.

#### **District 5 Report**

There have been many health and life-changing challenges for our district board directors and officers since January. I am pleased to report that our entire board has risen to the calls for assistance, and

together we faced adversity head-on. We continue to move the Fifth District forward; know that you make a difference.

An enormous thank you goes to Darlene Arneson and Duane Kittleson who joined forces with Scott Wegner to lead the Zone 3 training seminar in my absence. Other zone directors are identifying when and where the 2023 training for their members will be. If I can be of assistance, please contact me.

I have requested that all lodges send me a copy of their D17 filing and proof of the IRS990 form when ready. We have fallen short in both areas.

COVID-19 was not kind to the district about filling camper positions for Masse Moro. It has become even more of a challenge this year with about one-half of last year's numbers currently registered. Presently, our status is twenty-one registrants. Continue to encourage youth in your lodges to give this camping experience a try.

While we were extremely fortunate to seat Lisa Rove-Williams as the next Youth Director, after many months of no volunteers, and she was installed during the district 5 board meeting in absentia. She is giving her best effort.

This brings Masse Moro to the forefront for discussion. Are there incentives we can offer our current enrollees to help increase our numbers? A large bequest from the Gene Steensma estate was designated for camp expenses. With district costs high and enrollment low, the time may have come for a redesign of our traditional camp. Could we reallocate the funds to other kinds of experiences for youth and families? One idea is localized day camps for children held in various parts of the district. Another possibility is a combination weekend for grandparents and their grandchildren. Could we segue to a family camp experience? Your thoughts? This is something the board needs to address soon.

The 2024 District 5 Convention site review committee, lead by Judy Ghastin has narrowed down the options of host cities. Judy and Bill Bultinck visited sites. Judy has prepared a comparison sheet on the properties for your perusal. After comparisons were provided and a discussion ensued, Indianapolis, IN was chosen as the next host city. Ladies and gentlemen, start your engines!

Bill Bultinck and Wendy Winkelman are experts at extinguishing fires in their zone. They made additional visits to the lodges in need of assistance. Work continues as these local lodges have voted to continue their relationship with the Sons of Norway, have elected new officers, and are charting a new course for the future. Scott Wegner and I met with a lodge in peril. We found resistance to innovative ideas a concern, despite a large lodge treasury. Another concern is finding willing people to take leadership roles. This lodge was not interested in a merger.

The 2023 Barnebirkie event was a success. An adage states that many hands make light work. Thank you to all who contributed cookies, sent donations, traveled to Hayward during a blizzard to volunteer, and to those who helped with the organization of our booths. Judy Ghastin and Lucy Ghastin have offered their services at the EXPO table for 2024.

The financial status of the district is strong, and we now have a better handle on the accounting of our funds. Corey Olson and Duane Kittleson have worked tirelessly to make this happen. Corey requires a more thorough reporting of director expenses. Be certain to include all receipts and paperwork for any expenses one wishes to claim. There was mention of increasing the mileage allowance, but I have received nothing official from headquarters.

The initial meeting of the district five task force was held. Discussions included realignment of our zones. Suggestions included creating an all-Michigan zone, reworking zones in Wisconsin, and realigning southern Illinois and the Tennessee lodges. Good representation came from a wide cross section of the district and members provided valuable input. There were no volunteers to lead the task force work further. The board's lodge development, support, and zone alignment committee will lead this work. A goal is to provide the 2024 delegates with a proposal of any changes.

Due to incomplete advisement from headquarters, the board did not elect a nominating committee for the 2024-2026 biennium. Any board member choosing to end their service on the board may serve the district in this capacity.



## SKI FOR LIGHT, INC.

1455 West Lake Street • Minneapolis, Minnesota 55408-2648  
612-827-3232 • [www.sfl.org](http://www.sfl.org)

April 14, 2023

Cheryl Wille-Schlesser, President  
Sons of Norway District 5  
200 Beth Cir  
Mount Horeb, WI 53572-1645

Dear President Wille-Schlesser,

"New adventures, honored traditions": That's the tagline of our 2022 Annual Report, reflecting another pandemic year when the Ski for Light community had to exercise some creativity in pursuit of our mission. As in 2021, we held our main event virtually, while gathering in smaller groups, whenever and wherever we could, for "skiing, sharing, learning," which sometimes took the form of biking, hiking, boating, dancing, eating... SFLers are nothing if not adaptable!

I'm delighted to report that so far in 2023, we've been able to return to what we do best: Our in-person event in Granby, Colorado, was a joyful Rocky Mountain homecoming, with perfect Nordic skiing conditions that reminded us why we fell in love with this sport in the first place, and why we're so committed to sharing it with others. Here's what one of our younger participants, blind skier Brian Armbruster, had to say:

"SFL has enabled me to build lifelong friendships, be a part of a community, and to learn from others about how they successfully navigate their lives being visually impaired... SFL is not just about skiing; it is a place for anyone to be bold, re-group with old friends, make new friends, and to help make a difference in someone's life."

In these pages, you'll discover how all this remains true, even when something like COVID-19 disrupts our regular activities. I want to thank everyone who took part in our 2022 Virtual Event, or who engaged with us via YouTube and Facebook (please join us there, if you haven't already!), or who shared stories of their off-the-beaten-track adventures via our quarterly Bulletin, or who went online to donate ([www.sfl.org](http://www.sfl.org)), or who dropped a check in the mail to support our efforts in these challenging times. Right now we are transforming those good wishes and hard-earned dollars into another awesome International Event, set for Jan. 28-Feb. 4, 2024, in the beautiful North Woods of Rhinelander, Wisconsin; and you'll soon be hearing more about our 50th Anniversary Celebration in 2025.

The tradition, the adventure, and this extraordinary Ski for Light community live on, thanks to you.

Gratefully,

A handwritten signature in blue ink, appearing to read "Julie", with a stylized flourish at the end.

Julie Coppens  
President



The D5 board enjoyed its spring board meeting in Anna, IL, earlier this month. The hospitality of those from the Shawnee Skogen Lodge was second to none. President Wendy Winkelman and her husband Bill Bultinck showcased the best offerings, and their choice of visits to local wineries and an evening dinner at a large lodge did not disappoint.

Wonderful homemade Norwegian cookies were provided by board members and there was plenty of fuel to complete the tasks at hand. Visiting this part of our district was also educational for the board, and they now have a better idea of what constitutes life in this part of the district.

It is important for our board to reach out to our lodges in all geographic regions, and I am happy to report that the D5 site review committee provided two options for the 2024 District 5 Convention. After much discussion on location, costs associated with each site, technology concerns, and staffing, a final decision was made. Ladies and gentlemen, start your engines! The 2024 convention will be held in Indianapolis, IN, pending approval from headquarters in Minneapolis.

The board looks forward to working with the local lodges in this area. We will call on your expertise in managing some of the daily tasks associated with presenting a great convention. All lodges can assist us by identifying breakout sessions, classes, or field trips you would find interesting. These ideas will help the board to narrow our focus in the planning. The committee chair for this convention is the D5 Cultural Director Judy Ghastin. She will be assisted by her sister Lucy who chaired the last convention in Madison.



A recipe we enjoyed at the spring board meeting.

#### Norway's Best Pepper Cookies

1 1/8 c. butter  
1 c. white sugar  
1/4 c. heavy whipping cream  
1 tsp. baking soda  
3 1/4 c. all-purpose flour  
1 tsp. ground cinnamon  
1 tsp. ground black pepper  
1 1/4 tsp. ground cardamom  
1 tsp. baking powder

Directions on the next page.

Combine the butter and the sugar until light and fluffy. Stir in the cream. Add the baking soda and a little water (no more than 2 T) to the butter mixture.

Sift the spices, baking powder and flour into the butter mixture. Blend until a nice dough is formed. Roll the dough into sausage shapes about 2" in diameter. Wrap tightly and let the dough chill thoroughly.

Preheat the oven to 375°. Remove the chilled dough and cut it into thin slices. Bake on a lightly greased cookie sheet for 6 to 8 minutes. Let the cookies cool on a wire rack.

Cheryl Wille-Schlesser

D 5 President

608-219-4464

[cwschlesser200bc@gmail.com](mailto:cwschlesser200bc@gmail.com)

## ***Due Date Reminders-***

**[https://www.sofn.com/resource\\_blog/due-date-reminders-2023/](https://www.sofn.com/resource_blog/due-date-reminders-2023/)**

### **May 15**

#### **D18 Building Association Financial Statements due to Sons of Norway Headquarters**

The year-end financial report for a lodge property association must be electronically submitted to Headquarters on or before May 15, 2023. The D18 form can be accessed from the Building Association Treasurer's profile page.

1. Go to your profile page and select the D18 from the column on the left.
2. Click on the blue button/box that says "Enter a New Income Statement".
3. Proceed with entering the contents of the financial statement.
4. Any questions can go to [fraternal@sofn.com](mailto:fraternal@sofn.com).

#### **990 Form (US Lodges only)**

The IRS Form 990 (this includes the 990, the 990-EZ and the 990-N) must be filed by May 15 according to IRS requirements. Most lodges can complete the 990-N postcard online on the IRS website, [irs.gov](https://irs.gov). Lodges with an average income of \$50,000 or more will need to complete a 990E or 990 form. Once complete, please email Headquarters at [taxinfo@sofn.com](mailto:taxinfo@sofn.com) with either a scan of the form or simply the lodge number and completion date. This IRS requirement helps keep your lodge's non-profit status intact.

## ***National Anthems - New Resource! [https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/lodge\\_programming/](https://www.sofn.com/member_resources/lodge_leadership_resources/lodge_programming/)***

We know how much you value having the national anthems played at events, so we have posted a recording of the anthems on the website, sof.n.com. The one recording has the US, Canadian and Norwegian anthems all together. You can download it to a computer if your event location does not have internet access. You can access them at [www.sofn.com/anthems](http://www.sofn.com/anthems) or from the lodge leadership section of the website at: [https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/lodge\\_programming/](https://www.sofn.com/member_resources/lodge_leadership_resources/lodge_programming/)

## ***Membership Enrollment Forms - [Lodge Forms | Sons of Norway](#)***

In preparation for recruitment events, there are membership forms available on the website, both US membership forms and Canadian/Norwegian membership enrollment forms. They are listed under **Member Resources > Lodge Leadership Resources > Administrative Resources > Lodge Forms**, or [Lodge Forms | Sons of Norway](#). The membership forms are listed at the bottom of the page.

## ***Foundation Announcement***

It is with mixed emotions that we announce the departure of Foundation Manager Emily Stark. Emily has accepted a new role as Senior Donor and Member Relations Manager for the Science Museum of Minnesota. We are sad to see her go, but so excited for this wonderful opportunity for her.

We want to thank her for all her contributions to the Sons of Norway Foundation. She is leaving the Foundation in an excellent financial and operational position due to all her hard work. We wish her much success in her journey!

We will be filling this role. Meanwhile please use Connie O'Brien as your contact for any questions, at [cobrien@sofn.com](mailto:cobrien@sofn.com).

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## ***Searching the Website?***

Did you know... the search feature on the Sons of Norway website has been enhanced recently. It now has a broader reach for your search terms and responds as you type. Give it a try!

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If you have questions about any of the topics in this issue, or if you would like to share a programming/recruitment tool that your lodge uses, contact us at [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com).

Fraternally,

Sons of Norway

## **Summer means time for Kubb!**

### Kubb Rules Description

Source: U.S. National Kubb Championship Website- March 2016

The following is a quick description of the rules:

The corner stakes are placed so that a rectangle is formed, measuring 5m x 8m. The center stakes are placed in the middle of the sidelines. The king is placed upright in the center of the pitch, and five kubbs are placed on each baseline. The pitch is ready for play.

The teams determine which team throws first and which side each team will be on. Starting in 2015, the U.S. Championship will use the 2, 4, 6 open. Team A throws two batons (two different players have to throw). Team B then throws four batons (at least three different players have to throw). Team A then throws six batons, and six batons are then used through the remainder of the game. The game begins with the first team throwing their batons from behind their baseline, attempting to knock down the kubbs on the opposite baseline. Batons may rotate vertically when thrown.

Once all the batons are thrown, the opposing team gathers any kubbs that were knocked down. That team throws them back across to the other half of the pitch (the opponent's side of the field). Kubbs thrown back into play are called field kubbs, and are raised by the first team where they came to rest. If a kubb comes to rest outside of the field of play, the team is allowed to throw that kubb again, after all kubbs have been thrown. If that kubb comes to rest outside the field of play a second time, it becomes a punishment kubb, and the other team is allowed to place it wherever they would like within one baton length of the king or marking stakes. The second team then throws their batons, first attempting to knock down any field kubbs, then the kubbs on the baseline, then the king.

If they are unable to knock down all of their kubbs and the king, then the first team picks up all knocked down kubbs, throws them into play as field kubbs, and then tries to knock them over with the batons. Play continues until the game ends. If at any time a team does not knock down all the field kubbs in their opponents half of the pitch, the other team is allowed to move up to the kubb closest to the center line and throw their batons from that new line. Kubbs and baton throws at the king are always thrown from the baseline.

The game is won by the team who knocks down all the kubbs in their opponents half of the field and on the baseline then knocks over the king. However, if a team knocks down the king prior to knocking down all the kubbs, then that team immediately loses the game. In tournament play, matches are often best-of-



three games.

The U.S. Championship and most other U.S. tournaments play with the official U.S. National Kubb Championship Rules. The U.S. Championship rules were developed from the World Championship rules. It is the most in-depth kubb rules document in the world. Some phases and situations in kubb can be complicated and potentially indefinable by any ruleset. If a situation is not covered in these rules, the decision shall be made in accordance with fairness, with decisions being influenced by the spirit of the game. Often a logical extension of the closest existing rule or the principles embodied in the rules will provide guidance for determining the resolution.

For tournaments, the below dimensions are used:

Pitch: 5m wide x 8m long.

One King: 8x8x25cm to 9x9x30cm

Ten kubbs: 7x7x15cm.

Six batons: diameter 4.4cm, length 30cm.

Four corner stakes and two mid-pitch stakes

For recreational play, game piece and pitch dimensions can vary, which is one of the great things about the game.

# Kubb

Kubb (rhymes with tube) is a lawn game where the object is to knock over wooden blocks, known as kubbs, by throwing wooden batons at them. Kubb originated in Scandinavia and was introduced commercially in the late 1980's. It can be described as a combination of bowling and bocce.

**Object of the game:**  
Be the first team to knock over all the other team's kubbs, followed by the king, all in one turn.

**6 batons**— 44mm diameter x 300mm  
Always tossed underarm. Sideways, horizontal tosses or "helicopter" spins are illegal throws.

**10 kubbs**— 70mm sq x 150mm  
Kubbs always start on the baseline, and move to the field only after they have been toppled.

All field kubbs on your opponent's side must be toppled before any baseline kubbs can be overturned.

Kubbs can be thrown in any fashion, but must be underarm and from behind the permanent baseline (never a temporary advantage line).

**1 king**— 90mm sq x 300mm (crown optional)  
The king is always the last to be toppled. If a team topples the king before they topple all their opponent's kubbs, they lose (it's sort of like an 8-ball in pool).

All king shots are taken from behind the permanent baseline.

**1. Set-up**  
• 8m long x 5m wide pitch, divided into two fields (A & B)  
• 5 kubbs on each baseline and 1 king in the middle of the pitch.  
• 1 to 6 players per team.

**2. King toss**  
• A & B each toss one baton toward the king.  
• Closest to the king without toppling it can choose to throw first or pick a side of the pitch to play from.

**3. Team A wins toss and attacks first**  
• A throws 2 batons underarm from behind their baseline.  
• A topples as many of B's kubbs as they can.

**4. Team B tosses (inkasts) all toppled kubbs**  
• Kubbs must come to rest in A's field (across middle line).  
• A sets the thrown kubbs upright (as though they were on a hinge) by choosing an end to stand them on.

**5. Team B attacks, aiming for field kubbs first**  
• B throws 4 batons and must topple all A's field kubbs before going for baseline kubbs.  
• Baseline kubbs toppled before all field kubbs are put back up.

**6. Team A inkasts any toppled kubbs**  
• Since B didn't topple all of A's field kubbs, a temporary advantage line is created.

**7. Team A attacks**  
• A can move up to attack from the temporary advantage line created by the closest remaining field kubb.  
• A throws 6 batons (used the rest of the game), toppling B's field kubb before baseline kubbs.

**8. Team B tosses toppled kubbs**  
• B tosses the kubbs close together to make it easier to topple several with a single baton.

**9. Team B attacks**  
• B topples three of A's field kubbs with a one baton combo shot (also known as blasting).

**10. Team A inkasts**  
• A inkasts the toppled kubbs close together.

**11. Team A attacks**  
• A blasts a couple combos, clearing the field kubbs, and then topples the last baseline kubb.

**12. Team A slays the king and wins the game**  
• King shots are always taken from behind the permanent baseline.  
• 1 match is best of 3 games.

**legal raise**  
Note: if a kubb can be raised in-bounds it must be raised in-bounds

**KUBB UNITED**

How-to videos and tournament rules available at [www.kubbunited.com](http://www.kubbunited.com)

For more information or answers to questions contact [unitedwekubb@gmail.com](mailto:unitedwekubb@gmail.com)

@KubbUnited

Design and Illustration by Bryan Jones, inspired by Scott Moehring. [bryanjonesdesign.com](http://bryanjonesdesign.com)

- How to play: [https://youtu.be/XfWt0-\\_MNsY](https://youtu.be/XfWt0-_MNsY)
- Rules: <http://www.kubbunited.com/rules-of-kubb>
- Stoughton Kubb Club: <https://www.facebook.com/stoughtonkubbclub/>



- Stoughton Invitational: Saturday, May 13, at Norse Park in Stoughton (new date and location). \$40 team fee. Register at [https://www.signupgenius.com/go/409054ca5a72c7-stoughton2?fbclid=IwAR2xr13DQsk5r0zzMdO9UucYCbAT1nExSULj\\_kp7X80OxT5BW96yEXGjTfU#/](https://www.signupgenius.com/go/409054ca5a72c7-stoughton2?fbclid=IwAR2xr13DQsk5r0zzMdO9UucYCbAT1nExSULj_kp7X80OxT5BW96yEXGjTfU#/)

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## Deadlines and Dates! **Changes in red!**

- May 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)
- May 15-
  - **D18 Lodge Property Association** forms are due to Sons of Norway Headquarters. They can be entered electronically via the lodge treasurer's profile page. A PDF can be downloaded from [sofn.com](http://sofn.com).
  - **990** The 990 tax forms are due to the IRS by 5/15/2023. Lodges who fail to file a 990 three years in a row will lose their not-for-profit status and cease being a Sons of Norway lodge.
- June 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)
- July 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)
- July 16-21- Masse Moro Camp
- October 13-14- District 5 Board Meeting in Madison, WI area
- October 27-29- District 5 Adult Heritage Camp and Destination Stoughton Weekend in Stoughton, WI

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## **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhagen (ATuchenhagen@sofn.com). Sherry Gorse is no longer employed at Sons of Norway.
- For matter like submitting a death, a change to a members address or other info please email [cbs@sofn.com](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto:ithelp@sofn.com).
- The 800 number to call in for member support is 800-945-8851
- If you need something related to sales, you can use [sales@sofn.com](mailto:sales@sofn.com)

## **Viking Chest / Immigrant Trunk Schedule**

Apr 2023 to Oct 2023:

Chest--zone 4 – Contact Connie Aiello and Judy Ghastin to reserve them

Trunk--zone 3 – Contact Scott Wegner and Cheryl Wille-Schlesser to reserve them

Oct 2023 to Apr 2024:

Chest--zone 6

Trunk--zone 5

Apr 2024 to Oct 2024

Chest--zone 2

Trunk--zone 1

Oct 2024 to April 2025

Chest--zone 3

Trunk--zone 4

**Note:**

- Check correspondence from the International and District and the International ([www.sofn.com](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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.

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

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**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](mailto: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 4 am on Thursday morning. 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@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.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](mailto:arnesonfamily5@gmail.com)