

Friendly Fifth Friday News December 11, 2015

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!**

Darlene Arneson, District 5 Secretary

New email for District Vice President

I have a new e-mail it is: bbaclio@outlook.com

I will not have access to my computer for a few days to get it debugged.

Diane Hesseltvan Dinter

Cindy Olson retires from Sons of Norway

Congratulations to Cindy Olson, Sons of Norway Foundation Director, who will retire from Sons of Norway on December 15. Cindy has attended several District 5 Conventions and Lodge Meetings and worked closely with our lodges, members and leadership.

We wish her all the best in her retirement! We anticipate an announcement about her replacement

Kids and grandchildren home for the holidays?

Check out Family Matters

When it comes to the future of Sons of Norway, we can't think of a more vital resource than our own young people. Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.

Launched in 2013, Family Matters is a section of our award-winning *Viking* magazine dedicated to family programming. Every quarter, we share new projects that have been purposefully created for families to enjoy. This multi-generational, family-centered content and activities might also be the perfect addition to your next lodge event. We're excited to share the complete archive of Family Matters here. Look for the original content in *Viking* magazine, or grab the pdfs from this page to share with friends and family!

Let the Games Begin!



Share culture and fun with the young people in your life. It's time to play some Norwegian games!

What games do you play with your children or grandchildren? Maybe you've tried the classics, such as Bingo or chess. But have you ever played Norwegian Bingo? How about Hnefatafl? Or Kubb? Not only are these Norwegian games fun for all ages, they also provide a great opportunity to teach children about Norwegian culture. With three different games or spill to choose from, you're sure to find something everyone will enjoy.

[View in the August 2014 *Viking Magazine* \(pdf\)](#)

Fun with Flags



Celebrate this year's Syttende Mai - and the bicentennial of Norway's constitution - with flag arts and crafts fit for all ages. A symbol of national pride, the Norwegian flag will fly high and bright for this year's Syttende Mai, also the 200th anniversary of the Norwegian constitution, at celebrations in Norway and around the world. Norwegians wave flags in Syttende Mai parades, fly them above their homes and wear decorative ribbons bearing the flag's colors.

[View in the May 2014 *Viking Magazine* \(pdf\)](#)

To access to the full library of Family Matters articles-
visit https://www.sofn.com/member_benefits/family_matters/

In the Members only section!

Don't forget the District 5 Cultural Skills Contest

District 5 has initiated skills contest. For the time period of July 1 - December 31, 2015, the lodge with the most members that receive cultural pins will receive a prize. The member in District 5 that receives the most cultural pins in the same time period will also receive a prize. If several people all get the same number of pins, then a name will be drawn from this group of people. The next contest period will be January 1 - May 31, 2016. The awards will be handled in the same manner. All awards will be presented at the 2016 District 5 Convention, June 25, 2016. The awards will be a one-time prize. If you have any questions you may contact Esther Charlton at esthersofn@aol.com.

The District 5 Secretary Challenge!

If all of our lodges submit their D63 reports to both the International Lodge and to me by December 15, I personally will give \$100 towards Masse Moro for 2016. I will keep you posted as to the progress. This includes having the hard copies postmarked by December 15 and online updates must be done so that I get the email on **December 15**.

2016 Dinners

The Norway Lutheran Church (ELCA) in Wind Lake (Milwaukee SW suburb) has a Lutefisk and Meatball Dinner on Sat. Feb. 13, 2016 with seatings at 11:30 AM, 1:30 PM and 4:00 PM.

Contact Marilyn Canfield (she's also church secretary at Norway Lutheran Church, as well as President of the Norway Historical Society) at [262-895-2281](tel:262-895-2281). Her email is: majacanfield@gmail.com. Source info: <http://www.norwaylutheranchurch.org/home/calendar>.

Going Julebukking between Christmas and New Years?

Here's one source of information about it:
<http://mylittlenorway.com/norwegian-christmas/julebukk/>

*Julebuk*k has a long tradition in Norway and even though its form and meaning has changed over time, the symbol of *julebuk*k remains to this day – bringing the community together at Christmas, *Juletid*.

In old Norse tradition the *julebuk*k (yule goat) was originally the goat that was slaughtered during Romjul, the time between Christmas and New Years.

The *julebuk*k became the symbol of the pagan *julebuk*k ritual. It was a spiritual being that dwelled in the house during Christmas, overlooking the preparations and celebrations. It later became personified and during the darkest nights of the year, a man or men (from the community) dressed in a goat mask and fur cape to represent the ghosts of winter night. They travelled from door-to-door

receiving gifts from the towns folk to thank them for protection and keeping the winter ghosts at bay. They also gave warnings, especially to children, to be nice.

When Christianity appeared the pagan rituals of *julebuk* were replaced by the children's activity, also called, *julebuk*, which is very similar to Halloween. Children walked from house-to-house singing carols at the doorsteps of friends and neighbours. They wore costumes, particularly masks to hide their identity, and often gave gifts as well as receiving them. Afterwards the tradition progressed onto serving the poor children in the community. They dressed in costumes and visited the wealthy, singing carols and receiving food or money, so they could also have a happy Christmas.

Some of the elements of today's Santa Claus come from the traditions of the *julebuk* such as giving presents, receiving sweet treats, picking out who is naughty and nice and, of course, magic.

Today in Norway, the figure of the *julebuk* is used as a Christmas ornament. It is often made out of straw with braided horns and a red ribbon around its neck. *Julebuk* straw figures are usually placed under the Christmas tree. A popular prank is to smuggle the *julebuk* into the house of a friend or neighbour and place it somewhere to surprise. Once found, the neighbour must do the same to the next family; and so the *julebuk* travels from house-to-house.

In some places in Norway children still dress up and travel door-to-door singing, but often they are the ones who give out gifts and sweets. Their costumes are usually made of old woolen clothes, likely to symbolize the charitable giving to the poor children in the Nordman times.

In the west of Norway, it is popular in some small communities for adults to dress up and go door-to-door and drink to Christmas. The masked *julebuk* tell funny stories about themselves and the hosts must try to guess who they are. When a *julebuk* is correctly identified they must take their mask off.

- A few facts about *julebuk*:

It is thought outside of Norway that the activity of going from door-to-door is called 'julebukking', however, this is wrong, it is called 'to go *julebuk*' (Gå *julebuk*).

The treats or sweets given/taken are not lollies and sugary things but baked goods, clementines and nuts. In older times it was usual to share leftovers of Christmas dinner.

You 'go *julebuk*' in old clothes, not expensive costumes and party attire, as Christmas is a time of decadence, however, the *julebuk* is a charitable act of visiting, giving, singing and being thoughtful of each other.

Sadly, *julebuk* is slowly fading out because this community tradition is not suited to big city environments. Parents and small children feel more confident going to places where they know the people and in big cities it is less common for neighbours to know each other. The tradition is more common in smaller communities where friends and family live close together.