

Friendly Fifth Friday News

February 28, 2020

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

Due in the next week!!

March 2020

- Fraternal Funds packet is sent to the district treasurers. This is for the District level only!

March 1, 2020

- Central Lodge Conference Call Meeting- 6:00 PM Central to act on any requests from Central Lodge members to be a delegate to the District 5 Lodge Meeting.

March 1, 2020

- Deadline — Domestic scholarship applications due to Sons of Norway Foundation:
 - Astrid G. Cates Scholarship**
 - Bernt Anker Scholarship
 - Dan and Betty Rude Scholarship
 - Myrtle Beinhauer Scholarship**
 - Nancy Lorraine Jensen Memorial Scholarship**
 - Orel and Marie Winjum Memorial Scholarship

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

March 5 or five days past your election (whichever is first)

- District 5 Lodge Meeting Delegate election reports due to Darlene Arneson, District Secretary

Sons of Norway District 5 Central Lodge Meeting Notice 2020

The District 5 Central Lodge meeting to elect delegates to the convention is scheduled for Sunday, March 1, at 6:00 PM (Central time). This will be done via a conference call of the District Board members and any central lodge members wishing to participate. Any central lodge members interested in participating in the call should contact District President Andrew Johnsen by Friday, February 28 at 219-374-7696 or ajohnsen@att.net with their name, membership number, email address and phone number. The call-in information will be emailed out to those interested.

The central lodge has 718 members and is eligible to have nine delegates and nine alternates to the District 5 Lodge Meeting and Convention. Delegates are responsible for all their expenses.

This is for members who belong to the Central Lodge only- not for those belonging to local lodges.



It was quite a week in Hayward last week! **2020 Birkie Week Results**

The **Barnebirkie** totaled 859 registrants. Due to the chilly temperature of 15 degrees some children did not report. We greeted 627 young skiers on race day. There were 232 youth who came as part of local school groups. Young competitors picked up their bibs, ties, buffs, and stocking caps, and the excitement in their eyes was evident! Sixteen children registered on race day.

Although the supply of bibs, hats, and buffs was completely exhausted, latecomers received hats and bibs from previous years. At the end of the racecourse stood Smokey the Bear and a lumberjack to greet the children prior to their visit to the Celebration Tent.

- 1) The **Prince Haakon Race**, the fastest growing race in numbers, had 665 participants.
- 2) **Barkiebirkie** racers numbered 95. In this race, competitors are tied to their dogs who pull them along the Main Street course.
- 3) The **Junior Birkie** included 309 competitors. This course is quite challenging as the participants ski the International Bridge twice!
- 4) **Birkie-6,249**, people raced on Saturday, including our District President Andy Johnsen who came to the Finish Line after a grueling duration of 7.5 hours on the course. Forty-seven states were represented in this race.

5) The **Kortelopet** race had 2,824 skiers.

6) In the **Giant Ski**, 34 teams competed, totaling 204 participants.

*No numbers were available from the **Adaptive Ski** race.

District 5 was well represented with workers from many lodges and our efforts were led by Idun Lodge members Mary Bennett and Asta Blanchar who greeted skiers at the EXPO venue. There was an abundance of cookies this year, breaking the record of recent years. Our Lodges are to be commended for their efforts. Several lodges also sent monetary donations which will be deposited in the D5 Scholarship account.

A special thank you goes out to Robin Fossum, District 5 International Director, who coordinated the action at the Celebration Tent. She was accompanied by many Dovre Lodge members and their friends who also joined our ranks for the day. One of our Masse Moro campers was also a helper. Audrey and Clair Severson from Valkyrien Lodge, as well as Eugene Johnson and Montaya Harter from Wergeland Lodge, greeted the children and helped them to select the *best* cookie! David Hermundson from Løven Lodge was also an assistant at the tent.

A surprise worker was former Norse Valley Lodge member, John Gierke, who helped in many capacities on Thursday. Vennelag member Arlene Watrud-Krueger worked the registration computers.

Sharon Anderson, Hild Petre, and Lucy Ghastin from Idun Lodge, in tandem with Judy Ghastin from Norse Valley Lodge, prepared a hot soup luncheon for the workers.

Sandy Olson, from Valkyrien Lodge, was on-site multiple days talking to youth and their families about the best kept secret in District 5-Masse Moro. This venue was the perfect place to promote the Nordic lifestyle.

Our members made a huge impact in helping the Fifth District with this project. Not only did our members teach others about the Sons of Norway organization and what is offered to its members, but the good will they shared was immeasurable. Thank you one and all for your assistance. This event would not be possible without your service.

PS If I have overlooked anyone's volunteerism, please make me aware so I can include your name in the final report to the Fifth District Board of Directors.

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

Good Day, Sons of Norway Workers and Lodges,

Thank you so very much for volunteering for the American Birkebeiner Ski Foundation's events. Your cookie donations and feet on the ground have made the Greatest Show on Snow possible. The following message was received from Ronda Twoerk.

Over the past month, we have been planning and preparing for what was a most-amazing weekend of events.

We could not have done it without your support.

Year after year I try to come up with ways to express my gratitude, for the time and efforts you put forth in volunteering while we host the world for North America's largest cross-country ski race, as well as so many other events that impact and excite all participants from the youngest skiers to elite athletes. You help make it happen, and saying "Thank You" just never seems a big enough word.

So, I will share with you an essay from one of my favorite authors. Some may have received this from me before, and I apologize for the duplication. But, to me, the following essay captures the genuine, and true feelings I have for you - our volunteers.

GRATITUDE, by Author Michael Perry

I cannot anticipate the state of our hearts as we meet in this moment, but I choose for my subject a word I owe more study whatever may transpire after I type it: gratitude.

Gratitude. Such a lovely word. Humble and warm. Humble, because it's not a word you use if you think you did everything yourself. Humble, because no matter how hard you did work at whatever it is you're grateful for, you know—and more importantly, acknowledge—there was some luck involved. Warm, because gratitude is not compatible with a cold soul. Warm, because gratitude radiates, like the gentle rays of a heart-sized sun. Gratitude goes softly out and does good works—which generate more gratitude. Gratitude is renewable energy.

Gratitude, because to offer anything less would be to ignore all privilege. The privilege of existence. The privilege of health. The privilege of privilege. And now we are back at humility—or ought to be.

Gratitude, because the world is awash with the sour surf of opposing sentiments.

Gratitude, for those who show us the same.

Gratitude, even in grumpiness. Which is to say I am not talking all hosannas, hugs, and puppies here, I am talking about perspective and preponderance and relativity and a sideways glance into the cosmic mirror, where behind me I spy millions of souls who would give all they own for just one of my disappointing Tuesdays. Gratitude as my moral duty.

Gratitude, because it's so easy. A note. A word. You don't even have to talk. Gratitude can be soundless. You can speak it with your eyes. Share it with a smile. Weave it into your works. You can kneel down and offer it up.

Gratitude. A triple-syllabic salutation to the six directions, whichever way you're pointing. The echoes go on and on. The echoes are gratitude returning. There is the idea among psychologists that gratitude can be cultivated. Put it out there and it comes back to you.

Gratitude as a practice. As an intentional act. Gratitude in the form of reflection. A quiet moment. A look back.

Gratitude, not as obligation but as celebration.

Gratitude, with our loved ones in mind. The ones who suffer our ingratitude with grace, and that grace yet another reason for gratitude. Grace: cousin and catalyst to gratitude.

Gratitude, because as this year—or this day, or this hour, or this moment—draws to a close I am reminded it was another year granted, not guaranteed, and therefore not taken for granted.

Gratitude, no matter the season.

Gratitude.

So it is with the deepest gratitude, I truly Thank *YOU*.

As always, should you have comments or feedback from our events, please feel free to reach out and let me know.

Until we meet again, Happy Trails!

Yours truly,

Ronda Tworek

Volunteer & Participant Services Director

American Birkebeiner Ski Foundation

www.birkie.com/volunteer

ronda.tworek@birkie.com

Delegate Election Information!! Due March 5 or five days after elections (whichever is first!)

Thank you to those who have sent in their Delegate Election forms!!

Idun Lodge 5-074, Madison, is hosting the convention June 24-28, 2020 at the Madison West Radisson hotel which is conveniently located on the west side of Madison within walking distance of restaurants, shopping, and public transportation. Hotel reservation information is posted on the website. Rooms, either double queen or king, are \$109 plus taxes and include a complimentary hot, buffet breakfast, parking, free shuttle service, and access to an indoor pool and fitness center. Suites are available at \$119. Rooms at that price are available starting June 24 through June 26.

Delegate Registration cost for the 2020 Convention is \$100 and includes two lunches, all coffee breaks, and materials. All other meal options, including the Saturday evening banquet, are priced separately. The non-delegate registration is \$25 and includes coffee breaks. Delegates and non-delegates can select additional meals and special events on the registration form for additional costs.

A block of rooms has been reserved for the Convention with discounted rates. Call 608-833-0100 and ask for Sons of Norway rate. Make hotel room reservations directly with the Radisson Hotel. Call 608-833-0100

The Sons of Norway District 5 By-Laws, Article 111, Paragraph 2 states: Every local lodge in the District shall be entitled to two representatives for the lodge, and one representative for every 100 members or major fraction thereof, based on the last Semi-Annual Report prior to the election of delegates. All members in good standing are eligible representatives.

Delegates should be elected using the formula above based on December 31, 2019 membership figures. You should also elect a corresponding number of alternates, on a priority basis, that will serve should any of your delegates be unable to attend. These elections must take place in the months of January and February 2020. Each lodge president and secretary is receiving a Report of Election included with this letter, which is to be completed and returned to the District Secretary immediately following the election. (Sons of Norway Constitution reads: "The Secretary of the Local Lodge shall prepare a report of election giving names and addresses of the duly elected Delegates and Alternates. This report shall be signed by the Local Lodge President and Local Lodge Secretary and forwarded to the District Secretary no later than five days after the election.") Please be sure the names are written plainly and spelled correctly! I am asking that you include their membership number, address, city, state, zip, phone and email address on the form and return it to me postmarked no later than March 5, 2020. Please send it to me at: Darlene Arneson, 2056 Skaalen Rd, Stoughton, WI 53589 or email a scanned copy to arnesonfamily5@gmail.com

Keep in mind as you elect delegates that they are the only ones that can be candidates for the District Board, alternates to the Board, International delegates, alternates to the International Delegates, and International Board member or alternate. You do NOT have to be a benefit member to be a delegate to the District Lodge Meeting, but in order to run for any of these positions just mentioned, the delegate must be a benefit member or buy product at the convention. A new District Board/Officer Application was approved and is available on the website for those interested in serving on the Board or as an alternate. **Our District Nominating Committee** is Chr Robin Fossum, Tom Boudrau and Louise Giles.

Your lodge may wish to propose resolutions or by-law changes to be considered at the District or International Conventions. These resolutions, along with any proposed changes to the District 5 By-Laws or International Constitution, **must be submitted to the District Secretary no later than April 1, 2020.** **Please note that we are using the new template approved and recommended by the International Board.**

If your lodge is interested in hosting the 2022 District Lodge Meeting, you are asked to send a written notice of your intention to the District Secretary prior to April 1, 2020. Should your lodge wish to present a bid, we ask that you make arrangements for a "walk through" of the facilities by a District 5 Board Member. This should be done prior to the June convention in order to identify proposal merits as well as needed additions or changes.

We will use email and the website as much as we can to post documents and keep everyone updated. Hard copies will be sent of the Reports Book. **Your 2018 delegates have received a copy of the approved 2018 District Lodge Meeting minutes.** Once I get the Delegate Election Forms back, then I give the lists to the Convention Committee and they will send out information to the delegates about registration and other convention news. I also give a list to President Johnsen who will appoint convention committees. Members who serve on committees will be notified and given the specifics of their tasks.

Please contact me if you have any questions or need assistance. You should be electing the number of people listed in the highlighted column that is titled "2020 Total Del. and Alt." For example, Mandt Lodge has a number 4 in that column so we need to elect 4 delegates and 4 alternates. Thank you for your prompt attention to this convention call! My home email is arnesonfamily5@gmail.com and cell number is 608-514-4951 if you need to contact me!

Fraternally,

Darlene Arneson, District Secretary

2020 District 5 and International Calendar and Deadlines

March 2020

- Fraternal Funds packet is sent to the district treasurers.

March 1, 2020

- Central Lodge Conference Call Meeting- 6:00 PM Central to act on any requests from Central Lodge members to be a delegate to the District 5 Lodge Meeting.

March 1, 2020

- Deadline — Domestic scholarship applications due to Sons of Norway Foundation:
 - Astrid G. Cates Scholarship**
 - Bernt Anker Scholarship
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 - Myrtle Beinhauer Scholarship**
 - Nancy Lorraine Jensen Memorial Scholarship**
 - Orel and Marie Winjum Memorial Scholarship

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

March 5 or five days past your election (whichever is first)

- District 5 Lodge Meeting Delegate election reports due to Darlene Arneson, District Secretary

March 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.

March 15, 2020

- District Five Scholarships due- Book Scholarship, Folk High School, and International Summer School

April 1, 2020

- Deadline to register for Masse Moro
- Deadline for resolutions and bylaws for District 5 Lodge Meeting
- Deadline for submitting bids for hosting 2022 District Lodge Meeting

April 3-4, 2020

- District Board meeting in Stoughton, WI

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.

April 15, 2020

- Sarah Paulsen Scholarships due for Masse Moro Campers

May 1, 2020

- Advertising due for District 5 Convention

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

May 17, 2020

- Lodge Grants & Scholarship Deadline for Masse Moro

June 1, 2020

- Final payment due for Masse Moro

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.

June 15, 2020

- District 5 Sports Challenge ends

June 20, 2020

- Remittance forms due for District 5 Sports Challenge

June 25-28, 2020

- District 5 Lodge Meeting and Convention in Madison, WI

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.

July 12-25, 2020

- Masse Moro Youth Heritage Camp in Fall Creek, WI

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.

August 19-23, 2020

- International Lodge Meeting and Convention in Ringsaker, Norway

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 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

June 25-28, 2020 at the Radisson Hotel, Grand Canyon Drive, Madison

INTERNATIONAL LODGE MEETING

August 19-23, 2020 in Ringsaker Norway

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@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