

## Friendly Fifth Friday News

### July 14, 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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### **Looking for a more intense Norwegian Language Class or Self-Study? (must log in to access it)**

#### **Norwegian for Reading Comprehension**

[https://members.sofn.com/members/showPage.jsp?document=norwegianforgenealogists/toc.html&\\_ga=2.167144377.626248342.1689181403-382800131.1674420980](https://members.sofn.com/members/showPage.jsp?document=norwegianforgenealogists/toc.html&_ga=2.167144377.626248342.1689181403-382800131.1674420980)

Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs. Even those who are lucky enough to study in a classroom often find that their instruction in modern standard Norwegian is not always useful for understanding older documents or texts written in the minority language form.

#### **Norwegian for Reading Comprehension**

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#### **Introduction**

##### **Background**

Interest in the Norwegian language and family history consistently rank as top interests among Sons of Norway members. Often these two interests intersect – in order to understand many genealogical records or to read old documents like family letters, the Norwegian-American genealogist must have some knowledge of the Norwegian language.

Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs. Even those who are lucky enough to study in a classroom often find that their instruction in modern standard Norwegian is not always useful for understanding older documents or texts written in the minority language form. That's why this course was created.

Louis Janus, the primary author of this program, is an accomplished linguist and life-long student of Norwegian. The idea for this course was inspired by his experience teaching students at the University of Minnesota to read modern Norwegian, Swedish and Danish simultaneously. Through his years of experience, Janus developed a unique approach for teaching students of one language to read similar languages. Here, the same formula has been used to help you understand the several forms of Norwegian that have evolved over the last century and a half.

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# Genealogy

**Sons of Norway has created guides to help you get in touch with your Norwegian heritage. We believe the history of a nation and the nature of its culture are best described through the stories of its people.**



[https://www.sofn.com/member\\_resources/genealogy/](https://www.sofn.com/member_resources/genealogy/)

**Genealogy Guide** – Use this updated guide, as you begin to research your family roots. This handy 10-page guide will provide background on Norwegian-North American immigration along with information about Norwegian names and places.

**Sports medals- summer is a great time to promote these or to do some group activities to help members achieve them! Must log in to use the links!**

[https://www.sofn.com/member\\_resources/cultural\\_programming/sports\\_medal\\_program/](https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/)

Submit completed Sports Medal cards to your lodge Sports Director, who may place an order for your medals via the Lodge Leader Supply Store.



If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher.

First, **Idrettshelt** [ee-dretts-hellt] –the sports hero pin– is the 5<sup>th</sup> level within any sports medal category.

Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the *Idrettshelt*.

Earn double the point or mileage value of the **enamel** level to qualify for an *Idrettshelt* pin. Tracking cards for this medal may be requested from your lodge sports director. Record your mileage or minutes and return the card to your sports director to receive your pin.



Next is **Hederspris** [hay-dersh-prees], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any **three** sports medal categories.

Thanks to our members who have requested new challenges- we've made these updates based on your suggestions!

## **Fitness rewards that fit your lifestyle.**

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

### **It's actually quite simple – and naturally rewarding!**

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

### **Get Started Today!**

[Click here to download tracking cards, levels, and requirements](#)

Each pin offers four different areas of achievement, giving you the opportunity to earn your way to Bronze, Silver, Gold and finally Enamel. Learn more about each of these levels and the requirements for earning them.

*As with any activity or exercise, we encourage you to consult your physician for advice and recommendations before getting started.*

## **Sons of Norway's Virtual Pilgrimage**

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. On these pages members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway.

[Click here to access materials and start your journey!](#)



# Masse Moro



## Norwegian Heritage Youth Camp

[HOME](#)[ABOUT](#)[REGISTER FOR CAMP](#)[WORK AT CAMP](#)[DONATE](#)[TOOLS FOR LODGES](#)

**JOIN US FOR 2023: JULY 16 - 29**

Watch for updates the next two weeks on Masse Moro's and District 5 Facebook pages from camp!

### **It's a big weekend for Kubb in Eau Claire- U.S. Nationals are happening!**

As many of you know, kubb is a very popular sport and a great lodge sport as any age or physical ability can do it. Mandt Lodge has a very active sports program with Sunday afternoon kubb every Sunday in June and July and also helps host the Stoughton Kubb Invitational each summer.

If you live in the Eau Claire area, I'd encourage you to check out the U.S. Nationals this weekend-

July 14-16, 2023  
Eau Claire, WI  
Eau Claire Soccer Park  
(Hamilton Ave./Craig Rd.)

<https://www.usakubb.org/>

<https://www.facebook.com/U.S.NationalKubbChampionship>



## **What is your lodge's plans for the 2023 District 5 Lodge New Member Recruitment Contest?**

Sons of Norway District 5 is pleased to announce the launch of our 2023 recruitment campaign.

Starting August 1, 2023, all lodge members are asked to recruit new members to their local lodge. For every new member (not Heritage Member) recruited, the lodge will receive \$10 for an individual or \$20 for a family membership. This does not include adding adults to an existing Adult Family membership. The money awarded will be sent to the local lodge of the recruiting member to be used as the lodge would like.

This campaign is an opportunity for all members to get involved and support their local lodge in meeting their membership goals. As well, it helps continue to grow the Sons of Norway organization.

The contest will begin August 1, 2023 and go until October 31, 2023.

Please turn in all paper membership applications to Headquarters by October 31, 2023. This will ensure that they are processed by the deadline. New members who are signed up online via <http://www.sofn.com> should also be entered by October 31, 2023.

If you sign up a new member online, please email District VP, Wendy Winkelman, advising of that new membership ([wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com)).

Contact [wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com) with any questions.

Wendy K Winkelman- District 5 Vice President

## **Membership forms from International**

Membership Forms

### ***[Heritage Membership Enrollment Form](#)***

As a member in good standing you are entitled to sponsor FREE Heritage membership for young relatives age 15 and under.

**[Heritage Membership Enrollment Form](#)**

### ***[Membership Enrollment Forms](#)***

For New Members in the U.S.

**[U.S. Member Enrollment Form](#)**

For New Members in Canada and Norway

**[Canada and Norway Member Enrollment Form](#)**

### ***[Transfer Request Form](#)***

For anyone choosing to transfer from one Sons of Norway lodge to another.

**[Transfer Request Form](#)**



## **Training and Presentation Resources-**

[https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/training\\_and\\_presentation\\_resources/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/training_and_presentation_resources/)

Looking for a way to introduce Sons of Norway to prospective members? Want to know how to use Sons of Norway's member benefits to keep your members happy and recruit new ones? These presentations and trainings will walk you through some of the essential aspects of Sons of Norway.

In addition to the presentations below, here is a **customizable PowerPoint template** that you may use to create your own lodge presentations.

### ***Presentations***

#### **About Us (for Sons of Norway Leaders)**

With more than a century of history, there's a lot to know about Sons of Norway. This presentation will guide leaders through talking about our organization and provide highlights about new resources available through Sons of Norway Headquarters

- [Click here for Google Slides](#)
- [Click here to download PowerPoint Presentation](#)
- [Click here for Presentation Script](#)

#### **About Us (for Non-Members)**

It's been said in the past that Sons of Norway is the best kept secret. Not anymore! This short presentation will introduce prospective members to Sons of Norway and its history and mission, along with the benefits of being a member.

- [Click here for Google Slides](#)
- [Click here to download PowerPoint Presentation](#)

[Click here for Presentation Script](#)

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#### **Recruitment & Retention Resources**

This presentation will help lodges use the benefits of membership to attract new members and keep existing members active, including ideas for community events and lodge programs.

- [Click here for Google Slides](#)
- [Click here to download PowerPoint Presentation](#)
- [Click here for Presentation Script](#)

## A Member Timeline

**This presentation will take leaders through the first year of membership. Included are approaches to member recruitment, steps to ensure membership renewal and strategies for keeping members engaged with the lodge.**

- [Click here for Google Slides](#)
- [Click here to download PowerPoint Presentation](#)
- [Click here for Presentation Script](#)

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

- July 16-29- Masse Moro Camp
- **August 1- October 31- District Membership Drive**
- **August 5- Task Force Call 9:00 AM CST**
- August 13- Zone 3 picnic at John and Darlene Arneson's farm in Stoughton
- **October 7- Zone 2 Meeting in Blair**
- October 13-14- District 5 Board Meeting in Mt. Horeb, WI
- 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 Tuchenhausen (ATuchenhausen@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)