

Friendly Fifth Friday News

June 12 2020

Send all web posting info and calendar dates/events directly to our webmaster at inptd5@sonsofnorway5.com

From District Publicity Director Karen Eberhardt

Hello Lodges –

Please read and share the following 4 items via email to your lodge:

1. Photos for consideration in the Viking Magazine are due to D5 Publicity Director (Karen Eberhardt) on Thursday, June 10, 2020. I welcome your photos showing how your lodge and your members are celebrating their Norwegian heritage during our challenging times.
2. Or do you have story to share of what your lodge and members to celebrate their Nordic heritage? Is your lodge doing something different that you can share with other lodges? Email me your event so we can share the idea with other lodges.
3. Your Scandinavian photo can be part of a deck of Nordic playing cards, which Sons of Norway District 5 will be making available for purchase in time for the 2020 Christmas season.

To enter, you can submit up to five of your best Nordic photos, so the district can choose which photos are best for the playing card deck. **Deadline is July 5, 2020.**

Each lodge which participates will have at least one card in the deck. If every lodge in the district participates, we will be able to fill almost the entire deck with one card per lodge.

The winner's name and lodge will be printed at the bottom of the card. Winners will receive a deck of Nordic cards, plus a special certificate. There will also be special "People's Choice" awards.

Some subject areas to consider:

- 1.) landscapes or scenery
- 2.) transportation including railroads, highways and bridges
- 3.) people and cultural events
- 4.) museums, churches, government and historical buildings
- 5.) folk creatures (trolls, nisse, etc.) (for use as Jokers)

Because "portrait" (tall and not wide) photos will be used on the playing cards, not "landscape" (wide and not tall), consider this in how you select photos to enter in this contest.

Rules:

- 1.) You must be a up-to-date Sons of Norway member in District 5.
- 2.) You must have taken the photos in a Scandinavian country.
- 3.) Up to five photos may be submitted.
- 4.) Photos can be digital or print. Digital photos should be a resolution of at least one MB or larger, and 300 dpi or higher). Submit digital images via email in JPEG format. Use a separate email for each picture you enter.
- 5.) Print photos can also be submitted by mail as a physical 5 X 7 copy of the photo. (A digital image is preferred vs. physical photograph.)
- 6.) *After your submission, the photo will be cropped for the aspect ratio (0.566) needed for a*

playing card. This will be done by the district, and the cropped photo will be emailed to you for approval.

7.) You may also submit your photos in the 0.566 aspect ratio, if you wish. (At 300 dpi, the digital image will be 857 pixels wide x 1507 high.)

8.) A lower resolution version of your photo will be put on the District 5 website, so a "People's Choice" vote can be done.

9.) Submit a short write-up (3 to 5 sentences) to accompany each photo, to explain the subject of each photo.

10.) **Your entry must be postmarked or emailed by July 5, 2020, 12:59 PM.**

11.) The winners will be selected based by the "People's Choice" voting on the District 5 website, as well as by the District 5 Photo Contest Committee.

Submit your entry to: Christina Fairchild, 226 W. River St., Rockton IL 61072

email: SOFND5Contests@gmail.com

Email **subject lines** should be: "**Photo contest - Your Name**"

4. **Here is an announcement from Doris at International for all the District Publicity Directors to collect submit the following information to her. Please send me your information to forward to Doris at International.**

PR Alert! We have an exciting new member article idea that would give us an opportunity to feature outstanding young members in your lodges/district. Ideally these are members age 30 and younger who have been recognized for an exceptional achievement at their young age. I hoping you can help by identify young members who we could interview & feature. We don't have an assigned date for this article since it is only at the idea stage. However, in order to move ahead I'd need to receive your feedback, member names and contact information by mid-July. I've included a profile below that was sent to our Viking staff recently for a member in D-6 as an example.

Profile ties in to our 2020 theme "The strength of history, the promise of tomorrow" Sons of Norway member Jonas Capp, age 27, of Santa Cruz, is codenamed on a patent for an affordable, American made UVC sterilization unit. The unit which is 100% made in Santa Cruz California, USA. Uses UVC light to sterilize any item or surface in seconds. Previously, foreign-made or even American made products were geared for the specialty medical market. They came with a pricey price tag in the four digits. This highly affordable unit is sold for approximately \$200. Jonas credits his family his father and grandfather as well as his mother for his creativity, perseverance, ingenuity and grit. Also, he used his study of his Norwegian roots to inspire him to pivot to help fight COVID-19.

Doris Kamstra, Membership Manager

Dkamstra@sofn.com

Karen Eberhardt

District 5 Publicity and Zone 3 Director

From Curtis Cleveland of Askeladden Lodge

RE: "Ingebretsen's of Minneapolis Damaged"

Ingebretsen's Scandinavia Gifts of Minneapolis was one of the 360 businesses in the Twin Cities that was damaged during the protest/riot following the George Floyd killing.

The online June 3rd edition of the Minneapolis Star Tribune listed all 360 businesses that were damaged, 66 businesses were completely destroyed. The businesses were concentrated in the Lake Street area of Minneapolis and the Midway area of Saint Paul.

The article said Ingebretsen's, which is located at 1601 East Lake Street, had broken windows and possible interior damage and looted.

The International Headquarters of the Sons of Norway is located at 1455 West Lake Street. Currently, a new building is being constructed at this site. The article, fortunately, reported no damage to the Sons of Norway building. However, businesses just a few blocks away were damaged.

Ingebretsen's website had the following message:

"We have closed all store operations for the next few days, for the safety of our staff, customers and neighbors.

Our beloved Twin Cities is experiencing a gigantic collective loss. Our own Lake Street community, a beautiful, diverse and loving community of hard working families, will survive and heal. Thanks for your support as we move forward together.

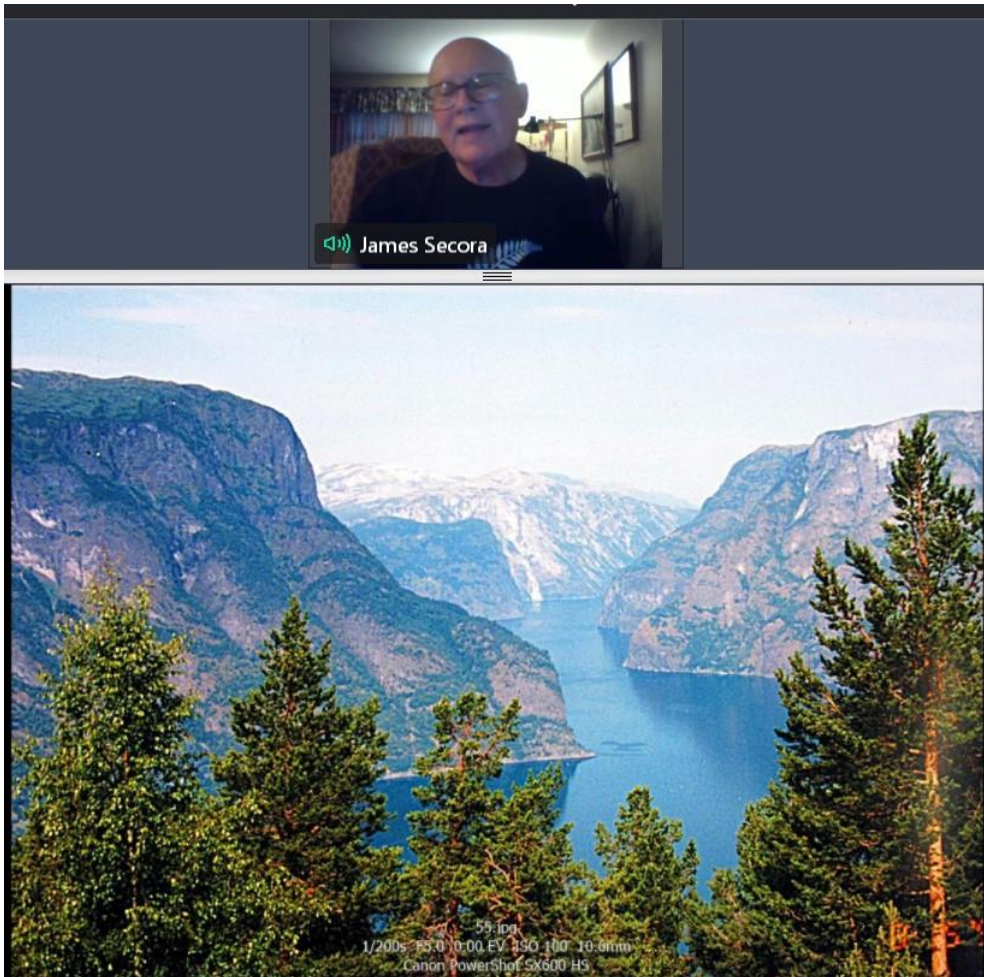
Love from our family to yours."
Curtis

Also on his email: Also, Julie Engebretsen was interviewed on MPR (the audio link is right at the top on this site): <https://www.mprnews.org/story/2020/05/28/photos-fires-looting-devastate-minneapolis-after-george-floyds-death>

People keep asking Engebretsen's how they can help. They are not accepting financial donations, but here is their response to these repeated questions:

If you are compelled to support critical efforts to assist our neighbors- many small family owned businesses like ours- in rebuilding, please donate here- <https://www.welovelakestreet.com/> So much love from our family to yours.

Nordic News this week...



Last week's "Nordic News" featured a travelogue by Jim Secora, "[West Norway and Oslo.](#)" Jim is a member of Skjold lodge in Paletine IL. Some of Jim's photos are entered in the District 5 Scandinavian Photo Contest.

In addition to showing us some great scenery, Jim shared some of his travel tips to making a Norwegian visit more affordable.

Upcoming "Nordic News"

June 16 – [Joy of Norwegian Woodcarving](#) (James Miller, Valkyrien-Woodville WI)

June 23 – [Norwegian Tales: The Art of Storytelling](#) (Joy Bashara, Gronnvik – Green Bay WI)

June 30 – [Norsk Museum: Norway IL](#) (David Johnson, Cleng Peerson-Norway IL)

Tune in at 6:20 PM (Central); 7:20 PM (Eastern) every Tuesday.

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By phone: 646-749-3112 (access code: 509-077-557)

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You can watch past episodes of Nordic News at:

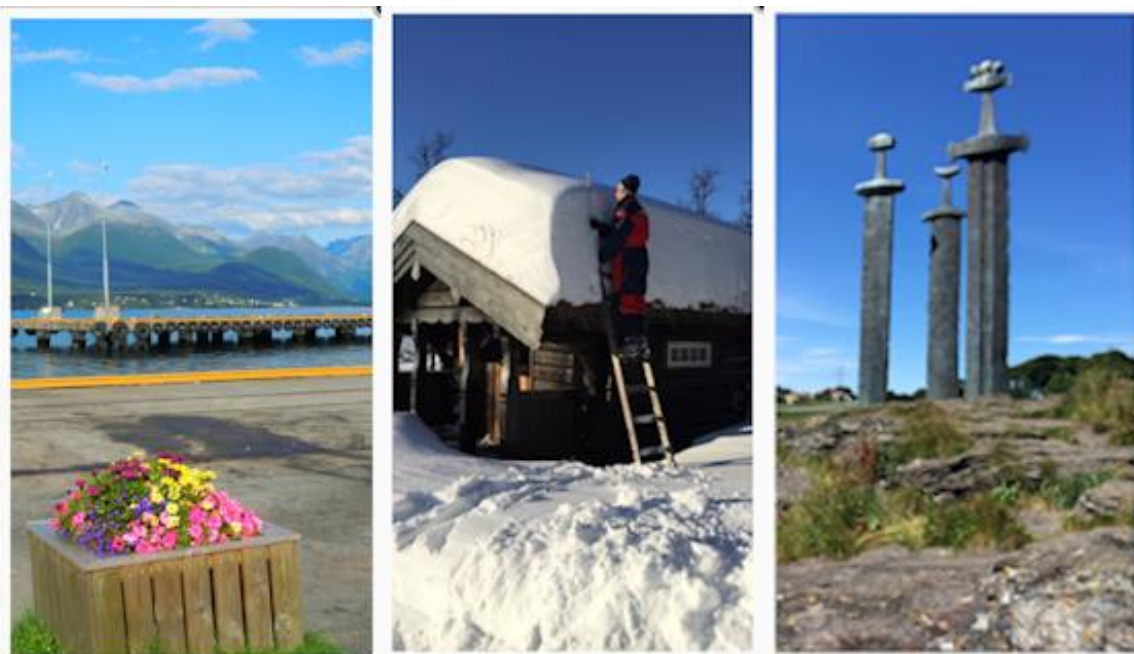
http://www.sonsofnorway5.com/programs/speakers_bureau.php

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You have less than a month to get your entries in for the D5 **Scandinavian Photo Contest**. There are now 116 entries..

View the pictures submitted so far: <http://www.sonsofnorway5.com/galleries/details/27-District-5-Scandinavian-Photo-Contest>

Here is a sample of some of awesome photos submitted by D5 members:



Please encourage your lodge members who have been to any Scandinavian country to submit their photos to the contest. Deadline is July 5.

Rules are here: http://www.sonsofnorway5.com/conventions/convention_contest.php

MIDSUMMER CELEBRATIONS IN NORWAY-

<http://www.norwaypost.no/culture/10053->



The evening of June 23rd is celebrated as Midsummernight Eve in Norway, also named 'St.Hans Aften' or Jonsok-kveld', depending on where you are in the country. Huge bonfires are burned as part of the celebrations. St. Hans or Jonsok both reveal that the festival has been named after St. John the Baptist, as the 24th is his birthday according to the Festival Calendar of the pre-reformation Church.

As with so many of the church festivals, it was introduced in order to replace an old heathen festival on that same date, thought to be the Summer Solstice, or the longest day of the year.

In Norway, the evening is celebrated with partying, good food, music and dancing, and the burning of huge bonfires. The burning of bonfires has of course survived from heathen times, when it was believed that the fire had special cleansing powers, and was also used to drive away evil powers, witches included.

Medical herbs also had special powers at Midsummernight, and so did water. Dew that fell on that night was believed to have healing properties, particularly for ailments of the eyes.

Midsummernight Eve was a public holiday in Norway until 1771, and has as a matter of fact survived as a day off in several communities to this day.

Midsummer in Norway and Denmark-

<https://www.nordicchoicehotels.com/blog/travel-tips/how-scandinavians-celebrate-midsummer/>

Norwegians and Danes celebrate the coming of summer on the 23rd of June every year on a day they call "**Sankt Hans Aften**" which directly translates to Saint John's Eve, historically named to celebrate the birth of religious figure, John the Baptist (who was born six months before Jesus Christ on the 24th). Over the years, Sankt Hans Aften/Midsummer has been closely observed with the association to powerful forces of nature. In earlier days, medical herbs were thought to have the best effect if collected on the evening of midsummer and witches (symbolically crafted figures thought to have derived from German craftsmen in 1860s who were visiting Kalundborg in Denmark at the time) were burned over a bonfire with a purpose only to ward away evil spirits.

While in Denmark, many of the bonfire celebrations happen in lakes or coastsides, Norway's vast landscape makes for a scenic celebration that usually takes place along the coast or up in the mountains. The Norwegians take their bonfires so seriously, that in 2010 residents in Alesund, Norway built the world's biggest bonfire to commemorate the occasion.

Newer celebration rituals for midsummer to complement the bonfires, include singing the customary Midsummer song in Denmark, "Vi elsker vort land" (We love our country), written by Danish poet Holger Drachmann in 1885. So, when you find yourself in a Danish or Norwegian city over midsummer, be sure to bring a blanket, a chair and some of your favourite drinks to a local bonfire (and take a copy of the [lyrics](#) along to make sure you've got the full spirit in hand). Some time around late evening (from 8 PM – 10 PM), celebrations usually start with a speech and then lighting of the bonfire. But should you find yourself in rain, there shall be no burning possible and the old folklore goes without saying: "The fewer hazelnuts will grow". So let's pray for hazelnuts in our morning muesli and cross your fingers for sunshine.

on this day



**SONS of
NORWAY**

Celebrating **125 Years**
1895-2020

May 26, 1966

The Sons of Norway Foundation was established as a separate non-profit corporate entity to support the organization's charitable and educational causes.

How the Foundation is governed



[About Us](#) [Financial Products](#) [Member Benefits](#) [Norwegian Culture](#) [Foundation](#) [Blog](#) [125 Years](#) [Q](#)

Foundation Board of Governors 2019

Chair: Leslee Lane Hoyum	International President: Ronald (Ron) Stubbings
Vice Chair: Allison Foreman	Secretary: Jon Tehven
Treasurer: Ernest (Ernie) Fosse	Members: Fay Auchenpaugh Mervin (Merv) Erickson Karl Hella Darrin Lee Marcia Sorenson Robin Fossum Steven Young

Focus on Leadership Roles in your Lodge: Foundation Director



Leadership Roles Foundation

INTRODUCTION

The Sons of Norway Foundation is dedicated to preserving and promoting Norwegian heritage and culture, and providing assistance to Sons of Norway members, lodges and communities. The lodge Foundation Director focuses on helping the Foundation fulfill its mission at the local level.

STRUCTURE OF THE FOUNDATION

The Sons of Norway Foundation (U.S.) was established in 1966 and has a 501 (c) (3) tax exempt status in the United States.

The Foundation is governed by a Board of Governors that operates separate from the International Board. Governors are appointed through an application process.

(Note: In 1971 the Sons of Norway Foundation in Canada was formed under the authority of the Canada Corporations Act. While both Foundations have similar goals, their structures, governance and administration are quite different, reflecting the tax laws of their respective countries. This section of the Guide for Leadership is directed toward Foundation Directors in the United States. Foundation Directors in Canadian lodges should contact the President of the Canadian Foundation for guidance in performing their duties and responsibilities.)

RESPONSIBILITIES

The lodge Foundation Director is responsible for promoting the Foundation and for helping the Foundation grow financially. Specifically, the Director is charged with:

1. Promoting the Foundation to the members and the community, increasing awareness of the Foundation and its value as a benefit of membership.
2. Providing information on available scholarships and grants, including application procedures, deadlines and application requirements.
3. Helping the Foundation grow financially by educating members regarding donations, annual pledges and legacy gifts.
4. Referring those who express an interest in legacy giving to the Sons of Norway Foundation Director, as well as informing the Director of their interest.
5. Focusing the lodge's attention on the Foundation in October (Foundation month) by organizing informational, promotional and fundraising activities in recognition of Foundation Month (consider joint efforts with the Social Director).

6. Assisting members and lodge leadership in accessing Foundation information on the Sons of Norway website.

RESOURCES

1. *VIKING MAGAZINE* contains periodic articles on important Foundation deadlines, activities and highlights.
2. Foundation section of the Sons of Norway website (www.sofn.com/foundation) contains the most comprehensive and up-to-date information about the Foundation, including:
 - a. The Foundation video
 - b. Grant deadlines, online application and instructions
 - c. Scholarship requirements, deadlines, online applications and instructions
 - d. Online donation option
 - e. Directions on how to make a legacy gift
 - f. Current fundraisers
3. Periodic mailings from the Foundation, as well as articles in various Sons of Norway online publications, provide current information.
4. The Sons of Norway Idea Bank provides Foundation related topics.

CONCLUSION

Sons of Norway Foundation was started to help fund community outreach, educational goals, humanitarian efforts and cultural exchange. The lodge Foundation Director makes a significant contribution to the success of the Sons of Norway Foundation by providing advice, information, and guidance to lodge members, along with promoting the Foundation's value and importance to lodge members and the community.

Join the Klubb! https://www.sofn.com/foundation/donate/klubb_donations/

Sons of Norway Foundation Klubb

Everyone would like to be remembered, to feel that they've contributed something to the world and to leave a legacy. Now, the Sons of Norway Foundation has made it easier to do just that through its [Klubb program](#). This is a brand new way to make a lasting commitment to supporting our lodges, assisting those affected by natural disasters and helping students achieve their educational dreams.



By joining the Klubb, and becoming a recurring donor at the \$250, \$500 or \$1,000 annual level, you can help ensure the Foundation's continued ability to make a positive difference in the communities it serves. So, if you'd like to make a lasting impact through a recurring contribution to our Scholarship, Grant or Humanitarian funds, [click here](#).

What is your lodge planning for October's Foundation Month?

Start planning now to apply for grants! They are due October 1.

<https://www.sofn.com/foundation/grants/>



Grants

1455 West Lake Street
Minneapolis, MN 55408
Toll-free: 800-945-8851
Fax: 612-827-0658
www.sonsofnorway.com

In keeping with our values of building the heritage of the future, sustaining the link to contemporary Norway and fostering a cohesive community of generosity, the Sons of Norway Foundation awards over \$20,000 in grants annually. Please go to www.sonsofnorway.com/foundation for full guidelines.

Applications open October 1 annually.

Name of Grant	Deadline	Lodge/Member Requirement?	Maximum Award	Purpose
Community Partnership	12/15	No	\$1,000	Allows non-members to apply for support for a Norwegian culture/heritage event, project or program
Helping Hands to Children	12/31	1 year	\$500	Encourages lodges to partner with local schools to support children or to hold a Norwegian culture/heritage event, project or program for children at their lodge/in their community
Helping Hands to Members	Rolling basis	1 year	\$1,000	Supports members whose homes were significantly damaged & are displaced due to natural disaster
Lodge Culture and Heritage	12/31	1 year	\$1,500	Allows lodges to apply for support for a Norwegian culture/heritage event, project or program
Lodge Vitality	12/31	1 year	\$1,000	Provides operational funds for a specific, one-time project

2020 District 5 and International Calendar and Deadlines Changes in red!

June 16, 2020

Weekly Nordic News- Tune in at 6:20 PM (Central); 7:20 PM (Eastern) each Tuesday

- By computer: <https://gotomeet.me/SofN-D5>
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June 23, 2020

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June 30, 2020

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- By phone: 646-749-3112 (access code: 509-077-557)
- By iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

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 Baneløpet 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