

Friendly Fifth Friday News November 20, 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

The snow has come(at least to Wisconsin) so promote the Sports Medals!

The Sons of Norway Sports Medal Program rewards you for four different levels of achievement: Bronze, Silver, Gold and Enamel. Here's how to earn your pins:

- Work through the Sports Medal Program of your choice in a sequence, beginning with the bronze pin.
- The requirements for each level should be met within 365 days.
- As you engage in your selected activity, log the time or distance on your record card.
- If you achieve a level in less time, you can immediately begin working on the requirements for the next level of the sequence.
- You must start at zero every time you begin earning points for your next pin.

Idrettsmerke - General Fitness

(ee-dretts-merk-eh)

The idrettsmerke is the Sports Medal Program's general sports and fitness pin that rewards a variety of activities. Any activity can count towards an idrettsmerke, so if you don't see your activity of choice on the card, contact your Sports Director to create a program that accommodates to your activity.

Skimerke - Skiing

(shee-merk-eh)

The skimerke is the Sports Medal Program's cross-country skiing pin. Cross-country skiing, a sport introduced to North America by Nordic immigrants, is a way to enjoy the outdoors during the cold winter months.

Svømmemrke – Swimming

(svum-uh-merk-eh)

The svømmemrke is the Sports Medal program's swimming pin. Flutter kick, freestyle, back crawl and breaststroke can all propel you through the water and towards a bronze, silver, gold or enamel pin.

Sykkelmerke - Biking

(sick-el-merk-eh)

The sykkelmerke is the Sports Medal Program's bicycling pin. If you cycle indoors or outdoors for recreation, transportation or competition, use that effort over the year to earn a pin.

Gangmerke - Walking

(gahng-merk-eh)

The gangmerke is the Sports Medal Program's walking pin. On average it takes 2000 steps to walk a mile – log every mile you walk because each step brings you closer to earning a pin.

Download the sports medal forms for each area by following the links at www.sonsofnorway.com: Members Only Section- Member Resources- Cultural Programs- Sports Medals

Start thinking of Barnebirkie! <http://www.birkie.com/ski/events/barnebirkie/>

District 5 Sports Director Andrew Johnsen will be posting information soon about the 2016 Barnebirkie event! If your lodge would like to help support the District's activities at Barnebirkie (Cookie tent, display, assistance with registration), you might want to start promoting it with your lodge. If you have members that want to volunteer, they should consider securing hotel rooms now!

Also keep watch on the District 5 Website (www.sonsofnorway5.com) where there is a new sports tab on the left side!

Barnebirkie Youth Ski Tour **Friday, February 19, 2016**

Non-Competitive Ski Tour for youth ages 3 to 13

The Barnebirkie presented by Johnson Bank & Swiss Miss will be held on Friday, February 19, 2016.

Imagine nearly 1000 kids skiing from Lake Hayward, over the International Bridge, and up Main Street to the iconic finish line of the American Birkebeiner! This is where Birkie Dreams begin. Kids can ski 1.2 or 3 km, based on their age and ability level. This year we will offer separate start time for the two distances, and a special wave for the kid's that would like to have a parent ski with them.

If you are looking for a competitive experience for youth, consider participating in the Junior Birkie race which will be held on the same course in the morning on the same day.

Treats

Swiss Miss hot chocolate and homemade cookies courtesy of the Sons of Norway await every participant in the Celebration Tent near the finish area.

Commemorative Gifts

All children will receive a victory medal, ski bib, and ski hat.

Ski Play Area

Kids can test their ski skis on the snow terrain park adjacent to the Celebration Plaza, open from 9:00 am to 3:00 pm. The Ski Play Area is presented by the Woodland Developments & Realty.

Distances & Start Times

Wave Start Time Distance Recommend Age

1	12:30p	3 km	8 to 13 years old
2	12:35p	1.2 km	5 to 8 years old
3	12:40p	1.2 km	3 to 7 years old and those who will be accompanied by a parent

PARENT AND SPECTATOR ETIQUETTE...

Please note the following information which is important for the safety of the children and the integrity of the course.

No pets please

The best way to follow the kids is to the side of the groomed ski course. There will be a plowed path along the course on Lake Hayward. Parents will be asked to walk on the sidewalk where the course leaves the lake. Please don't walk on the ski track

If you need to accompany your child along the course, please have your child start in wave 3 at 12:40.

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.

For your Lutefisk!

December 5- St. Olaf Lutheran Church- Rubicon, WI

St. Olaf Lutheran Church is holding their annual lutefisk & meatball dinner from 11:00-5:00 on Sat. Dec.5th. Other items in the meal include: jello salad, mashed potatoes and gravy, flat bread, lefse, rutabaga, fruit soup, milk, coffee, and Norwegian cookies.

Cost is \$15. No reservations necessary.

There will also be a bake sale and gift shop featuring Scandinavian crafts and collectibles.

St. Olafs is located W653 Roosevelt Rd. Rubicon Wi. Approximately

8 miles south of Hartford, 10miles north east of Oconomowoc.

Questions - contact Jane Christenson at [414-217-2240](tel:414-217-2240) or St. Olaf Church at [920-474-7042](tel:920-474-7042).

December 5- Christ Lutheran Church, Stoughton, WI

700 County B, Stoughton, WI 53589 608-873-9353

By reservation only- times from 11am – 6 pm

Adults \$18, children 4-12 years old- \$7, and under 4 are free

Lutefisk, meatballs, rutabagas, lefse, cranberries, coleslaw, rommegrot, Norwegian cookies, coffee and milk.

Contact Gerry Ross, 608-835-8520 or stoughtonlutefisk@gmail.com

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.

I don't have further details right now, but you could 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>

Please update your contact information! And ask your members to do so as well!

We use the membership lists from the International Office's membership database for so many things. Each week, I get bounce backs on emails that have evidently changed but have not been updated on the individual members membership profile. I can't make those changes- the members must do that. They can either go online to this section or they can fill out a form and send it in. I would encourage you to have all members and especially officers make sure that they are checking their profiles and updating their information!

Thank you so much- I can't begin to tell you how much this will help!