

# Friendly Fifth Friday News

## November 1, 2019

Send all web posting info and calendar dates/events directly to our webmaster at [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)

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### Lutefisk dinner season ahead

Best wishes to those who are hosting dinners or organizing these events. Don't forget to submit the information for the District website to [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com) as that's another great way to publicize the suppers!

### Send your photos in if you want to be seen in The Viking!

The next deadline is November 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

#### Submitting Your Photos to the District Happenings Section

Viking's District Happenings section is the perfect place to showcase your lodge. Here are some helpful guidelines for the submission process to get you started.

Send your photographs to your lodge publicity director who will forward them to your district publicity director. If your lodge does not have a lodge publicity director, please send submissions directly to the district publicity director via mail or email. Contact information for the district publicity directors can be found on the corresponding district page of *Viking Magazine*.

Each month, the district publicity director selects four of the best photos and submits them to Sons of Norway Headquarters so that they may be edited and sent to the magazine publisher. Since *Viking* is assembled two months in advance, please email photo submissions and caption information to ensure more timely publication. Emailed photo submissions should be sent as attachments. Photos may also be submitted in hard copy via postal mail as long as they **reflect the same quality as professionally processed photos**. Downloadable photo submission forms can be found in the member resources section of the Sons of Norway website, or they may be requested from your District Publicity Director.

#### Photo Criteria

- Digital photos must have a resolution of 300 dpi (dots per inch) or greater with no visible pixelation or blur and be at least 3"x 5" in physical size. High resolution images will always be a larger file size, often several hundred kilobytes (KB) or from one to 10 megabytes (MB) and up.
- Printed photos must be a minimum of 3"x 5" in physical size and reflect the same quality as professionally processed photos. There can be no visible ink dots, stripes or patterns in the image from the printing process. Please do not write caption information on the back of the photograph as the pen pressure can damage the print. Photos should be crisp and clear; a blurry or grainy photo cannot be used. If you are unsure about the quality of your print, email the original digital file to your district publicity director, as it is possible the digital file can be used instead.
- The photo must contain Sons of Norway members and caption information must relate directly to the content of the photograph.
- Photos of inanimate objects (handicrafts, food items, murals, etc.) will not be used.
- Photos must be visually interesting, well lit, and of good composition. It is best to avoid photos containing distracting items in the foreground.
- Composite or digitally altered images will not be used.

### What did your lodge do for Foundation Month?

Please share your photos and summary of your lodges activities on our District 5 Facebook page!



## **Come Along with Us; It's Ringsaker or Bust!**

**The District 5 Sports and Recreation Committee challenges all lodge members to participate in a virtual pilgrimage from the United States to Ringsaker, Norway-the site of the 2020 International Convention. Members may collect their miles through any form of sports activity: i.e., walking, running, snowshoeing, biking, skiing, or swimming. They may include mileage accumulated at one's health club, using the machines of their choice.**

**The challenge is designed to include your lodge's heritage and Unger Venner members, too. Youth practices, games, and tournament play will count toward any lodge total! Participants need to simply wear a pedometer or another such device to record any mileage. Parents may measure distances from any activity, if pedometers are not allowed.**

**Posted on the District 5 webpage are the forms each lodge will need to complete this challenge. The challenge begins on November 1, 2019 and will continue through June 15, 2020. Encourage your members to improve their fitness and work toward this goal.**

**We will celebrate the 125<sup>th</sup> anniversary of the founding of the Sons of Norway at the 2020 District 5 Convention by sharing some lodge photos in a slide presentation. For those not attending the Convention, the Power Point presentation will be posted on the District 5 webpage to be shown when appropriate.**

**We encourage local sports directors to check in with their athletes once a month to gather the mileage they have recorded. An optional activity would be to post a world map showing the progress your lodge members have made.**

**We hope that all Sons of Norway members will enjoy participating in the 2020 sports challenge. Lykke til-Good luck!**

**Cheryl Wille-Schlesser  
District 5 Sports and Recreation Director  
[rogcher@mhtc.net](mailto:rogcher@mhtc.net)  
608-219-4464**



## District 5 Sports and Recreation Challenge for the 2020 Convention

Join members from all over District Five as we celebrate the 125<sup>th</sup> anniversary of the founding of the Sons of Norway and support our youth heritage camp, Masse Moro! We are asking lodges to encourage their members to keep track of miles walked, run, swam, skied, or accumulated through other activities using a pedometer or like device. All ages can participate and be sure to include your heritage and Unge Venner members! Heritage (youth) members may wear pedometers during their practices, games, and tournaments to collect additional miles for their respective lodge.

The Challenge timeline is from November 1, 2019-June 15, 2020. The objective is to virtually track the miles from various sporting activities and go the distance from your lodge to Minneapolis, MN (where Sons of Norway was founded) and then to Ringsaker, Norway where the International Lodge Meeting and Convention will be held.

Lodges and members can use the tracking sheet to record the names of the lodge participants with space provided for activity and mileage. Participants may choose to find sponsors who will donate an amount per mile for their efforts, or a lodge may opt to give a donation on behalf of their athletes. Monies will be deposited into the *District 5 Nordic Legacy Foundation*, with the intent of providing funding to Masse Moro. A suggested minimum contribution of \$50.00 per lodge is encouraged.

\*Lodge sports directors are encouraged to receive a monthly report from their participants that can be shared with their lodge members at a meeting or via a written communication, indicating how many miles have been recorded.

Lodges who complete the challenge will be recognized in the following ways:

- Lodge names and locations will be posted on the District 5 webpage.
- Lodges will receive a certificate suitable for framing in recognition of member efforts.
- Pictures of some active participants will be shared at the District 5 Convention in Madison, WI.

How to calculate the distance your lodge's goal:

Add the number of miles from the location where your lodge meets to Minneapolis, MN

	+ Number of miles from Minneapolis, MN to Ringsaker, Norway	3,984
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	Record the total number of miles at the end of the challenge.	= _____
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**CONTACT District 5 Sports & Recreation Director, Cheryl Wille-Schlesser, [rogcher@mhtc.net](mailto:rogcher@mhtc.net) or by phone: 608-219-4464 with any questions. Thank you.**





## District 5 Sports and Recreation Challenge for the 2020 Convention Remittance Form

Lodge Name \_\_\_\_\_ City/State \_\_\_\_\_

Sports Director/Lodge Contact \_\_\_\_\_ E-mail \_\_\_\_\_

How to calculate the distance of your lodge's goal:

Number of miles from the location where your lodge meets to Minneapolis, MN \_\_\_\_\_

Number of miles from Minneapolis, MN to Ringsaker, Norway + 3,984

TOTAL MILES = \_\_\_\_\_

**Our lodge accumulated \_\_\_\_\_ miles!**

**Questions: District 5 Sports & Recreation Director Cheryl Wille-Schlessler, [rogcher@mhtc.net](mailto:rogcher@mhtc.net) or by phone: 608-219-4464**

Donation to District 5 Nordic Legacy Foundation: \$ \_\_\_\_\_

Please send this form and check to District 5 Sports & Recreation Director Cheryl Wille-Schlessler, 200 Beth Circle, Mt. Horeb, WI 53572. We **DO NOT** need the tracking sheets of your members.

**\*\*We'd love to share some pictures of participating members completing this event. If sharing photos of youth, please make sure that you have permission to use images of the children. A Power Point slide show will be presented at the District 5 Lodge Meeting & Convention. Deadline for submission is June 20, 2020. Please send your lodges photos and captions to Cheryl at: [rogcher@mhtc.net](mailto:rogcher@mhtc.net).**

# **2019 District 5 and International Calendar and Deadlines**

(Updated 10/31/2019- changes in red)

## **November 1, 2019**

District 5 Sports and Recreation Challenge for the 2020 Convention begins

## **November 10, 2019**

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

## **December 10, 2019**

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

## **DISTRICT FIVE LODGE MEETING**

June 24-28, 2020 at the Radisson Hotel, Grand Canyon Drive, Madison

## **INTERNATIONAL LODGE MEETING**

August 16-23, 2020 in Hamar 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.

Rotation for sharing the Viking Chest will continue as follows:

Zone 5 Oct. 2019 - Apr. 2020

Zone 2 Apr. 2020 - Oct. 2020

Zone 4 Oct. 2020 - Apr. 2020

Zone 6 Apr. 2020 - Oct. 2020

Zone 1 Oct. 2020 - Apr. 2021

Zone 3 Apr. 2021 - Oct. 2021

## **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.
- The District 5 Convention will be June 24-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 16-23, 2020 in Hamar Norway

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** 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