Friendly Fifth Friday News September 18, 2020

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

From District Vice President Cheryl Schlesser

This past week our lodge leaders received a video message from David Crabb. His thoughts are below with some added commentary on my behalf.

https://youtu.be/ngYiX_vxLxo is the link to the video.

He highlighted several important points that our Lodge leaders could consider implementing.

- Consider sharing Lodge responsibilities with others. This practice ensure that others know how your lodge functions in the event of change or crisis. It helps to prevent leadership burnout and ensures a healthy lodge going forward.
- 2. Keep your communication honest and open with your members. Engage them by inviting their attendance at your lodge's planned virtual meetings or for any community service projects. Consider inviting others to your planned virtual events, not simply your members. You may find that these "outsiders" will consider a membership in the future!
- 3. During this time when lodges lie silent, choose a community project for your members that will make a positive impact on your city or region.

Last Sunday, I joined members from Nordlyset Lodge in Racine, WI, at their fundraiser. The fundraiser was held outdoors and the members were asked to wear facemasks to protect one another.

Members were asked to bring a box of cereal which would be donated to a local food pantry. Over 20 members were in attendance, and many people brought more than one item for the food pantry.

It was a win-win event. The members isolated since March, were able to safely gather, and their fundraiser was a huge success, positively impacting many families.

- 4. As you gather your leadership for future planning, create an environment where it is safe to fail. Taking a risk may reap rewards for your lodge. Should an activity or event not work well, that's okay! Revise or redesign it. Identify what went wrong and create a new plan. If necessary, scrap the plan in favor of others. Be willing to be adventuresome!
- 5. Keep focusing outward. Use this time to plan a new member recruitment event. With the enthusiasm of our members...we cannot be stopped! How can your lodge do things more creatively?

If I can assist your lodge with future planning and membership recruitment, please contact me.

Thank you, Cheryl

Nordic News Programs to Use by Mike Palecek

District 5's website (<u>http://www.sonsofnorway5.com/programs/speakers_bureau.php</u>) now has 18 different programs online which you can download for virtual lodge meeting use. These presentations work best if you are hosting a meeting in Zoom. Use these MP4s as your "guest lectures" for your meetings. "Share Screen" in Zoom for everyone to see what is being presented. The program length is shown in parentheses at the end of each title.

<u>Genealogy</u>

Coffin Ships - Death on the Ocean Crossing (Glenn Borreson) (21:41) Erie Canal: Immigrant Gateway to the West - Daryl Wunrow (29:16) Norwegian Midwives in the Midwest (Glenn Borreson) (21:31)

<u>Norway</u>

75th Anniv. of the end of WWII in Norway: Eyewitness Accounts (29:40) D5 Scandinavian Photo Contest Award Ceremony (23:48) Project Heimatt: Norway Stave Church (Cheryl Wille-Schlesser) (20:56) Stavern Folkehøgskole: Norwegian Folk School 2019-20 (Mathea Diedrich) (48:31) Trip to Western Norway and Oslo (Jim Secora) (28:49)

<u>Arts</u>

Joy of Norwegian Woodcarving (James Ray Miller) (46:44) Norwegian Tales to Tell: The Art of Storytelling - Joy Bashara (46:36) Rosemaling at Masse Moro (50:48) (Carol Bender) (50:48)

<u>Famous People</u> Ole Evinrude: Norwegian-American inventor (9:41)

Norwegian-American Mount Horeb - Troll Capital of America (36:16) (Cheryl Wille-Schlesser (36:16) Norsk Museum - Norway IL - Dave Johnson (47:47) Norskadalen Norwegian-American Cultural Center (Lori Dubczek) (38:10) Norwegian-Americans in Michigan: Short History (Nordkap) (21:45) The Viking Ship sailed to the 1893 Columbian Exhibition - Simera Bamberger (30:33) Viking Ship funeral - Debra Kraft (21:44)

<u>To be added soon:</u> Magnus Swenson: Norwegian-American inventor Norwegian-American Genealogical Library Shawnee Skogen - New lodge start - one year later



Click on the file you want to view.



- 1. Click on the "Details" tab
- 2. Click on the "Download" icon to download to your computer.

Zoom Meeting				- 🗆 X
 Select a window or an application that you 	a want to share Basic Adva	Files	×	[] Enter Full Screen
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Nordic News	Downloads	Launch Meeting - Zoom - Googl.	Snip_Sketch	
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☐ Share computer sound ☐ Optimit	es Screen Sharing for Video Clip		Share	End

Start up the MP4 file you downloaded and start Zoom

- 3. In Zoom click the "Share Screen" button
- 4. Click on the screen you want to share.
- 5. Click the "Share" button

Play the presentation. When you are finished, click the red "Stop Share" button at the top of the Zoom window.

Check out the Monday Membership Tips Posted each Monday on Facebook!



Nordic News this week...



MUST HAVE'S TO STARTING A NEW LODGE



- Facebook Public Page
- Advertise in local newspaper & radio
- Word of mouth by all incoming Members
- Leave Viking Magazines in Dr/Dentist office's
- Sign up all family members w/Family Membership
- Receive 999/000 member listings and email/call all who are fairly close to your location
- Find local business' who might let you advertise or have a booth in their storefront
- Find a local Genealogy Club or Mormon Church
- Have a Lodge Group Facebook page for members only
- Each month send out Lodge Newsletter to all Members and Potential Members
- Signage for your City (i.e. as the Lions/Kiwanas Club's do)
- Participate in local festivals
- Have goals

Last week's "Nordic News" featured Wendy Winkelman in, "<u>Starting a New Lodge – Shawnee</u> <u>Skogen: One Year Later</u>." Winkelman is a charter member of Shawnee Skogen lodge in Carbondale IL.

This slide is not only a great checklist for starting a new lodge, but also a list we can all use for making our own lodges stronger. Wendy's presentation had a lot of great ideas for marketing and community outreach, as well as interesting population maps, showing Scandinavian-American ancestry distribution in America.

Next week (Sept. 22) to celebrate the delivery of the D5 Scandinavian playing cards, some of the top winners from individual lodges will be presenting their Nordic scenes and telling their "behind the photo" stories.

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

By computer: https://gotomeet.me/SofN-D5

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

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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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D5 Scandinavian Photo Contest update...

So far, we have received orders for 580 of the 1000 decks of the D5 Scandinavian Photo Contest playing cards. The cards arrived on September 17, so if you ordered, the cards will be in your mailbox this week.

Order form is at the D5 website: <u>http://www.sonsofnorway5.com/financial/district_5_merchandise.php</u>

Sons of Norway and Norwegians Staying Active During COVID-19



What Mandt Lodge shared with their membership- by Darlene Arneson, Mandt Lodge President and District 5 Secretary

Zoom meeting link from our September meeting- https://youtu.be/gw4ILPgu9Do

Cultural Videos and Presentations

Nordic News- http://www.sonsofnorway5.com/news/oles_corner.php

The District 5 Treasurer, Mike Palecek, has been organizing weekly cultural programs. You can join it live on Tuesday nights or go back to review past episodes anytime you'd like! **Meeting start times** are 6:20 PM (CT), 7:20 PM (ET).

The session opens 10 minutes early, to give you time to connect. The meeting will be finished about 40 minutes later.

You can **participate by**:

computer at: <u>https://gotomeet.me/SofN-D5</u> or telephone at: 646-749-3112 (access code: 509-077-557)

If you want to use an iPad, iPhone, or Android smartphone or tablet, go to the appropriate app store and download the GoToMeeting app. The session name is <u>SofN-D5</u>

If you have a suggestion for a presentation on a Nordic or Nordic-American topic which should be featured on the Nordic News "radio show," please contact Mike Palecek at mikep@sonsofnorwayracine.com.

Programs have included:

Tuesday, May 5: Norwegian-Americans in Michigan (by Norkap lodge in Detroit MI) *Tuesday, May 12:* "Project Hermott/Thams Pavillion" (by Cheryl Wille-Schlesser) *Tuesday, May 19:* 75th Anniversary of the End of WWII in Norway: Eyewitnesses (Ola Hirth) *Tuesday, May 26:* Chicago's Eastland Disaster and Norwegian-American Heroes (Andy Johnsen) *Tuesday, June 02:* Coffin Ships: Death on the Ocean Crossing - One Family's Story (Glenn Borreson) Tuesday, June 09: Trip to Western Norway and Oslo (Jim Secora)

Tuesday, June 16: "Joy of Norwegian Woodcarving" by James Ray Miller:

Tuesday, June 23: Norwegian Tales to Tell: The Art of Storytelling - Joy Bashara (Gronvik lodge-Green Bay WI)

Tuesday, June 30: Norsk Museum: Norway IL (David Johnson, Cleng Peerson-Norway IL)

Tuesday, July 07: Norskadalen Norwegian-American Cultural Center - Lori Dubczek

Tuesday, July 14: Viking Ship Funeral - Debra Kraft (Norkap-Detroit MI)

Tuesday, July 21: Erie Canal: Immigrant Gateway to the West - Daryl Wunrow (Fosselyngen-Milwaukee WI)

Tuesday, July 28 - The Viking Ship sailed to the 1893 Columbian Exhibition -Samantha Simera Bamberger (Friends of the Viking Ship - Geneva IL)

Tuesday, August 4- D5 Scandinavian Photo Contest Award Ceremony

Tuesday, August 11 - Stavern Folkehøgskole: Norwegian Folk School 2019-20 (Mathea Diedrich)

YouTube Videos:

International Sons of Norway Channel- <u>https://www.youtube.com/channel/UCyqpq4zdBABNOwY-jKmcxbg</u>

They have weekly updates from staff, cultural videos and how-to that you can use (or make!) to earn your cultural medals, and other videos that lodges have uploaded.

Sons of Norway Mandt Lodge Channel-

https://www.youtube.com/channel/UCcndm5RQLBzNrjqfWnSRksQ?view_as=subscriber. We have our lodge meeting programs, Relay For Life videos and some District videos on our channel.

Learn Norwegian!

Vesterheim Language Lessons- - https://folkartschool.vesterheim.org/classes/heritage-andlanguage. Join Maren Johnson, Associate Professor of Nordic Studies at Luther College, on Saturday mornings in September for lively and engaging conversation—in Norwegian. We'll send you the coffee! Maren will provide the encouragement and fun! September 12, 19, and 26, 10:00-11:00 a.m. (CDT) Maren is also offering an online Norwegian language class for beginners. Get ready to travel to Norway someday! _Oct. 1, 8, 15, 22, 29 and Nov. 5, 12, 19, 7:00-8:00 p.m. (CDT) <u>https://folkartschool.vesterheim.org/class/2020-10-01-norwegian-language-starter-session</u>

Electronic program called Duolingo – an online way to learn Norwegian. You learn speaking, writing, and reading in a fun way. People can just download the app and start! Or, if you don't want to download the app, you can learn more at <u>https://www.duolingo.com/course/no-BO/en/Learn-Norwegian%20Bokm%C3%A5I</u>

Madison College- offers two Norwegian classes this fall- <u>https://madisoncollege.edu/noncredit-</u> <u>courses</u>. They also offer genealogy courses.

Sons of Norway Language Lessons- some are free and more extensive ones are online. <u>https://www.sofn.com/norwegian_culture/norwegian_language_lessons/</u>

<u>Genealogy - http://www.nagcnl.org/webinars/ Norwegian American Genealogical Center & Naeseth Library</u>

NAGC's online seminars enhance the resources available to family history researchers. Many of these instructional courses will be based on classes developed and presented by Jerry Paulson, NAGC's Naeseth Chair for Genealogical Research and Publication. Watch throughout the coming months as these helpful webinars are added; the online classes will be designed to assist and instruct all researchers, from beginning to advanced levels.

The webinars appear with the most recent at the top of the list. If you are a new visitor to our website and our webinars, we suggest you begin with *Topic 1* and proceed in order. The *How To* webinars provide tips on using other websites, etc. All webinars are free. Please print the handouts for each webinar before you begin viewing the webinar.

The webinar project is made possible by the generous support of The Edwin E. and Janet L. Bryant Foundation, Inc.

- TOPIC 6: Using DNA to Find Ancestors. Sometimes the paper trail is incomplete, inconclusive or non-existent. This webinar walks through the steps to connect a DNA match to your family tree and use that evidence to add ancestors to your pedigree.
- TOPIC 5: Spelling Variation in Norwegian Records
- Spelling inconsistencies in Norwegian language records can be frustrating. The following webinar gives an explanation of why some of these spelling variations exist and some tips for navigating those differences.
- HOW TO 3: How to use the NAGC Proprietary Databases
- HOW TO 2: Using the Norwegian Historical Data Centre (NHDC) website
- The Norwegian Historical Data Centre (NHDC) is a national institution under the Faculty of Social Science at the University of Tromsø, The Arctic University of Norway. Their main goal is to computerize the Norwegian censuses 1865 onwards together with the parish registers and other sources from the 18th and 19th centuries.
- TOPIC 4: Norwegian (American) Church Records Yesterday & Today
- TOPIC 3: History, Farms, Communities, Clerical Districts & Counties of Norway
- HOW TO 1: Using the 15th WI Regiment (Civil War) Database
- <u>TOPIC 2: Norwegian Naming Patterns</u>
- TOPIC 1: Basic Genealogy The 10 Step Program

Sons of Norway International's Website

Viking for Kids- https://www.sofn.com/member_benefits/viking-for-kids/

As part of our 125th anniversary celebrations, we are thrilled to announce the launch of *Viking for Kids*. Now available for download, *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use.

Cultural Programming- <u>https://www.sofn.com/norwegian_culture/</u>. You may need to log in to get access to some of these areas! Need help doing that? Click on the red LOG IN box, click on first time user, and it will walk you through the process!

The sights, sounds and tastes of Norwegian culture are captivating to people from all walks of life. So it stands to reason that Sons of Norway be the first stop for anyone who's looking to explore and discover its treasures. Not a member? You can still browse some of our recipes, language lessons, and a sampling from *Viking* magazine – and don't forget: membership gives you access to additional benefits, like travel discounts and your own copy of *Viking* magazine delivered monthly to your home.

Recipes- https://www.sofn.com/norwegian_culture/featured_recipes/

Members get full access to all of our recipe files for authentic Norwegian appetizers, desserts, main dishes, open-face sandwiches...take a peek at a few of our featured recipes here.

Genealogy- https://www.sofn.com/member_resources/genealogy/

As you dive into your research, you'll get to know your ancestors – who they were, where they came from and what they did with their lives. The Sons of Norway genealogy resources will help you through this process with insights into Norwegian society, names, language and more; while also providing lists of additional resources, organizations and websites.

Language Lessons-

https://www.sofn.com/norwegian_culture/norwegian_language_lessons/

Freshen up your Norwegian or learn it for the first time! We make it easy with "Norwegian in 5 minutes a month."

Cultural Skills Program-

https://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/

The Cultural Skills Program covers a wide variety of subjects, ranging from Norwegian cooking to music appreciation. Each unit is designed to provide skill-specific activities at the beginner, intermediate and advanced levels to foster learning and advancement with each newly acquired skill. #1 Traditional Norwegian Cooking, #2 Reading Norwegian and Norwegian-American Authors, #3 Collecting Norwegian and North American Stamps, #4 Rosemaling, #5 Genealogy--Family History, #6 Hand Knitting, #7 Norwegian Language and Culture, #8 Hardanger Embroidery, #9 Figure Carving, #10 Weaving, #11 Ornamental Woodcarving, #12 Chip Carving, #13 Folk Dancing, and #14 Music and Musicians of Norway

Sports Medals-<u>https://www.sofn.com/member_resources/cultural_programming/sports_medal_progra</u> m/

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.

- Idrettsmerke General Fitness. 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. 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.
- Svømmemerke Swimming. The svømmemerke 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. 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. 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.

Sons of Norway's Virtual Pilgrimage-

https://www.sofn.com/member_resources/cultural_programming/sports_medal_p rogram/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.

Norwegian Reading for Comprehension-

https://members.sofn.com/members/showPage.jsp?document=norwegianforgenealogists/toc.html

Other things to check out!

- Norwegian American- <u>https://www.norwegianamerican.com/print-subscription/</u> Weeklynewspaper that comes in hard copy or electronically
- Livsreise- <u>https://www.livsreise.org/</u> Now open again in Stoughton
- Supporting our local stores and shops in Stoughton! <u>https://www.visitstoughton.com/</u> We have a lot of Norwegian to offer- check out the new, updated group tour brochure at <u>https://www.visitstoughton.com/groups</u>.
- Stoughton Historical Society- <u>http://www.stoughtonhistoricalsociety.org/index.php</u>
- Koshkonong Prairie Historical Society- <u>https://www.koshkonong.org/</u>

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

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!

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 9-10, 2020

• District 5 Board Meeting in Illinois

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 and dates to be determined.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022 in Minneapolis, MN.

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
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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. <u>Please feel free to cut and paste any of this information for your lodge's use!</u>

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