

Friendly Fifth Friday News

April 30, 2021

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com. Feel free to share this with your lodge members!

Re-Energizing Your Lodge-Cheryl Wille-Schlesser, District 5 Vice President

1. Start with your Board of Directors or Officers.
 - Engage with them, check-in, provide updates, and plan meetings that keep the board informed of the latest happenings.
 - Find a time to reach out to these officers to personally update them on lodge accomplishments and any current needs.
 - Ask them to provide ideas that they may not be willing to share in a larger group setting.
 - If your lodge has been sheltered over the course of the last year, it is time to begin thinking about your reopening!

2. Build personal relationships with your members.
 - Connecting one on one with your members makes them feel valued, heard, and understood. Your board could divide the roster of members into smaller segments, with each officer calling a list of names.
 - Ask your members to provide feedback about the programming provided.
 - Are they getting what they wanted from your lodge meetings?
 - (Has your lodge used the Membership Satisfaction Survey to guide your planning?)
 - Finally, sending handwritten cards on a member's birthday or anniversary is a small way of showing him or her that they are a valued part of the lodge.

3. Host a Thank you Event or Consider a lodge trip to a Norwegian destination.
 - Relax and rewind with your members in a lighter atmosphere where no work is necessary, and bonds can be forged between members!
 - Check with your state's historical society and identify natural areas or venues that showcase Norwegian history, customs, or culture.
 - Use the connection with Borton Overseas Travel and take advantage of the discount provided to plan a trip to Seattle, a Viking festival, Syttende Mai in New York City, or Norway!
 - You may find that some of these travelers are now more willing to step into a leadership role following the experience they had.
 - Connect with a lodge near your destination and ask for suggestions of things to do and places to enjoy a great meal.

4. Public Recognition
 - Seek out various ways to officially recognize your members and introduce them to your community of supporters.

- Publicize your fundraising events through a variety of platforms: print, social media, airwaves, using flyers, the local Chamber of Commerce, or at other events. Later, officially recognize the community for their support of your event(s).

Investing your time with board members and members alike will ultimately create a lasting impact on your lodge. By fostering a positive environment for both your board meetings and lodge meetings; your lodge can remain focused on their mission and the ways they can positively impact any local community.

Nordic News

4/27/2021 - "So Ole Says to Lena" covers the life work of folklorist Jim Leary as he documented ethnic humor in the upper Midwest. Bob and Louise Giles (Nordkap-Detroit MI) regale us with Ole-and-Lena jokes, such as originally told by Oljanna Venden Cunneen of Blue Earth, Wisconsin, who was a Little Norway docent, proud of her Norwegian-American heritage. To learn more about the development of Ole as a Norwegian-American immigrant icon, watch (33:06)

<https://www.screencast.com/t/yAHMWEq3c>

4/20/2021 - Billy the Cook: The True Story. Billy the Cook was a character in Waldemar Ager's book Sons of the Old Country. She dressed as a man to have more economic opportunities in Eau Claire Wisconsin's lumber era. She came to Iowa from Norway in 1850 as Ingebjorg Amundsdotter and was jilted by the childhood friend who she was engaged to. She then left home to work as a lumber camp cook. She disappeared from Eau Claire when her identity was discovered and turned up working as a cattle ranch cook in North Dakota and Montana. There, no one suspected her true identity until she died in 1908. Tusen takk to David Nelson (Mandt-Stoughton WI) for sharing this story from the Hallingen lag newsletter and Barb Johnson (Polar Star-Montgomery IL) for her Billy the Cook storytelling. (41:58) <https://www.screencast.com/t/OUdHO5utJW65>

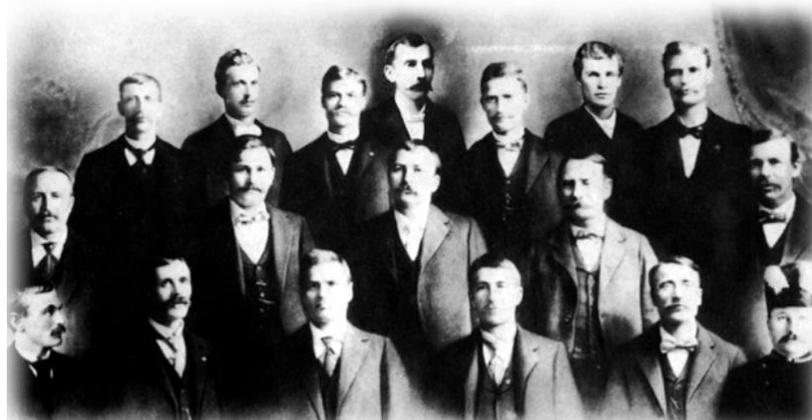
4/13/2021 - Ole Knudtson Dyrland's Norwegian Calendar Stick. Nordic farmers used the two-sided calendar stick to guide them as to when to plant and harvest crops, make cheese and butter, butcher animals and have celebrations. Symbols on the calendar refers to church holidays from the past two millennia. Learn more about Ole's prized family heirloom. View some Knud Knudsen's photographs (the "Norwegian Ansel Adams") (34:50) <https://www.screencast.com/t/KzOWd7kc8OC>

Norwegian-American settlement history course:

Week 13 - Bill Injerd (Nordkap-Detroit MI), Louise Sherwood (Nordkap-Detroit MI), and Ralph Lund (Ulseth-Calumet MI) did an outstanding presentation on Norwegians in Michigan. Topics covered included Ingebret Larson Narvik, a protégé of Cleng Peerson, who was the first Norwegian settler of Michigan; Nils Langeland, another early settler; settlers along the Lake Michigan shore in Muskegon and Ottawa counties; Louise's family in eastern Michigan; and Norwegian miners in the UP. (1:30:45) <https://www.screencast.com/t/cv04o2sjxkx>

Week 12 of the Norwegian-American settlement history course continues the discussion of the book "Sons of the Old Country." Dana Kelly leads this conversation, where the nuances of the book are talked about. (1:15:18) <https://www.screencast.com/t/hT0YzMpzvMqx>

Week 11 of the Norwegian-American settlement history course covers the first week of a two week "book club" format, on the historical fiction novel, "Sons of the Old Country." Greg Kocken, Archivist from the UW-Eau Claire Area Research Center presents on the life of Waldemar Ager, who in addition to writing fiction was a Norwegian-language newspaper editor. Bill Injerd provides an overview of Norw-Am literature. Dana Kelly (Mandt-Stoughton WI) introduces the book's characters with an insightful discussion of Ager's play on words. (54:50) View this at: <https://www.screencast.com/t/RxE4NLtU>



The Sons of Norway...126 Years of Protection for its Members

If you would like to own a Sons of Norway Financial Product (insurance or annuities) and live in a state where the SofN is not licensed to conduct business, or if your lodge does not have an active representative, there is an answer. I would be happy to meet with you for coffee or lunch in the state that has been approved to conduct business. For example, if your home state is Michigan or Tennessee which are not approved states to conduct SofN business, one is able meet me in Indiana or Wisconsin. The Sons of Norway will pick up the tab!

Please call with any questions or to schedule a meeting location close to your home.

Thank you,

Greg Ragan, Financial Benefits Counselor

815-623-8817 (Office) -815-988-5975 (Mobile)-www.raganfinancialgroup.com-www.sofn.com

SAVE THE DATE! ZONE 4 MEETING ON AUGUST 1

Zone 4 will have a Zone meeting August 1 at the Green Bay Botanical Gardens from 10-4. All lodge members are welcome to attend (not just officers). We will learn about Flowers in Norway and have a tour of the gardens. We are working on other great ideas, so plan to attend. More info will be coming soon with a formal invitation. There will be no cost to attend.

Peggy Schroeder and Judith Ghastin

Saw this on Facebook- Telemark Lodge is going down!

American Birkebeiner Ski Foundation

Lots of excitement about the old lodge coming down at Telemark. Many great memories were made here, and we are excited for the future end all the memories that can be made at the future version of Sustainable Telemark.

The demolition will go relatively slowly, as we are taking great pains to recycle everything we can with our demo contractor.



Jump on the Trend of Nordic Walking

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet

- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program

Celebrate Syttende Mai

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying "Gratulerer med dagen!" (Congratulations on this day!) or "Hurra for Syttende Mai!" (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!

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

Nordic News Weekly Program- Every Tuesday night

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

April 14, 21, 28, May 5, 2021

- Virtual Storytelling Class with Joy Bashara

April 24, 2021

- Lodge Foundation Directors Call with Darlene Arneson at 9:00 AM CST

April 26, 2021

- Registrations due for Rosemaling Class for Level 2

May 8, May 15, May 22, 2021

- Repeat Rosemaling Class for Level 2

May 15, 2021

- Fraternal Funds Report due to Sons of Norway Headquarters
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted at taxinfo@sofn.com or fraternal@sofn.com

July 18-31, 2021

- Masse Moro Youth Heritage Camp in Fall Creek, WI

August 1, 2021

- Zone 4 Meeting at Green Bay Botanical Gardens from 10-4
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DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting on June 15-19, 2022 at the Madison Marriott West in Middleton, Wisconsin.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022 in Minneapolis, MN. The convention will be held August 31th to Sept 1st 2022, with first time delegates arriving on the 30th of August for the First

Timers Training. Delegates will depart the 2nd of September. Here is the information about the venue, be sure and watch the virtual tour of the site!

<https://youtu.be/S7TljcinVCU-> Omni Hotels and Resorts, Omni Viking lakes Hotel, 2611 Nordic Way, Eagan, MN 55121

Viking Chest Rotation

The Viking Chest has not traveled since the health emergency began, and the new schedule cannot be announced until it is safe to hold in-person meetings. Therefore, the rotation schedule is suspended until further notice.

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.

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 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 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