

Friendly Fifth Friday News August 6, 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!

Time to get those photos in!

Wow – It's already August and time to send me photos from your lodge by August 10th.

Please take the time to look at your Lodge Officers job descriptions before your Fall elections. For example, someone in your lodge needs to write articles for the local newspaper to be submitted with lodge photos. This is great advertising and should be submitted to the local newspapers around your area. Make sure you have someone from those areas in the photos. And have that lodge officer email your lodge photos to District 5 Publicity Director to be published in the Viking Magazine.

Thank you and hope your lodge is enjoying meeting in person following the local health regulations.

Stay safe –

Karen Eberhardt
District 5 Publicity and Zone 3 Director
eber01dj@gmail.com

Updates from Jana Velo at the Home Office

Curious about Nordic traditions and culture? Continue your journey of discovery...

Thank you for continuing as a Sons of Norway member. If you haven't yet taken part in our Cultural Skills or Sport Medal programs, I invite you to get started in the coming year! Plus, if you already take part, I have exciting updates on these members-only programs...

Here are the newest ways you can embrace Nordic heritage and culture in the coming year

Do you want to get moving? The **Sports Medal program** celebrates the Norwegian tradition of *friluftsliv* (outdoor life and recreation). Enjoy solo or group skiing, swimming, walking or biking, and earn sports medals at any age or ability level. ***Did you know that if your favorite sport isn't included in the list above, we can customize a point value for your preferred activity?***

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

If you've been craving new fitness goals, we are here to help with **2 NEW SPORTS MEDALS!** *Idrettshelt* [ee-dretts-hellt]—the sports hero pin—is the 5th level within any sports medal category. We've also added *Hederspris* [hay-dersh-prees]—the outstanding sports achievement award. This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any three sports medal categories.

Do you want to improve your Norwegian language skills? Begin online in the **Member Resources** area, where you can listen to Norwegian phrases and learn about the Norwegian alphabet and written language. You'll find more than **30 spoken language lessons** here, just for members. If you're ready test your beginner or intermediate language skills, we have a new tool for you! You can use it to test your proficiency and build confidence as you learn to speak Norwegian.

Ready to connect to your heritage through mouthwatering, sweet and savory Nordic dishes? Members who contact me often have ties to Norwegian culture through fondly remembered foods. Recipes for favorites like *rømmegrøt*, *lefse*, *fårikål* and more are available to you in the online **Recipe Box**. Take your exploration of Norwegian foods further with the Cultural Skills unit for **Traditional Foods**.

Don't forget to watch for the latest issues of *E-Post* newsletter and your monthly *Viking* magazine. You'll see more authentic traditional and Norwegian-inspired dishes to savor with your friends and family.

I encourage you to be a lifelong learner and get the most out of your membership as you continue to explore the rich culture and traditions of Norway!

Vennlig hilsen / Best regards,

Jana Velo
Editor / Cultural Communications Specialist
and lifelong Sons of Norway member

P.S. **One last suggestion:** If you'd like to learn more about the unique and captivating **[Christmas Traditions of Norway](#)**, we have a new 16-page guide exclusively for members. It includes favorite traditional recipes and fun *how-to* videos. Log in and view the guide online in the *Member Resources* area of our website, under the cultural programming topic.

https://www.sofn.com/member_resources/christmas-traditions/

D5 Norwegian-American Settlement History Course Class Reunion

D5 Norwegian-American Settlement History Course Class Reunion

<https://sonsofnorway5.com/events/details/701-D5-NorwegianAmerican-Settlement-History-Course-Class-Reunion>

Event Date: August 14th - 17th, 2021

Details:

The D5 Norwegian-American settlement history course class reunion will be held on Saturday, August 14 through Tuesday, August 17, 2021.

*Any interested Sons of Norway D5 member or friend of a member can attend. **Masks are Preferred***

Activities include:

Saturday, August 14 –

10 AM - Heg Park Museum at “Old Muskego” (Wind Lake, WI).

Old Muskego was one of the first Wisconsin Norwegian-American settlements, with settlers from Voss coming through Milwaukee. Heg Park, in honor of Colonel Hans Heg, one of the two highest ranking Norwegian-Americans killed in the Civil War, includes heirlooms donated by area families. There we will also tour preacher Elling Ellingson's home, which was originally located in Koshkonong, the Old Muskego Lutheran Church and see the cemetery where hundreds of early Norwegian settlers were buried after dying from malaria, typhoid fever and cholera.

1:30 PM – Old World Wisconsin is a State of Wisconsin historic site near Eagle, where examples of different nationalities dwellings have been restored. Old World Wisconsin has interpreters working in the homes, farms and stores, to share living history with us. **(Separate admission required)**

Sunday, August 15 – We will experience **“A Day on the Prairie”** in conjunction with the annual Stoughton's Mandt lodge and Koshkonong Prairie Historical Society.

At 9:00 AM, those who wish to worship can do so in the historic East Koshkonong Church, and after the service about 10:30 AM, we will attend a history lecture and see the other East Koshkonong Church and learn about the doctrine which split the two churches apart. They literally share the same cemetery and parking lot. Koshkonong was one of the first Norwegian-American settlements in Wisconsin and is known as the “mother of the most Norwegian-American settlements in America.” Thousands of pioneers stopped on their way from Norway, to rest and gather resources, before their trip to seek farmland elsewhere in the Midwest.

We will then go to *Dana Kelly and her husband Gary's farm, where we will see the original log cabin kitchen*. In the afternoon, we will go to the *McFarland Historical Society*, where we will see the Albert Skare Norwegian Folk Art Collection and tour the Larsen house.

Monday, August 16 –

We will have **half-day classes at the Norwegian-American Genealogical Center and Naeseth Library** hosted by Dana Kelly. Here we will learn what resources are available for further use. **(Separate admission required)** Mike Palecek will arrange another tour, which will be held simultaneously.

Tuesday, August 17 – Interested individuals can then go to **Vesterheim Museum in Decorah, Iowa**. We will have evening activities on Saturday and Sunday for reunion participants (*any SofN D5 member is welcome*). **Make your own hotel reservations at The Windham Garden Madison Fitchburg, 2969 Cahill Main, Fitchburg WI 53711. Cutoff for “Sons of Norway” room rates of \$89 plus 12.5% tax is July 23. 608-274-7200.** Cancellation policy: 24 hours before day of arrival.

Viking Chest & Trunk-

<https://sonsofnorway5.com/events/details/693-Viking-Chest-Trunk->

Details:

The Viking Chest rotation will resume in October at the D5 Board meeting.

The Immigrant Trunk will be included and will make it possible to reach all zones in three rotations.

If your lodge would like to use the chest or trunk for a special event, please contact Cultural Director, Judy Ghastin, to make arrangements. Please note that the zone assigned to the time slot has first claim to use it during their assignment unless notified ahead of time.

***Oct 2021 to Apr 2022:**

Chest--zone 3

Trunk--zone 4

BE SURE EVERYTHING IS RETURNED TO THE COLLECTION AFTER YOUR LODGE USES IT.

Lodges which have not had a chance to donate something to the collection are invited to donate something that has meaning for your lodge.

Please include printed information about the item, including the maker (when appropriate), the lodge name, number, location and date of the donation.

PLEASE ALSO EMAIL DONATION INFORMATION TO THE CULTURAL DIRECTOR.

judy62ghastin@gmail.com

Zone 2 Meeting

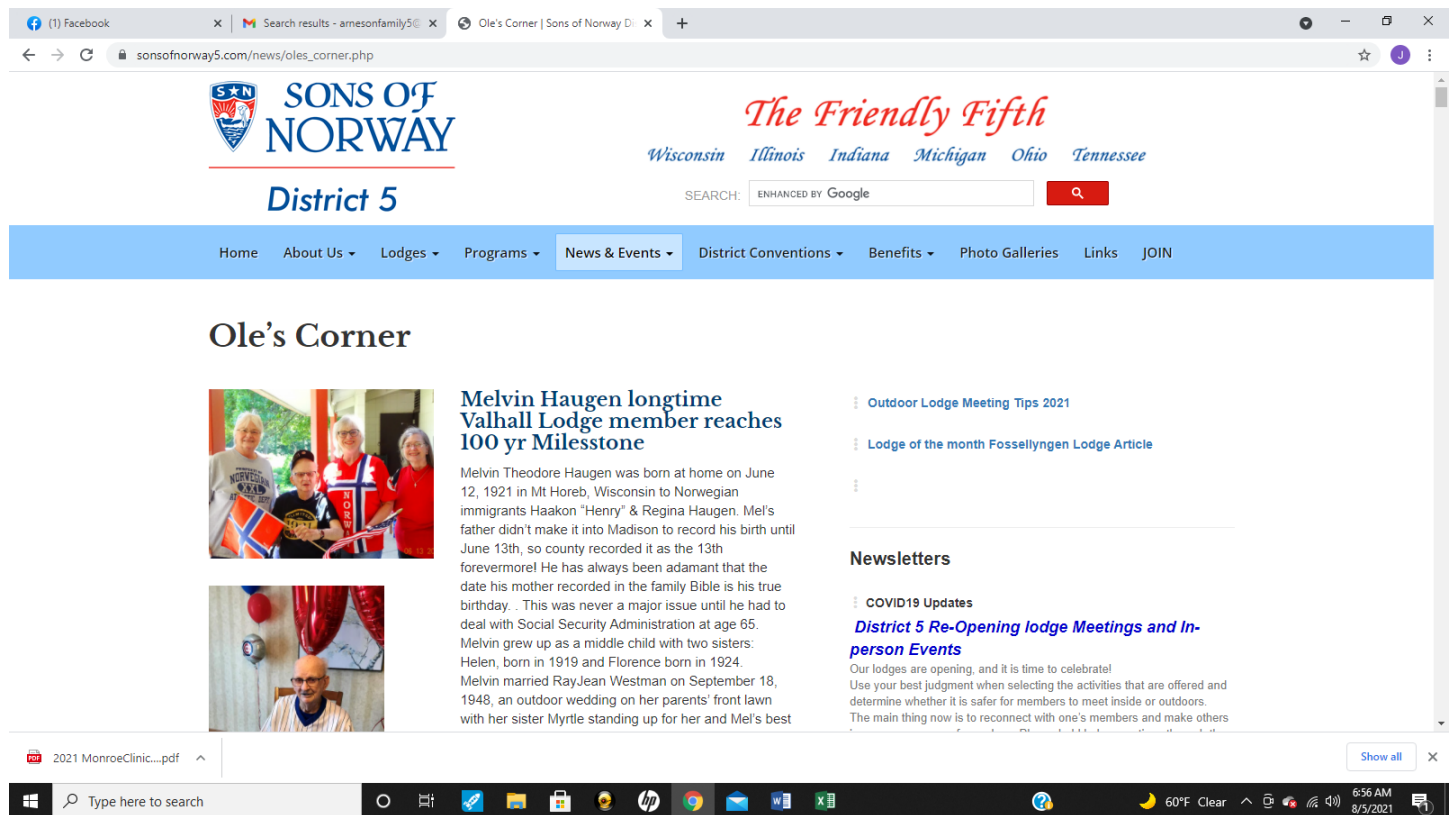
Event Date: August 28th, 2021

Additional Information:

Zone 2 meeting will be Saturday, August 28, 10:00 A.M.,
at Norskedalen Nature and Heritage Center, Coon Valley, WI.

Have you checked out Ole's Corner on the District 5 Website?

https://sonsofnorway5.com/news/oles_corner.php



Deadlines and Dates!

Changes in red!

August 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

August 14-17, 2021

- D5 Norwegian-American settlement history course class reunion (open to all members)

August 17, 2021

- District 5 Foundation Director's Call at 7:00 PM CST

August 28, 2021

- Zone 2 Meeting at Norskedalen, outside of Coon Valley WI

September 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

Weekend of October 8-10, 2021

- District Board Meeting – location TBD

October 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

November 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

December 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

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/S7TljinVCU-> Omni Hotels and Resorts, Omni Viking lakes Hotel, 2611 Nordic Way, Eagan, MN 55121

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