

Friendly Fifth Friday News December 2, 2022

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!

From our Members...

Who are the new administrators for Masse Moro? Has the 5th District added a Youth Director to the Board of Directors?

GOOD NEWS!

Two of our former campers with many years of experience have stepped up to share the role of camp administrator for the 2023 camping session.

Keir Kristiansen and Leif Williams are anxious to take the helm and both have family ties to the 5th District. They are already planning for the 2023 session, and we have made portions of their salary available now for reimbursement.

I have suggested that Keir and Leif enroll in the Sons of Norway so they have access to materials on the www.sofn.com website and have an opportunity to celebrate their heritage as well!

A stipend was approved for the president at the June convention, and I will be using a portion of that amount to establish memberships for Keir and Leif.

The Youth Director position is "nearly filled." A volunteer has come forward to assist Leif and Keir. She has been vetted by the District 5 Nominating Committee. The individual is a first generation Norwegian American.

Her parents emigrated to the U.S. in the 1960s. She is a member of a northern Illinois Sons of Norway Lodge. The candidate has many ties to Norway, having visited relatives there many times. Her extensive work background and legal expertise will be an asset for the board.

Before seating her, the district board must seek approval for the director from the 2022 District 5 Convention delegates. Once we have received the delegate votes, we will be able to proceed. It is unknown at this time whether the installation will be in-person or will take place in a virtual arena. More information on this position will be shared in the coming weeks. A communique from Secretary Darlene Arneson will be forthcoming.

What's Happening Across the District?

Askeladden Lodge , Kalamazoo, MI

Charter member Phil Kunze recently spoke to his lodge about his June 18th Honor Flight. Phil and his son, Erik, were aboard the Vietnam-era Honor Flight organized by Askeladden member Alice Kraatz. (It was a Kraatz family affair: Alice's mother, Elizabeth, was aboard; Alice's brother, James, documented the Honor Flight on video; and Alice's grandmother, Sandra Santas, served as a guardian for a veteran.) The lodge sponsored Air Force veteran Bill Stokka for that Honor Flight. Phil shared how meaningful the experience was for him personally, and photos were shown on how he documented this experience. The Honor Flight was about much more than flying to Washington to visit war memorials. It was about understanding his Vietnam-era military experiences in the context of

others'. It was about memories and emotions that were stirred. About being thanked (more than "Thank you for your service"), and the need for being welcomed home. And ultimately, about our freedoms and the spirit of America.

Circle City Lodge, Carmel, IN

The Sons of Norway was well represented at the 2022 International Festival held at the Indiana State Fairgrounds. After a two-year hiatus, international organizations were glad to once again be participating in the gathering of cultures at the festival. The theme this year was *Arts and Crafts* so members printed four main art images and gathered many many craft items and photos of other craft items to display. The lodge won an honorable mention designation for their display.

Myrmarken Lodge, Marshfield, WI

It's beginning to smell a lot like lutefisk! Myrmarken members thank all who supported their annual lutefisk supper. New patrons attended and previous guests were thrilled to have the event back. The cheers rang out, "*Bring on da fisk!*"

Vennligfolk, Central WI

Exploring the Land of the Midnight Sun was the topic for the lodge's November meeting. Lodge Member Patti Rous shared her June 2022 travel adventure consisting of seven days in Norway's Lofoten Islands. Daughter, Sarah, and her Norwegian husband, Anders, were excellent tour planners and guides as they traveled about in their rented "el bil," (electric car)! It was a fantastic trip, for sure!

Grønnavik Lodge, Green Bay, WI

Members recently celebrated with a Taste of Norway sampling. Members brought many traditional foods that tempted the taste buds. A bake sale raised funds for the lodge. Trinity Lutheran Church will be the site of a Julefest on December 13th! The tree will be trimmed with donated hats, mittens, and socks. Please let's make it festive. Mary Swain will be doing her braille reading of, "Why the Princess Doesn't Wear a Crown." Musical entertainment and a gift exchange will be held for those who would like to participate. In addition, gifts of \$10 value will be exchanged. The Nisse will make an appearance and bring some candy treats to all who were good during the year. Cookies, hot chocolate, and fellowship will top off the meeting.

Nordkap Lodge, Detroit, MI

A fundraiser was held for the Nordkap scholarship fund. Members each brought two dozen cookies for sale. Cookies were sold for \$5.00 per dozen. A door prize was awarded for the best cookie. A Show and Tell meeting in October piqued the interest of many members. Plans are on the docket for a holiday party with the choice of ham, salmon, or vegetable lasagne.

Nordlyset Lodge, Racine, WI

A scintillating game of Norwegian Jeopardy was played at a recent lodge meeting. If you would like information on how to design your own interactive game for your lodge, contact Lodge President, Connie Aiello, for further details. You can connect with her through Facebook Messenger or contact me for assistance. The lodge recently traveled to Chicago to attend a Christmas program at the Minnekirken, a mainstay of the Logan Park neighborhood for more than a century.

Cheryl Wille-Schlesser
District 5 President

Holiday shopping-A perfect time to promote savings with Perk Spot!

PerkSpot- https://www.sofn.com/member_resources/member_discounts/

By visiting Sons of Norway's exclusive **PerkSpot portal** you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to the area in which you live!



Viking Photo Submission Time!

Hi all-

(This e-mail was sent to your publicity directors and editors.)

Photos with a photo submission form are due to me by December 10th. Please remember that a separate form is needed for each photo. The people in Minneapolis need to know who is in the photo and the occasion in order to consider it for publication. After you've done one or two of the forms, they will be easier to complete. I've included the form in this notice. All submissions have to be done online.

Several changes have come down the pike. By now you know the Viking will be published bi-monthly. I will still have you submit pictures monthly, and I will send them to headquarters monthly.

The pictures NOT used in the Viking may possibly be published in the new online feature, "Happenings". It is **very new**, so there aren't a lot of pictures there yet. At this time, you can see this feature by: Logging on to www.sofn.com. Click on the magnifying glass used to search. It is right beside "My Account" at the top of the page. Type in "Happenings" and hit enter. This area is set up by district, similar to what we used to see in the Viking. I assume this feature will be in one of the "drop down" menus after a while. It will be nice for you to see more of the

photos that were sent into me, but that didn't make it into the Viking. 😊

I received very few photos in November from you all. 😞 Please don't let the photo submission requirement keep you from sending them. I'm looking forward to seeing pictures from your

December/Christmas/Juletreffest events! 🎄 Send them to 2nor1rus@gmail.com

Fraternally, LaVonne Wier, District 5 Publicity Director 🇳🇴



Sons of Norway Content & Photo Submission Form

This form is provided to help you share information about your members, past and upcoming lodge events and district happenings via Viking magazine and other organization communications.

The event or photo caption will be based on information you provide so please check spelling of lodges, member names and location information. Send your member profile photographs and this form to your lodge publicity director who in turn should forward it to the district publicity director. If your lodge does not have a lodge publicity director, please send submissions, including this form, directly to your district publicity director.

By submitting this photo submission form, I grant permission and consent to Sons of Norway and the Sons of Norway Foundation for the use of the following photograph(s) as identified below to promote the organization(s). Use may include but is not limited to print publication, publicity, advertising, and digital or online content.

Submitter's Contact Information

**** Highlighted fields are required. Place cursor after highlighted word and type your response.**

Name:

Phone:

Email:

Lodge Name:

District/Lodge Number:

Location:

Are you providing a High-Resolution photo (Yes or No):

(Not sure? Here is a [link](#) explaining what a high-resolution photo is)

File name if providing a photo:

Please fill in the appropriate information for the content categories noted below. Please keep in mind that Viking magazine content is prepared two months ahead of issue.

1. Past Events and Member Activities

Includes recognition of current members, lodge celebrations, community service projects and other past activities. Please include event purpose and location. Individual member names of these shown in photo may be included, however we are limited in caption length to 1 or 2 lines per photo.

Description:

2. Member Profiles

This content features members who with an interesting story that will inspire other members. It could include outstanding long-term or young members in your lodge and district, other members who celebrate their heritage in unique ways. Please include the member contact information, along with a brief description explaining why you believe they should be featured.

Description:

3. Upcoming Events and Member Activities

Includes upcoming lodge and district events that are open to all members, as well as public events. We will feature in-person and remote events such as district wide fundraising initiatives, festivals, community events where the lodge/district will be represented, and upcoming cultural activities or youth camps. A photo is not required. Your description should include dates and location of the upcoming event and a contact name and email/phone number that will be published.

Description:

Recipe Box- don't forget to share this for holiday recipes!

There are many new recipes and some great videos on the SN recipe box and YouTube channel. Take advantage of the culinary benefits of membership! The Sons of Norway online recipe database contains nearly 100 dishes to make, enjoy and share with friends and family – and we're always adding more.

Thank you to Connie Aiello of Nordlyset Lodge for sharing her Lapskaus recipe and video! Check it out along with the other fun recipes!

Lapskaus

Ingredients

3 to 4-pound bone-in pork shoulder butt
4 pounds small yellow potatoes
3 medium carrots
1 leek
1 medium rutabaga
1 – 2 parsnips
3 Tbsp. fresh parsley, finely chopped
3 cups beef broth or beef stock
2 Tbsp. Kitchen Bouquet*

Directions

Chop potatoes, carrots, leek, rutabaga, and parsnips into large chunks. Set aside in a large bowl. Trim most of the visible fat from pork butt, season with salt and pepper.

Place pork butt into 5-6 quart Dutch Oven and cover with water. Place cover on Dutch Oven and boil for 1 hour. Remove lid and let pork butt cool to the touch.

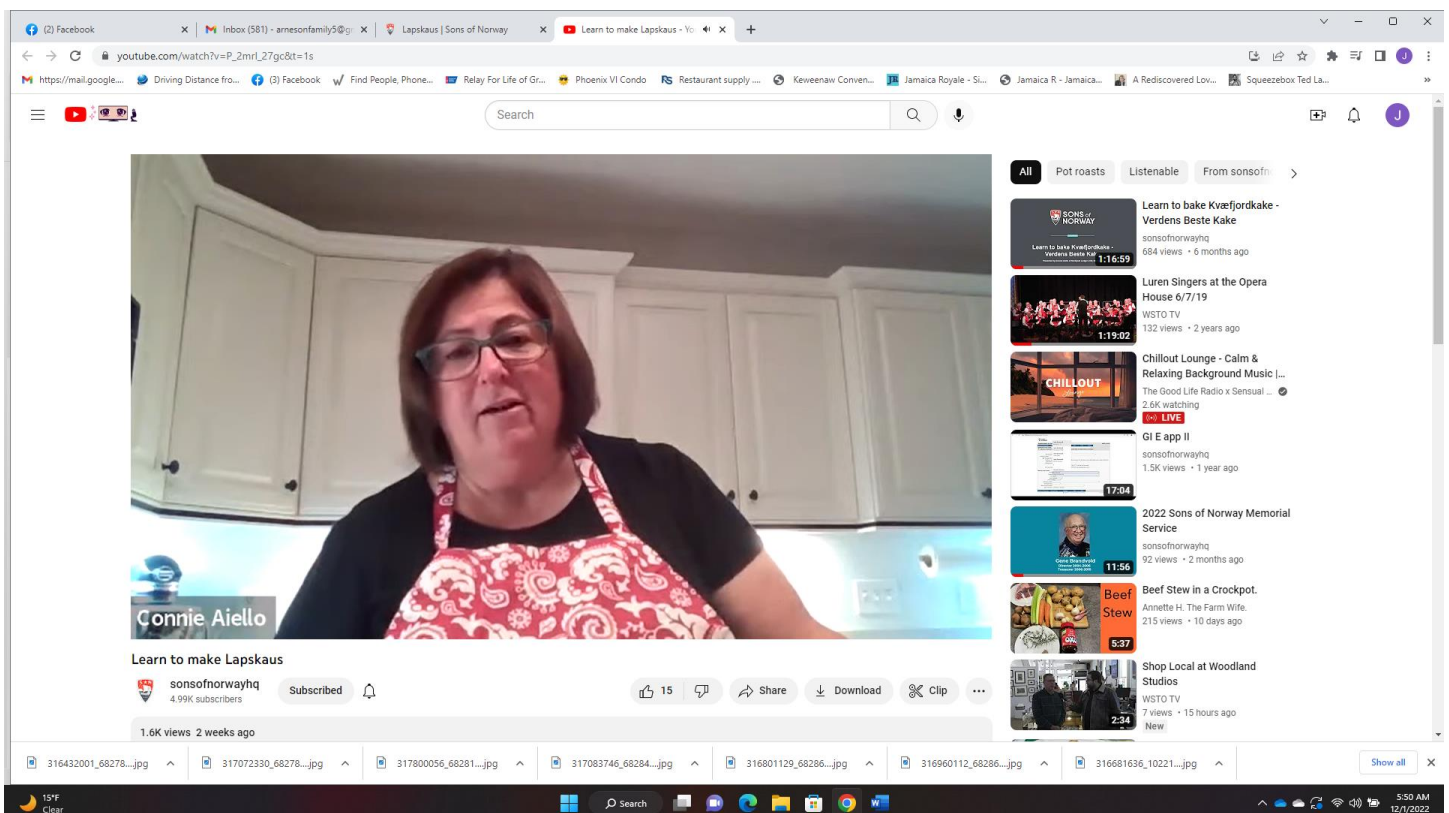
Remove pork from Dutch Oven and place on cutting board. Drain boiled water from pot, reserving 2 cups. Using a boning or filet knife, remove pork from bone. Cut pork into large bite-sized pieces.

Return reserved 2 cups boiled water back into the Dutch Oven. Add 2 cups of beef broth/stock. Stir in Kitchen Bouquet. Add potatoes, leeks, rutabaga, and parsnip. Add pork pieces; stir to mix. Cover pot and cook on HIGH for 15 minutes. Stir. Add additional beef broth or water, if needed. Reduce to medium to medium-high heat for additional 10-15 minutes until potatoes are fork tender.

Serve in large bowls. Top with fresh parsley before serving.

*Substitutes: Parisian Browning Essences (Gluten/Egg/Soy/Dairy/Peanut Free), dark molasses, McCormick's Brown Gravy package.

Video- https://youtu.be/P_2mrl_27gc



Deadlines and Dates! Changes in red!

- December 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- December 31- D63 Officer Election reports due to International or online
- January 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- February 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- March 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com

- April 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- April 14-16- Spring District 5 Board Meeting in southern Illinois
- May 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- June 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- July 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com

Viking Chest / Immigrant Trunk Schedule

Oct 2022 to Apr 2023:

Chest--zone 1
Trunk--zone 2

Apr 2023 to Oct 2023:

Chest--zone 4
Trunk--zone 3

Oct 2023 to Apr 2024:

Chest--zone 6
Trunk--zone 5

Apr 2024 to Oct 2024

Chest--zone 2
Trunk--zone 1

Oct 2024 to April 2025

Chest--zone 3
Trunk--zone 4

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