

Friendly Fifth Friday News February 5, 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!

From Vice President Cheryl Schlessor

I'm forwarding a list of winter activities compiled with the assistance of Allen Watrud, Lodge President at Vennelag Lodge in Mt. Horeb, WI to help keep your members engaged through the doldrums of winter. Give your members a reason to continue their membership with your lodge! Provide activities for their enjoyment and connect these members via *Zoom* or *Go to Meeting* to share their accomplishments.

A lodge could decide whether to add point values to each of the activities. When members complete one of the activities from the list, they send the Lodge President or Cultural Director a note to that effect.

Names could be entered into a drawing for restaurant, grocery store, on-line vendors, a Chamber of Commerce gift certificate, or to a Scandinavian shop close-by. The winner(s) could be recognized at your Syttende Mai event.

Cheryl Wille-Schlessor
District 5 Vice President

rogcher@mhtc.net- 608-219-4464

Some considerations are:

Friluftsliv Activities

- Cross-country skiing
- Downhill skiing
- Snowshoeing
- Winter hiking
- Outdoor camping
- Ice skating
- Ice fishing
- Play kubb.
- Tobogganing or sledding
- Walk a total of 20 miles outside.
- Help an elderly neighbor shovel snow.
- Snap pictures of winter sunrises and sunsets.

Literature and Culture

- Read 2 books by Norwegian authors.

- Listen to 5 of the Tuesday Nordic News programs from D5
- Learn/do rosemaling
- Learn/do kolrosing
- Make a Norsk craft: julebuk, winter wreath, carving, embroidery, knitting, nålbinding
- Take a language course-Duolingo, Babbel, Primsleur, or with a local instructor
- Take an on-line class through Vesterheim Norwegian American Museum
- Perform 3 pieces of Norsk music to share with someone on-line.
- Listen to Viking music then describe the images this music conjures for you.

Culinary

Cook a meal of Norwegian delights, shrimp, crab chowder, meatballs

Bake your favorite Norwegian food: shellfish or salmon, lamb, or pork

Eating a Norwegian food, prepackaged such as fiskeboller

Enjoy some sjokolade from manufacturers such as Freia, Nider, or Fjåk

Prepare a traditional kransekake, kvæfjordkake, or eplekake

Eat some lutefisk (extra credit)

Make a Scandinavian-inspired cocktail with Linie aquavitt

Outreach to Others

- Call an elderly member to chat and share the latest news.
- Write a letter or send a valentine to a member who does not receive email, to a shut-in, or to a serviceman.
- Prepare a surprise bag of goodies for someone in your lodge.
- Sign-up a new member (multiple credits for multiple members).
- Donate to a charity in need of support.

Nordic News this week...

Watch last week's Nordic News **The Hardanger Fiddle Explained** by **Robin Fossum**. Robin is president of Dovre lodge in Barron, Wisconsin and District 5's representative on the International SofN Board. Robin has been a professional violinist and is president of the Red Cedar Symphony Orchestra in Rice Lake. Robin gives an excellent presentation to help you understand what is special about a Hardanger fiddle and its heritage and cultural significance to Norwegians and Norwegian-Americans. Because Robin lives in a rural area with poor internet connectivity, the audio and video quality of this program is less than ideal. In the Zoom screen, you see Robin (top center) showing off her Maltese dog Loki. View Fossum's 24:07 presentation at:

<https://www.screencast.com/t/FQ8H1dBsISB>



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"Hardanger Embroidery will be the topic of the **February 9th Nordic News**. **Donna Olson, Oregon**, will share her expertise of a lifetime of doing this intricate needlework. Donna will be teaching the soon-to-be-announced D5 virtual course in Hardanger Embroidery.

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)

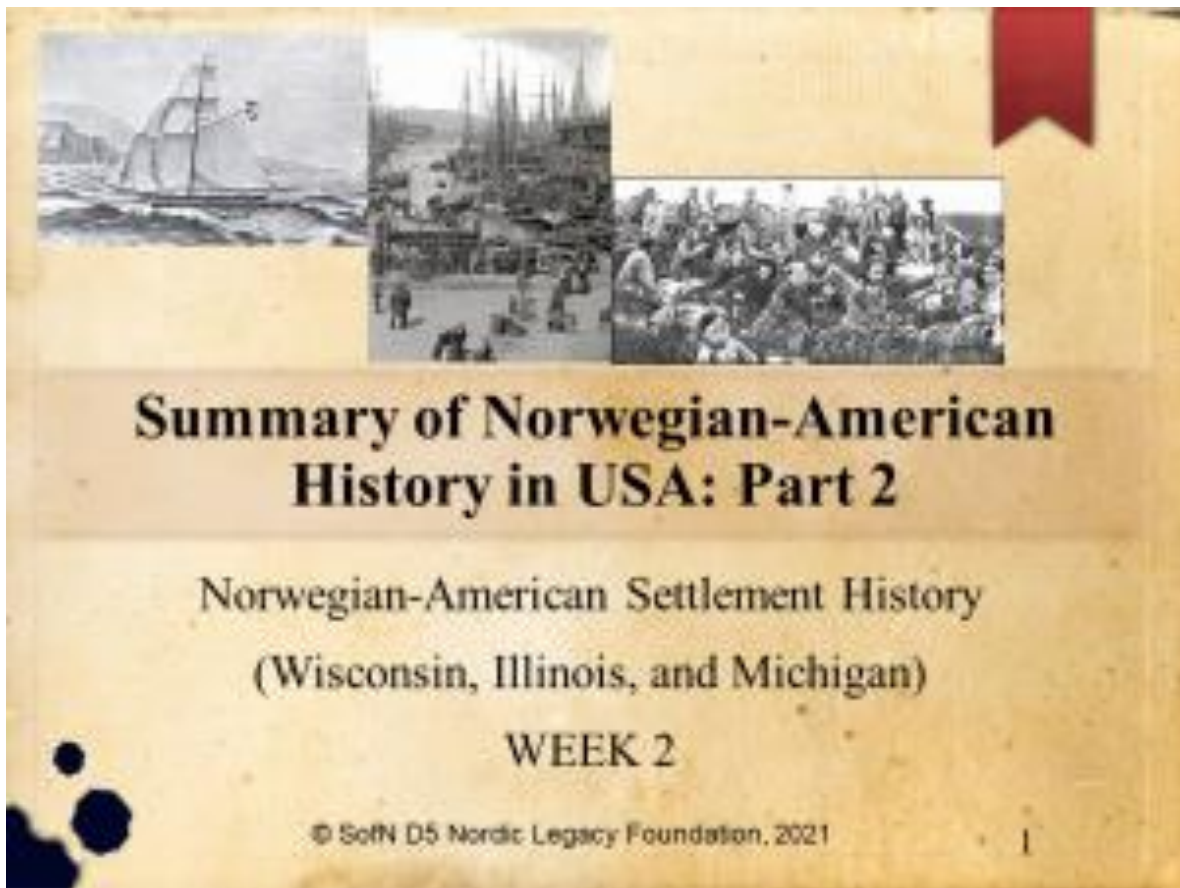
By iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

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You can watch 39 past episodes of Nordic News at:

http://www.sonsofnorway5.com/programs/speakers_bureau.php

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The **D5 Norwegian-American settlement history course** continues to grow with 84 D5 members enrolled. Some members have joined from as far away as Washington state, Arkansas, and Texas, and who belong to D5 lodges.

This course is designed for adult lifelong learners. There is **NO REQUIRED READING**, no tests, **NO REQUIRED PROJECTS**.

You **STILL** can enroll. See the D5 website's Norwegian-American history page for more information at: http://www.sonsofnorway5.com/programs/norwegian_american_history.php

You can sign up to take one of three different sessions:

- 1.) Saturdays 9:00-10:30 AM (Central) / 10:00-11:30 AM (Eastern), 16 weeks
- 2.) Mondays 6:30-8:00 PM (Central) / 7:30-9:00 PM (Eastern), 16 weeks
- 3.) Independent study

If you enroll in the course, you can come to some sessions and not to others, or to alternate between Saturday, Monday and watching some missed sessions on the D5 website.

You can also watch the recorded sessions, **posted the Friday after each class is over** at: www.sonsofnorway5.com/programs/norwegian_american_history.php

Virtual Hardanger Embroidery Class: The Basics of Hardanger Embroidery

Thursday, March 4 - April 8, 2021

6:30 to 8:00pm

Sons of Norway members \$50

non-members \$75

The Sons of Norway District 5 Cultural Committee has arranged a special Hardanger embroidery virtual class with well-known Stoughton, WI, area teacher, Donna Olson.

Donna became interested in Hardanger embroidery in the early 1970s when she and her husband moved to Stoughton, WI. She learned the craft from descendants of Norwegian immigrants who were preserving the tradition of their families.

Donna has continued to maintain and celebrate the Hardanger tradition through her teaching, first in the community, then at Madison Area Technical College where she now teaches virtually. She also has taught at seminars for the national Embroidery Guild of America. That organization honored her last March with a feature article about her Hardanger embroidery work in their magazine.

Whether you are just beginning to do Hardanger embroidery or have a piece started that just never got finished, this class is for you. The class is all about technique, whether on the class project or your own project. The class project is Pattern 750 Small Treasures. It consists of four 6" x 6" doilies of different designs.

In this class you will work through thread count stitching issues, beginning/ending threads, clean back side of doily, various flower styles, weaving/lacing styles and more!

Working together online face-to-face is a challenge yet showing your work to others and getting the feedback is great.

Judy Ghastin D5 Cultural Director



Class instructor Donna Olson and her Hardanger work

Hardanger Embroidery Class Registration Form

Name: _____

Street Address: _____

City: _____ St _____ Zip _____

Phone: _____

Email Address: _____

Lodge: _____

Membership #: _____

Non-Member: _____

**Registration for the class is by date received. The maximum number of students is 12.
The Registration Deadline for classes is February 25, 2021.**

Orders for materials will be shipped upon registration. Cultural Awards information will be emailed to registrants. Zoom information will be sent close to the time of the first class.

Make checks payable to Donna M. Olson.

Mail registration to Judy Ghastin, 718 Bruce Ct., Madison, WI 53705

Class Registration Fee: \$50 Sons of Norway member _____

\$75 Non-member _____

Class Materials Kit: pattern, needles, thread, fabric (22 ct. Fine ariosa cotton, rayon),

how-to information \$30 _____

Scissors option: Ginger - thin blades, sharp pointed \$25 _____

Shipping: \$11 _____

Destination Stoughton- A Norwegian Weekend of Fun

The Stoughton Norwegian Summit Group, an informal group of Norwegian themed businesses, groups and organizations, builds a weekend of Norse opportunities around a signature event. The group was organized in 2011 under the leadership of Sons of Norway- Mandt Lodge to bring "all those things Norwegian" together to help promote each other's events, activities, businesses and organizations. The group helps promote two Destination Weekends each year and of course, all are busy Syttende Mai Weekend!

With COVID-19 affecting our February 12-14, 2021 Destination Stoughton Weekend, we are providing an update on the events happening that weekend along with what the various members are doing during this time.

Events during Destination Weekend

Stoughton High School Norwegian Dancers

The Stoughton High School Norwegian Dancers will be doing a virtual Norse Afternoon of Fun on Sunday, February 14th. The link will be posted on our Facebook page beginning at 1:30 that afternoon. Here's a link to that page...<https://www.facebook.com/NorwegianDancers>

The Dancers have launched an online raffle and invite anyone who wishes to have a chance at winning any of the really awesome 25 prizes, should visit the RallyUp site to purchase tickets at this link.... <https://go.rallyup.com/norse2021>. The drawing will be held live at the Koffee Kup on Sunday, February 14th at 3:00pm. The site is very easy to navigate and payments are made online, however, should anyone need help with this, they should contact me at heimstaci@gmail.com and I will help them with this.

The Dancers have been practicing, 7-8 dancers per practice, with masks on and social distancing in place, so no partner dancing yet. We will showcase what we have done thus far this year at our Virtual Norse Afternoon of Fun. There have been no performances and it's been a hard year, but the dancers are keeping their spirits up the best they can. The few practices we have had have helped a lot with morale.

Viking Brew Pub- Viking Brew Pub is going to be offering a Valentine's Special for Sunday the 14th. They're working on the details but it will be a prime rib and salmon special, pre-orders only.

Nordic Nook- Nordic Nook is proud to support the Stoughton Norwegian Dancers and the Norse Afternoon of Fun! Our ongoing hours are: Tuesday-Friday 11am-3pm. We currently are holding our semi- annual clearance sale!

Livreise- Virtual Presentation - February 13 at 1:00 pm. "Iver Kalnes and the Leif Erikson Movement" . Register in advance for this webinar which is limited to 100 attendees: https://zoom.us/webinar/register/WN_6_QhDt2RSK6FNG9BhWJ2Ug. You must be over 18 years of age and have a ZOOM account in order to register. Iver M.Kalnes, the grandfather of Ron Larson was deeply involved in the movement initiated by Rasmus B Anderson to recognize October 9 as Leif Erikson Day. Our speaker, Ron Larson graduated from Luther College in 1976, majoring in history and received his MLS from the UW School of Library and Information Studies in 1978. He was the library director and researcher for the Wisconsin State Journal and Capital Times from 1978-2008,

and then the newspaper and periodicals librarian for the Wisconsin Historical Society from 2009 until his retirement in 2017.

Updates from groups

Hardanger Classes- Donna Olson is teaching a virtual class through Madison College. Check their website for details or contact Donna at 608-873-9659.

Norwegian American Genealogical Center & Naeseth Library in Madison – NAGC & NL serves a worldwide audience by building and sharing stellar research collections, publishing useful and popular genealogical materials, and reaching out to all those who seek to know and venerate their Norwegian roots. They have been teaching virtual classes, providing programs for Sons of Norway and other group meetings, and are open to have people come in for research – but appointments are needed to keep under COVID-19 Dane County restrictions. Visit <http://www.nagcnl.org/>

Stoughton Opera House- The Opera House will continue to be closed for this weekend. We will be celebrating the 120 year anniversary of the first performance on February 22, but we're still deciding on what will be both fun and safe for all involved.

Sons of Norway-Mandt Lodge- Sons of Norway is a fraternal organization for all ages, genders, and ethnic backgrounds for those who have an interest in Norwegian heritage and culture. Visit with us about our events, membership, classes and youth activities. Due to indoor gathering limits, we haven't had any inside events at the lodge. Our meeting programs are posted at https://www.youtube.com/playlist?list=PLevR2Moina2obwX-K_bDGq8qXFK_aJ54 and we have been doing outdoor snow shoe and cross country ski events along with kubb last summer. We also have been promoting District virtual classes, Nordic News weekly cultural programs, and participation in small groups. <http://sonsofnorway5.com/> is our District website. Facebook: Sons of Norway Stoughton WI.

Stoughton Chamber and Visitor Services- Is busy working on details for Syttende Mai Week with the various parts of the festival. They have been hosting virtual Lunch n Learn, providing information and resources to members and businesses, and continue to work hard to promote our community.

Edvard Grieg Chorus- The Chorus has not been meeting or practicing this year. Sangerfest will be held in Madison in June 2022.

Ygdrasil Literary Society- They have not had any meetings or events this year during the pandemic. They are hopeful to begin meeting again in the fall.

Wisconsin State Rosemaling Association- They have not been meeting or having classes or events. Plans for Syttende Mai are not determined yet.

Other members of the Stoughton Norwegian Summit Group:

Other members of the Stoughton Norwegian Summit Group include All Through the House, City of Stoughton, Friends of Norwegian Culture, Koshkonong Prairie Historical Society, Livsriese, Stoughton Historical Society, Torskeklubben, Woodland Studios, and Stoughton Courier Hub- Unified Newspapers.

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

February 4, 11 and 18, 2021

- Jimmy Miller's Woodcarving class

February 5, 2021

- Registrations due for rosemaling classes

February 12

- Registrations due for Virtual Norwegian Cooking Class

February 15- March 22

- Virtual Norwegian Cooking Class- Cooking with Connie and the Kittlesons

February 15, 2021

- Deadlines for Lodge Achievement, Family Lodge of the Year and AFA Reporting have been extended to 03/15/2021.

February 20, 27 and March 6, 2021

- Rosemaling session #1

February 25, 2021

- Registrations due for Hardanger class

February 25-27, 2021

- Barnebirkie and Birkie Ski Races Hayward, WI. Cookies will not be needed this year from the lodges.

March 1, 2021

- Deadline — Domestic scholarship applications due to Sons of Norway Foundation:
 - Astrid G. Cates Scholarship**
 - Bernt Anker Scholarship
 - Dan and Betty Rude Scholarship

- Myrtle Beinhauer Scholarship**
- Nancy Lorraine Jensen Memorial Scholarship**
- Orel and Marie Winjum Memorial Scholarship

March 4 - April 8, 2021

- Virtual Hardanger Class on Thursdays from 6:30 to 8:00pm

March 15, 2021

- D17 financial form is due from the lodges to Sons of Norway Headquarters.
- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due to Membership Services at Sons of Norway Headquarters.
- Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at Fraternalgive.org, are due to Membership Services at Sons of Norway Headquarters.
- Fraternal Funds packet is sent to the district treasurers.

April 16-17, 2021

- District 5 Board Meeting- Tentatively planned for Nashville, TN- watching COVID restrictions

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.

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

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.

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 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