

## Friendly Fifth Friday News January 21, 2022

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

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### **BARNEBIRKIE UPDATE: Cookies are needed!**

The Barnebirkie is still in the planning stage with our lodges being asked to provide cookies for the children's ski event on Thursday, February 24. We are trying to find people who will be attending in different areas of the district. At this time, I have volunteers coming from Appleton and Eau Claire. IF you are planning to attend or participate in the event, please contact Audrey Severson at [apseverson@gmail.com](mailto:apseverson@gmail.com). We need help in getting cookies to the Birkie. Cookies should be nut free, homemade or store bought. We provide cookies also in the Expo Display Center with coffee over two days. Thanks to all the lodges for your help.



**The Sarah Paulsen**

### **Memorial Scholarships for year 2022.**

The Sarah Paulsen Memorial Scholarship Committee announces the following:

There will be 2 scholarships made available for the year 2022, each in the amount of \$250.00 to cover 25% of the total fee for the year 2022 District 5. Heritage Youth Camp.

Like last year, the Scholarship Committee will not do any direct mailings to any Lodges or Lodge Officers. The committee feels and hopes that with your help this announcement can, via the Dist. 5 Web site, be shared with Lodges and members throughout District 5.

To everybody reading this message: Please, share this information with your newsletter Editor and fellow members.

All interested Camp Applicants can also request application form(s) from the Scandiana Treasurer, Oleif Olsaker, 114 Maplewood Trl., Michigan City, IN 46360  
Telephone 219-877-7457 E-mail: [olsaker.o@gmail.com](mailto:olsaker.o@gmail.com)

The completed Application must be postmarked by April 15<sup>th</sup>, and mailed to the address above

I am really happy to see us still being able to continue this scholarship program this year and for a few years to come. Hopefully it will help promote 2 weeks of **MASSE MORO**, and providing an award for each of the deserving applicants.

Fraternally, Oleif Olsaker, Treasurer



# The Sarah L. Paulsen Memorial Scholarship Fund

## APPLICATION FOR YEAR 2022

This year 2 Scholarships each in the amount of \$250.00 will be made available for children to attend the Sons of Norway Heritage Camp at Eau Claire County Youth Camp, The completed Application (follow instructions on "The Rules") must be postmarked by April 15, and should be mailed to: Oleif Olsaker, 114 Maplewood Tr. Michigan City, IN. 46360. E-mail: olsaker.o@gmail.com Telephone 219-874-7457

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Name of Parent (s) Guardian: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State ZIP

Telephone: (\_\_\_\_\_) \_\_\_\_\_ e-mail address: \_\_\_\_\_

Sons of Norway  
Membership \_\_\_\_\_  
Member Name Relationship to Camper Lodge Name and No.

Will your local Lodge apply for Camp Scholarship Matching Fund from the 5<sup>th</sup> District? Yes \_\_\_\_\_ No \_\_\_\_\_

"Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp":  
Add or use separate page(s) as needed.

Camper's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Attachments: 2 written references:



# The Sarah L. Paulsen Memorial Scholarship Fund

## ***The Rules***

In August 1995 eight-year-old Sarah Paulsen of our lodge passed away.

Because Sarah was very involved with the Sons of Norway, and was fascinated with her family's background and with Norwegian culture, friends and family, along with the Scandiana Lodge felt a scholarship established in Sarah's name would be appropriate.

The scholarship will not only carry on her love for the Norwegian Heritage, but will also enable other children to have the opportunity to attend the Sons of Norway Heritage Camp in Eau Claire, in honor of Sarah.

The scholarship will cover one quarter of the camp cost.

Parents may be concerned that getting this scholarship would prevent them from utilizing the District 5 Matching Fund Grant, but this award will have no bearing on other matching funds. This scholarship could be given in addition to District 5 and Local Lodge Matching Fund Scholarships. However, if the applicant's Local Lodge is financially unable to give their children Matching Fund Scholarships, the Sarah Paulsen Scholarship would qualify them for the District 5 Matching Fund Scholarship.

### **Rules:**

1. The scholarship is open to any child age 9-15, who is interested in learning about the language and culture of Norway.
2. The applicant must be a heritage member or a child or grandchild of a Sons of Norway member, and belonging to a District 5 Lodge.
3. The applicant will write an essay of no more than 500 words. The topic is "Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp".
4. All applicants will complete a brief application form.
5. Applicant will include 2 letters of reference, including one from a local Lodge officer.
6. Applications must be postmarked by April 15. Decisions will be made by May 1, and winners will be notified by mail. Checks will be issued and mailed directly to the Scholarship Recipient before June 1.
7. Judges will be the Scandiana 600 Sarah L Paulsen Memorial Scholarship Fund Committee.

## **Who do you notify when a member dies?**

Ideally a link or copy to the obit, member's name and membership number, and lodge name and number is sent to membership at the home office - specifically to Sherry Gorse at [fraternal@sofn.com](mailto:fraternal@sofn.com).

If the member is a past District 5 Board Member, please let Darlene know as we have a master list that Ray Knutson started of all the District 5 Board members. The District also gives a \$100 memorial to the Sons of Norway Foundation when a current or past Board member dies.

## **Happy New Year from Vice President Cheryl Wille-Schlesser**

I send Happy New Year greetings to our District 5 leaders and lodge members, albeit a bit late. It has been a busy January. I want to remind our Zone Directors to install the local leaders in the lodges you serve. A lodge's executive committee: president, vice president, secretary, and treasurer must be seated. Without an installation, the previous officer, i.e., the president, remains in authority.

Due to our looming health issues, these installations may occur via a virtual format. Ask the local lodge president to schedule a Zoom meeting or contact me to receive a *Go to Meeting* link.

In addition, all lodges need to elect delegates to the next convention in Madison this coming June. Having representation from all of the District 5 lodges is a goal of the District 5 Board of Directors. It ensures that your Lodge will have a voice (and a vote) in the proceedings and the district's future.

Doris Kamstra, Membership manager in Minneapolis, has shared the following information from the home office. One may access these reports in totality by using the provided link.

Thank you,

Cheryl Wille-Schlesser

### **From Doris Kamstra**

The **December 2021** membership reports are now available on the Sons of Norway website, using the URL below.

[https://members.sofn.com/reports/page/showPage?pageName=Membership\\_Reports](https://members.sofn.com/reports/page/showPage?pageName=Membership_Reports)

The page has the reports listed separately. Click on **December** under each membership topic for 2021 to see the current information. Also, please view the attached pdfs for a quick look at our *Joining and Leaving* report and Lodge's current membership Count by Lodge.

### **NOTES:**

- Total membership has reached **63,027**
- Congratulations to 95 lodges that met their recruitment goals for 2021. We added 17,267 new financial benefits and social members—210% of our goal of 8,200 members!

- The year-to-date [2021 Recruitment Results](#) are on [sofn.com](#) for Lodge and district leader access. A pdf is attached to this email with detailed results by district and Lodge. In addition, we will be sending out the 2021 results to lodge leaders in the January *Leadership Resource* digital newsletter and via email to all members later this month. We will also post results on social media.

## Doris Kamstra

Membership Manager

Direct 612-821-4697 | Fax 612-827-0658 | Toll-free 800-945-8851, Ext. 4697

[DKamstra@sofn.com](mailto:DKamstra@sofn.com) | [sonsofnorway.com](http://sonsofnorway.com)

			12/31/2020			12/31/2021			Change in Membership			
Dist	Ldg	Zone	Adults	Juveniles	Adults & Juv	Adults	Juveniles	Adults & Juv	Adults		Adults & Juv	
									Number	%	Number	%
5	0	0	1,329	62	1,391	3,166	55	3,221	1,837	138.2%	1,830	131.6%
5	999	0	86	0	86	71	0	71	-15	-17.4%	-15	-17.4%
		sub-total	1,415	62	1,477	3,237	55	3,292	1,822	128.8%	1,815	122.9%
5	29	1	77	9	86	74	9	83	-3	-3.9%	-3	-3.5%
5	53	1	50	3	53	55	3	58	5	10.0%	5	9.4%
5	220	1	21	6	27	20	5	25	-1	-4.8%	-2	-7.4%
5	353	1	70	13	83	66	13	79	-4	-5.7%	-4	-4.8%
5	625	1	22	1	23	19	1	20	-3	-13.6%	-3	-13.0%
5	670	1	20	0	20	17	0	17	-3	-15.0%	-3	-15.0%
		sub-total	260	32	292	251	31	282	-9	-3.5%	-10	-3.4%
5	28	2	231	16	247	218	15	233	-13	-5.6%	-14	-5.7%
5	286	2	17	0	17	15	0	15	-2	-11.8%	-2	-11.8%
5	457	2	96	3	99	86	3	89	-10	-10.4%	-10	-10.1%
5	496	2	42	1	43	38	1	39	-4	-9.5%	-4	-9.3%
5	534	2	35	6	41	31	6	37	-4	-11.4%	-4	-9.8%
5	556	2	40	2	42	32	2	34	-8	-20.0%	-8	-19.0%
5	580	2	33	0	33	30	0	30	-3	-9.1%	-3	-9.1%
5	609	2	26	8	34	27	7	34	1	3.8%	0	0.0%
5	616	2	45	1	46	45	1	46	0	0.0%	0	0.0%
5	627	2	62	0	62	62	0	62	0	0.0%	0	0.0%
		sub-total	627	37	664	584	35	619	-43	-6.9%	-45	-6.8%
5	74	3	101	7	108	128	9	137	27	26.7%	29	26.9%
5	314	3	216	1	217	239	2	241	23	10.6%	24	11.1%
5	513	3	173	16	189	174	14	188	1	0.6%	-1	-0.5%
5	544	3	37	3	40	35	2	37	-2	-5.4%	-3	-7.5%
5	570	3	40	5	45	0	0	0	-40	-100.0%	-45	-100.0%
5	642	3	38	1	39	37	1	38	-1	-2.6%	-1	-2.6%
5	650	3	39	9	48	32	8	40	-7	-17.9%	-8	-16.7%
		sub-total	644	42	686	645	36	681	1	0.2%	-5	-0.7%
5	82	4	187	8	195	186	5	191	-1	-0.5%	-4	-2.1%
5	183	4	106	11	117	105	11	116	-1	-0.9%	-1	-0.9%
5	491	4	63	6	69	68	6	74	5	7.9%	5	7.2%
5	549	4	55	5	60	46	5	51	-9	-16.4%	-9	-15.0%
5	632	4	70	2	72	69	2	71	-1	-1.4%	-1	-1.4%
		sub-total	481	32	513	474	29	503	-7	-1.5%	-10	-1.9%
5	100	5	138	14	152	139	13	152	1	0.7%	0	0.0%
5	168	5	69	4	73	74	4	78	5	7.2%	5	6.8%
5	472	5	68	3	71	65	3	68	-3	-4.4%	-3	-4.2%
5	525	5	69	4	73	63	3	66	-6	-8.7%	-7	-9.6%
5	593	5	34	0	34	32	0	32	-2	-5.9%	-2	-5.9%
5	689	5	44	0	44	35	0	35	-9	-20.5%	-9	-20.5%
		sub-total	433	25	458	408	23	431	-25	-5.8%	-27	-5.9%
5	378	6	175	0	175	174	0	174	-1	-0.6%	-1	-0.6%
5	490	6	24	1	25	25	0	25	1	4.2%	0	0.0%
5	523	6	46	1	47	45	1	46	-1	-2.2%	-1	-2.1%
5	568	6	32	0	32	31	0	31	-1	-3.1%	-1	-3.1%
5	600	6	55	0	55	50	0	50	-5	-9.1%	-5	-9.1%
5	610	6	80	3	83	80	3	83	0	0.0%	0	0.0%
5	614	6	110	2	112	93	2	95	-17	-15.5%	-17	-15.2%
5	657	6	84	0	84	83	0	83	-1	-1.2%	-1	-1.2%
5	662	6	40	0	40	44	0	44	4	10.0%	4	10.0%
5	677	6	61	0	61	67	0	67	6	9.8%	6	9.8%
5	681	6	58	0	58	47	0	47	-11	-19.0%	-11	-19.0%
		sub-total	765	7	772	739	6	745	-26	-3.4%	-27	-3.5%
Total District 5			4,625	237	4,862	6,338	215	6,553	1,713	37.0%	1,691	34.8%

## **Follow Up From Zone 3 Meeting (and more handouts too!)**

Hello, All,

With sadness, we announce the disbandment of Vakkertland Lodge, 5-570, in WI Dells, a longtime member of Zone 3. We met with local leaders numerous times, sharing ideas on revitalizing that lodge. One obstacle they shared was the aging of their members. Their efforts to attract new members also fell short. They did not meet several months out of the year. Younger members lived out of state and could not actively participate. Finally, there was the lack of willing leaders they needed to continue.

Word of mouth advertising is one of the most effective ways to attract new members. Have a visual presence in your local community via newspaper articles or signage. Place no cost lodge advertising on community bulletin boards in your locale. Set up a Facebook page for your lodge if you have not done so already. Work with the Chamber of Commerce to promote your activities. Arrange a class at your meeting location. Sell lefse at the local farmer's market. Take your interested members on a road trip! Plan an activity that appeals to children!

Ask your board of directors or lodge officers to think outside the box! All ideas are valued. Use the Membership Satisfaction Survey to discover what interests your members. Ask your members what they would like to do at an upcoming meeting! Invite members from other lodges to your events. Attend other lodge meetings to gain ideas for programming.

As we enter another challenging winter season, if necessary, use virtual means to maintain contact with your members. For example, use *Zoom* or *Go to Meeting* to conduct business or host a speaker.

Sending a valentine's day card or a postcard with lodge updates will help all of your members to survive another COVID-19 winter. In addition, delivering items to your lodge members' homes is a positive reminder that their membership is valued.

Hopefully, spring 2023 will provide all of our lodges with the opportunity to hold membership events. A Zone 3 insurance professional from the Sons of Norway (Greg Ragan, in this area) will help sponsor your event. Contact Greg if you would like to take advantage of this option. The International Office will cover a portion of your costs.

<p><b>Greg Ragan, Sons of Norway Insurance Professional</b> Phone: (815) 623-8817 e-mail: <a href="mailto:gragan51@gmail.com">gragan51@gmail.com</a></p>
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Don't hesitate to contact me for the *Succession of Officers* PowerPoint presentation. Be prepared to fill key leadership positions by beginning discussions now.

We wish all of our members a healthy winter season. Keep the lines of communication open. Karen and I are here to assist your lodges with concerns. Be watchful for the latest membership update from the International Office in an upcoming edition of the *Friendly Fifth Friday News (FFFN)* coming to an inbox near you!

Thank you,

Cheryl Wille-Schlessler-608-219-4464 and Karen Eberhardt-608-577-5906

## D5 Cultural Director Report for Zone 3 January 8, 2022 Meeting

The Viking Chest and Immigrant Trunk are making the rounds of Zones 3 and 4 until April, 2022. At that time they will be given to directors from Zones 5 and 6. Each part of the collection has an auxiliary box for materials that do not fit the historic container. Each also has a cart for moving the heavy containers. A small tarp is included to protect in case of rain or snow.

### Viking Chest/Immigrant Trunk Schedule

\*Oct 2021 to Apr 2022:

Chest--zone 3  
Trunk--zone 4

\*\*Apr 2022 to Oct 2022:

Chest--zone 5  
Trunk--zone 6

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

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](mailto:judy62ghastin@gmail.com)

### Cultural Skills Awards

The revised method for obtaining Cultural Skills awards is found in the Cultural Corner on the D5 website. The new method was explained in a video from headquarters last year. Please help spread the word that the printed directions shown with each cultural skill on line are not current.

All cultural work is now verified by a local lodge cultural director or officer. The lodge then orders the awards. Headquarters no longer has contact with the applicants. Do not send cultural skills materials to Minneapolis.

## **Cultural Classes**

There is a virtual Hardanger Embroidery class offered by Donna Olson in progress now. Contact Donna to see if she can add students.

### **Class Invite**

Hardanger embroidery classes resume again **January 5 – April 13, 2022**. 15 weeks. **In person** at Stoughton Sr. Center – **Wed.** 8:15 – 10:15 AM and 10:15 – 12:15 am. \$50 with % to Sr. Center.

**Zoom** class **Thurs.** 6:30 – 8:00 PM. \$40 with % to zoom charge. Beginner to Adv. ability are welcome to join.

We review the basics and learn the more complicated stitches, show and tell our progress, ask for help, and get support to find the errors!

Kits selected (not required) 730 Wild Blue Gifts 22 ct fabric (4) – beg. -\$23.00: 728 Morning Dew Runner 25 ct fabric – interim. Adv. - \$34.00: 718 Table Flower Runner 25 ct fabric- \$34.00 Add this to class charge if chosen.

Contact Donna to enter the chosen class! Name, phone #, email address, home address required.

Donna M. Olson  
1781 Burning Tree Circle  
Oregon, WI 53575  
[dmolson43@gmail.com](mailto:dmolson43@gmail.com)

There may be other virtual classes added in rosemaling and cooking, so stand by for information. Check FFFNEWS and the D5 website.

## **District 5 Cultural/Sports Grants**

District 5 now offers several kinds of grants.

Lodges may be reimbursed up to \$26 per year for cultural and Sports Pin Shipping costs. NOTE: a separate reimbursement for membership pin shipping is available through the Vice President.

The Small Project Grant is offered for up to \$200.00 to support small projects such as guest speakers.

The Matching Funds Grant matches lodge funds up to \$500.00 for extensive projects such as an ethnic festival.

Grants are awarded in spring and fall.

Grant details are in the October 29, 2021 FFFNEWS.

Submitted by

Judy Ghastin  
D5 Cultural Director



## 2022 Photo Reminders – Karen Eberhardt

- Sons of Norway Viking Photo guidelines are on the International website. Viking magazine: District Happenings Photo Guide.
- Photo must contain Sons of Norway members or people attending a lodge event and the caption information must relate directly to the content of the photograph.
- Photos must be visually interesting, well lit, and of good composition. It is best to avoid photos containing distracting items in the foregrounds (such as heads, chairs, backs of people obscuring the view of the subject) and photos taken in dim lighting conditions.
- Digital cameras and phones must be set to the highest possible photo quality setting.
- Digital photos must have resolution of 300 dpi (dots per inch) or greater with no pixilation or blur and at least 3" x 5" in physical size.
- High resolution images will be a larger file size, often several hundred kilobytes (KB) or from one to ten megabytes (MB) and up.
- When emailing a photo from a tablet or smart phone, be sure to send the largest possible file size offered (which will likely require additional bandwidth/data).
- DO NOT Edit photos (Photo shop). Digitally altered or cropped photos will not be used. Only send the original untouched photos.
- Photos of inanimate objects only (handcrafts, food, murals, etc.) will not be used.
- Limit the number of people in your photo. What you are capturing is going to be reduced to a much smaller print size and you will not be able to see the people.
- Be creative in showing lodge activities to help 'invite people' to look at your photo and read about what you are doing.

### Sending Photos –

- Email your photos to your lodge publicity director who will email them to your district publicity director. If your lodge does not have a lodge publicity director or editor, please email your submission directly to the district publicity director.
- Contact information for your district publicity director can be found on the Happenings section of the Viking Magazine.
- New 2022 process from International offices is to use the Sons of Norway Contact & Photo Submission Form (has your contact information and description of the photos) along with your photo attachments to the District Publicity Director. You can copy the highlighted part and paste into your email to the District Publicity Director.
- Photos of children need to have parental permission if you are publishing their name. If the child is a legacy member they can be listed as they are a member but still get parental permission and note that in the email description. You can get the parent's verbal permission at the time of taking the photo.
- Children can be identified as local children enjoying your event or grandchild or child of current member (with or without member name).

Also send your photos and articles to the District 5 webmaster, Christina Fairchild. On the District 5 website the Webmaster Blog is listed under the 'About Us' heading. The email is: [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)



**SONS of  
NORWAY**

## 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:**

## LODGE PUBLICITY

**Publicity is an important component of a successful lodge.** A successful publicity campaign can inform your surrounding community of your existence, increase attendance at lodge events and increase membership in your lodge.

1. **Establish a lodge budget** and then make it larger. You will need to cover expenses for newspaper ads in local newspapers, printed flyers for events, printing of photos, handouts, etc. Review what you have done and paid in the past two years to help increase more exposure of your events in your geographical location/area so the public is aware of your lodge which is open to the public and welcoming new members.
2. **Newspapers** -
  - a. Have the Lodge President, Editor and Secretary (at least two people together) visit the local newspaper office to make a personal contact and get their business card. Ask if the lodge could have a non-profit discount for ads placed in local newspaper or in combination with ads placed in other local newspapers that this company covers.
  - b. Discuss if there is a fee to submit an informational article before an event and then follow-up news pieces complete with at least one digital picture. Usually news articles placed on-line have no cost but check on their policy.
  - c. When you have a lodge event notify the newspaper about a month ahead of time so they can schedule a reporter/photographer to cover your event. Have a news story already prepared and printed to give the news reporter for their article. If there is a charge for your event be sure to personally give the newspaper a ticket for admission at no charge to them.
  - d. Create your 'news release' in a Word or Google Document and save it. Then when you go on-line to submit an article with the newspaper service you can 'copy and paste' the article and know that you have included all information. You can next 'up-load' a photo for the story.
    - i. If you know that you are going to submit your story in several newspapers and you don't want to re-write it every time, make it more generic. Make sure your photo (that can be staged) has someone of each town in the picture and have the people identified from each town. Save computer article and pictures.
    - ii. The newspapers usually only print news about people from their town so identifying them is very helpful or change the photo used for each town newspaper.
    - iii. Identify your article or photo by referring to 'Local members of '(lodge name) lodge of Sons of Norway will be meeting at 123 Street name, Town name' might help to get into another neighboring town newspaper.
3. **Community Calendar** for your community may be maintained by the Chamber of Commerce, local newspaper or Town/City government.
  - a. Check to see who maintains the printed and the on-line calendar and put your lodge events on this service.
  - b. Area TV and Radio stations also have local event calendars for free.
4. Use a **Guest Book** at lodge meetings.

- a. One can be purchased at local craft store, paper goods store or even at Goodwill or resale shop (un-used).
- b. On each page mark an area with dark lines for guests to write their information for the headings: Date, Name, Address, Email address, phone number.
- c. Use this for Membership recruitment and for major Lodge Event Advertisement via email and regular snail mail of your flyers.

#### 5. **Lodge Lap Top Computer**

- a. Having a lodge traveling lap top has many advantages and is a central place to store your lodge information.
- b. Set-up a generic lodge email set-up so
  - i. The computer programs that you purchase can be updated when needed.
  - ii. Your members send their reports and photos to the one person who will use this lap top for their lodge office. Example could be 'Vennelagsec@gmail.com' Keep it simple with no computer sign-in password or have the password written on the keyboard for future reference.
- c. Lodge Rules, Guidelines, Minutes, Agendas, Officer Reports and photos should be in separate category folders and sorted by year.
- d. Why – Unless you keep a lot of paper copies does your lodge have that information kept in place where it can be accessed if current officers and their possessions are no longer available? Information from officers can be transferred to the lap-top via data-stick upload or via email.

#### 6. **Facebook, Snap Chat, Twitter, Web site**

- a. Setting up a lodge presence in these media formats reaches more people and has no cost to the lodge except maybe the lodge web site. Many people re-post info.
- b. If needed, engage some of the younger members to help facilitate and manage these entities.

#### 7. **Photos**

- a. Photos show fun lodge activities that can be used in many ways. Many can be 'natural' photos but also 'stage' photos to get specific people or events collected to be used later.
- b. Take many photos at lodge meetings and activities as you can always delete what isn't used or save to be used for future promotions.
- c. Designate someone in the lodge to take photos either as part of their job or appoint someone.
  - i. Your local high school students might have optional service or volunteer hours that can earn toward graduation 'silver cord' recognition.
  - ii. 4-H and scout groups may have someone interested in taking photos toward badges or troop service.
- d. Printed or Digital Lodge scrapbook on display at lodge meetings or events can help facilitate conversation about what the lodge does.

To find International Sons of Norway documents - Log into International website – Go to Member Resources –

Find listed Communication Tool Kit and Under Lodge Forms find – Publicity Toolkit

## Idun Convention Committee Report for Zone 3 January 8, 2022 Meeting

Information Posted on Sons of Norway D5 website:

**Our History: A Continuous Journey** (Convention Logo)

*Idun Lodge 5-074, Madison, is hosting the convention June 15-19, 2022, at the Madison Marriott West in Middleton, WI.*

### General description of happenings:

June 15, afternoon: Classes begin

June 16, morning: D5 Committees

afternoon: delegate training, D5 presentations, classes

evening: entertainment

June 17 - 18, D5 Lodge Meeting, vendors, activities for those who are not delegates

June 17, evening: activity options

June 18, evening: banquet, Sangerfest Grand Concert

June 19, morning: D5 Board Meeting

### Convention Registration Fees for Delegates and Non-Delegates

Delegate fee of \$125

Non-delegate fee of \$30

### 2022 D5 Convention - Madison Marriott Hotel Registration

A block of rooms has been reserved for the 2022 D5 Convention at the **discounted rate of \$132 for a double room**. This rate includes up to 4 people per room.

Contact the **reservation number at 1-888-745-2032 no later than May 25, 2022**, and *identify yourself as part of the Sons of Norway Idun Lodge D5 Convention 2022 group*.

Idun Committee Recommendation: As soon as your lodge has chosen Convention Delegates, encourage your delegates to follow the room reservation directions above and make their hotel reservation at the Madison Marriott Hotel.

**Well Wishers and Convention Advertisements Forms:** Both are posted on the D5 Webpage. Encourage your lodge members to sign their names to the Well Wishers list for your lodge; the cost is only \$2 per name. On the final list you send Kelsey Anderson be sure to type all the names and include your Lodge Name/Number so she has correct spellings for the program booklet. We welcome lodge ads for the booklet.

### Details on Specific Activities at June 2022 Convention

#### **Koshkonong Heritage Bus Trip**

#### **Friday, June 17, 2022, from 11:30 am to 3:45 pm**

Join D5 Sons of Norway members for a Heritage Tour to see and hear the history of the East and West Koshkonong churches near Cambridge and Stoughton, WI. Our narrators, Dana Kelly and Gary Swain from the Koshkonong Prairie Historical Society, bring the history of this area alive. We will stop in Stoughton to tour the Stoughton Historical Society and Livsreise, the Norwegian heritage center.

**Registration is required and the cost is \$25.00 per person. This trip is not handicapped accessible.**

### Cultural Classes

#### **Norwegian Genealogy by Jerry Paulson**

If you are just beginning your Norwegian family history project, or have some experience with family research, but have not or have feared working with Norwegian records, these sessions are designed for you! Subjects to

be covered include: Norwegian Naming Patterns, Using Church Records in your research, Understanding Units of Government and Farms and Occupations, Immigration and associated records.

Jerry Paulson, Naeseth Chair for Genealogical Research and Publication at NAGC&NL, has extensive experience as a genealogical researcher and teacher at NAGC, MATC, and for Sons of Norway. He has led research tours to the Family History Library in Salt Lake City.

**Date: Wednesday and Thursday afternoons, June 15 & 16, 2022:** 2 sessions per day, consisting of 1.5 hours per session with a 15 min break.

**Cost: \$30.00** + a nominal fee for handouts to be paid to the instructor.

### **Hardanger Embroidery by Donna Olson**

Whether you are just beginning to do Hardanger embroidery or have a piece started that just never got finished, this class is for you. Donna will teach the techniques for the basic stiches and give you tips on making your work look beautiful.

#### **1. Two-day class on Wednesday and Thursday afternoons, June 15 & 16, 2022 (3 hours per day)**

TOKEN GIFTS 4 small doilies, each 6.25" x 6.25" on 22 ct. fabric

**Class Cost: \$25.00 + Kit Cost: \$25.05**

#### **2. One-day class (3 hours) on Friday morning, June 17, 2022.** This is a focused course to learn or review the basic Hardanger stitches.

SMALL WONDERS (4) four 2.25" x 3.5" doilies for a 4" x 6" framing on 25 ct. fabric

**Class Cost: \$15.00 + Kit Cost: \$14.75**

### **Rosemaling by Jan Norsetter**

Jan Norsetter will lead students through the basics of rosemaling beginning with two fundamental strokes and progressing to decorating an 8" shallow bowl. The specifics on where to obtain your brushes and other materials will accompany the registration form. This 2-day class will be offered on **Wednesday and Thursday afternoons, June 15 & 16, 2022. Class cost: \$37.50 An extra fee of \$15.00, paid to the instructor,** covers the cost of supplies and materials provided.

Jan Norsetter is an award-winning oil painter known for vibrant landscape paintings. In July 2018 she was awarded the Vesterheim Gold Medal in Rosemaling. Jan teaches both landscape painting and rosemaling.

### **Demonstrations in Marriott Atrium (next to the Lobby)**

The Sons of Norway District 5 Convention has planned three demonstrations in the Atrium area.

- Master carver Donald Rorvig and fellow carver Rodger Hansen from Stoughton, WI will work on their carving project, a replica of the Queen's wagon found in the Øseberg Viking ship burial mound in Norway. They are both constructing and carving this object.
- Viking reenactors, Owen and Elspeth Christianson from Virginia, can share their extensive knowledge about the Viking Age through fiber arts, woodworking, and carpentry. Elspeth has different types of looms and Owen can share his woodworking projects. They appear in Viking attire to add to the experience.
- Lois Mueller, a Vesterheim Gold Medal Rosemaler, from Platteville, WI will present continuous rosemaling demonstrations, engaging her audience in conversation as she paints.

Submitted by Lucy Ghastin, Idun Convention Committee Chair

# Sons of Norway- Mandt Lodge Program Presentation Information Sheet

Thank you for agreeing to do a presentation at our Sons of Norway Lodge. In order to prepare, promote and publicize the program, the following information will be helpful for all involved!

Date of presentation \_\_\_\_\_ Time \_\_\_\_\_

Title of program \_\_\_\_\_ Length of program \_\_\_\_\_

Presenter's name \_\_\_\_\_ Cell phone \_\_\_\_\_

Presenter's email address \_\_\_\_\_

Is there a fee? \_\_\_\_\_ If so, the amount: \$ \_\_\_\_\_

Do you need a: \_\_\_\_\_ Screen \_\_\_\_\_ Laptop \_\_\_\_\_ PC Projector

\_\_\_\_\_ Tables (how many 8 foot tables) \_\_\_\_\_ Easel

Other needs \_\_\_\_\_

Please give a 5-6 sentence description of the program that we can use for our flyers, advertising, and social media promotion:

Please include a bio of the presenter for introduction at the meeting:

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**For the presenter:** If you are presenting at a monthly lodge meeting (usually the 2<sup>nd</sup> Wednesday of the month), the meeting starts at 7 PM. We have a short business meeting and the program will follow. We ask that programs do not last more than 75 minutes. The building is always open by 6:00 for you to set up. I ask that you arrive no later than 6:30 PM so we can insure that everything works! We have a lift (elevator) if you have boxes or need to bring in carts. We do have a PC laptop and a projector. If you have a program on an Apple or Mac, please try to use your own laptop or contact the lodge member who is coordinating the program with your needs. We will attempt to find a similar laptop from one of our members. We have a microphone, a large wall screen, and a good sound system. **Please return this form in MS Word format (for easier cutting and pasting) immediately to President Darlene Arneson at arnesonfamily5@gmail.com after confirming that you will present a program. Thank you!**



## **Reports from Zone 3 Lodges on their upcoming activities:**

### **Vennelag Upcoming Events:**

**January 16** –Movie – *Lutefisk Wars* – Officer Installations and District Convention  
Representatives elections, “Scandihoovian” Fest Plans: Horse Races for small children, Corn Hole toss game for older children and adults using bean bags in the shape of fish, Kubb Games for older children and adults.

**February** – No regular meeting, but we will celebrate Friluftsliv along with a chili/soup cook-off at Karen & John Eberhardt's home. Outdoor sports options include a sled run and a cross country ski trail. The event will be held on February 6, beginning at 1:00 PM. Cookies for the Birkebeiner are to be collected by February 20. They can be delivered to the February event.

**March** – A baking demonstration for our members at the meeting on making good quality Norwegian baked items. This activity will help us to provide more quality items for our bake sales and distribute the work to more members. Connie Aiello will provide instruction.

**April** – Possibly Jan or Miriam Hanson – To Be Determined. All applications for cultural pins should be submitted. Pins will be presented in May. Check our website; Martha has links to the requirements there. Karen reported that the forms are now easier to complete.

**May** – Syttende Mai Dinner and presentation of pins to many members. There was discussion of possible program activities at meetings: dancing, Bingo, games, euchre, etc.

**June** – Picnic –at Brigham Park or Donald Park

**July** – Kaffe Stue-Norwegian luncheon, venue TBA

**August** – Mallards Baseball Game, Other possible visits: the Henry Vilas Zoo, Driftless Museum, Olbrich Gardens, and a possible road trip to Geneva, IL or Norway, IL

**September** –Review the trip to Norway.

**October** – Frokost, Foundation Month, Greg Ragan

**November** – Euchre tournament/games

**December** – Christmas Party, Possible cookie exchange

### **Mandt's Lodge Upcoming Activities**

- Norse Afternoon of Fun is February 6.
- Snow shoeing, skiing, bowling, and axe throwing are all being planned for this winter.
- Our kubb tournament is July 23.
- Program- January- Hauge Log Church;
- Feb- The Stavig Letters movie;
- March- Civil War Trip presentation;
- We have two rosemaling classes in April.
- Our scrapbook and craft weekend is in March.
- We are hosting two big bus tour meals on Feb 4 and Feb 11- 110 on each Friday!

# The Stoughton Norwegian Dancers- Norse Afternoon of Fun 2022

On Sunday, February 6th, the internationally known Stoughton High School Norwegian Dancers will present their annual “Norse Afternoon of Fun” at 1:30 p.m. in the Stoughton High School gymnasium, 600 Lincoln Avenue, Stoughton, WI. While celebrating their 69th year, the Dancers will present their answer to “cabin fever.” The combination of colorful Norwegian costumes, rousing music, and exuberant Scandinavian folk dancing produces the necessary elements to relieve the “winter-time blues”. Members of the audience are encouraged to wear their Norwegian bunads or sweaters. This lively group of dancers will present a program which includes humorous dances, gymnastics, skits and audience participation dances. The program appeals to all ages. Bring the children and grandparents. Make your attendance at the “Norse Afternoon of Fun” a family event. A bake sale featuring Norwegian lefse and desserts is also part of the afternoon activities as well as the announcement of the Community Appreciation Award and 2022 Syttende Mai Royalty. The admission for adults is \$8.00 at the door. Admission for children under 14 is \$1.00. Admission tickets can be purchased ahead of time for \$5 at the Chamber of Commerce, McGlynn Pharmacy, Nordic Nook, Stoughton Lumber or Hanson Electronics. There will be a Raffle for 23 amazing prizes. Raffle tickets are available online only at <http://go.rallyup.com/norse2022>

**Sunday  
February 6th  
1:30 p.m.  
at Stoughton  
High School Gym**

## STOUGHTON NORWEGIAN DANCERS

### NORSE AFTERNOON OF FUN

Norwegian Dancer Performance

Previous Syttende Mai Kings & Queens

2022 Syttende Mai King & Queen Announcement

2022 Syttende Mai Prince & Princes Announcement

Liz Nelson Community Appreciation Award

Bake Sale



**2022 Raffle Prizes - Drawing at 2:30 p.m. on February 6th**  
at Stoughton High School, Stoughton, WI • Need not be present to win

<p><b>1st Prize - \$500 Cash Prize</b> Friends of Norwegian Culture</p>	<p><b>6th Prize - Apple AirPods</b> Hanson Electronics</p>	<p><b>11th Prize - Golf for 4, Includes Cart</b> Coachman's Golf Resort</p>	<p><b>16th Prize - \$100 Cash</b> Gunderson Funeral Home</p>	<p><b>21st Prize - Krumkake Iron</b> Asleson's True Value Hardware Store</p>
<p><b>2nd Prize - \$500 Off a Set of 4 Tires</b> Conant Automotive</p>	<p><b>7th Prize - Yeti Cooler</b> Stoughton Lumber</p>	<p><b>12th Prize - Traditional Hardanger Table Runner</b> - Susan Slind</p>	<p><b>17th Prize - \$100 Gift Card for Jewelry</b> Diamonds Select</p>	<p><b>22nd Prize - Couples Combo Deal and Specialty Breadstick Meal</b> - Spinners Pizza</p>
<p><b>3rd Prize - Rosemaled Corner Cabinet</b> Cabinet made and donated by Arne Dullum, rosemaled by Marje Sterjem</p>	<p><b>8th Prize - Dale of Norway Sweater</b> Nordic Nook</p>	<p><b>13th Prize - 6 Triple Play Haircuts</b> Sports Clips Janesville - Eric &amp; Angie Oistad</p>	<p><b>18th Prize - \$100 Gift Certificate to Marcus Theaters</b> - Cress Funeral Home</p>	<p><b>23rd Prize - \$50 Gift Certificate</b> Viking Brew Pub</p>
<p><b>4th Prize - \$200 Cash</b> In Memory of Liz Nelson and Roy W. Nelson, Jr. Dave Nelson</p>	<p><b>9th Prize - Rosemaled Item</b> Shannon Suddeth</p>	<p><b>14th Prize - \$100 Cash</b> Bryon and Daniele Thompson</p>	<p><b>19th Prize - \$100 Gift Certificate</b> Moyer's</p>	
<p><b>5th Prize - \$200 Cash</b> Jessica Elickson</p>	<p><b>10th Prize - Golf for 4, Includes Cart</b> Stoughton Country Club</p>	<p><b>15th Prize - \$100 Cash</b> Fuller Excavating</p>	<p><b>20th Prize - Dozen Donuts per Month for 1 year</b> - Foadal's Bakery</p>	

*Tickets available at:*  
Stoughton Chamber  
McGlynn Pharmacy  
Nordic Nook  
Hansen Electronics  
Stoughton Lumber

*Tickets also available at the door*

**Tickets \$5 (\$8 at Door)  
\$1 for Children under 14**

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

### **February 5, 2022 and February 8 (start of 8 week course)**

- Leadership 8 Week Course- Saturday, February 5 (9:00-10:30 AM CT/10:00-11:30 ET) **and** Tuesday, February 8 (6:30-8:00 PM CT/7:30-9:00 PM ET). [https://sonsofnorway5.com/programs/leadership\\_workshop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)

### **March 15, 2022**

- Deadlines for Lodge Achievement, Family Lodge of the Year and AFA Reporting

### **March 1, 2022**

- 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
  - Elaine Nelson Scholarship

### **March 5, 2022**

- Delegate Election Form due to Darlene Arneson

### **March 15, 2022**

- D17 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 [Fraternalsgive.org](http://Fraternalsgive.org), are due to Membership Services at Sons of Norway Headquarters.
- Fraternal Funds packet is sent to the district treasurers.

### **April 1, 2022**

- Proposed District Bylaw and Resolution Proposals due to Darlene Arneson
- Bids to host 2024 District Convention due to Darlene Arneson

### **April 15, 2022**

- Sarah Paulsen Memorial Scholarship applications are due

### **May 15, 2022**

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- 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)

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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 31<sup>st</sup> to Sept 1<sup>st</sup> 2022, with first time delegates arriving on the 30<sup>th</sup> of August for the First Timers Training. Delegates will depart the 2<sup>nd</sup> 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**

#### Note:

- Check correspondence from the International and District and the International ([www.sofn.com](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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### 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](mailto: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](mailto: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](mailto:arnesonfamily5@gmail.com)