

## Friendly Fifth Friday News

### January 22, 2021

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!

---

### Rosemaling Class for Culture Pin #1

Session #1: Saturdays February 20, 27 and March 6  
Session #2: March 1-3, Monday, Tuesday and Wednesday  
9:00 am to 4:00 pm CST each day with a break for lunch  
Instructor: Lois Mueller VGM  
This class will be taught via Zoom.

Cost: \$75 for session #1 (3 Saturdays) and \$75 for session  
#2 (Monday – Wednesday) is a repeat of session #1.  
Cost: For non-SON members: \$100 for session #1 or session #2.

If you have wanted to earn your #1 Rosemaling Culture Pin, but didn't know just how to get started...now is the time. Everything we will do in the class will be working toward the pin. You should plan to have earned it by the end of the 3 days of class.

The classes will be based on the SON Guidelines for the culture pin.

Day 1: Brush control and brush technique

Day 2: Complete a flower form or forms and begin working with scroll formations.

Day 3: Complete 1 project ...an 8" plate which will use the brush control and technique, flower forms and scroll formations.

To complete the submission for Pin #1: 1 elective selected from the list provided in the SON Cultural Skill Program information should be completed including photos and unit evaluation.

A list of painting supplies is included in this registration form. You may purchase the items locally or purchase from me. Since you may have some of the items, you may purchase only those items that you do not have.

I will be painting with acrylics, but am an experienced oil painter which allows you to select the kind of paint that you wish to use and I can assist as needed. If you already have paint and supplies, you may use them for the class.

Your instructor is Lois Mueller. She has been rosemaling since 1977 and teaching since 1979. She began teaching at the Technical College in Appleton, WI and now does travel teaching throughout the USA plus a trip to Taiwan and a couple to Canada. In November 2020, she taught her first Zoom class for the Illinois Norsk Rosemalers Assoc. Lois received the Gold Medal from Vesterheim in Decorah, IA in 1998. Since that time she has written 9 rosemaling instruction books. In 2016, she was part of a group that created a new organization called, Rosemaling Coast to Coast. The reason for the organization was to have a way of sponsoring a rosemaling convention.

## Rosemaling Class Registration Form

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Lodge: \_\_\_\_\_ Membership # \_\_\_\_\_

Non-Member: \_\_\_\_\_

Registration for the class is first come, first served by date received. The maximum number of students is 12. After class is full, we will have a waiting list. The instructor is willing to teach additional classes based on the number of registrations that we receive.

The Registration Deadline for classes is February 5, 2021. This deadline will allow me to order what is needed and mail it to you in time for the class.

\_\_\_\_\_ Class Registration Fee

\_\_\_\_\_ Amount for supplies

\_\_\_\_\_ Total amount due

\$7.50      Shipping IF you are ordering supplies from me

Send registration to Lois Mueller via [nordic@mhtc.net](mailto:nordic@mhtc.net) or by mail-1225 W. Main St., Platteville, WI 53818

Make checks payable to: Lois Mueller OR call 608-348-3398 if you wish to use a Credit Card

# Supply List for the Classes:

You may order the supplies from the instructor or purchase locally. If you already have them, you do not need to purchase any additional supplies. If you are an oil painter, you may use whatever supplies that you already have. I do not have any oil products on the list. If you have any questions concerning supplies, please contact me at [nordic@mhtc.net](mailto:nordic@mhtc.net)

\*Items can be purchased by you or you might already have them. Please check items that you wish to purchase.

## Brushes

\_\_\_\_\_ \$7.50: #1 Script Liner – Kingart Series #

\_\_\_\_\_ \$9.00: #2 Filbert –Kingart Series #

## JoSonja's Acrylic Paint

\_\_\_\_\_ \$4.70: Burnt Umber

\_\_\_\_\_ \$4.70: Storm Blue

\_\_\_\_\_ \$4.70: Red Earth

\_\_\_\_\_ \$4.70: Titanium White

\_\_\_\_\_ \$4.70: Yellow Oxide

\_\_\_\_\_ \$4.70: Carbon Black

## Mediums: JoSonja's brand of mediums: All 2 oz. bottles

\_\_\_\_\_ \$2.96: Flow Medium

\_\_\_\_\_ \$2.96: Gel Retarder

\_\_\_\_\_ \$2.96: Magic Mix

\_\_\_\_\_ \$2.96: All-Purpose Sealer

\_\_\_\_\_ \$2.96: Polyurethane Varnish with a Matte Finish

## Project:

\_\_\_\_\_ \$10.00: A plate that will be prepared and ready to paint.

## Other supplies: Items marked with \*, please have at class

\_\_\_\_\_ \*1" Sponge brush\*

\_\_\_\_\_ \*Fine sandpaper\*

\_\_\_\_\_ \*Paper lunch bag\*

\_\_\_\_\_ \*Paper towels

\_\_\_\_\_ \*Styrofoam tray or plate\*

\_\_\_\_\_ Tracing Paper—I will provide

\_\_\_\_\_ Transfer Paper—I will provide

\_\_\_\_\_ \*Water container for cleaning brushes\* Could be any kind of cup or glass

\_\_\_\_\_ \* Paper – several sheets

\_\_\_\_\_ \*Pencil\*

\_\_\_\_\_ \*A piece of chalk or a chalk pencil

\_\_\_\_\_ Instruction Packet – I will provide

Oil Painters:

Please use Odorless brush cleaner.

Please bring an empty can with lid, such as a coffee can.

*This may look like a lot of supplies for a class and maybe even a little expensive, but from this point on, you will only purchase items to replace what you have used and something to paint on.*

-----  
***Rosemaling Demonstration (see ZOOM link on next page)***

***Saturday, January 30, 2021- Time: 1:00 – 3:00 pm Central***

***If you need something a little different to do on a Saturday, join this demonstration via Zoom.***

***Lois Mueller VGM, Vesterheim Gold Medalist, will be conducting a rosemaling demonstration. It will begin with a discussion of several different styles of rosemaling that Lois does, followed by a demonstration of one of the styles.***

***Lois has been rosemaling since 1977 and teaching since 1979. She began at the Technical College in Appleton, WI and now does travel teaching throughout the USA plus a trip to Taiwan and a couple to Canada. In November of 2020, she taught her first Zoom class for the Illinois Norsk Rosemalers Assoc. She received the Gold Medal from Vesterheim in Decorah, IA in 1998. Since that time she has written 9 rosemaling instruction books. In 2016, she was part of a group that created a new organization called, Rosemaling Coast to Coast. The reason for the organization was to have a way of sponsoring a rosemaling convention. They will be holding their 3<sup>rd</sup> convention, June 21-24, 2021 in Eau Claire, WI, providing Covid allows them to do so.***

***Lois would love to meet you at the demonstration and share some of the knowledge that she has gathered over her many years of rosemaling.***

***Watch for Zoom access information for the demonstration in the FFF***

***News January 22 and January 29. There is no fee for the demonstration.***

***Cultural Committee***

***Judy Ghastin***

***D5 Cultural Director***

**Lois Mueller is inviting you to a scheduled Zoom meeting. (Link for the January 30 Demo)**

**Topic: Rosemaling Demonstration**

**Time: Jan 30, 2021 12:45 PM Central Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/84073203557?pwd=dDZpZG5VT2NnVmcyTHR4QXN2SmMzQT09>

Meeting ID: 840 7320 3557

Passcode: 588394

One tap mobile

+13126266799,,84073203557#,,, \*588394# US (Chicago)

+19294362866,,84073203557#,,, \*588394# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 840 7320 3557

Passcode: 588394

Find your local number: <https://us02web.zoom.us/j/kwBHNYZGF>

## From Sherry Gorse – LA and FLOY form update (January 20, 2021)

Dear 2020 Lodge Secretaries,

Some of you may have tried to access the 2020 Lodge Achievement Program forms from your member profile, only to discover that the forms are still marked 2019.

Sons of Norway staff is working to update these links.

To submit your 2020 Lodge Achievement and Family Lodge of the Year forms online, please still use the links accessed from your profile page, even though they are marked **2019**. There have been no changes to the forms, and Headquarters staff can easily distinguish your new submissions from those made previously.

If you are planning to submit your LA, FLOY and/or AFA Year End Reporting forms on paper, you can download the 2020 versions from the Forms area of the website. After you have logged on, click on the Member Resources button near the top right of the page. Then click on Lodge Leadership Resources, then Administrative Resources, and then on Lodge Forms.

We realize that 2020 was unusual and the number of points scored will be lower than previous years. The thresholds to win Gold, Silver and Bronze Merit Awards are being adjusted accordingly.

The deadline for submission this year is **March 15<sup>th</sup>, 2021**.

Please contact me with any questions

### Sherry Gorse

Membership Services

Direct 612.821.4643 | Fax 612.827.0658 | Toll-free 800.945.8851, Ext. 4643

[fraternal@sofn.com](mailto:fraternal@sofn.com)

1455 W Lake St, Minneapolis, MN, 55408

612-827-3611

800-945-8851

District 5 members are reminded of the upcoming Zone training scheduled for this coming Saturday, January 23, 2021, beginning at 9 AM Central Standard Time on Zoom.

Representatives will be on hand from every zone in the District. All District 5 Presidents were sent copies of the day's documents to share with their leadership teams.

International Vice President Mark Agerter will share a report from the International Office.

Mike Godbout from the Sons of Norway Financial Division will present the latest information on SofN insurance products and other investments.

Lodges will have an opportunity to share their reopening plans for later this year.

Cheryl Wille-Schlesser  
Zone 3 Director  
[rogcher@mhtc.net](mailto:rogcher@mhtc.net)  
608-219-4464

Karen Eberhardt  
Zone 3 Director  
[eber01dj@gmail.com](mailto:eber01dj@gmail.com)  
608-845-6910

## **Link for the Zone Meeting on January 23 at 9 am Central**

**Darlene Arneson is inviting you to a scheduled Zoom meeting.**

**Topic: SN District 5 Zone 3 Meeting**

**Time: Jan 23, 2021 09:00 AM Central Time (US and Canada)**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/89351143617?pwd=elpVRmFvSm9HdWFZbFNON3U3R3krQT09>**

**Meeting ID: 893 5114 3617**

**Passcode: 434477**

**One tap mobile**

**+13126266799,,89351143617#,,,,\*434477# US (Chicago)**

**+16465588656,,89351143617#,,,,\*434477# US (New York)**

**Dial by your location**

**+1 312 626 6799 US (Chicago)**

**+1 646 558 8656 US (New York)**

**+1 301 715 8592 US (Washington D.C)**

**+1 253 215 8782 US (Tacoma)**

**+1 346 248 7799 US (Houston)**

**+1 669 900 9128 US (San Jose)**

**Meeting ID: 893 5114 3617**

**Passcode: 434477**

**Find your local number: <https://us02web.zoom.us/u/kdAgNfWD1G>**

## Nordic News this week...

Watch last week's Nordic News "Current Events in Norway" by Dennis Flessland. Dennis is Michigan's Honorary Consul for Norway and a member of Norkap lodge in Detroit. Topics Dennis discussed included 2021 travel advisories and how to keep up to date on travel restriction news, new dual-citizenship rules, Norway being a member of the U.N. Security Council and its impact on Norwegian foreign policy, the recent avalanche near Oslo and more. View Flessland's 14:08 presentation at: <https://www.screencast.com/t/hBMLxvJtQ8sK>



=====

**"Seven Traditional Norwegian Christmas Cookies"** will be the topic of the **January 24th Nordic News**. Connie Aiello (Nordlyset lodge – Racine WI) will give tips on how to make these wonderful and varied cookies. Connie will be teaching the soon-to-be-announced D5 virtual course in Norwegian cooking.

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

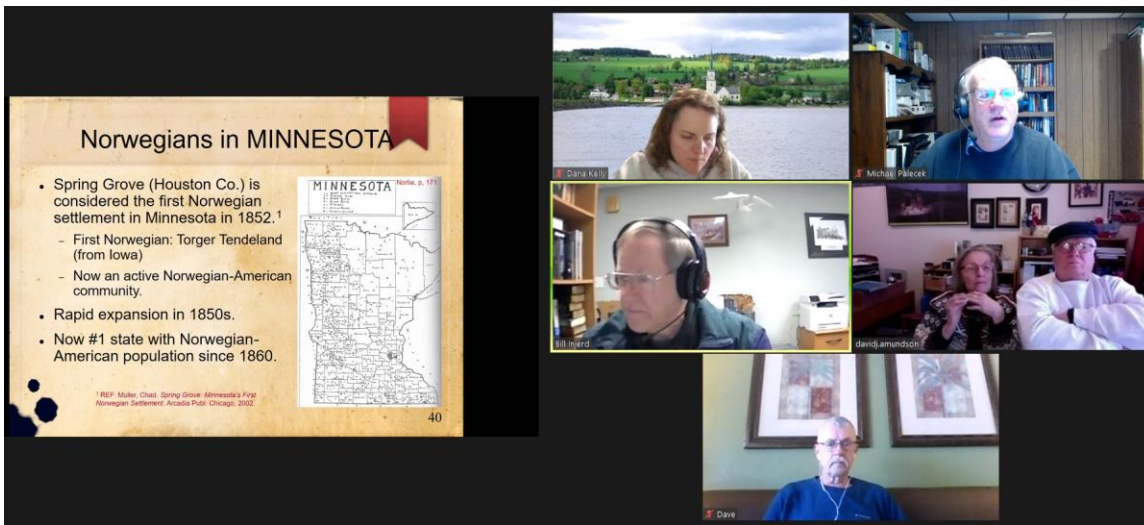
=====

You can watch past episodes of Nordic News at:

[http://www.sonsofnorway5.com/programs/speakers\\_bureau.php](http://www.sonsofnorway5.com/programs/speakers_bureau.php)

=====





The faculty of the **D5 Norwegian-American settlement history course** have been hard at work preparing for the 16-week course which launches THIS SATURDAY, January 23. There are currently 43 D5 members enrolled.

The first week's session is open to ANYONE. The link for the Week 1 class is:

<https://zoom.us/j/95253760815?pwd=TIZvZFJqQ3lkdFNhZmFBTTM1N1lMdz09>

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

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.

It is not too late to enroll. See the D5 website's Norwegian-American history page for more information at: [http://www.sonsofnorway5.com/programs/norwegian\\_american\\_history.php](http://www.sonsofnorway5.com/programs/norwegian_american_history.php)

## 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

---

**This International deadline calendar was posted this week. Lots of changes so please double-check! I am including their new calendar (Dec 2020 through May even though some are past).**

**For this issue, I'll put the District dates first and then follow with that new International calendar! Next week I'll blend them together.**

**January 23, 2021**

- Zone Meeting via ZOOM

**January 30, 2021**

- Rosemaling demonstration 1-3 PM Central

**February 4, 11 and 18, 2021**

- Jimmy Miller's Woodcarving class

**February 5, 2021**

- Registrations due for rosemaling classes

**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 25-27, 2021**

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

**April 16-17, 2021**

- District 5 Board Meeting- Nashville, TN

---

**December 31, 2020**

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Last day to enter new membership applications into the database for delegate calculations and 2019 recruitment challenge recognition. (**Paper applications should be received at headquarters by December 15** to ensure adequate time for processing.)
- Application deadline for:
  - Lodge Helping Hands to Children Grant\*

- Lodge Culture and Heritage Grant\*
- Lodge Vitality Grant\*
- Deadline to order Barneløpet supplies.

### **January 15, 2021**

- Deadline — International travel scholarship applications due to Sons of Norway Foundation:
  - Douglas Warne – Rolf & Wenche Eng Scholarship
  - Helen Tronvold Adult Learner Scholarship\*
  - Helen Tronvold Folk High School Scholarship\*\*
  - King Olav V Norwegian-American Heritage Scholarship
  - Lund Fund Scholarship\*\*
  - Oslo International Summer School Scholarship\*\*

### **February 15, 2021**

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

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

### **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](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)

---

## **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 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@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)