

Friendly Fifth Friday News

July 2, 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!

Foundation Staff at Sons of Norway

Connie O'Brien is the Director of the Foundation, Fraternal, and Marketing departments at the Sons of Norway. Emily Stark is the Foundation Development Manager, and she oversees the operations of the Foundation. Emily manages their fundraising efforts, as well as scholarship applications and awards, and grant administration.

Emily came to the Sons of Norway Foundation about a month ago from St. Catherine University where her most recent role was as a Major Gift Officer. Prior to working that, she worked in the Community Relations field for a few different companies in Anchorage, AK. Emily is excited to visit as many lodges as possible and spread the word about how the Sons of Norway Foundation can be a resource to lodges and individuals.



Emily Stark



Connie O'Brien



Our lodges are opening, and it is time to celebrate! Use your best judgment when selecting the activities that are offered and determine whether it is safer for members to meet inside or outdoors. The main thing now is to reconnect with one's members and make others in your area aware of any plans. Please hold lodge meetings through the summer months; this is not the time for your lodge to take a summer vacation! Taking a winter recess makes more sense if needed.

Should your meeting location have restrictions remaining, meet elsewhere. Get creative! Consider holding a picnic, a bonfire, take an excursion, or simply gather in a safe location such as a park forming a circle for conversation and sharing.

Print media and social media sites are great places to post your events. An old-fashioned, but still effective way of advertising, is to create flyers for posting in prominent locations. Use this idea: *ask each one to reach one*. Members who invite guests to your meeting could help your lodge to reap positive rewards later.

If your lodge has an upcoming event, post it to the District 5 Facebook page or ask me to post it on your behalf. It always amazes me who is choosing to visit our page; we have over 400 followers!

Please remember the demographics of your lodge and provide multiple activities that engage all age groups who are present. Ask for planning help from your lodge's directors or officers. Perhaps the cultural director, sports director, or youth director will have great suggestions to consider.

In 2019, I asked the SofN Foundation for financial assistance in promoting the Sons of Norway to a wide audience from many different locales through a grant application. This cultural grant application was unique in its design and was awarded. Due to the COVID-19 pandemic, the event was canceled.

The great news is that it will see fruition in 2021! I am leading a project for the 5th District that will allow us to share what is happening in our District in the upcoming months and into 2022.

With the cooperation of the Vesterheim Norwegian American Museum, we hope to provide another venue for guests to visit. Some of the members of my home lodge, Vennelag, in Mt.

Horeb, WI will be assisting. We will be demonstrating the art of Norwegian cooking on-site at Nordic Fest in Decorah, IA at the end of July. In addition, some of the officers from Valdres Lodge in Decorah who are District 1 members will also be present. An information table will allow us to share the many upcoming events that our lodges have planned. Since thousands of visitors come to Decorah each summer, this is an ideal way to share what is happening in 5th District Lodges.

***I am asking all lodge presidents to prepare and send to me information that can be on display on July 23rd and 24th. Please provide a summary of your fall programming ideas. Since we are well into the age of technology, many guests will simply snap a photo of the listed information, but hard copies are also welcome for distribution.**

Basic member applications, old Viking magazines, and other information pieces have been obtained from Headquarters and will be free for the taking. Please assist us in sharing the benefits of the Sons of Norway and news from our local lodges.

If you plan to be in Decorah for Nordic Fest, please drop by our tent and say, “Hei!” We will be located directly in front of Bethania Lutheran Church on the Vesterheim Norwegian American Museum campus. In the event of inclement weather, you will find us in the church basement.

Tusen Takk for hjelpen oss (A thousand thanks for helping us),

Cheryl Wille-Schlesser
District 5 Vice President

rogcher@mhtc.net

608-219-4464 (Please leave a voice message.)



Norwegian Culture

Sons of Norway is your destination for discovering and celebrating the rich tapestry of Norwegian culture – from recipes and cultural programming to language lessons and travel benefits - we've got something for everyone.

https://www.sofn.com/norwegian_culture/

Celebrate Norwegian Culture

The sights, sounds and tastes of Norwegian culture are captivating to people from all walks of life. So it stands to reason that Sons of Norway be the first stop for anyone who's looking to explore and discover its treasures. Not a member? You can still browse some of our recipes, language lessons, and a sampling from *Viking* magazine – and don't forget: membership gives you access to additional benefits, like travel discounts and your own copy of *Viking* magazine delivered monthly to your home. Find out more today.



Recipes

Members get full access to all of our recipe files for authentic Norwegian appetizers, desserts, main dishes, open-face sandwiches...take a peek at a few of our featured recipes here.

[**View Featured Recipes**](#)

Genealogy

As you dive into your research, you'll get to know your ancestors – who they were, where they came from and what they did with their lives.

The Sons of Norway genealogy resources will help you through this process with insights into Norwegian society, names, language and more; while also providing lists of additional resources, organizations and websites.

[Sign Up Today to Access](#)



Language Lessons

Freshen up your Norwegian or learn it for the first time! We make it easy with “Norwegian in 5 minutes a month.”

Start Learning Norwegian

Cultural Programming

Get the exclusive resources to connect with your heritage, be it a traditional recipe, learning a cultural skill, or researching your ancestors.

Downloadable PDFs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.



Sports Medals

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

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

July 10, 2021

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

July 15, 2021

- **Reservations due for Zone 4 meeting in Green Bay. Send to Peggy or Judy!**

July 18-31, 2021

- Masse Moro Youth Heritage Camp in Fall Creek, WI

July 24, 2021

- Stoughton Kubb Invitational

August 1, 2021

- Zone 4 Meeting at Green Bay Botanical Gardens from 10-4
- Zone 3 Picnic at John & Darlene Arneson's farm- 12:30 PM

August, 2021

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

September 10, 2021

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

October 10, 2021

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

November 10, 2021

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

December 10, 2021

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

DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting on June 15-19, 2022 at the Madison Marriott West in Middleton, Wisconsin.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022 in Minneapolis, MN. The convention will be held August 31th to Sept 1st 2022, with first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September. Here is the information about the venue, be sure and watch the virtual tour of the site!

<https://youtu.be/S7TljcinVCU-> Omni Hotels and Resorts, Omni Viking lakes Hotel, 2611 Nordic Way, Eagan, MN 55121

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 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@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