

Friendly Fifth Friday News July 22, 2022

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

Schedule of Events: District 5 Adult Heritage Weekend

Friday, October 7, 2022

3:00—Arrival in Spring Grove, Registration at Giants of the Earth Heritage Center

3:30—Intro to Giants with Community Outreach Coordinator Rachel Storlie

4:00-5:30--Norwegian *Revy* (Variety Show) at the Cinema, featuring Robin Fossum on Hardanger Fiddle, violin, and talented members of District 5, plus short sets by the Luren Singers and Rachel Storlie.

5:30-7:00—Mingling, Cash Bar, and Dinner catered by Rosie's Catering at Giants Immigrant Hall

7:00--Reader's Theater—History of Spring Grove: the stars are YOU plus members of Ye Olde Opera House

7:30--All aboard hayride, tour downtown, and rural Spring Grove, weather permitting

8:30--Movie: Lutefisk Wars, the Birkebeiners, Heroes of Telemark, Another? Bring your favorite!

9:30--Uff-da Fest revels

Saturday, October 8, 2022

8-9 AM—Continental Breakfast at Giants of the Earth Heritage Center

9:00—Johnathan Storlie and Bill and Karen Fried will kick off your morning with their presentations.

9:00 AM Johnathan Storlie presents on DNA in genealogy and public health

9:45 AM—Bill and Karen Fried present on relative Peter J. Rosendahl, Spring Grove author and creator of the historic, Norwegian-American famed comic strip “Ola and Per.”

10:30 AM—Stretch your legs on a Spring Grove walking tour, including visits to the Sculpture Park featuring “Ola and Per,” the signature Viking, our Spring Grove Lion, and more! Then, shop along Main Street and take in the Uff Da Fest fun until noon lunch.

11:15—Rebecca Hanna-Presentation on Woodcarving: Acanthus, Ale Bowls, Kolrosing, Kroting, and Svidekor. Some of her chip carving and figure carving pieces will be on display.

Noon—Return to Giants for a traditional Norwegian Smorgasbord: Rachel and Jill Storlie speak about Norwegian Food Customs and demonstrate open-faced sandwiches. Participants will make their masterpieces for lunch with items provided.

1:00 PM—Jim Skree will speak about the “Red River Girl” book and local Norwegian settlement history.

2:00 PM—Choose Your Own Adventure!

- View the Red River Girl exhibit at the Caledonia Historical Society (donation requested)

- Research ancestors in the Genealogy Room
- Take a hike! At the Norwegian Ridge Birding & Nature Trail
- Record your family oral history in our Professional Recording Studio (extra fees)
- Nordic Stamping Class with Connie Aiello (extra fees)
- David and Lynn Susag demonstration of bowl turning on Viking-era lathe
- “Julekurver: They’re Not Just for Christmas Anymore!” with Cheryl Miller
- Krumkake King: Shipping Krumkake across the US without breakage with Mark Storsteen

5 PM—Historical re-enactment of the first local Sons of Norway Convention by “Lanesboro History Alive!”

5:30 PM--Cash Bar and Catered Dinner, Fat Pat’s Barbecue, with live entertainment by Rachel Storlie and Luther College Students, and local accordion player Audrey Almo

7 PM—Spring Grove Nordic Roots concert by renowned fiddle/guitar duo Beth and John Rotto

Sunday, October 9, 2022

9 AM—Fresh muffins, fruit, yogurt, coffee, juice, and water to be served at the Blackhammer Church!

9:30 AM Church and Graveyard History Tours

10 AM--Old-fashioned Norwegian Church Service with guest bi-lingual Pastor Rolf Svano

10:30 AM Departure Lunch offered by the Wilmington WELCA

11 AM—Depart for Vesterheim Norwegian-American Museum in Decorah, IA, for a private behind-the-scenes tour with Chief Curator Laurann Gilbertson. (Vesterheim admission and tour fees apply)

LODGING

Lodging for group [You can find it here](#) (and a printable version as well)

<https://houstoncountymn.com/stay>

Other sources to utilize: AirB&B, and VRBO (both available to peruse for free after signing up online)

[Black Hammer Hus - A Norwegian experience - Farm stays for Rent in Spring Grove, Minnesota, United States - Airbnb](#)

[Koselig Hus \(Cozy House\) - Houses for Rent in Spring Grove, Minnesota, United States - Airbnb](#)

[The Barn Loft - Barns for Rent in Dorchester, Iowa, United States - Airbnb](#)

[Lynnhaven - Houses for Rent in Spring Grove, Minnesota, United States - Airbnb](#)

[Prairie Song Farm - Trout fish, hike, unwind! - Houses for Rent in Dorchester, Iowa, United States - Airbnb](#)

[Bear Creek Lodge - Houses for Rent in Dorchester, Iowa, United States - Airbnb](#)

[Hunters Hollow log cabin - Cabins for Rent in Dorchester, Iowa, United States - Airbnb](#)

[The Eitzen Inn - Houses for Rent in Eitzen, Minnesota, United States - Airbnb](#)

[Cozy 3 bedroom cabin with fireplace - Cabins for Rent in Dorchester, Iowa, United States - Airbnb](#)

Decorah High Point Cabins—different sizes, reasonable pricing: www.decorahhighpoint.com

Highlandville Cabins*: www.bearcreekcabinsia.com

*Calling Highland General Store at 563-546-7722 is the only way to book a cabin here.

What are benefit products? An explanation from Connie O'Brien

Let's start with what it means to be a Fraternal Life Insurance carrier: you must be a member to purchase any product from the Sons of Norway. The process is tied to the sale, so people become a member and apply for the product simultaneously. This is not a recent change, but how products have always been filed with the State of Minnesota. All fraternal companies operate similarly.

This is not widely understood by people in general and also not by members.

GIWL = Guaranteed Whole Life Insurance

SIWL = Simplified Issue Whole Life

These two types of insurance make up 99% of our sales, and both have membership dues embedded. That is good and important because someone would become a member in the past to secure the product and then drop the membership the following year by simply not paying dues. Now, we have the continued payment of the dues as long as they retain the product. Which is excellent news for the fraternal and financial sides of the company.

Are you taking advantage of SN Benefits? PerkSpot

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

https://www.sofn.com/member_benefits/member_discounts/

4 Simple Ways to Squeeze in Wellness



Self-care means more than spa days, getaways, or new gadgets. Sometimes it means prioritizing your health & wellness in ways that help alleviate the core strains experienced as we live, work, and relax. Check out these 4 tips to budget in wellness:

#1: Rise Earlier It's true—you may find that an early wake up call will help you conquer your to-do list. Not only will the morning sun jumpstart your motivation, but adding a few extra minutes in your routine will help you feel less stressed and pressured throughout the day.

#2: Plan Your Sleep We don't mean an hour-by-hour breakdown (unless it helps!), but a general plan of attack to help you fall asleep faster and wake up rested. Make sure you're receiving enough sleep for your age and activity level, strive for a similar bed and wake time each day (yes, even on the weekends!), and look into tracking your sleep to stay aware of your habits over time.

#3: Make Your Bed Go figure, your not-so-favorite childhood chore was actually impactful to your overall day! Making your bed each morning signals feelings of productivity. Plus, it immediately helps your space feel uncluttered and organized, which reduces stress throughout the day.

#4: Stay Tuned In Just like adequate rest for sore muscles after a long workout, it's important to understand your mind's signals that it may need rest too. Make it a daily habit to learn your body's cues and give yourself the space to properly support those needs.

Looking for a new mattress to support better sleep? Or, maybe want to explore a

new hobby that encourages mind-body balance? Check out your [Sons of Norway Discount Portal](#) for exclusive savings on it all!

Deadlines and Dates! Changes in red!

July 17-30, 2022

- Masse Moro Norwegian Heritage Camp

*Insurance membership with Sons of Norway required

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Viking Chest / Immigrant Trunk Schedule

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

Oct 2024 to April 2025

Chest--zone 3
Trunk--zone 4

INTERNATIONAL LODGE MEETING

The dates of the International Virtual Convention:

Wednesday, August 31, 2022, 10 a.m. – 2:45 pm central time and
Thursday, September 1, 2022, 10 a.m. – 2:30 pm central time

Note:

- Check correspondence from the International and District and the International (www.sofn.com) and District (www.sonsofnorway5.com) websites for any updates and changes.
- Additional deadlines for the District 5 and International Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.

Compiled by Darlene Arneson, SN District 5 Secretary (arnesonfamily5@gmail.com or 608-873-7209)

FFFN Basics

In an attempt to help our lodge leaders become more familiar with resources, changes, deadlines and other information, I will compile a weekly "Friendly Fifth Friday News" email to our leadership. Some of the information you might already have, but hopefully it will be a good reminder for all of us (me included) of all the great resources that Sons of Norway has to offer. **Please feel free to cut and paste any of this information for your lodge's use!**

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com

With our new arrangement, I actually send the FFFN pdf to our webmaster on Thursday morning before I go to work. So if you have anything you'd like me to consider putting in, please send it by 4 am on Thursday morning. Please do not send pdf's as I have a hard time cutting and pasting them. The Word Document works best for me. Don't forget that lodge events should be submitted to inputd5@sonsofnorway5.com as I have a hard time keeping track of all lodge activities. I'll put some in but that is more the role of the website event calendar.

If you would like to get the MS Word document, just shoot me an email and I'll add you to the list. I send it out right after I send the email to the large group.

Darlene Arneson – arnesonfamily5@gmail.com