

## Friendly Fifth Friday News May 21, 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!

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### Message about Norwegian Exchange Students

**Note from Darlene Arneson:** I received this email via the District website. I don't know anything about this group but if you have members interested, they can check it out.

Lodge: Mandt 314

Contact Person: Darlene Arneson at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com)

#### VISITOR DETAILS AND MESSAGE

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First Name: Heather

Last Name: Banschbach

Phone: 6082256786

Email: [heather@banschbach.net](mailto:heather@banschbach.net)

Comments:

Hello Darlene,

My name is Heather and I work with EF Exchange Year bringing high school exchange students to the US for an exchange semester or year. I have a particular student I am hoping to place and being that she is from Norway, I was hoping you could share with your members about her as there is a natural connection. Her name is Siril and she will be 17 years old when she arrives in the US for the 21-22 school year. She loves music, especially older rock and punk, collects vinyl, likes video games, discussing politics, and hopes to study journalism. She is a good student and her English is excellent. When asked what she would like to do with her host family, she said, "Anything really, we don't have to go on a big expensive cruise for me to enjoy it. Just hanging out and learning about the American culture over some burgers in the backyard is more than enough for me." I have personal reasons for making sure she gets to come on an exchange year. I can share this with interested families.

If someone would be interested in hosting her or one of the other 40 Norwegian students or 900 other students dreaming of an exchange year, please have them contact me. <http://efexchangeyear.org/iec/heather-banschbach> Heather B EF on facebook [heather.banschbach@efexchangeyear.org](https://www.facebook.com/heather.banschbach@efexchangeyear.org)

Thank you for the opportunity to connect with others who may be interested in sharing their American culture while learning more deeply about Norwegian culture. It is much appreciated!

Best, Heather L. Banschbach

# How to submit photos for The Viking

*Photo Guidelines for Viking Magazine Submission- <https://sonsofnorway5.com/galleries/>*

- Digital photos must have a resolution of 300 dpi (dots per inch) or greater with no visible pixelation or blur and at least 3" x 5" physical size. (a minimum of 1 to 10 megabytes (MB)  
Printed photos must be a minimum of 3" X 5" in physical size and reflect the same quality as professional processed photos. There must be no visible ink dots, stripes or patterns from the printing process.
- Please DO NOT write caption information on the back of the photo as the pen pressure damages the printed photo.
- Photos should be crisp and clear, a blurry or grainy photo cannot be used .
- The photo must contain Sons of Norway members and caption information must relate directly to the content of the photograph.
- Photos of only inanimate objects (handcrafts, food items, murals, etc.) will not be used.
- Photos must be visually interesting, well lit and of good composition. It is best to avoid photos containing distracting items in the foreground.
- Composite or digitally altered images will not be used.
- When emailing a photo from a tablet or smart phone, be sure to send the largest possible file size offered.
- Manually attach digital photos to your email via the attachment button(often denoted by a paperclip icon) in your email program.
- Photos obtained from the internet or social media sites like Facebook & Twitter usually do not reflect the image size and resolution quality needed for printing in the Viking magazine. Do Not color correct or use filters and special effects.
- It is always best to send in the original unaltered digital file or photo.
- Photos sent in via PicMonkey should be avoided if possible as the program automatically reduces the image size prior to being sent.

For more information on how to submit photos for the Viking Magazine when using your digital camera, IPAD or iPhone download the current copy of "***Viking Magazine District and Photo Guideline***" found under the "About us" Tab and District 5 Documents.

## **Next submission deadline- June 10, 2021**

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

# Submit your lodge newsletters for the District website

Send to: [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)

View them at <https://sonsofnorway5.com/lodges/newsletters.php>

The screenshot shows a web browser window displaying the website [sonsofnorway5.com/lodges/newsletters.php](https://sonsofnorway5.com/lodges/newsletters.php). The page features the Sons of Norway logo and the slogan "The Friendly Fifth" with a list of states: Wisconsin, Illinois, Indiana, Michigan, Ohio, and Tennessee. A search bar is present with the text "SEARCH: ENHANCED BY Google". A navigation menu includes Home, About Us, Lodges, Programs, News & Events, District Conventions, Benefits, Photo Galleries, Links, and JOIN. The main content area is titled "Local Lodge Newsletters" and includes a pagination indicator: "There are currently 289 newsletters. Displaying 50 per page. Page 1 of 6". Below this is a table listing various lodges and their newsletters.

Lodge	Date Added	Newsletter
Gronnvik 632	MAY 07, 2021	Gronnvik Newsletter May-June 2021 Pdf
Shawnee Skogen 689	MAY 07, 2021	Shawnee Skogen Newsletter May, 2021 - Pdf
Wergeland 28	MAY 06, 2021	Wergeland BUDSTIKKEN May 2021 - Pdf
Myrmarken 609	MAY 06, 2021	Myrmarken "Myrvisan" Newsletter - May 2021 - Pdf
Valkyrien 53	MAY 06, 2021	Valkyrien Newsletter May-June 2021 - Pdf
Edvard Grieg 657	MAY 06, 2021	Edvard Grieg Newsletter May, 2021 - Pdf
Mandt 314	MAY 06, 2021	Mandt Lodge Newsletter May - June 2021 - Pdf
Mandt 314	MAY 06, 2021	Mandt Lodge Newsletter Jan - Feb 2021 - Pdf
Vennligfolk 627	MAY 06, 2021	Vennligfolk "Vennligblad" May-June 2021 Pdf
Vennelag 513	MAY 04, 2021	Vennelag Newsletter May-June 2021 - Pdf
Fosselyngen 82	APR 23, 2021	Fosselyngen 'Runespeak' Newsletter - May/ June 2021 - Pdf
Circle City 614	APR 22, 2021	Circle City 'Lauren' Newsletter May/June 2021 - Pdf
Polar Star 472	APR 22, 2021	Polar Star Newsletter April 2021 - Pdf

## Nordic News

**Jennifer Coile's** presentation on **Nordic News** about **Norwegian Sweaters** was a great example of **sharing your family history through a heirloom item**. Her cousin Kari emigrated from Norway at age 19 and gave Jennifer's family sweaters she knitted as a tusen takk for their hospitality. Jennifer is active in the Monterey Bay group "Off the Charts" where they present ancestors stories.

See: <https://www.screencast.com/t/165cqfKdsCAL>



**Arthur Andersen** (Polar Star-Montgomery IL) will be Tuesday, May 25's Nordic News presenter and will share beautiful Norwegian postage stamps. In Art's presentation "Looking at Norway Through Stamps," he will use stamps to give you the highlights of Norwegian history, geography and living. Join us on May 25 at 6:20 PM (Central) / 7:20 PM (Eastern). Link: <https://gotomeet.me/SofN-D5>.



## Writing Atlantic Crossing

**A conversation with screenwriter Linda May Kallestein**

A new historical dramatization, *Atlantic Crossing*, recently debuted on PBS Masterpiece. The epic Norwegian-American production finds Crown Princess Märtha and her three children fleeing Norway to find political refuge in the White House. Märtha forges a close friendship with Franklin Delano Roosevelt and helps steer Norway's destiny.



Photo Credit: [www.pbs.org](http://www.pbs.org)

Series co-screenwriter Linda May Kallestein knows well what it's like to have a foot on two different continents. Born of Norwegian parents and raised in the Norwegian community of Brooklyn, New York, Kallestein moved to Norway as a teen. In this interview, she reveals how the series came to be, and the challenges that she faced in researching the enigmatic Princess Märtha.

All episodes of the eight-part historical drama are available for viewing on [PBS.org](http://PBS.org).

Watch YouTube Interview Here- <https://youtu.be/2-WCCVY9Cso>

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## **Deadlines and Dates!**

### **Changes in red!**

### **Nordic News Weekly Program- Every Tuesday night (with some exceptions!)**

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

#### **May 8, May 15, May 22, 2021**

- Repeat Rosemaling Class for Level 2

#### **June 10, 2021**

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

#### **July 10, 2021**

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

#### **July 18-31, 2021**

- Masse Moro Youth Heritage Camp in Fall Creek, WI

#### **August 1, 2021**

- Zone 4 Meeting at Green Bay Botanical Gardens from 10-4

#### **August, 2021**

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at [eber01dj@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 31<sup>th</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/S7TljinVCU-> 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](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 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](mailto: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](mailto:arnesonfamily5@gmail.com)