

# Friendly Fifth Friday News

## May 22, 2020

Send all web posting info and calendar dates/events directly to our webmaster at [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)

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### **Nordic News**

Upcoming Nordic News:

05/26/2020 - Chicago's Eastland Disaster and Norwegian-American Heroes  
(Andy Johnsen)

06/02/2020 - Coffin Ships: Death on the Ocean Crossing - One Family's Story  
(Glenn Borreson)

You can watch archived Nordic News:

04/28/2020: Norwegian Midwives in the Midwest  
(Glenn Borreson)

<https://transcripts.gotomeeting.com/#/s/7ab13de6a5248410f73d372de1aa754c9bf19b9c22a748f3b14894d96caadf49>

05/05/2020: Norwegian-Americans in Michigan: A Short History  
(Nordkap lodge)

<https://transcripts.gotomeeting.com/#/s/5058baf48cca7ffade131989450f8de48f480248b3265fe2a7a53936008bd2e7>

05/12/2020: Project Heimatt: Norway Stave Church  
(Cheryl Wille-Schlesser)

<https://transcripts.gotomeeting.com/#/s/039516a17f5436ccddcb31ce0f645f231b775c3a0c1a7b33e1c2f6d7b4007f1f>

To download these for future use, click on the “download (arrow and line)” button on the upper right corner of the screen, when you are watching an archived Nordic News file. You can then replay these presentations at your lodge meetings, if your computer can play MP4 files.

## How you can help your young family members live their dreams?

### Does this sound familiar?

In my family, the first question for anyone graduating from high school is “Which college will you attend?” And it’s often quickly followed by “...can you afford to go there?” In your family, are there hard conversations around the dinner table? Weighing the cost of saving for college against day-to-day needs? But wait... do you know ***your children or grandchildren may benefit from your membership too?***

**How?** [Sons of Norway Foundation scholarships](#) offer another way to share Nordic heritage and values—like the joy of lifelong learning—with the next generation. Access to these popular scholarships matters because they support member families with vital financial aid. Plus, they build a more educated community AND create a brighter future for promising youth.

Thanks to our generous donors, the Sons of Norway Foundation gave over \$100,000 in awards in 2019 to help eligible scholars follow their dreams. Those awards include:

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- >> **\$18,000** in scholarships for American students to study in Norway
  - >> **\$82,000** in scholarships for students to study in the USA and Canada
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If you have loved ones or friends who may benefit from Sons of Norway membership—*especially those with children approaching college age*—be sure to pass along this important information with your invitation to join Sons of Norway! All who have an interest in celebrating Norwegian heritage and culture are welcome to join. Just be sure to share your member number and ask them to enter it when they enroll online at [sofn.com](http://sofn.com).

**Thank you for being a member!** Please take pride in supporting our extended Sons of Norway family through the Sons of Norway Foundation.

Sincerely,

Doris Kamstra  
Membership Manager and Sons of Norway Member

## Try your baking skills- Norwegian Flag Cake!



*Maria Stordahl Nelson, Seattle, WA*

*This recipe originally appeared in [The Norwegian American](#)*

### **Red (and blue) Velvet Cake**

2 cups sugar  
1 cup unsalted butter, at room temp.  
2 eggs  
1 1/2 Tbsp. cocoa  
1 1/2 oz. red food coloring for the red velvet  
1 oz. Wilton Royal Blue gel food color for the blue velvet  
2 1/2 cups cake flour  
1 tsp. salt  
1 cup buttermilk  
1 tsp. vanilla  
1/2 tsp. baking soda  
1 Tbsp. white vinegar

Butter and flour a 9" × 3" round springform pan and set aside.

Preheat oven to 350° F / 175° C.

Cream the butter and sugar until light and fluffy. Add the eggs and continue to mix until combined.

In a small bowl combine the cocoa with the red food coloring. Add to the egg and butter mixture and stir to combine.

Sift the dry ingredients together and set aside in a medium bowl.

Mix together the buttermilk and vanilla, and add 1/4 cup at a time to the dry mixture while the mixer is running on low. Add the flour alternately.

Combine the soda and the vinegar in a small bowl and add to the mixture.

Stir well and pour into the prepared pan. Bake for 35-40 minutes or until the cake begins to pull away from the sides of the pan.

Cool 20 minutes in pan, then remove from pan and allow to finish cooling on a rack.

Repeat process with blue food coloring for the blue velvet cake.

## ***Cream Cheese Icing***

2 lbs. cream cheese at room temperature  
1 lb. butter, unsalted and at room temperature  
1 tsp. vanilla  
6 cups confectioner's sugar

Cream the butter and sugar together until light and fluffy. Add the vanilla, then the confectioner's sugar, and mix until thoroughly combined.

## **Supplies**

- 9" x 3" round cake pan with a removable bottom. Springform or cheesecake pans work best
- Offset spatula
- Piping bag with a 1/4" piping tip
- Circle cutters in 10, 9, 7, and 6 cm diameters (alternately, make paper circles and use a sharp knife)

Cut the red cake in half horizontally and set aside. Remove the rounded top from the blue cake and discard or save for another use. Cut the remaining blue cake into two horizontal, equal portions.

Using your 10 cm circle cutter, cut a hole in the center of each red cake slice. Remove the small circles from each half and cut an additional smaller circle inside of it with the 6 cm cutter. Set aside the thin cake ring you just created and keep the small circle. Place the red bottom large cake round on a platter and place the small red circle in the center of it. Set the top round and small circle aside for later.

Use the 9 cm cutter to cut two circles (side by side) from one of the blue cakes. Use the 7 cm cutter to make circles inside the 9 cm circle cakes. In this case you will discard the center circles but keep the thin blue rings. Place one of these blue rings in between the small and large red circles on the cake plate.

Use your piping bag and icing tip to gently fill in with frosting between the red and blue layers. Avoid icing the top of the blue circle. You want the icing to be in between the rings. Now use additional icing to ice the tops of the red portions of the cake.

If needed, add some blue cake crumbs to make the blue circle flush with the top of the icing over the red cake. Now lay the second horizontal half of the blue cake over the top. Place the second blue cake ring on top of it. Use your piping bag to ice the bottom of the center ring and all around the outside of the ring on the larger blue portion of the cake. Place the second, small red circle inside the blue ring, and the larger red ring around the outside of the blue ring.

Once more, use your piping bag to fill the spaces between the rings with icing. Now cover the entire cake with the remaining cream cheese icing, smoothing with the offset spatula, and refrigerate until ready to serve. Serves 8-10.

To get a visual of the cutting and assembly process, view step-by-step photos on [godt.no](http://godt.no).

# NEW: Recognition for Heritage Members



We recently created colorful recognition patches for 5, 10 and 15-year Heritage members. These charming designs featuring Norwegian wildlife can be ordered for \$2 each. We have also updated our Heritage member certificates (available at no cost for 5, 10 and 15-year members). Please contact Sherry Gorse at [Fraternal@sofn.com](mailto:Fraternal@sofn.com) for more information.

FREE Heritage Membership offers current members an easy way to share their love of Norwegian tradition and culture with young family members. New Heritage members receive a personalized welcome kit, including a member decal, ID card (valid until their 16<sup>th</sup> birthday) and welcome letter with information about Sons of Norway youth activities and programs. Each lodge can engage these youth as they prefer—for example, by sending annual birthday greetings from the lodge or hosting all-ages events like parades, family game nights, or kid-friendly sports events to help them earn Sports Medals.

New Heritage Membership Request forms are available online or by ordering from [Supply@sofn.com](mailto:Supply@sofn.com). We welcome children age 15 and under, sponsored by a member in good standing, to the Heritage member program. Heritage members must be related to the sponsoring Sons of Norway member—most often a parent or grandparent—but they are not required to be part of the same household. At age 16, Heritage members have the option of joining Sons of Norway as an adult Individual member or as part of a Family membership, if one exists at their home address.

[https://www.sofn.com/resource\\_blog/new-recognition-for-heritage-members/](https://www.sofn.com/resource_blog/new-recognition-for-heritage-members/)

## Here is a quick summary of all the most important announcements you as a lodge leader need to know this month.

[https://www.sofn.com/resource\\_blog/announcements-may-2020/](https://www.sofn.com/resource_blog/announcements-may-2020/)

### ***Launching New Video Series: Leader's Weekly Resource***

We are excited to announce our new video series offering resources to our lodge leaders. Beginning in May, all lodge leaders will receive a weekly video in their email inbox, featuring a Sons of Norway staff member with an overview of a single topic. We are kicking off the series with a message from CEO Chris Pinkerton, and topics over the next quarter will include lodge leadership during the COVID-19 crisis, lodge publicity, an overview of our financial products, and many more. If you have suggestions for future topics that you would like to see covered, please reach out to David Crabb at .

### ***Special Lodge Anniversaries: April-June 2020***

2-096	Epleдален	Wenatchee, WA	April 11, 1970	50 Years
4-499	Jotunheimen	Billings, MT	May 8, 1970	50 Years
6-162	Fjelldalen	Denver, CO	June 24, 1995	25 Years

### ***Video Conference Options for Lodge Meetings***

We have received many reports of lodges using virtual options for gatherings of all kinds! From board meetings to special events, lodges are using technology in creative ways to continue their programming and business.

As you look for new ways to stay connected in this time of social distancing, here are a few free or low-cost video conferencing options that you can use to hold virtual lodge meetings and other gatherings.

1. [GoToMeeting](#)
2. [Zoom](#)
3. [Skype](#)
4. [Amazon Chime](#)
5. [Google Hangouts](#)
6. FaceTime (limited to smaller groups; this option requires each participant to use an Apple product such as an iPhone, iPad or Macbook)

Although we are not able to distribute video conferencing software directly to lodges, we encourage you to explore these options for connecting with other lodge members remotely. After an initial download, you will be given a quick set of instructions to get connected. It's fairly simply to have several people participate at once.

## ***Updated Leadership Roles and Guidelines***

We have recently updated our lodge officer job descriptions and guidelines. You can find the new Leadership Roles and Guidelines page [here](#).

## **2020 District 5 and International Calendar and Deadlines** **Changes in red!**

### **June 10, 2020**

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the 'Viking' Magazine consideration in the edition three months out.

### **July 5, 2020**

- **Deadline for submitting photos for the District 5 Scandinavian Photo Contest**

### **July 10, 2020**

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the 'Viking' Magazine consideration in the edition three months out.

### **August 10, 2020**

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the 'Viking' Magazine consideration in the edition three months out.

### **September 2020**

- Lodge liability premium sent to all lodge treasurers. This package includes information regarding the coverage, a certificate of insurance for the lodge and an invoice for the lodge's share of the premium.
- September 10 – Foundation Board of Governors applications due. If you are someone who loves nonprofits, governance and your Nordic values, running for a Foundation board position may be a perfect fit!

### **September 10, 2020**

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the 'Viking' Magazine consideration in the edition three months out.

### **October 2020**

- Lodge Officer Update/D63 form and instructions is mailed to lodge secretaries.
- The Sons of Norway Foundation portal is available for lodges and individuals to apply for grants and scholarships.
- Lodge Achievement, Family Lodge of the Year and AFA Year-end report forms and instructions is mailed to lodge secretaries.
- Lodge Barneløpet Coordinators are encouraged to contact Sons of Norway Headquarters to discuss plans for anticipated events.

### **October is Foundation Month**

- Help support our grant and scholarship recipients and share your Nordic values by celebrating Foundation month! Please consider a donation directly to the Foundation or plan a fundraising event through your lodge.
- October 1 Grant applications open – Our lodge grants award amounts go up to \$500-\$1,500 depending on a lodge's project.

- October 1 Scholarship applications open – Scholarship opportunities start at \$1,000 with an average scholarship of \$3,000.

#### October 10, 2020

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the ‘Viking’ Magazine consideration in the edition three months out.

#### October 15, 2020

- Lodge liability premium is due to Sons of Norway Headquarters.

#### November 10, 2020

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the ‘Viking’ Magazine consideration in the edition three months out.

#### December 2020

- D17 and D18 forms, instructions and timeline sent to lodge treasurers.

#### December 10, 2020

- Lodge photos are due to the District Publicity Director by the 10<sup>th</sup> of the month for the ‘Viking’ Magazine consideration in the edition three months out.

#### December 15, 2020

- District 5 Sports Challenge ends

#### December 16, 2020

- Application deadline for:
  - Community Partnership Grant applications are due to Sons of Norway Foundation.
- Date that new member applications (paper forms) must be **received** at HQ to ensure processing in time for end-of-year delegate calculation and recruitment challenge recognition. (Online applications may be submitted through December 31.)

#### 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.

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#### DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting in 2022 in Madison, Wisconsin. Hotel to be determined.

#### INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022. The location has not been announced.

## Viking Chest Rotation

- The rotation will begin again with this rotation.
- The zone directors are responsible for keeping track of the whereabouts and letting their lodges know that the chest is in their zone for that time period.
- The chest should be brought back to the District Board Meeting to be given to the next zone.

<b>Time period</b>	<b>Zone with chest</b>
October 2019-April 2020	5
April 2020-October 2020	2
October 2020-April 2021	4
April 2021-October 2021	6
October 2021 – April 2022	1
April 2022 – October 2022	3

## **Zone Meeting Schedule 2020**

<b>Zone</b>	<b>Date</b>	<b>Hosted by</b>	<b>Location</b>
1	Thursday, Feb 20 at 1:15	Zone 1 Directors	Veterans Community Center, Hayward during the volunteer reception after Barnebirkie
2			
3	Sat. January 25	Mandt Lodge	Stoughton, WI
4			
5			
6			

### 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.
- The District 5 Convention will be June 25-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 19-23, 2020 in Ringsaker Norway

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** 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@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