

# Friendly Fifth Friday News

## May 27, 2022

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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### Updates Cheryl Schlessner

#### ADULT HERITAGE WEEKEND ADDITIONS

Two new offerings have been added to our adult heritage weekend line-up.

Cheryl Miller will be offering a breakout session on julekurver (woven heart baskets). They are not just for Christmas anymore! You can make these great baskets with creativity for any season or holiday of the year. Learn how to use embellishments and papers to create one-of-a-kind baskets for gift giving or to enjoy at your home.

Mark Storsteen will be sharing his techniques for making and shipping krumkake to family here and abroad. His foolproof method has enabled him to share the joy of the season with the krumkake intact! In addition, Mark will have samples for tasting!

New lodging option in Spring Grove:

- BoHo on Main, one-bedroom retreat \$82 per night. Book thru [Airbnb.com](https://www.airbnb.com)
- Balsam Cabin has availability also on the Airbnb website.
- Upper Iowa Retreat, sleeps 10. Book on Trip Advisor, or contact the property directly.
- Crest Inn & Apartments, newly renovated in 2022, Caledonia, MN

### DISTRICT 5 MEMBERSHIP CALL

#### Reminders for lodges:

The best weather of the year is now! Plan meetings over the summer months and enjoy extended daylight hours! Consider organizing a road rally, a scavenger hunt, or a photographic journey. Use the natural spaces in your area. Organize night sky viewing with an astronomy club in your area.

Variety is the spice of life. Therefore, refrain from using the same activities consecutively. Instead, take the risk and do something different!

Partner with another not-for-profit and plan a youth event such as a Baneløpet in your community. Share the costs and the glory of the event!

Pictures and more pictures! Please take photos of your summer friluftsliv events and forward them to Karen Eberhardt, our D5 publicity director.

It's Parade Season-Make sure your lodge liability insurance is up to date. Check all parts of your float for safety issues. Make sure your tires and rims are street legal. Refrain from throwing candy from your float. Instead, ask your members to hand the treats to children by walking alongside your float.

Summer Food Events- Be sure to follow all local food service guidelines and be cognizant of any COVID-19 protocols. Check with your county's health department for further guidance, including any for lodge bake sales. Offer takeaway options.

Form a Membership Committee. Your committee should be meeting three times per year. Plan a recruitment breakfast or lunch at a local restaurant or your lodge. Honk your horn! Tell what makes your lodge a proud community partner.

We stand on the shoulders of those who came before us. Honor your senior members with notes and small gifts such as a plant, a bag of candy, bookmarks, or gift cards.

Establish a virtual presence. If your lodge does not have a website, consider a Facebook page. They are easy to establish and maintain. Check the District 5 Facebook page each Monday for membership tips. Adapt ideas for use.

Educate prospective members on why our organization is called the "Sons" of Norway. History matters.

Send follow-up communications to anyone who has visited a lodge meeting, one of your classes, or a special event. Create a database for these contacts. Send your newsletter to those who express interest. Postcards are a cost-effective way to send lodge messages.

Money back! If you plan to order membership pins, submit your bill for the *shipping costs* to me, and the district will reimburse you! Consider ordering your membership pins in bulk for multiple years. Reward your loyal members with this small token of appreciation.

Member Surveys give you an accurate picture of what your members want and need from the lodge. The SofN international website has a sample survey, but your membership committee could design one specifically for your needs.

If you need assistance, please ask!

Tusen takk og ha en god helg-(One thousand thanks and have a good weekend)!

Cheryl Wille-Schlesser  
District 5 Vice President  
[rogcher@mhtc.net](mailto:rogcher@mhtc.net)  
[608-219-4464](tel:608-219-4464)

### **Items that will be discussed by your delegates at the District 5 Lodge Meeting**

We have one by-law proposals and three resolutions at this time that will be on the agenda at the District Lodge meeting. Resolutions can still be brought forward at the meeting if done by Friday morning so the various committees can review them and delegates have time to discuss them. We are using the new format required by International. I encourage your lodge to discuss them with your delegates so they have the lodge's input as they discuss and vote on them.

# District 5 By-law Proposal 1. - Zone Descriptions

(Requires a 2/3 vote to pass)

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| <b>Title of Resolution:</b>   | <b>By-Law Proposal #1: Zone Descriptions</b>  |
| <b>Submitted by:</b>  | <input type="checkbox"/> Lodge (name _____)<br><input checked="" type="checkbox"/> District 5<br><input type="checkbox"/> International Board   |
| <b>Date approved by the above entity:</b><br><i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>   | Date: April 23, 2022<br><br>Lodge Officer Signatures:<br>Darlene Arneson<br>Cheryl Wille- Schlessner  |
| <b>Resolution falls into this category</b><br><i>(document you wish to change):</i>   | <input type="checkbox"/> International Charter & Constitution<br><input type="checkbox"/> International Policies & Procedures<br><input checked="" type="checkbox"/> District Bylaws<br><input type="checkbox"/> District Policies & Procedures   |
| <b>CURRENT STATE:</b><br>State specific chapter, sub-chapter and paragraph numbers as applicable.<br>Write out current language of the law or policy.<br><br><i>Example:</i><br><b>1.2.3. DONUT POLICY</b><br><b>1.2.3.1.</b> The only donuts to be served at lodge meetings shall be cake, glazed, or jellied. | <b><u>ARTICLE VI . . . ZONES</u></b><br><b>Par. 2 Description of Zones</b><br><br>Zone 1- Loven 29, Valkyrien 53, Trygvason 220, Viking 625, Ulseth 670, and Dovre 353.<br><br>Zone 2- Wergeland 28, Jotunheimen 286, Solvang 457, Fossen 534, Fagernes 616, Rib Fjell 496, Elvedal 556, Norskeland 580, Myrmarken 609 and Vennligfolk 627.<br><br>Zone 3- Idun 74, Mandt 314, Vennelag 513, Nordland 544, Vakkertland 570, Ostestaden 642. and Norsemen of the Lakes 650.<br><br>Zone 4- Fosselyngen 82, Nordlyset 183, Norse Valley 491, H R Holand 549, and Gronnvik 632.<br><br>Zone 5- Skjold 100, Valhall 168, Polar Star 472, Cleng Peerson 525, Trollhaugen 417 and Elvesund 593.<br><br>Zone 6- Nordkap 378, Sonja Henie 490, Sognefjord 523, Christian Radich 568, Scandiana 600 Askeladden 610, Circle City 614, Edvard Grieg 657, Arctic Circle 662, Vikings of the Smokies 677, Music City Vikings 681, and Shawnee Skogen 689 |

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| <p><b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more "WHEREAS" statements.</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> <li>• WHEREAS chocolate donuts are also delicious; and</li> <li>• WHEREAS chocolate donuts are the same price as the other donuts; and</li> <li>• WHEREAS younger members prefer chocolate donuts;</li> </ul> | <p>Whereas, Vakkertland (5-570), and Trollhaugen (5-417), have disbanded during this past biennium;</p> <p>Whereas, the zone descriptions must change when lodges disband;</p>   |
| <p><b>Follow the request for change as a "THEREFORE" statement.</b> This is a statement of the action you wish to happen.</p> <p><i>Example:</i></p> <p>THEREFORE, be it resolved that chocolate donuts shall be added to the list of acceptable donuts at lodge meetings.</p>  | <p>Therefore, be it Resolved, That By-Laws <b>ARTICLE VI...ZONES</b>, Par. 2 Description of Zones, be amended as follows:</p>  |
| <p><b>DESIRED STATE:</b><br/>Follow with the actual proposed change:</p> <p><i>Example:</i></p> <p><b>1.2.3. DONUT POLICY</b></p> <p><b>1.2.3.1.</b> The only donuts to be served at lodge meetings shall be cake, glazed, <del>or</del> jellied, <u>or chocolate.</u></p> <p>Use a <del>strikeout</del> font to indicate suggested deletions, and <u>underline</u> proposed new additions.</p>   | <p><b><u>ARTICLE VI . . . ZONES</u></b><br/>Par. 2 Description of Zones</p> <p>Zone 1- Loven 29, Valkyrien 53, Trygvason 220, Viking 625, Ulseth 670, and Dovre 353.</p> <p>Zone 2- Wergeland 28, Jotunheimen 286, Solvang 457, Fossen 534, Fagernes 616, Rib Fjell 496, Elvedal 556, Norskeland 580, Myrmarken 609 and Vennligfolk 627.</p> <p>Zone 3- Idun 74, Mandt 314, Vennelag 513, Nordland 544, <del>Vakkertland 570</del>, Ostestaden 642. and Norsemen of the Lakes 650.</p> <p>Zone 4- Fosselyngen 82, Nordlyset 183, Norse Valley 491, H R Holand 549, and Gronnvik 632.</p> <p>Zone 5- Skjold 100, Valhall 168, Polar Star 472, Cleng Peerson 525, <del>Trollhaugen 417</del> and Elvesund 593.</p> <p>Zone 6- Nordkap 378, Sonja Henie 490, Sognefjord 523, Christian Radich 568, Scandiana 600 Askeladden 610, Circle City 614, Edvard Grieg 657, Arctic Circle 662, Vikings of the Smokies 677, Music City Vikings 681, and Shawnee Skogen 689</p> |
| <p>If there is a known, quantifiable <b>financial impact</b>, state it here:</p>  |  |

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| <b>Title of Resolution:</b>   | <b>Resolution #1: Viking Helmet Inaccuracies</b>  |
| <b>Submitted by:</b>  | <input checked="" type="checkbox"/> Lodge: Rib Fjell 5-496<br><input type="checkbox"/> District<br><input type="checkbox"/> International Board   |
| <b>Date approved by the above entity:</b><br>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, and/or Treasurer)                                       | Date: <u>March 15, 2022</u><br><br>Lodge Officer Signatures:<br><u>      Brent Brye, Lodge</u><br>President _____<br><u>      Tryphine Olson Schrubba, Lodge Secretary</u><br>_____   |
| <b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more <b>“WHEREAS”</b> statements. | <p>WHEREAS, the Sons of Norway mission is to promote and preserve the heritage and culture of Norway and some lodges are promoting an inaccuracy by members wearing “Viking Helmets with horns” in parades, dramatic presentations, and pictures; and</p> <p>WHEREAS, Elizabeth Nix, an Associate Professor of history at the University of Baltimore wrote for History.com that historic ”depictions of people from the Viking era show warriors either bareheaded or in simple leather or iron helmets” and the only complete helmet from the Viking era excavated in an archaeological dig (Gjermundbu farm) has a rounded or slightly peaked cap made of four iron plates, a guard around the eyes and nose and no horns; and</p> <p>WHEREAS, the stereotypical helmet with horns started showing up after the costume designer Carl Emil Doepler, used it in clothing Viking characters in the 1870s Wagner mythical opera series “Der Ring des Nibelungen;”</p> |
| <b>Follow the request for change as a “THEREFORE” statement.</b> This is a statement of the action you wish to happen.  | THEREFORE, be it resolved that District 5 Sons of Norway members will discontinue the wearing of helmets with horns in all Lodge activities to stop the promotion of something that is inaccurate.  |
| If there is a known, quantifiable <b>financial impact</b> , state here:   |   |
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| <b>Title of Resolution:</b>  | <b>Resolution #2: Zone Task Force</b>  |
| <b>Submitted by:</b>   | District 5 Executive Committee   |
| <b>Date approved by the above entity:</b><br><i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>                                      | Date: May 22, 2022<br><br>Lodge Officer Signatures:<br>Duane Kittelson<br>Darlene Arneson  |
| <b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more <b>“WHEREAS”</b> statements | WHEREAS: The Nominating Committee has a difficult time in obtaining willing and qualified candidates for the District Board and;<br><br>WHEREAS the current Zone representation regulations limit where candidates may be selected from;   |
| <b>Follow the request for change as a “THEREFORE” statement.</b> This is a statement of the action you wish to happen.   | THEREFORE, be it resolved that the 2022-2024 District President shall appoint a Special Committee consisting of but not limited to current District Board members, past District Board members and District Members at large. The committee shall meet during the next biennium and present a recommendation of proposed solutions at the District Lodge meeting in June 2024. |
| If there is a known, quantifiable <b>financial impact</b> , state here:  |  |

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| <b>Title of Resolution:</b>               | <b>Resolution #3: District Officer Compensation</b>   |
| <b>Submitted by:</b>                      | District 5 Board                                      |
| <b>Date approved by the above entity:</b> | Date: April 23, 2022<br><br>Lodge Officer Signatures: |

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| <i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>   | Darlene Arneson<br>Duane Kittleson  |
| <b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more <b>“WHEREAS”</b> statements | <p>WHEREAS District 5 Bylaws Article VII, Par. 7 states that the The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, and Youth Director shall receive such compensation as determined by the District Lodge. The Board of Directors shall make recommendations to each District Lodge Meeting with respect thereto;</p> <p>WHEREAS at the 2018 District Lodge meeting, the delegates approved only providing compensation for the District President, Secretary and Treasurer due to budget concerns;</p> <p>WHEREAS, during the past biennium the District 5 Board has been diligent in their use of District funds within their control;</p> |
| <b>Follow the request for change as a “THEREFORE” statement.</b> This is a statement of the action you wish to happen.   | THEREFORE BE IT RESOLVED: To have the convention Finance Committee make recommendations to the District Lodge for consideration for all officer positions.  |
| If there is a known, quantifiable <b>financial impact</b> , state here:  | <p>In 2018, the amounts were President - \$500.00 per annum, Secretary - \$1,500.00 per annum, and Treasurer - \$500.00 per annum.</p> <p>The committee should discuss the other positions (Vice President, Publicity Director, Cultural Director, Youth Director, and Sports Director) and recommend appropriate amounts.</p>  |

- District’s Silent Auction- always a favorite and the items will be in the Salon D & E where the business session will be held. Due to space limitations in the registration area, we’ll ask that delegates bring the items to that area after 5 PM on Thursday when we are setting up the delegate tables. The silent auction starts early Friday and will end before we adjourn on Friday. Thank you so much for bringing items to the convention and for bidding on them!

What can your lodge, delegates or businesses donate? We ask that you send items that are easy to transport, new items, nothing that requires refrigeration, if a vintage item- that it is clean and in good condition. Favorites are cultural items (rosemaling, pewter, carvings, textiles), gift cards, theme baskets, vintage SN items, beverage baskets, and items from your area. Be creative and have some fun with these!

- District's Heads n Tails fundraiser during the Friday luncheon. This is a fun, inter-active optional fundraiser that benefits the SN District 5 Nordic Legacy Foundation.

## International Lodge Meeting and Convention Update

Dear District Leader

As we draw closer to your district convention which includes electing International Delegates, we wanted to provide some information that we know your delegates will need before the district elections.

The dates of the International Virtual Convention:

**Date:** 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

**Registration:** \$100 delegates, \$75 non-delegates

**Payment methods:** Credit card or ACH from your lodge

The Sons of Norway website will feature a convention page for all delegates to access once they are elected; this will launch prior to opening registration.

We will also schedule an orientation session in early August for first-time delegates to help prepare for the event.

We will provide detailed bios for individuals running for the international board. Between the first day of the convention and the second session each delegate will receive an email with a link to vote for these candidates. Prior to opening of day two, the results will be verified and the new board members and officers will be installed during the business session September 1, 2022.

Late July we will be sending materials to the mailing address listed on the delegates registration.

As more details are available, we will send out another update to this group!

We are very excited to make this as engaging as possible and conduct the necessary business for Sons of Norway!

**Connie O'Brien**

Director of Fraternal & Foundation Development

## Deadlines and Dates! Changes in red!

### June 10, 2022

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

### June 15-19, 2022

- District 5 Lodge Meeting and Convention, Middleton

### July 17-30, 2022

- Masse Moro Norwegian Heritage Camp



\*Insurance membership with Sons of Norway required

\*\*Membership with Sons of Norway required (social or insurance)

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### 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 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](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)

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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](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@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)