

Friendly Fifth Friday News

November 8, 2019

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



What Can D5 Do for You? By Cheryl Wille-Schlessner

What are the offerings of the District and how do they benefit me? Why is a portion of my membership dues sent to the District? How can I get assistance from the Fifth District Board, if my local lodge needs help?

Background Information

In the Sons of Norway hierarchy there are three divisions: Local Lodge, District Lodge, and the International Lodge. These three divisions work cooperatively for the “Good of the Order.” It is our goal to further the Mission of the Sons of Norway. Originally, the Sons of Norway was organized with the intent of supporting families in the time of grave illness or death of a family’s breadwinner. Over time, the organization expanded to include cultural and heritage activities. Visionary members also created the Sons of Norway Foundation that has as its mission, in part, to support the academic and educational pursuits of its youth and adult members. The support of the Foundation makes connections between one’s heritage and Norway of today. Another focus of the Foundation is to provide monetary relief for member families who suffer loss following a natural disaster or fire.

If you are new member or officer in a Sons of Norway Lodge you may have wondered, what is “District 5”?

While each of Sons of Norway’s 8 Districts has unique identified projects, all remain faithful in the mission of promoting and preserving the heritage and culture of Norway and celebrating relationships with other Nordic Countries. In the Fifth District, we are your link between the Local and the International Lodge. We are proud to provide and support a heritage camp for youth, ages 9-15. *Masse Moro*, which translates literally to “lots of fun” is an outstanding program now in its 41st year. Lives have changed here. Children who had a difficult time fitting-in have found a “family” of caring peers and adults. They’ve grown in the knowledge of their heritage and can now celebrate it through the many hands-on learning experiences, music, and historical engagements provided. Some students continue studies in Norway.

One of our former campers has also shared that it was this experience that opened doors to her specific university of choice. As universities look to expand the diversity of their student body, the *Masse Moro* experience provided knowledge unavailable through other means. As the youth of today become the leaders of tomorrow, the Fifth District is honored to provide them with this experience ensuring that the Norwegian heritage and culture of our ancestors will be passed on to successive

generations. It is through one's membership dues that Masse Moro lives. I encourage you to enroll a young person you know in our heritage camp in 2020. For more information: www.massemoro.org

What are the offerings of the District?

In addition to our heritage camp, one of the strongest components of our organization is the support system we provide to new, veteran, and aging lodges. Expertise lies in our Executive Board members who move the District forward in an attempt of reaching new heights in membership, retention, cultural skills, and education. The District Treasurer is the keeper of our finances, and he has recently instituted the Nordic Legacy Foundation, a 501C3 entity, as recognized by the U.S. Internal Revenue Service, which allows gives a tax deduction for any of their donations. The Nordic Legacy Foundation saves the District money, as we use its status to make purchases for Masse Moro and for other District 5 functions.

The Sons of Norway Lodges have been grouped into Zones by their physical location. Each Zone has a director, sometimes two, based on distance between lodges or the total number of members they serve. Zone Directors are the first line of defense should your lodge have a concern. They are there to help you find answers, and they have at their immediate disposal the experience and knowledge of the entire District 5 Board. Zone Directors can help lodges to increase membership, retain members, and solve problems. They are great sounding boards for local issues. They can also assist in the promotion of local events and have an abundance of information to share.

District 5 Zone Directors have the expectation of visiting their lodges two times a year. Please know that if you are hosting a special event, want ideas for a fundraiser, or could use some support with a grave concern, they would appreciate being contacted. They can also be present to help your Lodge with an event.

The Zone Directors should be the first people to hear from a struggling lodge, and their goal is to prevent a lodge from disbanding. It is disheartening for the entire District 5 Board to learn that one of the District's lodges has chosen to disband. It is a sad time for many people: those who instituted the Lodge, its aging membership who has built and supported it, and the younger members who want to continue celebrating their heritage.

One of the main responsibilities of the Zone Directors is to plan and execute a training for all lodges in their zone each year. I cannot emphasize enough the importance of doing so. It is through these trainings that local lodges prepare new officers for leadership roles. Preparation is often rewarded. If your Zone Director is not holding zone meetings each year, ask when the next training will be held! Zone Directors often work together to ensure that local lodges have the information they need to be successful, and this is especially important in an election year.

Every two years, a District Lodge or the District 5 Board offers a convention to its members. The Convention provides a venue for its members to conduct business, review any policies or procedures, make resolution or by-law changes, and to showcase the Norwegian artwork, handicrafts, or cultural skills of the membership. Classes are offered to delegates and their families. Games such as kubb have been shared. Entertainment has also been arranged for member enjoyment. If there is something specific that you would like the District to provide, please contact your Zone Director!

Fall, 2019, Sports and Recreation Committee

A Report to District 5 Lodges

Submitted by Cheryl Wille-Schlessler, Chair (rogcher@mhtc.net), 608-219-4464

Committee Members: Darlene Arneson, Connie Kross, Audrey Severson

The highlight of the last year was the successful completion of the Barnebirkie Ski Event held in Hayward, WI in February. Many lodges participated in a variety of ways: by baking dozens of cookies to share with families, greeting skiers and handing out cookies at the Celebration Tent, registering skiers and giving young ones their race bibs, dressing in costume for the start of the race to cheer-on the young skiers, and pitching the benefits of Masse Moro attendance at the Ski Expo. District 5 members also greeted people at the Ski Expo, where they shared additional cookies and much good will! The ski families are very appreciative of our efforts.

Several lodges made monetary donations to the District 5 Nordic Legacy Foundation Scholarship Fund or provided entertainment. One group provided a luncheon for District 5 workers. Several workers were on the ski patrol. In addition, a donation was made to the American Birkebeiner Ski Foundation archives on behalf of a Central Lodge member. District 5 will continue the support of this program in the future.

The Sports and Recreation Committee reviewed the 2019 offerings suggested to District 5 Lodges and discussed the lack of participation in the District 5 Bowling Tournament. To that end, we have moved that this activity be stricken from the District 5 Sons of Norway Policies and Practices, 2018-2020, Sanctioning, on page 14. At the end of this report are some ideas of popular sporting options for your members to consider.

Using the Sons of Norway Traditional Norwegian cooking units as a recreational activity, orienteering, and fishing had little to no following. The Sports and Recreation Committee recommends that your lodge ask your members for input into the kinds of activities *they wish* to pursue. Due to the many options available, the Committee further recommends that local lodges continue the pursuit of the Sons of Norway Sports Medal Program.

A request has been made to the International Office for an additional walking pin for those members who have completed the entire Gangmerke (Walking) program levels and who have also received the Idrettsmerke (General Fitness) medal. I have been assured that this pin's design is in the process.

The Committee suggests that The Adopt-a-Trail or Highway Program serves multiple purposes for a local lodge, providing a fitness opportunity for its members and signage that recognizes the local lodge as a proud community partner. Consideration for the institution of such a program could be locally discussed.

The Committee recognizes that local leaders understand their members' needs best, and a survey could be designed to provide input for Lodge sporting activities. One survey that I designed for Zone 3 Lodges provided information for a starting point with programming. Another option for conducting a survey would be to offer it through www.SurveyMonkey.com. A sliding scale of fees is provided. It is user-friendly option.

IDEAS FOR ACTIVE FUN! NEW SPORTS OFFERINGS ARE COMING IN 2020!

In recognition of the 125th Anniversary of the Sons of Norway, the Committee has designed a sports challenge for all lodges in District 5 which will begin on November 1, 2019, and it will continue through June 15, 2020. See accompanying documents under the Programming tab of the District 5 webpage. Select the Sports and Recreation tab, and encourage your members to participate! Two positive outcomes of the program are member fitness and a celebration of the founding of the Sons of Norway. Lykke til-good luck!

SURVEY RESULTS

Axe-throwing, pickleball, and photography are three popular activities today. They could be considered in a local lodge's list of suggested sports and recreation activities. Another activity that was popular with veteran members was bird watching. This activity would provide a time to celebrate *friluftsliv*-the Nordic concept of getting outdoors. Live streaming videos provide additional information. Lastly via a survey, some members indicated that they would also be interested in photography as a recreational activity. Most lodges have a member or members who are great photographers. Enlist their help for a photographic safari!

It is also the intent of the Chair to offer axe-throwing and photography as evening activities at the District 5 Convention which will be held in Madison, WI, June 25-27, 2020. An axe-throwing business lies two short blocks from the Convention site! The chair will be meeting with the Convention Committee later this month, seeking approval for a photography show at the District 5 Convention. Please continue to watch the FFFNews for an update on these opportunities.

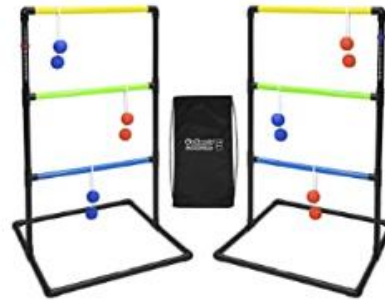
In preparation for the District 5 Fall Board meeting, I conducted some research to identify the most popular family activities or sporting events that lodges could implement. Most of the games can be made as Do It Yourself Projects by retirees or skilled members of your lodge.

ACTIVE SPORTS SUITABLE FOR ALL MEMBERS AND AGES:



GoSports Classic Cornhole Set - Includes 8 Bean Bags, Travel Case and Game Rules (Choose between American Flag, Football, Rustic,

BAGS



GoSports Indoor / Outdoor Ladder Toss Game Set with 6 Rubber Bolos, Carrying Case and Score Trackers

LADDER TOSS



GoSports Regulation Kubb Viking Clash Toss Game Set for Kids & Adults

KUBB



YH poker Giant Wooden Playing Yard Dice

YARD YAHTZEE

***Please send any pictures of your members enjoying a sporting lifestyle. I can post them on the District 5 webpage. If you send some details about the events, they can also be shared in the FFFNews!**

Activities to Steps Conversion Chart

To convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart. Example: 30 minutes gardening x 131 steps/minute=3930 steps. **About 2000-2400 steps = 1 mile, depending on the length of your stride.** An average person has a stride length of about 2.1-2.5 feet.

Aerobics Class	145	Martial Arts	222
Archery	102	Mini Golf	91
Backpacking (uphill)	242	Mowing (push mower)	160
Badminton	136	Mopping	101
Baseball	111	Painting	100
Basketball (game)	178	Pilates	99
Basketball (recreational)	133	Ping Pong	121
Biking (10 mph-easy)	133	Punching Bag	182
Biking (13 mph-moderate)	178	Racquetball-moderate	156
Biking (15 mph-vigorous)	222	Rowing machine (moderate)	111
Billiards/Pool	77	Rowing machine (vigorous)	189
Bowling	87	Rugby	303
Boxing (non-competitive)	131	Running (8 min. mile)	278
Boxing (competitive)	222	Running (10 min. mile)	222
Calisthenics	106	Running (12 min. mile)	178
Canoeing	106	Scuba Diving	212
Chopping Wood	133	Shoveling Snow	133
Circuit Trainer-General	178	Skiing-Cross country	200
Cleaning House	78	Skiing-downhill	133
Climbing-Rock, Mountain	273	Sledding	212
Dancing-aerobic	133	Snowshoeing	178
Dancing-General	100	Soccer-recreational	156
Elliptical Machine	249	Softball	152
Fencing	133	Stair climbing (leisurely)	90
Fishing-sitting	91	Stair climbing (vigorous)	267
Fitness class-low impact	152	Stretching	76
Fitness class-high impact	212	Swimming (leisurely)	133
Football	189	Swimming laps(moderate)	212
Frisbee	67	Swimming laps (vigorous)	303
Gardening	131	Tai chi	121
Golf-carrying clubs	122	Tennis (singles)	178
Golf-using cart	78	Tennis (doubles)	133
Gymnastics	89	Vacuuming	87
Handball	267	Volleyball	89
Hiking-general	172	Walking (2 mph)	76
Hiking-uphill	212	Walking (3 mph)	100
Hockey	178	Walking (4 mph)	152
Horseback riding-general	102	Washing Car	100
Ice Skating	203	Water aerobics	89
Jogging	156	Weight Lifting	133
Jumping Rope-moderate	244	Yard Work	111
Jumping Rope-slow	178	Yoga	89
Kayaking	152	Rock Climbing	244
Line Dancing	139	Rollerblading/skating	156

Folk Art and Friendship

La Crosse Friends of Vesterheim and The National Norwegian-American Museum & Heritage Center.

Sunday, November 17

Radisson Hotel 200 Harborview Plaza, La Crosse, WI

12:00-12:45 p.m. Welcome and Social Time

Come early to socialize, connect with folk-art demonstrators, and enjoy complimentary Norwegian treats. 12:45 - 2:00 p.m. Luncheon and Program with Lea Lovelace, Vesterheim Director of Folk Art Education. Advance reservations only: By November 8: \$35 After November 8: \$50. For more information, contact Anna Runestad: 563-382-9681, ext. 107, or arunestad@vesterheim.org. Hope you'll be able to join us! Everyone is invited.

Another Viking Photo Submission deadline!

Wow, where has Fall gone? In Wisconsin we had 3 inches of snow near Madison on Monday, October 28! A little early but you never know about Mother Nature.

Has your lodge submitted photos this year? I did a review of my spreadsheet of lodge photos received and found that only 20 of the 47 lodges sent in pictures since July. The year before [July 2018 – June 2019] had 27 of the 47 lodges sent in pictures. I need your lodge photos for the Viking Magazine and the digital scrapbook that will be running at the District 5 June, 2020 Convention. It would be wonderful to have all the lodges pictured.

Lodge contact people I need you to be sure that your lodge is sending in photos of your events. Check with your officers and the informal lodge photographers. Make my job a lot harder and give me those pictures for a larger monthly selection for The Viking Magazine.

Photos are needed by November 10, 2019 for consideration in The Viking Magazine. Thank you.

Karen Eberhardt
District 5 Publicity and Zone 3 Director
eber01dj@gmail.com

How to use the Viking Box in your lodge

by Zone Director Audrey Severson

When the Viking Box comes to your lodge, it can become the program. Articles can be organized around certain themes or cultural arts. The items can be taken out of the box and displayed by these groups on a table. The items are all different but many were of the same type. Generally the groups are Viking ships, Viking artifacts, woodcarving, rosemaled items, hardanger & other handwork items, genealogy, and books. Tell how Owen Christianson started the idea of a box of Viking and Norwegian artifacts to show around the district. You can give a brief summary about the items that the lodges have written up. Telling the city each item came from may be more informative than just lodge names. After the meeting, members can look at items of their interest more closely.

2019 District 5 and International Calendar and Deadlines

(Updated 10/31/2019- changes in red)

November 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

December 10, 2019

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

DISTRICT FIVE LODGE MEETING

June 24-28, 2020 at the Radisson Hotel, Grand Canyon Drive, Madison

INTERNATIONAL LODGE MEETING

August 16-23, 2020 in Hamar Norway

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.

Rotation for sharing the Viking Chest will continue as follows:

Zone 5 Oct. 2019 - Apr. 2020
Zone 2 Apr. 2020 - Oct. 2020
Zone 4 Oct. 2020 - Apr. 2020
Zone 6 Apr. 2020 - Oct. 2020
Zone 1 Oct. 2020 - Apr. 2021
Zone 3 Apr. 2021 - Oct. 2021

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.
- The District 5 Convention will be June 24-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 16-23, 2020 in Hamar Norway

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 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