

Friendly Fifth Friday News October 29, 2021

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!

Zone 6 Virtual Meeting

Dear Sons of Norway Zone Six Members.

We are happy to announce that there will be a Zone 6 zoom meeting on Saturday November 6, starting at 9 a.m. CST and 10:00 a.m. EST. After introductions our District Vice President Cheryl Wille-Schlesser will give a report concerning membership issues that relate to our District. Mike Palecek, our District Treasurer, will give a presentation on the Manistee, Michigan Norwegian Colony. After Mike's presentation Dee Bumpers and I will speak. To conclude the meeting everyone will have a chance to voice any issues and/or concerns related to the Sons of Norway. Hopefully as leaders in the Sons of Norway you will get this message out to your publicity directors and to your lodge membership.

Med beste hilsen,
Andrew Johnsen, District Five President and Dee Bumpers, Zone 6 Director

Zoom meeting:

Topic: SofN D5 Zone 6 meeting

Time: Sat. Nov 6, 2021 09:00 AM Central Time (US and Canada) / 10:00 AM Eastern Time

Join Zoom Meeting

<https://us06web.zoom.us/j/86072335124?pwd=cGIFYjV1VTg1eWtsWmdycWtjV0tDQT09>

Meeting ID: 860 7233 5124

Passcode: SofN-D5

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Phone in only:

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 860 7233 5124

Passcode: 0281505

Find your local number: <https://us06web.zoom.us/j/kVOwgXX4C>



District 5

BAKING FOR THE HOLIDAYS:

NEW NORWEGIAN COOKING CLASSES in November and December with CONNIE AIELLO

Connie's 6-week online Norwegian Cooking Class earlier this year received rave reviews. We've asked her to return to teach more Cultural cooking classes. This time around, Connie is offering Norwegian Holiday Baking classes online throughout November and December.

As a bonus, Sons of Norway District 5 is offering all classes for FREE to all Sons of Norway Lodge members!

Attached you will find the class schedule and registration information.

Judy Ghastin
District 5 Cultural Director

Kvæfjordkake

Wednesday, November 17 @ 6pm CST

Friday, November 19 @ 4pm CST

Saturday, December 4 @ 10am CST

Ask any Norwegian, Kvæfjordkake and their eyes will light up. This cake has long been reserved for celebrations like birthdays, anniversaries, confirmations, baptisms, and holidays.

This layered sponge cake topped with meringue and almonds, filled with a vanilla custard cream, dusted with powdered sugar.

Join me on this culinary experience as we explore its history and breakdown this cake into easy follow steps. After one bite, you will see why this luxurious and dreamy cake is known as the Verdens beste... "world's best" cake.

Sandbakkell, Rosette, and Fattigmann. What am I doing wrong?

Sunday, November 14 @ 1pm CST

Tuesday, December 7 @ 6pm CST

Do you find yourself chiseling out your Sandbakkell from the tin? Rosette will not drop off the iron? Fattigmann...how do I get the dough through the slit? This class is for you!

Don't worry, help is on the way. I will be sharing my tips, tricks, and techniques to successfully make these cookies on your own.

Lussekatter (St Lucia Buns)

Wednesday, December 8 @ 6pm CST

Saturday, December 11 @ 10am CST

Lussekatter traditionally kick off the holiday baking season in Norway and Sweden. These saffron buns are prepared in celebration on St Lucia Day, December 13, and served throughout Advent. In

this class: you will learn about the tradition behind the fluffy saffron yellow buns, why they are shaped like an “S” and/or Rams head, why Norwegians and Swedes celebrate the Italian Saint Lucia. These deliciously sweet buns will be a hit as you celebrate the holiday season.

Pavlova with Lemon Custard and Fresh Berries

Sunday, November 21 @ 6p CST

Tuesday, December 14 @ 6pm CST

Maximum class size: 12 participants

Come bake along with me. We will work through the steps of making this meringue-based dessert.

Pavlova is not your classic meringue. It's chewy-crisp texture outside with a light and goey marshmallow-like inside, making it an absolutely dreamy dessert. Add a lemon custard or cream filling with fresh berries on top, you can see why this a popular dessert in Norway is made anytime during the year.

I will share with how to make the lemon custard. Plus, some shortcuts. We will talk about how you can store your Pavlova for a great quick dessert.

*Recipe, baking equipment, and supply list will be emailed with Zoom invitation.

Scandinavian Almond Cake

Wednesday, December 1 @ 6pm CST

Monday, December 20 @ 6pm CST

A longtime favorite with coffee, Scandinavian Almond Cake is one dessert you need to add to your holiday baking. I will be demonstrating how to make this traditional cake as well as its Gluten-free version. I often bake and freeze 3-4 cakes ahead of time. Scandinavian Almond Cake makes a wonderful hostess gift or holiday treat.

To register for your FREE class:

Please put the **Class Code** in the subject line.

NOTE: If registering for **more than one class**, please send a **separate email** for each class.

Please make sure to use the email address you would like the Zoom meeting invitation to me sent to.

Email example:

From: olebull@gmail.com
To: son5cookingclass@gmail.com

Subject: KVF-1

Please register me for the Kvæfjordkake Class on Nov 17.

Thank you,
Ole Bull
Violin Lodge

Send class registration to: son5cookingclass@gmail.com

Supplies: A computer, laptop, or tablet with a camera and mic as well as a fast, reliable internet connection.

Special Instructions: Registrants should be familiar logging into a Zoom meeting via their computer or Zoom app prior to the class. If you have never used Zoom before, contact Connie at son5cookingclass@gmail.com with the Subject line: Zoom Practice. I will send you a practice link, we will check out your camera and microphone to make sure they are working.

You will receive a link to the Zoom class, instructions, and a copy of the recipe via email sometime during the week prior to the class.

CLASS	CODE	CLASS DATE	REGISTRATION DEADLINE
Kvæfjordkake	KVF-1	Wednesday, November 17 @ 6pm CST	Monday, November 8
	KVF-2	Friday, November 19 @ 4pm CST	Monday, November 8
	KVF-3	Saturday, December 4 @ 10am CST	Wednesday, November 24

Sandbakkel, Rosette, and Fattigmann	SRF-1	Sunday, November 14 @ 1pm CST	Monday, November 8
	SRF-2	Tuesday, December 7 @ 6pm CST	Wednesday, November 24
Lussekatter (St Lucia Buns)	LUS-1	Wednesday, December 8 @ 6pm CST	Wednesday, November 24
	LUS-2	Saturday, December 11 @ 10am CST	Wednesday, December 1
Pavlova with Lemon Custard	PAV-1	Sunday, November 21 @ 6p CST	Wednesday, November 10
	PAV-2	Tuesday, December 14 @ 6pm CST	Wednesday, December 1
Scandinavian Almond Cake	SAC-1	Wednesday, December 1 @ 6pm CST	Sunday, November 21
	SAC-2	Monday, December 20 @ 6pm CST	Friday, December 10



Lutefisk dinner season is here!

November 6

The Blair Lutheran Church Lutefisk Dinner will be Nov. 6, 11-4. Pre-orders are necessary. Details were sketchy at the time of this publication. For more information call 608-989-2818.

November 13, 2021

Christ Lutheran Church in De Forest, WI

November 13th will be here before we know it ~ the date for Christ Lutheran's Lutefisk & Meatball dinner! Because of concerns related to COVID-19, and the safety of our workers and guests, we will be holding a "**Carry Outs by Pre-Paid Reservation Only Dinner.**" No walk-ins will be served. The carry-out dinners will include lutefisk and lefse, meatballs, potatoes, rutabagas, coleslaw, cranberries and pie.

We hope that you and your family will make reservations for this delicious dinner! Please tell your friends and neighbors about the dinner too.

Cost:

Adults \$20.00

Kids (4-12) \$9

Kids (0-3) Free with paid Adult Carryout Reservation

Carryout Reservations begin the first week of September and end October 25, 2021. No reservations after October 25, 2021 and no walk-ins.

Important: All reservations must be pre-paid, with payment received or post-marked by October 25 or the reservation will be cancelled.

Carryout Dinner Reservation Pick-up Times: Begin at 11:00 am and will continue every 20 minutes with 6:00 pm as the last pick up time.

Reservations may be made several different ways:

1. Selecting your Carryout Time and Dinner options and paying online via <https://www.signupgenius.com/go/10c0f4eabaf22a1f94-lutefisk8>
2. Selecting your Carryout Time and Dinner options online, but paying via check. Send payment to Christ Lutheran Church at 220 S Main St. DeForest WI 53532. You may also drop off the payment at the church office or in the drop box located by the office door facing Sunset Dr.
3. Calling the Church office – **Tuesday through Thursday 9:00 am to 3:00 pm** at 608-846-4718 to make your reservation. Then send payment to Christ Lutheran Church at 220 S Main St. DeForest WI 53532. You may also drop off the payment at the church office or in the drop box located by the office door facing Sunset Dr.
4. Stopping in the Church office **Tuesday through Thursday 9:00 am to 3:00 pm** to make your reservation and pay for the reservation.

Thank you everyone for your support!

Sunday, November 21, 2021

Norse Valley 5-491 Lutfisk Dinner

4:30 pm cash bar, 5:00 pm meal

Liberty Hall, 800 Eisenhower Dr., Kimberly, WI.

Adults \$25, Children 7-12 \$10 and Children 6 and under, free.

Reservations at <https://forms.gle/UbUuK5sszYWvrRKt7> by Wednesday, November 10.

Reservations are not confirmed until payment has been received.

Pay by Venmo sent to @lindahashsofn by Wednesday, November 10. Please include "Lutfisk Dinner" and your name. Any questions? Email norsevalley@gmail.com or call Sharron at 920-427-4877

Saturday December 4th 2021

St. Olaf Lutheran Church

Rubicon, WI

920-474-7042

<https://www.st-olaf.org/events/st-olaf-lutfisk-scandinavian-dinner-bake-sale/>

11 a.m. - 5 p.m.

Online ticket purchase available until Friday December 3rd at 3:00 pm.

Tickets will then be available at the door.



District 5

Cultural and Sport Pin Grants Available

District 5 is now offering grants to support lodges in cultural and sports programming, taking part in events, and shipping costs for award pins.

You may direct questions to Judy Ghastin, D5 Cultural Director, at judy62ghastin@gmail.com

Judy Ghastin

District 5 Cultural Director

Sons of Norway District 5 Cultural and Sports Grants

Purpose:

To promote and celebrate the culture of Norway and Nordic countries, grants are offered to District 5 Lodges to:

- increase and maintain membership
- expand programs to include all age groups
- reach out to members who can no longer attend meetings
- encourage participation in the cultural arts and sports programs

Categories:

1. **Cultural and Sports Pins Shipping Grant** award limit \$26 per District 5 Lodge per year.
2. **Small Project Grants** award limit up to \$200 per Grant (up to 5 awarded semi-annually)
3. **Matching Funds Grant** award limit up to \$500 (up to 3 awarded semi-annually)

Guidelines:

- Grants are offered **only to Sons of Norway District 5 Lodges semi-annually.**
- Lodges may apply for a Shipping Grant and either the Small Project or Matching Fund Grant in the same year.
- Awards are dependent on available funds.
- Grants are judged by members of the District 5 Board; including members of the Cultural & Sports Committees.
- Checks will be payable to the lodge making the application.
- **Applications and required paperwork must be submitted to the District 5 Cultural Director.**

Application Deadlines and Awarding of Grants:

- Spring application deadline **March 1st** ; Grants awarded mid-April
- Fall application deadline **September 1st**; Grants awarded mid-October

Grant Descriptions:

Cultural and Sports Pins Shipping Grant

- Grant is awarded to District 5 Lodges to help with the shipping cost of cultural and/or sports pins
- One Cultural and Sports Pin Shipping Grant up to \$26 can be awarded per year, per lodge.
- A copy of the shipping receipt (shipping cost circled) must be submitted with the application.
- Lodges may receive a Shipping Grant and apply for one of the other grants within the same year.

Small Projects Grant

- Up to \$200 each may be awarded to assist with Cultural or Sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.
- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts

Matching Funds Grant

- Up to \$500 in matching funds may be granted for assistance with large cultural or sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.
- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts showing how funds were matched

**Grants will be judged by members of the Sons of Norway District 5 Board,
including members of the Cultural and Sports committees.**



District 5

Sons of Norway District 5 Cultural and Sports Grants

Application Form - Cultural and Sports Pins Shipping Grant

Lodge Name and Number: _____

Contact Person: _____

Email: _____ Phone: _____

Contact Address: _____

Date(s) of pin order(s): _____

- Attach copy of receipts for pin orders with shipping cost circled.
- No follow-up report is required, but comments are welcome.
- This Grant applies to shipping costs starting January 1, 2021.

Sons of Norway District 5 Cultural and Sports Grants Application Form - Small Projects & Matching Funds

Lodge Name and Number: _____

Contact Person: _____

Email: _____ Phone: _____

Contact Address: _____

Grant Request: Small Projects Grant _____ Matching Funds Grant _____

Title of Project: _____ Dates of Project: _____

Matching Funds Grant only:

Name of Matching Fund Source: _____

Contact: _____ Email: _____ Phone: _____

Description and Budget:

- Attach a detailed description of the project written in less than 500 words.
- Include the budget for the project
- Explain how this grant will help promote Nordic culture, especially Norwegian culture.

Report: Upon completion of your project, you must send a report describing the outcome of the project. Include pictures which may be posted and receipts to show how the grant was spent and/or matched.

Submit applications and reports to:

**Judy Ghastin, Sons of Norway District 5 Cultural Director
5810 North Meade Street
Appleton, WI 54913**

Sons of Norway Culture and Sports Pins

Ordered from the Pfusion Shop thru the Sons of Norway website by individual Lodge Cultural Director/Sports Director.

Lodge Culture Director and the Sports and Recreation Director should combine their pin purchases so a lodge only pays only one shipping fee for the lodge. Suggested that the lodge have twice a year deadlines for members to turn in their paperwork to the lodge officials to help facilitate ordering pins and conducting lodge awards.

[1]



Cultural Skill Pins - Rosemal / Mentor / Master

Cultural Skills Pins: * Rosemal: 1.25" Round - Rosemal Design w/Gold Background

* Mentor: 1.25" x 0.625" - Blue & White w/Gold Background

* Master: 1.25" x 0.75" - Enamel on Gold Background * Includes loops to additional bars

SOFN-SkillPin \$3.00 and up

This starts out the Rosemal culture pin (drop down) individual awards. This can be used for Rosemaling where you add the one, two, or three level bars below it. It is the holder for the other culture (bar) pin and the bar pin levels of 1, 2, 3.

Notice the other two pins for Mentor and Master have this design but in different colors.

*** Only one per person for all their culture skills units complete. Lodge needs to keep record/ask participant if they have received this pin. ***

[2]



Cultural Skill Bars

Cultural Skill Bars. Attaches to Cultural Skills Pin (sold separately). Traditional Clutch Pin Back. Enamel on Gold Background

Click on Cultural Skill Bars for a drop-down list to choose from: Rosemaling; Cooking; Culture; Figure Carving; Folk Dancing

** To attach to pin and other levels – Carefully open ring push/pull to opposite sides to retain the ring circle form – do not pull out as it destroys the ring and you cannot get the circle form back

SOFN-CulBars \$3.00 and up

[3]

Cultural Skills Level Bars - 1,2,3

Cultural Skills Level Bars - (these go with Cultural Skill and Mentor Pins)

Select Level 1,2 or 3 * Level 1 - White Stripe

* Level 2 - White & Red Stripe

* Level 3 - White, Red & Blue Stripe

* All bars Enamel on Gold Background

SOFN-Levels - \$3.00 and up



[4]



Master of Cultural Skills Bars

Master of Cultural Skills Bars. (These go with Master of Cultural Skills Pin) Enamel on Bronze, Silver or Gold Background

SOFN-MastSkil - \$3.00 and up

[4] Sports Pins have individual pins for each level for each sport.



Sports Medals - Bicycling - sykkelmerke

The sykkelmerke (sick-el-merk-eh) is the Sports Medal program's bicycling pin. Traditional Clutch Pin Back. Available in Bronze, Silver, Gold or Enamel according to achievement level.

SOFN-sykkel - \$3.00 and up



Sports Medals - Walking - gangmerke

The gangmerke (gahng-merk-eh) is the Sports Medal program's walking pin. Traditional Clutch Pin Back. Available in Bronze, Silver, Gold or Enamel according to achievement level.

SOFN-gangmerke - \$3.00 and up



Sports Medals - Swimming - svommemerke

The svommemerke (she-merk-eh) is the Sports Medal program's swimming pin. Traditional Clutch Pin Back. Available in Bronze, Silver, Gold or Enamel according to achievement level.

SOFN-svomm - \$3.00 and up



Sports Medals - Skiing - skimerke

The skimerke (she-merk-eh) is the Sports Medal program's cross-country skiing pin. Traditional Clutch Pin Back. Available in Bronze, Silver, Gold or Enamel according to achievement level.

SOFN-skimerke - \$3.00 and up



Sports Medals - General - idrettsmerke

The idrettsmerke (ee-dretts-merk-eh) is the Sports Medal program's general sports and fitness pin that rewards a variety of activities. Traditional Clutch Pin Back. Available in Bronze, Silver, Gold or Enamel according to achievement level.

SOFN-idretts - \$3.00 and up



Sports Medals - Outstanding Achievement - hederspris

The hederspris (hay-dersh-prees) is the Sports Medal program's "outstanding achievement" pin. This pin is for members who have earned the bronze, silver, gold and enamel medals in any three sports categories. Traditional Clutch Pin Back. Gold Plated - 1" Round

SOFN-hederspr - \$3.00 and up



Sports Medals - Sports Hero - idrettshelt

The idrettshelt (ee-dretts-hellt) is the Sports Medal program's "sports hero" pin. It reward's members for completing the fifth achievement level (after enamel) in any Sports Medal Category. Traditional Clutch Pin Back. Available in Black and Gold

SOFN-idrettshe - \$3.00 and up



District 5

Deadlines and Dates! Changes in red!

November 6, 2021

- **Zone 6 Virtual Meeting – see article for time and link**

November 10, 2021

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at 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

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 31st to Sept 1st 2022, with first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September. Here is the information about the venue, be sure and watch the virtual tour of the site!

(<https://youtu.be/S7TIjcinVCU>)- Omni Hotels and Resorts, Omni Viking lakes Hotel, 2611 Nordic Way, Eagan, MN 55121

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