

Friendly Fifth Friday News September 13, 2019

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

Lutefisk dinner season ahead and the calls are coming!



If your lodge has a lutefisk dinner or there are ones in your area, please send me the information so we can share it.

I need the: name, date, time, street address, price, phone number of who to call, and if they need reservations.

I do NOT want all the other event flyers for other types of events and dinners. Please post that on the District calendar. I just have time to do the lutefisk dinners! We'll post them on our Facebook page, District calendar, and in this document! **Send all flyers to inputd5@sonsofnorway5.com**

October is SN Foundation Month!! What does your lodge do? Use these resources!

Website resources: <https://www.sofn.com/foundation/>

Foundation Facebook page



Contact District Foundation Director Darlene Arneson for information!

Don't forget to register for the District Leadership Conference by September 30

Friday – October 18

9:00-2:00 - District 5 Committee Meetings

1:00-4:00 - Registration

2:00-4:30 - District 5 Board Meeting

Note: District 5 lodge members are welcome to attend the District board meeting as observers, but not as active (speaking) participants. If you wish to attend some or all of the board meeting, please let District president Andrew Johnsen know you will be in attendance.

5:00 PM - Dinner

6:00 - Welcome to the conference - President Andrew Johnsen

6:30 PM - Characteristics of Successful Lodges - Some common elements which make a lodge successful include: having a broad core of engaged leaders working as a team; planning and evaluation; being financially sustainable; having programs which engage members and attract future members; good communication and ongoing recruiting. In this panel discussion, you will get insight into best practices which can help your lodge become the best it can be.

Ron Stubbings, Sons of Norway International President will be joining us for the D5 leadership conference. Stubbings will be a panelist for this session, and will provide some "best-practice" insight from other lodges and districts in SofN.

8:00 PM - "About Me" game

Saturday – October 19

8:00 AM Breakfast

9:00 - Membership: recruiting, retaining and new ideas! - Membership growth and retention is a key element in the success of Sons of Norway lodges. In this session, some of D5's fastest growing lodges will share their membership development secrets with you. You will learn what Sons of Norway resources are available to help your recruitment efforts. Be prepared to share your ideas and lodge's best practices in a hands-on brainstorming session, which will then be shared throughout the district.

Note: Ron Stubbings will be involved in this session, to talk about things he has seen in other districts. Everyone will be sharing their ideas and best practices by putting post-it notes on large poster size paper.

10:15 - Time for a stretch break, walk or time to visit

10:45 - Choose one of three different breakout sessions:

Strategic planning - Assess your lodge's strengths, weaknesses, opportunities and threats, envision your lodge's future and make plans on how to accomplish your goals. Robin Fossum will present.

Community service - Engaging your lodge in community service will enhance your lodge's reputation and give you added visibility. It is also a great way to further involve your membership. Bring your community service stories to share. Darlene Arneson will present.

Sports and recreation - Fitness and fun are part of Nordic culture. Learn ways to offer more to your members via sports and recreation. Participants will share techniques they use to promote sports and recreation, and the SofN sports awards program will be covered.

11:45 – District President's focus - Andrew Johnsen will discuss using prospective member events as a membership growth tool and roll out a new D5 program to assist lodges in non SofN insurance states (MI, IN, TN, OH) to get funding to assist in putting on a recruitment event.

Noon – Lunch

1:00 PM - District and International websites - D5 and SofN websites are rich resources of information. Darlene Arneson will provide an overview of "how to find it." The session will wrap up with a game-format review, where you will work as a team to show off what you have learned.

2:30 - What we learned at the 2018 leadership conference - Takeaways from the 2018 SofN International Convention leadership seminar. This will be a round-robin activity, with three different stations.

3:30 - Stretch break, go for a walk, or time to visit

4:00 – Choose one of three different breakout sessions:

Monthly lodge program ideas - A lodge program committee is a way to insure that you are always offering something new. A lodge will share how her lodge engages newer members in the process and how the lodge plans their program calendar a year in advance. Bring your lodge program ideas to share in this session.

Reaching members of all ages - It is vitally important in retaining lodge members, by reaching your members to get them more involved in your lodge. Engage older seniors through car rides to lodge meetings or daytime winter meetings. Engage youth and families by having active youth programs and through Masse Moro heritage camp. Engage everyone through interesting programs and field trips.

Succession planning and recruiting lodge officers - The most common reasons why lodges stagnate and disband is that no one new will step up to lead the lodge. Kathy Secora, D5 vice president, will share how her lodge tackled this problem and turned the mantle of leadership to others.

5:00 – Dinner

6:30 PM - What can D5 do for me? - District 5's zone directors and specialists (youth, cultural, sports/rec, publicity) will share ways how they have assisted lodges and how they can be a good resource for you. You will also learn about district programs which you can utilize.

Looking ahead to the 2020 conventions - Start thinking about picking your delegates to represent your lodge in the 2020 D5 convention in Madison, Wisconsin. Learn more about activities planned for the convention. In 2020, the International SofN convention is in Norway. Plans for this convention and international delegate eligibility will be discussed.

8:00 – Musical Entertainment

Sunday - October 20

8:00 AM - Breakfast

8:45 –9:45 Choose one of three different breakout sessions:

Cultural skills - Norwegian heritage skills: Cooking, language, carving, textile arts, reading and rosemalling are some of the areas where SofN members build expertise in lifelong hobbies. District cultural director Judy Ghastin discusses how you can build lodge programs to introduce your members to the cultural skill award program. Participants will share how they integrate cultural skills programs into their lodge meetings.

Team building and lodge officer effectiveness - There are four phases of team development (forming, storming, norming and performing) and different leadership styles to use to move any group forward towards becoming a high performing team. Mike Palecek will share techniques you can use to help your lodge officers be highly effective in creating a quality lodge.

It's all about food! - It is said that the way through a person's heart is through their stomach. Food is a great tool to engage members, whether it is by having meals as part of your monthly meeting, or through special programs focusing on food as part of one's Nordic heritage. Cheryl Wille-Schlesser will facilitate this session. Bring your foodie story to tell.

9:45 – We are a "Fraternal" - what does that mean? - The founders of Sons of Norway banded together to pool their money to help each other in times of sickness or death. How is that relevant 100 years later? SofN financial products will be reviewed as part of this session.

10:00 - Wrap-up and what to “take-away” to your lodges

10:15 - Zone meetings - Get together with other members from your zone to share your "takeaways" from the leadership conference, to network further and to plan future events that your lodge can do with other nearby lodges.

11:00 - Departure

12:00 – Working District 5 Board luncheon and resume District 5 Board Meeting
Note: The D5 board meeting will conclude about 3 PM.

REGISTRATION FEES

includes Friday dinner, Saturday breakfast, lunch and dinner, Sunday breakfast

\$320 - Double occupancy, per person

\$480 - Single occupancy, one person in a room

\$180 - Off campus rate - if you wish to stay off campus and attend the conference (all five meals are included).

REGISTRATION NOTES

REGISTRATION MATERIALS ARE AT THE D5 WEBSITE

Multiple people from a lodge can attend.

Registration deadline is September 30.

SCHOLARSHIPS

Ten \$100 scholarships will be available to lodges.

Please see registration materials for more information. If you need a scholarship, call Mike Palecek, D5 treasurer, 262-497-2761. Your inquiry is confidential.

We will do whatever is needed to help someone from your lodge attend the D5LC.

We hope your lodge will send one or more key lodge officers to the D5LC, because:

- 1.) you will get ideas to make your lodge better.
- 2.) you will learn about important issues of concern to lodges.
- 3.) this will be a forum for you to share your lodge's best practices and state your opinions and concerns.
- 4.) you will develop valuable contacts with other lodges for resource and idea sharing.

ABOUT CEDAR LAKES MINISTRY

The Cedar Lakes Ministry camp is on the shore of beautiful Cedar Lake in Lake County, Indiana. It is four miles east of the Illinois-Indiana border and thirty miles south of downtown Chicago.

Cedar Lake Ministries is a conference center, used by religious and non-profit groups. Learn more at: www.cedarlakeministries.org/what-are-retreats-and-rentals

We are using the Rest-a-While and the Conference Center. Rest-a-While has bedrooms with single beds and their own bathrooms. The most economical way to stay is by using double occupancy, but single occupancy is also available. Alcohol and smoking is not allowed on the grounds. All of the spaces which we are using are handicapped accessible.

2019 District 5 and International Calendar and Deadlines

(Updated 5/30/2019- changes in red)

September 14, 2019

Sons of Norway Nordkap Lodge 5-378 celebrates its 90th anniversary

September 30, 2019

Registrations due for District Leadership Conference

October 10, 2019

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

October- Foundation Month!

October 18-20, 2019

District 5 Leadership Conference in Cedar Lake, IN

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.

Time period	Zone with chest
October 2017-April 2018	4
April 2018-October 2018	6
October 2018-April 2019	1
April 2019-October 2019	3

Zone Meeting Schedule 2019

Zone	Date	Hosted by	Location
1	Thursday, Feb 21	Zone 1 Directors	Veterans Community Center, Hayward during the volunteer reception after Barnebirkie
2	April 27, 2019	Tom Boudreau and Karen Broadhead	Woodland Church ; 190 Hoover Ave., Plover WI.
3	Sat. Feb 16	Idun Lodge	Trinity Lutheran Church, Madison
3	Sunday, June 9	Cheryl Schlessler	Picnic and Fisheree - Edgerton
4	June 15	Mike Palecek	Heg Park, Wind Lake
5	Saturday June 8, 2019 9 am - 2 pm	Skjold Lodge 5-100	All Saints Lutheran Church 630 S. Quentin Road Palatine, IL
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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@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