

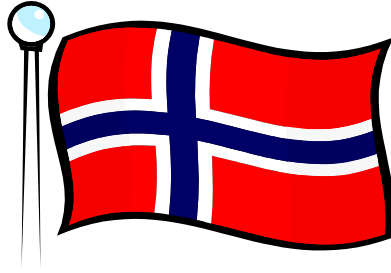
OLE BULL NEWS

SUMMER 2015 ISSUE

MAY-JUNE -JULY

IN THIS ISSUE:

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- ◆ Secretary's Buzz
- ◆ VP's Strategy
- ◆ Pub Gal's Spot
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- ◆ Lodges in Action



The **OLE BULL NEWS** is named in honor of Ole Bull, (1810-1880) an adventurer, violin virtuoso, composer and international star. He brought the name of Norway to world-wide attention. Keep his spirit alive with your enthusiasm for Sons of Norway.

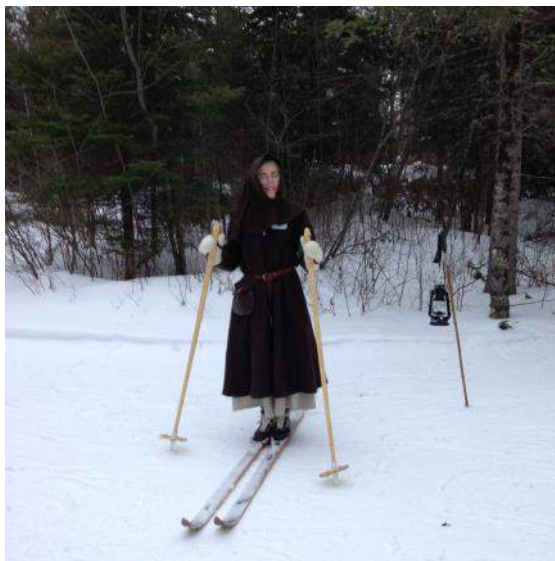
PRESIDENT'S PLACE

BY OWEN CHRISTIANSON

April 1, 2015

Kjaere Venner,

Spring is on its way as we say good bye to another fine winter of skiing and trips to the south. Again this year Elspeth participated in the Inga Lami in January. This year I went along.



Elspeth at the Inga Lami.



I also went cross country skiing. Here I am in front of the Tea house.

In February the District participated in the Barnebirkie with cookies, led by our Sports Director Andrew Johnsen and Zone 1 Director Dave Hermundson, and past president Mary Bennett and Youth Director Cheryl Wille-Schlesser.

I completed another ambar decorated with svidekor, then Elspeth and I did some skiing out west to celebrate her retirement.



Another ambar decorated with svidekor.



Skiing Utah to celebrate Elspeth's retirement.

And then we headed south for a visit with our Oak Ridge lodge, and onto Lumberton MS for a week of medieval camping where I conducted a workshop on making buckets.

We finished up our winter season with our District 5 spring board meeting this last weekend in Stoughton at Mandt Lodge, and the board was busy. We created a District 5 scholarship fund, and a District 5 Spirit of the Vikings award. I'll have more information about the 'Spirit of the Vikings' as our award committee finalizes criteria and procedures. Plans are in place for a 2016 trip to our national capital for our youth led by our Youth Director Cheryl Wille-Schlesser. We populated our zoning committee to re-evaluate our zone structure to increase the efficiency of our lodge visits and reduce costs. And our Vice President Diane Hesselt Van Dinter led us in a District 5 Strategic Planning session, so that we have a well defined path forward as we head toward our Lodge Convention in 2016. And we have a motto describing our vision: Building Bridges Across Time and Space, Between Lodges, Between Local and International Boards, and Between People.

And our Publicity Director Joy Bashara continues to increase communication with publication of this Ole Bull. Send your photos and articles to Joy for submission to the Viking, so that all of us can see your activities. Also send your photos and articles to George Sievers our webmaster for inclusion in our fantastic District 5 website.

As we head into summer our Zone Directors will be organizing Zone meetings, officer training, picnics, and more sports of walking, bowling, golf, and kubb. Please participate in your zone events, and invite your zone director to your local lodge to get a first hand description of our District 5 activities.

Hilsen, Owen Christianson, District 5 President

Sons of Norway
District Lodge 5
"The Friendly
Fifth"

www.sonsofnorway5.com

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from your Pub Gal

I have enjoyed talking to so many of you and receiving so many newsletters and other communications. I have tried to get to some of your meetings and am always welcomed most warmly when I get there. However, this winter had a few snags with a fall on ice and a recurring issue with my heart. I am fine now and will try to get to some of your lodges with information on publicity and working to preserve our heritage/organization by "telling our stories." Feel free to ask me to present a program.

Now, onto some of the ongoing issues: the VIKING magazine and the OLE BULL NEWS online newsletter.

VIKING

Problem:

We have 55 active lodges. People complain that some lodges are over represented. This is probably true, but not for the reason you might think. Here are some statistics I compiled. Over the past four years there were 192 photos from District 5 on our pages. That means every lodge should be in 3 to 4 times in four years. Here is the fact: 8 lodges w/0 photos; 11 lodges w/1 photo; 13 lodges w/2 photos; 23 lodges w/ between 3-16 photos. This means that 64% of our lodges are under-represented. My part in these statistics is less than 1 year as Pub Gal.



Solution:

- Send in or email photos to me prior to the 15th of each month
- Take a well-focused and composed picture
- Send photos on an ongoing basis – I will save and use when I can or put in OLE BULL
- Copy with the photos should include lodge name and number, people in photo, event, date, contact person that I can call or email

OLE BULL

Problem:

Most people, from what I hear, do not look at this. It comes out quarterly and is on our District 5 website. It is easy to access. You can make copies to bring to meetings for those who might need it. This isn't happening. I was told that one lodge did bring copies to a meeting and people didn't seem to care. The person, who told me this, thought that people had gotten out of the habit of reading this eagerly, as in the past, so it had no impact.

Solution:

If the above is true, maybe the newsletter is not wanted or needed anymore? If each lodge that reads this could send me an email or regular letter with your opinion about what your lodge wants. I will be looking for 55 responses at least. Then we can decide what we should do in the future.

I guess this covers most of what I might say to each one of you. Keep promoting your programs and activities! Tell your members and your community what happened (publicity) and what will happen (promotion).

STRATEGIC PLANNING DEVELOPS

Diane Hesselvant-Dinter

District 5 Objectives and Goals for 2015-2016

Increase awareness of the Sons of Norway sports programs-- *Sports and Recreation Committee*

Goals:

- Increase participation in bowling tournament to provides for 5th District Scholarship Fund Responsible: Committee Chair
- Begin planning for sports events for the 2016 convention -- Responsible: Committee Chair
- Investigate possibilities for having a District 5 Kubb Tournament – Responsible: Committee Chair

Support success of Masse Moro – *Heritage and Grants*

Goals:



- Check on safety of camp based on issues that have occurred during the last camping session – Responsible: Committee Chair

Establish new youth activities for District 5 – *Heritage and Grants*

Goals:

- Expose students in District 5 to Scandinavian linked locations – Responsible: Committee Chair

Increase membership –*Membership Committee*

Goals:

- Send new members from internet signing up a welcome from the Zone Director and follow with up the lodge to be sure that also welcoming the new member. Currently these name are sent to zone director by the VP – Responsible: Each Zone Director
- Follow up with Spirit of the Century Lodge by Zone Director to identify local lodges where these members can participate. Responsible – Each Zone Director
- Learn how to use Facebook. A report will be sent on what and how we can do. Responsible: Christina Fairchild

Provide lodge leadership training – *Executive Committee*

Goals:

- Populate the Zoning Committee -- Responsible: Darlene Arneson, Chair of Committee
- Establish a committee to identity criteria for an award, The Spirit of the Vikings the recognize individual achievement at a lodge level – Responsible: Joy Bashara Chair of Committee
- Create and maintain a chart to identify the visits and communication to the District Lodges. Responsible: Owen Christianson

Communicate the role of the District Lodge – *Publicity Committee*

Goals:

- Identify opportunities for getting Ole Bull to members—Responsible: Committee Chair
- Identify how to use Social Media and International Sons of Norway website to share District 5 photos – Responsible: Committee Chair

Fundraise to accomplish District objectives – *Fundraising*

Goals:

- Develop resources for licenses needed for various fundraisers. – Committee Chair
- Identify outside people to serve on committee. – Committee Chair

Fiduciary responsibilities – *Budget & Auditing*

Goals:

- Establish a separate checking account for the District 5 Scholarship Fund – Responsible: Treasurer

Get more people involved in cultural skills - *Cultural*

Goals:

- Develop a contest to encourage people to participate in cultural skills. Prizes/awards to be presented at District Convention in 2016 – Responsible: Committee Chair

CULTURED PEARLS

BY

ESTHER CHARLTON

The following Sons of Norway members from District 5 have received their cultural pins since the first of this year. We will be contacting them to find out what they did to receive the pin. We will put that information on the District 5 website to share with all.

AWARDS:

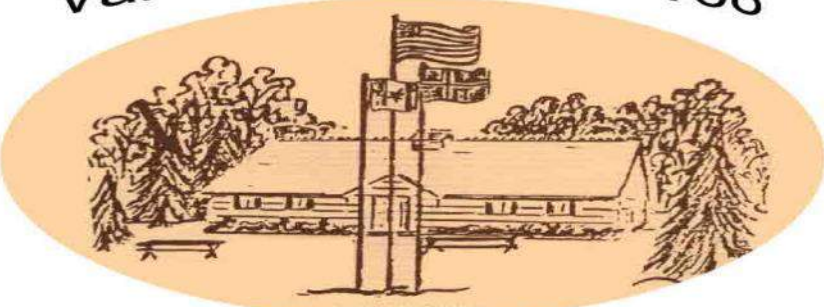
Ken Johnson.....	Music 1,2	Kari Schussler.....	Music 1
Barb Johnson.....	Music 1,2,3	Don Danielson.....	Music 1
Arthur Andersen.....	Music 1,2,3	Jerri Lynn Baker.....	Music 1
Nancy Andersen.....	Music 1 2 3	Sheila Gunderson.....	Music 1,2 Genealogy 2,3
Stephen Tanda.....	Music 1	Peggy Schroeder.....	Knitting 1
Phyllis Benson.....	Music 1,2 Literature 1	Christy Tupper.....	Literature 2
Alvin Bergh.....	Music 1,2	Christina Fairchild.....	Literature 1
Phoebe Bergh.....	Music 1,2	Orwell Hagen.....	Figure Carving 1,2,3
Carol Culbertson.....	Hardanger 2,3		

CULTURAL SKILLS CONTEST

District 5 will initiate a cultural skills contest. For the time period of July 1 – December 31, 2015, the LODGE with the most members that receive cultural skills pins will receive a prize. The MEMBER in District 5 that received the most cultural pins in the same time period will also receive a prize.

The next contest period will be January 1 – May 31, 2016. The awards will be handled in the same manner. All awards will be presented at the 2016 District 5 Convention, June 25, 2016. This individual award is for one time only.

SAVE THE DATE !
Sons of Norway
Valhall Lodge 5-168



drawing by June Wahlquist

100th Anniversary Celebration
October 3, 2015

Contact: Richard Fairchild, Social Director
email: richard.fairchild.son@gmail.com

DISTRICT SECRETARY'S BUZZ

Sons of Norway District 5 Board Meeting Highlights

March 28, 2015- Stoughton, Wisconsin

Darlene Arneson, District 5 Secretary



Note: The minutes & highlights have not been approved

Attendance

Owen Christianson, Diane Hesseltvan Dinter, Darlene Arneson, Ron Iverson, Andrew Johnsen, Joy Bashara, Esther Charlton, Cheryl Wille-Schlesser, Christina Fairchild, David Hermundson, Duane Kittleson, Kathy Secora, and Duane Kittleson (alternate for Dennis Westgor. Guests: International SN Treasurer Ray Knutson and Board Member Jon Grinde, SN Foundation Director Cindy Olson, SN Fraternal Director Linda Pederson, Judy Ghastin (Norse Valley Lodge-2016 convention) and Aaron Hoffland (Løven Lodge-Zone 1).

Treasurer's Report

Our checking/savings accounts decreased \$22,780 for the year 2014. It is common to have a decrease in even numbered years when the District and International Lodge meetings are held. The 2014 decrease is 27% as compared to 10% decrease in 2012.

President's Report- Owen Christianson

Communication, emails, and schedule: Owen sends out a letter once a month to encourage communication and keep everyone engaged. The board will start a monthly conference call. No one would be required to participate but everyone would be welcome to join the call if they can. We might try a video conference another month.

The board discussed using "SN DISTRICT COMMUNICATIONS" in the subject line of emails sent to the board to help distinguish district business vs the many other emails we get.

Lodge Visits: Owen Christianson will keep track of board visits to our lodges, so that they can direct their resources if there is a lodge that is not receiving much direct contact with the board. I

Building Bridges: Owen explained that our Board is trying to accomplish in simple words and phrases. He stressed using 'Building Bridges Across Time and Space, Between Generations, Between Lodges, and Between Local Lodges and the IB.'

D5 Award: The board approved a motion to start a 'The Sons of Norway District 5 Spirit of the Vikings.' This would be given out by the board, or the president, for those people who have contributed greatly to their lodge or the district lodge, or who have shown a high degree of excellence in some activity. Anyone could recommend someone receive the award, but the award would be relatively rare, maybe only a couple per lodge. The medals could be made using the Presidents discretionary funds. A committee was appointed.

Executive Committee

The Zone 1 and Treasurer's vacancy was discussed at length.

Zone and lodge assignments- Reviewing the lodge assignments, some board members have many more lodges to serve than others and great distances in travel. When lodges have disbanded, it has changed the layout of the zones and it's probably time to have a committee review. There is a Zoning Committee that has not been populated that should be activated. The board approved populating that committee - Andy Johnsen, Cheryl Wille-Schlesser and Darlene Arneson (chr). There was also discussion about how directors can reach out to lodges that are quite a distant from their home.

Finance and Budget

The committee reviewed the multi-year fundraising report results from the year 2012 through March 15, 2015. Logo product sales have generated \$115 profit. Raffle income is really only a viable option during District convention years. Other sources or types of fundraising need to be developed. Perhaps an ad-hoc committee of non-board members should be appointed.

Youth

One scholarship was requested from District 5 for this year's funding cycle.

All is progressing well for the upcoming Masse Moro Heritage Camp scheduled for July 19-August 1, 2015. Camp administrators are currently seeking qualified applicants for camp counseling responsibilities. A cook with experience in preparing meals for students is currently in negotiations for hire.

Members are reminded that local lodges, District 5, and the Sons of Norway Headquarters have heritage grants available to members and their families. Due dates for submission can be obtained from local officers. Please the District website for District 5 deadlines and the PDF files which can be used to register for camp. Individual lodge presidents who have campers with extenuating financial or family medical hardships should contact the youth director for additional funding assistance.

There was a motion to open a separate District 5 Scholarship Fund. The money currently in the general checking account that has been given for Masse Moro, other funds, Olav Eide and Cy Wittrock scholarships would be transferred to the new account.

Cheryl Wille-Schlesser has been working with the International office, a travel company, and her committee on a youth trip to Washington D.C. It would be June 15-19, 2016. It is for middle school to younger high school students. The proposed cost would be around \$2000. Cheryl would like to have a 1:10 ratio of chaperones to youth. The District would not have any financial obligations for this project.

Linda Pederson- SN Fraternal Director

Linda expressed her appreciation for being a part of the meeting. She encouraged the board and members to let the International Office know about any suggestions or other information. We are a team and need to all work together. She encouraged members to send a letter to their legislators (see March 9 email from Eivind Heiberg) supporting fraternal organizations.

Cindy Olson- SN Foundation Director

Cindy thanked the board for their hospitality. She congratulated the board on forming a separate scholarship checking account. She encouraged the board to consider giving at the Klubb Level. Darlene recommended that our District could explore working with a local charitable organization that might be able to house a fund for fundraising for the District.

Sports

2015 Barnebirkie

A total of 869 children participated in this year's Barnebirkie. There were 57 more children who participated in the event than last year. Thirty of the fifty five Fifth District lodges participated in this year's Barnebirkie that was held in Hayward, Wisconsin, on Friday, February 20, 2015. There were a total of 20 District volunteers; 1,240.5 dozen cookies donated; and cash donations of \$650.00. Coffee sales at the Sons of Norway Fifth District information booth at the Ski Expo were \$304.96. After expenses net income was \$267.03. On the evening before the Barnebirkie a volunteer meeting was held at the Ranch Restaurant in Hayward. Volunteer badges were handed out, and questions were answered concerning volunteer assignments. The volunteers worked at four separate areas during and after the event: registration, cookie tent, volunteer reception luncheon, and the Fifth District Sons of Norway information table at the Ski Expo at the High School. Group leaders were assigned to each of the four areas. A "Stor Tusen Takk", to all the Fifth District lodges who provided volunteers, cookies, and cash donations.

Barnebirkie 2015

Lodge	Dozen Cookies	Volunteers	Donations
Askeladden 5-610	13		\$150.00
Circle City 5-614			\$50.00
Cleng Peerson 5-525	75		
Dovre 5-353	53	2	
Edvard Grieg 5-657			\$20.00
Elvedal 5-556	16		
Fagernes 5-616			\$50.00
Fosselyngen 5-82			\$50.00
Gronnvik 5-632	52		
HR Holand 5-549	18	2	
Harfrsfjord 5-206	25		
Idun 5-074	139	4	
Jotunheimen 5-286			
Lief Erikson 5-097			\$100.00
Loven 5-029	159	2	
Mandt 5-314	64		
Myrmarken 5-609			\$50.00
Nordland 5-544	20.5		
Nordkap 5-378			\$30.00
Nordlyset 5-183			\$50.00
Norrøna 5-27			\$100.00
Norse Valley 5-491	17	1	
Polar Star 5-472	75		
Scandiana 5-600	10	1	
Solvang 5-457	61		
Trygvasson 5-220	13		
Ulseth 5-670	10		
Valkyrien 5-053	348	4	
Valhall 5-168	12		
Vennelag 5-513	58	4	
Viking 5-625	52		
Wergeland 5-028			
Totals	1290.5	20	\$650.00

A total of 27 Fifth District lodges participated with volunteers, cookies, or cash donations. A total of 869 children skied the Barnebirkie. Gross from coffee sales: \$304.96

2015 Fifth District Bowling Tournament

The Bowling Tournament is being conducted from January 1 to April 30. There are currently five bowling categories: youth ages 12 to 17, adult men, adult women, WII bowlers, and children age 11 and under. Proceeds from the bowling tournament go to the Fifth District Scholarship Fund. The winners of each category will receive a Sons of Norway Fifth District Bowling Certificate.

2016 Fifth District Convention

Three sporting events are proposed for the 2016 Fifth District Convention: a Walkathon, a Golf Tournament, and a Kubb Tournament. It has been suggested that the Fifth District provide a traveling trophy to the Kubb Tournament winner.

Membership

Send new members from internet sign up a welcome from the Zone Director and follow up with the lodge to be sure that also welcoming the new member. Currently these names are sent to zone director by the VP. This became one of the goals for the committee.

The committee brainstormed a number of ideas to help lodges with membership recruitment and retention. Diane Heselvan Dinter distributed a copy of the end of year membership numbers.

Fundraising

Owen has not heard from any of his inquiries about their interest in serving as adjunct members. We need to add committee members with fundraising or development background. We need to appeal to the entire district for members.

Darlene provided the inventory of fundraising items prior to Zone 3 meeting There are 2 coffee cups, 82 cheese slicers, 107 pot holders and 32 lens cloths. All are \$5 each. The potential sales are \$1,115 for those items.

There was discussion about some of the lodge fundraisers and the awareness of raffle licenses, bingo licenses, food related licenses and training. Duane Kittleson had conducted a breakout session at the Zone 3 meeting that we could use to share with the lodges. A conference call would also be helpful.

From the October meeting, Owen shared that fundraising must be integrated with our D5 goals given by strategic planning and with our budget. That would answer why we need to raise money, and how much money we would like to raise. How can funds be raised to support the following key events and activities:

Publicity

The job of publicity for District 5 is wide and varied. The two facets of publicity that I have followed are:

- Promotion – encouragement for the lodge's outreach to the area communities - upcoming events
- Publicity – the sharing of accomplishments with the community and the lodge – past events

Joy will notify the board when each issue of Ole Bull is posted. The committee will explore having a Facebook page and encouraging the International to have District photo pages.

Cultural

Esther Charlton had received totals from the International Office of members who have received cultural skill medals. She discussed having a competition for lodges that have the most members receiving cultural skill pins and members. She would use the cultural skills budget for the prizes.

Update on Disbanding Lodges

Under the direction of the Board, Secretary Arneson sent letters on January 24, 2015 to the members of Gjemtedal 5-639/5-888 and F.M. Christiansen 5-624. The letter outlined what would happen as of March 1, 2015: All members have an opportunity to transfer to another lodge. As of March 1, any members who have not transferred to another lodge, will be transferred to the Central Lodge (5-000). This lodge is a District Lodge for members that aren't connected to a specif-



ic lodge. You have the benefits of membership but there are some limitations such as not being involved locally. For conventions, there is a special process for electing delegates from the Central Lodge and they are not part of the Zone representation.

What happens with your membership if transferred to the Central Lodge?

- a. Life members- will remain in Central Lodge forever unless the member transfers to a local lodge. You can transfer at any time.
- b. Golden members- will remain in Central Lodge but must continue dues payments
- c. Adult dues paying members- will remain in Central Lodge but must continue dues payments

Zone Meetings

Owen encouraged all zones to have some type of event or meeting.

Treasurer Vacancy and Director Responsibilities

The board discussed the options available for filling the treasurer's position. The discussion evolved to the responsibilities of directors and need to fulfill responsibilities outlines in the Charter & Constitution.

June 22-26, 2016 Convention

Judy Ghastin, Diane Hesselvan Dinter, Owen Christianson and Dorothy Berg are serving the convention committee at this time. The room rate is \$109 for two beds (sleeps 4) or king (sleeps 2), \$119 for studio suites and \$129 for two room suites. The committee has been meeting with the hotel staff, lodge members and other resource people and are making these suggestions and information.

The board passed a motion that the 2016 District Lodge Meeting will be \$65 and include Friday lunch and Saturday lunch, four coffee breaks, and registration materials.

International Director Jon Grinde

Jon thanked the board for inviting him to the meeting. There have many changes since the last time Jon served on the International Board. He commended the board on its work on strategic planning. He explained how the nominating committee process will help find board members willing to serve.

International Director Ray Knutson

Ray thanked everyone for the cards and the get well wishes- especially from the Zone 3 meeting. He discussed his committee assignments. There are lodges that aren't following 990 filing rules and one District that is not in compliance. Lodges and districts must pay taxes on unrelated income- please refer to David Ness's letters each year on guidelines and rules.





District Secretary's Report- March 2015

District 5 Board Meeting

The District Board met in Stoughton on March 27-28, 2015. We were honored to have SN Foundation Director Cindy Olson and SN Fraternal Director Linda Pederson in attendance. The highlights of the meeting will be emailed to lodge presidents and secretaries and posted on the District 5 website.

Calendar of Events

April 2015

- April 1- International SN Foundation **General Heritage and Culture Fund Grants** due
- April 30- District Bowling Tournament Ends. Send forms in by May 10 to District Sports Director

May 2015

- May 10- Bowling forms due to District Sports Director
- May 15- Deadline for filing the **990 form**
- May 17- Early registration deadline for **Masse Moro Norwegian Heritage Camp** to qualify for additional deductions in the cost of camp from the Draxten Fund.

June 2015

- June 20- Balance due for **Masse Moro Norwegian Heritage Camp** from sponsoring parents/ guardians and matching funds from lodges.

July 2015

- July 15- Ole Bull article submission to District Publicity Director
- July 19 - August 1 - **Masse Moro Norwegian Heritage Camp** - Beaver Creek Reserve - Eau Claire, WI

August 2015

- Zone 3 picnic at John & Darlene Arneson's home. Potluck that begins at 12:30

September 2015

- Elect Nominating Committee for local lodge elections

October 2015

- October 2-3- District 5 Board Meeting in Rockford, IL
- October 15- **Lodge liability premium due** to International SN office
- Nominating Committee report due to Lodge

November 2015

- Elect Lodge Officers for coming year (unless you have two-year officer terms)

December 2015

- December 15- **D-63 Report of Elections** due. Send one copy to International Headquarters and one to District Secretary.

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 22-26, 2015 at the Hotel Marshfield in Marshfield, WI. The convention is being hosted by the District 5 Board and a committee of local lodge leaders- Judy Ghaslin and Dorothy Berg.
- The International Sons of Norway Convention will be August 22-27, 2016 in Tacoma, Washington.

Fundraising Committee Recruitment

The District has a fundraising committee that focuses on bringing additional income to the District treasury. The funds are used for identified projects (i.e. Masse Moro, Barnebirkie, scholarships), operating funds for the board, and for support of activities such as delegates to the International Convention and other work of the district.

The committee has struggled for ideas and really needs committee members who enjoy fundraising, development work, and other related activities. If you are interested, please contact committee chair, Darlene Arneson, at arnesonfamily5@gmail.com.

Viking Pilgrimage

Sons of Norway is excited to announce a new member benefit, a Virtual Pilgrimage on Norway's historic Kongsveien or Old Kings Way! The program is an addition to the Sons of Norway's Sports Medical Program, which rewards members for living an active lifestyle.

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. This network is named after King Olav Harraldson (995-1030) who trekked these trails converting pagan Norway to Christianity. The Gudbrandsdalen route, upon which the Sons of Norway Virtual Pilgrimage is based, is the most popular section for pilgrims on the King's Way. The nearly 400 mile journey starts in Oslo and ends at Nidaros Cathedral in Trondheim, the burial ground of St. Olav. Members will keep track of their mileage and track their journey at home while following along with the journey in Norway.

On this page members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway. Members will receive recognition for their hard work from the Sons of Norway Headquarters.

- Print out a **Pilgrimage record card** found on the Sons of Norway website or ask your lodge sports director for more information.
- Walk around your neighborhood, park, shopping mall or gym.
- Track your mileage on your record card.



- Learn about historical locations along the Pilgrimage route in Norway by clicking on the Legs to the right.
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- You must finish your 387 miles by the end of 2015.
- Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.

Media Lending Library

There's always something to explore. Available exclusively to our members for lodge and personal use, the Sons of Norway media lending library is a treasure trove of resources in entertainment, instruction and discovery. Featuring both modern and classic pieces, the library is available to members of all interests and age levels.

Youth Media- Our collection of youth media includes contemporary movies like Dreamworks Animation's *How to Train Your Dragon*, video stories in Norwegian (no subtitles), an activity idea bank and much more.

Slide Programs- Enrich your lodge events with a unique slide program on Norwegian traditions and customs, famous Norwegians and places, Norwegian geography, history and art.

Video Programs- From musical concerts and popular films to biographies, televised series, and instructional videos, there's a lot to explore and enjoy in the video section of our library.

Musical CDs- Jazz, folk, pop, classical and orchestral – treat yourself to the sounds of Norwegian music and artists.

Guidelines for Requests

- Allow 8 week's notice when placing a request.
- You can request up to three items at a time.
- Please include alternative selections in case your first choices aren't available.
- Indicate the date materials are needed in your request.
- Sons of Norway covers initial shipping cost, and members are responsible for return shipping.
- Overnight shipping can be provided, if items are available, at additional cost to the member.
- A \$50 replacement fee is charged in case of lost or unreturned videos.
- Please note: material lists are subject to change and availability is not guaranteed.

To request or donate items, contact the media specialist:

Sons of Norway Media Lending Library
1455 W. Lake Street
Minneapolis, MN 55408-2666

You can also email culture@sofn.com, or call toll-free 1-800-945-8851.
Members in Minnesota, please call 612-827-3611.



2015 Sons of Norway Zone 3 Picnic

The Zone 3 picnic will be held on Sunday, August 16, 12:30 PM at the John and Darlene Arneson home. They are located at 2056 Skaalen Rd., Stoughton, WI 53589. Join members from our neighboring lodges for some food and fellowship at the home of John & Darlene Arneson. Please bring a dish to pass! Tableware, coffee, juice and other beverages will be provided. You are welcome to bring along yard games if you'd like. There will be Kubb available so you can test out your Viking skills! All members of your lodge, prospective members, and Masse Moro campers (past and present) are encouraged to attend. Bring along items for "Remarks for

SPORTS REPORT

Fifth District Sports Director's Message

On Friday, February 20, 2015, the Fifth District provided 20 volunteers; 1,240.5 dozen cookies; and cash donations in order to support this years Barnebirkie that was held in Hayward, Wisconsin. There were 869 children between the ages of 3 to13 who participated. I would like to say, "Tusen Takk" to all the volunteers and lodges throughout the Fifth District that contributed their time and efforts to make the 2015 Barnebirkie a successful event. Without your support Sons of Norway would not have a presence at the largest children's skiing event in North America. Parents bring their children from all over the United States and the world so that they can participate in the Barnebirkie. Our volunteers worked at registration, the cookie tent, preparing and presenting a volunteer luncheon, and operating a Sons of Norway information table at the Bikie Ski Expo. If any of you have taken pictures of the 2015 Barnebirkie, please submit them to our Publicity Director Joy Beshara for possible publication in the *Viking* magazine. If you have any suggestions to make the 2016 an even better event, please contact me.

The 2015 Fifth District Bowling Tournament is now in full swing. It is not too late to organize a lodge bowling outing. What better time to get out of the house and spend some quality time in a healthful activity with your family and fellow lodge members. The forms necessary to participate in the Bowling Tournament are on the Fifth District website. I would like to remind those of you who are participating in the 2015 Fifth District Bowling Tournament to send their forms and scores in to me by May 10. Proceeds from the Bowling Tournament helps to support the Fifth District Scholarship Fund.

Fraternally,

Andy Johnsen

Fifth District Sports and Recreation Director

aijohnsen@att.net

YOU ARE INVITED:

SAMHOLD 5-473 LODGE'S

50TH ANNIVERSARY

CELEBRATION

SUNDAY, JUNE 14, 2015 4PM

SCOTT LAKE BANQUET CENT.

WATERFORD, MI 48328

CALL 248-673-9860





LODGES IN ACTION VALHALL LODGE 168 NORDIC ROOTS KIDS CLUB

The first

Nordic Roots Kids Club met Saturday, March 14 2015 at the home of Vicki Rudh-Jones and her sister LeeAnn Harp. Vicki's home was decorated with a Norwegian flair. Vicki's granddaughter, Riley, and Christina Fairchild's grandchildren, Isabel and Ethan, were in for a treat. Vicki began by showing the children a world map starting at Chicago, IL in the United States of America and going over to Norway and Sweden. LeeAnn showed the children where she used to live in California. Vicki explained that Riley's great grandma Wilcox's family was from Sweden. Christina explained to Ethan and Isabel that her grandma's family was from Norway.

Before reading the book Why Kings & Queens Don't Wear Crowns written by Norway's Princess Martha Louise, Vicki showed the children pictures of Norway's royal family on the computer and explained the titles of the King and Queen and the titles used for the royal court comparing Norway titles to USA -- King versus President, Queen versus First Lady, Crown Prince versus son and Crown Princess versus daughter. They also learned the similarities and difference between livings in the Royal Palace versus living in the White House. They decorated crowns and were taught how to dance the "SVIK" while listening to Nordic music. To complete the time we spent together the children made heart waffles and enjoyed them with a glass of milk or water, lingonberries and whip cream. Each child left with a red, white or blue Sons of Norway balloon and some extra heart waffles to share with their parents.

Our next Nordic Roots Kids Club will meet May 9.

