

# Ole Bull News

Volume 23 Issue 1

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Website: [WWW.SONSOFNORWAY5.COM](http://WWW.SONSOFNORWAY5.COM)



## District Officers

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Youth Dir. -Donald Hemanson  
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715-698-2502

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920-854-7861

## DIRECTORS

Zone 2 – Galen Berg  
608-525-8442

Zone 2 – Owen Christianson  
715-687-4870

Zone 5—George Hardison, Sr.  
773-772-8221

Zone 6- Gilbert Bergsrud  
248-363-0850

## PRESIDENT'S MESSAGE

The District Board adopted the following goals for 2008 - 2010:

- ✓ Achieve net membership growth
- ✓ Reduce number of members voluntarily leaving
- ✓ Expand financial benefit participation by Sons of Norway members
- ✓ Hold at least one zone leadership meeting per zone
- ✓ Have at least one member from each lodge earn a Sports Medal and a Cultural Skills Medal

District 5 has not yet met these goals, but we still have a few months to work on them. Let's give it a try.

Zone meetings are currently being planned. Attending a zone meeting offers an excellent opportunity for lodges and their members to share ideas and discuss problems. Make every effort to attend.

I would like to personally acknowledge President Darlene Arneson and members of Mandt 314 and President Greg Ragan and members of Valhall 168 as they have been featured in the Viking magazine for their creativity in meeting membership goals. They have shown ingenuity in creating flexible meeting schedules and new programs as a way to attract new members and families while retaining current members and families. The efforts of Mandt and Valhall should be an inspiration to us all to take risks and try new ideas.

Congratulations to Skjold 100 who will celebrate their 100th Anniversary in April.

It is soon Convention time. Lodges are in the process of electing delegates. The 50th Fifth District Convention will be held June 9 - 12 at the Milwaukee Marriot West in Waukesha, WI. International President Dan Rude will be the keynote speaker. Breakout sessions being planned include programming, membership and retention, genealogy, website, Masse Moro and cultural skills. Fosselyngen 82 will host one of their fish dinners on Thursday evening. A golf tournament, raffle and silent auction will be held. Featured entertainment at the Saturday Banquet will be Norville, a quartet that includes 2 singers from Norway and two singers from Nashville. Non-delegates are welcome to participate in convention events. The Fifths 50th information can be found on the District website:

[www.sonsofnorway5.com](http://www.sonsofnorway5.com).

Fraternally,

*Mary*

**Happy  
Norwegian**



The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to its members.

## Vice President's Message

Dear fellow members,

While reading a recent American Legion newspaper, I came across an article entitled *Complacency Kills*. The author told about seeing signs *Complacency Kills! Complacency Kills!* all about Camp Atterbury where our young soldiers are training for deployment to Iraq and Afghanistan. They read these signs everyday and how true it is.

The author went on to say: "Stop and think about it. And not only does that apply to the mission these young brave warriors will take on, but it can also be said about The American Legion in so many words and meanings...the Legion could look at this and apply it to the membership numbers and their Post homes. Sit around doing nothing gets you nothing, and certainly not members." Substitute *Sons of Norway* for *American Legion*, and ask yourself if these statements apply to us as well.

On page 32 of your February 2010 *Viking*, there is a story about a Lodge -*Valhall*- who did not sit around! Greg Ragan and a few key players not only increased attendance at meetings, but also attracted new members. I am sure that after you read the article, you will look forward to hear more from Greg and his team at June's District Convention. It only takes one or two people in a Lodge to make a difference. Robert Bellah wrote about the 2% *Solution*. Bellah thinks that if 2% of the population has a vision, they can change an entire culture. If your Lodge is losing members and is unable to recruit new ones, remember that it takes only one or two people to make a change. Are you that person? Or is there someone else who is "raring to go" if given the opportunity? If so, empower them, give them support and encouragement and then stand back and get out of the way.

At our forthcoming District Convention three lodges will be rewarded with \$400 checks for achieving the highest percentage of net growth for the period January 1, 2009 to December 31, 2009 in their size group (as determined on 1/1/09). The size groups are as follows: Small – 65 or less members; Medium - 66-99; and Large – 100 or more. Since our 59<sup>th</sup> lodge, Music City Vikings, has just been instituted, it is not included in this competition. After a review of the December 31, 2009 *Membership by Lodge Report*: Valkyrien 5-53 has the highest percentage of net growth in the small category, Solvang 5-457 in the medium category and H. R. Holland 5-549 in the large category. Congratulations are extended to these Lodges and we plan to suitably recognize them in June. At the June Convention it is planned for these Lodges to be included in activities where they can share with you their experiences.

Valkyrien Lodge hosted a membership dinner on a Sunday evening last November. At this recruiting event, Valkyrien signed 19 new Adult and 2 Heritage members! The Lodge also welcomed three transfer members. If you are considering having a recruiting membership breakfast, lunch, or dinner, be sure hear what the Valkyrien team has to say at the Convention. If you are planning an event before then, and want some ideas, contact Don Hermanson, Valkyrien President, or Vice President Chuck Bricton, who organized the event.

In January I had the pleasure to present a Charter to the Music City Vikings Lodge in Nashville, Tennessee. Sixty-two members received their Charter pins! In September 2008 we presented a Charter to Vikings of the Smokies Lodge in Knoxville, Tennessee. Who would have thought that many persons interested in Norway and Scandinavia would be living in Tennessee? Arlene Christopherson did, and these two lodges came into being. Arlene was also instrumental in the formation of lodges in Arizona. Before moving to Arizona, she and Bob were members of Skjold Lodge. We are so fortunate Arlene and Bob returned to District 5! If enough members can be found to establish Lodges in Tennessee, Arizona and Atlanta, Georgia, there is no doubt that you can find potential members where you live.

Please make plans to have your Lodge represented at the District Convention.

Fraternally,

Burt Bittner, District Five Vice President

## Viking Correspondent

Have you been looking for your lodge's pictures to appear on District Five's page in the Viking magazine?

Submit your high quality printed photo's in the mail to our District Viking Correspondent at the following address:

**Diane Overby**  
**10461 Country Lane**  
**Sister Bay WI 54234**

Please remember to include a description of the event pictured and provide names of those pictured. It is always recommended that you get approvals from those included in the pictures before you send them

Give Diane a call at 920-854-7861 if you have questions as to the submission deadlines or other information .



### Lodge Newsletter

Presidents—watch your mail for the notice of the Lodge Newsletter contest. Winners will be announced at the convention in June at Waukesha. Deadline to submit entries is April 1, 2010.

**Note to Secretaries:** When filling out the Lodge of Year (LOY) form the following events for 2009 were sponsored by District 5:

1. Participated in District Bowling event
2. Participated in District Golf Event
3. Provided cookies, funds or volunteers to Barnebirkie
4. Provided funds or volunteers to Wisconsin Regional Ski for Light
5. Sponsored a child to Masse Moro Heritage Camp
6. Participated in District Cook Book Sales
7. Participated in Runescape Jewelry Sales
8. Attended zone officer seminar
9. Had a lodge member earn a Cultural Skill Medal
10. Had a lodge member earn a Sports Medal
11. Established/maintained a lodge web-site

**District 5 Cultural Director News**

**Lodge Officers:**

Regarding the Folk Art Exhibit to be held at the Convention:

- PLEASE share the FOLK ART EXHIBIT information with your members that I sent to you early in January
- PLEASE encourage your folk artists to submit an item or two for the exhibit.
- PLEASE make copies of the information for those interested who might like to participate.

Regarding the Cultural Skills Contest:

PLEASE remind members to complete their cultural skills and get them in the mail by May 1. (That's only 3 months away!)

PLEASE note that \$100 will be presented to the lodge with the highest number of skills earned from June 2008 to May 1, 2010 and \$50 will be awarded to the individual in our district who earned the most pins.

I hope that we will have many participants in the Folk Art Exhibit and the Cultural Skills Contest. Your encouragement will make a big difference.

Many lodges have had great success with programs geared toward the youth in their area schools. I would like to hear from you and suggest that you complete a form similar to the one shown on the right. Other lodges are looking for ideas that can be used to promote our Norwegian heritage or maybe just make the connection with the school to let them know we are here to assist them with a program.

Audrey Walsh  
District Five Cultural Director

*God påske!*



**ADOPT-A-SCHOOL REPORT**

**LODGE NAME, NUMBER, CITY, AND STATE:**

\_\_\_\_\_

**DATE OF CLASS PRESENTATION OR SERVICE TO SCHOOL:** \_\_\_\_\_

**NAME OF SCHOOL(S) SERVED AND LOCATION(S):**

\_\_\_\_\_

**APPROXIMATE NUMBER OF STUDENTS IN ATTENDANCE IF VISITED:** \_\_\_\_\_

**BRIEF DESCRIPTION OF SERVICE:**

\_\_\_\_\_

\_\_\_\_\_

**MEMBERS INVOLVED IN PREPARATION AND PARTICIPATION:**

\_\_\_\_\_

**NUMBER OF HOURS INVOLVED:** \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
DATE

Please send report to:  
Audrey Walsh  
Adopt-a-School Coordinator  
1320 33rd Court  
Kenosha, WI 53144

## District 5 Secretary Report

### *It's a busy time for Lodge Leadership!*

As a lodge President and leader, I know that sometimes all those deadlines and mailings just pile up and it's hard to keep on top of things. Plus in convention years there are additional items to keep track of! I hope this memo will help you keep track of some important activities, reports and opportunities for you and your lodge to put on your upcoming agendas!

- ✓ Officer elections and installation- all lodge officer elections should be held by now and your D-63 reports sent to both the International office and a copy to me (District Secretary). You got a phone call or email from me or Sherry Gorse (home office) if we didn't receive them as those reports are critical in having an accurate District Directory and listing in *The Viking* and International website.
- ✓ Lodge of the Year and Family Lodge of the Year forms are due March 1. Your secretary received these from the International. **The Lodge of the Year form is required!!** You can also download a copy from the Members Only Section of the [www.sofn.com](http://www.sofn.com) website. You will need some of the financial figures from the D-17 Financial Report so your treasurer and work with the Secretary and other lodge officers in completing these. **Who do you send them to?** Your zone director (found in the 2010 Directory)
- ✓ Selection of an audit committee so they can complete an audit on your financials. The D-17 Financial Report is due March 1 and is a required report. **Who do you send it to?** One copy is sent to the International and one Darlene Arneson, District Secretary, 2056 Skaalen Rd, Stoughton, WI 53589.
- ✓ Foundation Grants- Helping Hands to Children Grants are due February 1 and General Heritage and Culture Fund Grants are due April 1. Visit the Foundation's section of the [www.sofn.com](http://www.sofn.com) website to learn more about the grant programs, what qualifies, and to download the applications. **Who do you send them to?** The International SN Office – Foundation. Address is found on the website.
- ✓ Electing District 5 Convention Delegates and Alternates in the month of February. This mailing includes information about the delegates and your secretary will have the purple election report. It is due five days after your election and no later than March 5. **Who do you send it to?** Darlene Arneson, District Secretary, 2056 Skaalen Rd, Stoughton, WI 53589.
- ✓ Is your lodge going to participate in some way with Barnebirkie? Cookies and volunteers are appreciated! If you can send District Sports Director, Dave Hermundson, a note or email indicating if you have cookies, financial donations or volunteers (and when they can help), then he can help arrange "cookie pick-ups". Information is also on the [www.sonsofnorway5.com](http://www.sonsofnorway5.com) website. **Who do you send them to?** Dave Hermundson, 2249 Hatch Street, Eau Claire, WI 54701. 715-834-7556 or [davidphnx@hotmail.com](mailto:davidphnx@hotmail.com)
- ✓ Do you have youth or members that qualify for SN Foundation scholarships? Check out all the information on the Foundation's section of the [www.sofn.com](http://www.sofn.com) website for rule, eligibility and applications. They are due March 1 and one is due later on April 1. **Who do you send them to?** The International SN Office – Foundation. Address is found on the website.
- ✓ The District also has several scholarships due on March 15. Again check [www.sonsofnorway5.com](http://www.sonsofnorway5.com) for applications. **Who do you send them to?** District Youth Director Don Hermanson, 2721 US Hwy 12, Woodville, WI 54028. 715-698-2502. [hermansondj@worldnet.att.net](mailto:hermansondj@worldnet.att.net)
- ✓ If your lodge has ideas for changes to the District 5 By-laws or the International Constitution, the pro-

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posals need to be sent to the District Secretary by April 1 so the Board can discuss them at the April meeting. For more information on this process, contact District President Mary Bennett or Secretary Darlene Arneson. **Who do you send them to?** Darlene Arneson, District Secretary, 2056 Skaalen Rd, Stoughton, WI 53589 by April 1.

- ✓ Is your lodge considering hosting the 2012 District 5 Convention? If so, proposals are due on April 1 so that the Board can review them at the April 2010 Board meeting. A time to visit the host hotel site will need to be arranged. A formal proposal/presentation will be made to the delegates at the June 2010 convention. **Who do you send them to?** Darlene Arneson, District Secretary, 2056 Skaalen Rd, Stoughton, WI 53589 by April 1.

Other deadlines coming up later:

- ✓ More convention materials will be mailed out in mid-March. There are going to be registration deadlines, hotel room arrangements to make, and entries for various competitions. The District will be conducting a raffle so tickets will be mailed out soon. We will keep the District website calendar updated to help you manage convention planning.
- ✓ 990 Forms need to be filed with the IRS by May 15.
- ✓ Masse Moro Norwegian Heritage Camp registrations will be due May 17 for the July 25-August 7 camp.

**Do you feel like you need some help?**

- Take time for you and your officers to attend your **Zone Meeting**. We are collecting Zone meeting dates and details from Board members and will list updates in the Ole Bull and website. This is an excellent opportunity for you to get some additional help, ask questions, and to have items explained to you!
- Invite your zone officer to a lodge or officer meeting. They are excellent resources and can help you with many questions, brainstorm ideas, and explain activities to your members.
- Please feel free to contact any of the Board members and home office. That is why we're here!

Submitted by:

Darlene Arneson,  
District Five Secretary

## **Recreation News**

I have heard of some great bowling events being planned throughout District 5! If you have a neighbor lodge that is not planning a bowling event, invite them to yours. Its always good to renew old friendships and bowl as well. Is any lodge planning a Wii bowling event? Remember, the proceeds of the bowling tournaments sponsor the District 5 scholarships so if you have no bowlers a donation would be appreciated. Please have your bowling results to Dave Hermundson by March 10th. As this is a money maker for the District 5 Scholarships we allow winners to donate their winnings to the scholarship fund. If this is your desire, please so indicate on your form.

There is a renewed interest in the Sports Medals program. Please announce the program at you lodge meeting and have forms available for interested members. Dancing was approved as a District recreation event

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so with Valentine's Day coming it's a perfect time to sponsor a dance.

The District 5 convention is planned to be held in Milwaukee in early June. I am working on the Golf Tournament. What other sports activities would you like to see available at the Convention? Please call or email me with your ideas.

Its Barnebirkie time! The Barnebirkie date is February 25, 2010, in Hayward, Wisconsin. Please return your volunteer forms ASAP. We need 1,000 dozen cookies for the famous Sons Of Norway cookie tent. These cookies are served to the approximately 1,000 kids that ski the race and their supportive parents. We desperately need EVERY lodge to send cookies or a money donation so that packaged cookies can be purchased for this event. District 5 also sponsors a booth at Telemark lodge for the Birkebeiner race for adults on Saturday. We also serve cookies there. There are over 10,000 people there so it is great exposure for Sons of Norway. All of the Zone Directors were asked to develop a plan to get the cookies from your zone to the Barnebirkie. If you need transportation help call your zone director. President Mary Bennett and Darlene Arneson have offered to pick up cookies in the Madison and Milwaukee areas. Perhaps Chicago could make a connection with them as well. Ray Knutson and Jostein Bakken are coming from Illinois as well. Diane Overby will collect from the Sister Bay (eastern Wisconsin) area. Dave Hermundson and Don Hermundson will cover west central Wisconsin. Any of these directors would be happy to stop in your area for a collection if you are on their route to Hayward. Please give them plenty of lead time as some come a few days before the race. Thanks in advance for all you do.

In October the District 5 Board decided to purchase 200 'SONS OF NORWAY' stocking caps. We have two styles in either red or blue with Sons of Norway embroidered on them. They are nice and sell for \$10.00. Call me if you would like to sell some in your lodge and I will mail them to you. About 100 have already been sold. The proceeds help to cover District 5 expenses for the Barnebirkie.

Fraternally,

Dave Hermundson—715-834-7556



## Youth Director

"Lots of ... "

As you may know, the "*Masse Moro*" of *Masse Moro* Norwegian Heritage Camp translates into English as "Lots of Fun." Ask any camper, and they will confirm this for you.

I wonder if District Five should adopt "Lots of ..." as our secondary motto. There can be no doubt we need "Lots of ..." many things.

We recently finished a membership drive, and the object of our efforts was to get "Lots of ..." new members. The Sons of Norway, District Five and each of our lodges can benefit from "Lots of ..." members. One of the key

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elements for lodge growth and membership maintenance is to have "Lots of ..." good programming and leadership.

Keeping our organization going and growing also takes "Lots of ..." hard work by each of our members. Now is the time to help with "Lots of ..." pretty easy work to get "Lots of ..." our youngsters more fully involved with Sons of Norway. "Lots of ..." younger members means a better chance of "Lots of ..." more years enjoying a healthy and vibrant organization.

So, we don't need "Lots of ..." **hard** work? No. We do need "Lots of ..." youngsters and "Lots of ..." lodge members to complete and submit "Lots of ..." applications for the District Five International Summer School scholarship, Norwegian Folk High School scholarship, the Wittrock and Eide Book scholarships, and the *Masse Moro* Norwegian Heritage Camp.

There are application blanks in the mail headed to each of our lodge presidents. I have more blank forms, too, if you need them. You can download any of the applications from our District Five Website ([www.SonsofNorway5.com](http://www.SonsofNorway5.com)) and the (NEW) *Masse Moro* Web site ([www.MasseMoro.org](http://www.MasseMoro.org)).

The February 2010 *Viking* had "Lots of ..." coverage of District Five. There is the "Lodge Success Story" highlighting *Valhall* 5-168 (p. 32.) The article is replete with "Lots of ..." great tips for vitalizing your lodge. Need youngsters?

There's the "Member Spotlight" about Doug "Dag" Rossman (p. 31.) No, he is not a member of District Five. He is, however, a vital and exciting part of our *Masse Moro*. He and his wife spend "Lots of ..." time and effort at our camp relating Viking lore around the campfire. He's been a volunteer at *Masse Moro* for almost every year since he started his Viking adventure in 1980.

What you won't see in the *Viking* is the story of "Lots of ..." anguish from members of a District Five lodge who voted their lodge to disband at the end of 2009. One of their challenges was **not** having "Lots of ..." young members to sustain their lodge.

Take "Lots of ..." action **now** to get "Lots of ..." younger members to complete and submit "Lots of ..." applications.

Don Hermanson  
District Five Youth Director

## DISTRICT FIVE TREASURY REPORT

New cookbooks have arrived; contact Audrey Walsh.  
Thanks to all for the many dozens of cookies and donations of money for Barnebirkie.  
Did you buy your knit hat yet? If not David Hermundson is waiting for your order.

## WELCOME NEWLY ELECTED DELEGATES TO DISTRICT FIVE'S 50<sup>TH</sup> CONVENTION

Raymond P Knutson  
District Five Treasurer

# Survey Sez!

At the Zone 3 Sons of Norway picnic this past summer, one of the items discussed was the possibility of the Lodges of Zone 3 doing a Norway Tour in 2011. It was suggested that a survey of members be taken to get a response on what they would like in a tour, and from that survey design a trip that would closely fit the responses. As this presents a rare opportunity for our Sons of Norway members to travel and get better acquainted with our "homeland" and each other, it has been further suggested that we include all members of District 5. While it will be impossible to satisfy every respondent, this survey will present a general idea of what and what not to include. We will try to balance the itinerary for the first time traveler and the repeat traveler. **Please print this survey in your newsletters and announce it at your Lodge meetings. We want every interested member to know about the possible tour and to return this important survey.**

## NORWAY TOUR SURVEY



**Cost of tour:**  \$3800 pp or less  
 around \$4300 pp  
 doesn't matter  
 cost will be the most important factor

**Hotels:**  cheap  deluxe  
 standard  combination

**Length of tour:**  8 days  10 days  
 12 days  longer

**Include:**  all dinners  ¾  ½  ¼

**Time of year:**  May  June  July  Aug  
 Sept

**My First Tour to Norway**

**Include:**  Oslo  Bergen  Sognefjord  Copenhagen  
 Trondheim  Lillehammer  Hardangerfjord  Stockholm  
 Stavanger  Røros  Hurtigruten  Norway only

**I would like to see these attractions:** \_\_\_\_\_

*Naturally, the cost of the tour is determined by factors such as: time of season, length of tour, class of hotels, number of meals included, and options such as the Hurtigruten, stops in Copenhagen or Stockholm etc. Optional extensions or earlier departures from the US can be arranged. **Please return this survey to:***

Duane Kittleson  
 7447 Rolling Meadow Rd.  
 Verona, WI 53593  
 email: dkitt@yahoo.com Ph: (608) 845-9423

or

Chuck Mørkri  
 7567 Pioneer Pl  
 Verona, WI 53593  
 nordic@tds.net Ph: (608) 833-3732

### Out and about the District



The cake made by a lodge member was almost too nicely decorated to cut and serve.

Nordland 5-544 celebrated 35 years in November 2009. Current and past presidents in attendance pose for a photo.

### *WI Regional Ski for Light Jan. 15-17, 2010*



Above: Guides search for correct boots, skis and poles for their vision impaired ski partners.



Left: Guide on the right observes blind skier in the other track glide down a gentle slope.

## District Calendar Events and Deadlines!

### February

- Work on **Lodge of the Year (LOY)** and **Family Lodge of the Year (FLOY)** forms
- Complete lodge financial audit so the **D17- Financial Report** can be finished by **March 1**
- Elect District Convention Delegates in even years
- February 1- International SN Foundation **Helping Hands to Children Grants** due
- February 1 – Volunteer forms due for Barnebirkie to District Sports Director
- February 24- Zone 1 Officer Seminar (10:00—11:30 am)
- February 25- Barnebirkie Race, District 5 Volunteer Reception and Display in Hayward and Cable, WI
- February 28- District 5 Bowling Tournament ends- send forms to District Sports Director by **March 15**

### March

- March 1- Deadline for **LOY** and **FLOY** forms (see February)- send to Zone Director
- March 1- Deadline for **D17 Financial Report** – send to International and District Secretary
- March 1- Deadline for International **SN Foundation Scholarships (King Olav V Scholarship, Astrid G. Cates Scholarship, Oslo International Summer School, Helen Tronvold Norwegian Folk High School Scholarship)**
- March 5- Deadline for submitting **2010 District 5 Convention Delegates and Alternates** (or five days after your election)
- March 6-Central Lodge Meeting via call in at 11:00 am
- March 11-Convention info mailing to all delegates
- March 15- **District Scholarship Applications** due
- March 15- District **Bowling Forms** due to District Sports Director (bowling tournament runs from November 1, 2009 – February 28, 2010)
- March 16-Program book and newsletter contest mailing to lodge presidents
- March 20-Zone 3 Officer Seminar hosted by Vakkertland to be held at Mauston, WI
- March 27-Zone 6 Seminar at Notre Dame University

### April

- April 1- **Proposed changes to District 5 By-laws or International Constitution** due to District Secretary
- April 1- Proposals to **host 2012 District 5 Convention** are due to District Secretary
- April 1- International SN Foundation **General Heritage and Culture Fund Grants** due
- April 1- International SN Foundation – **Nancy Lorraine Jensen Memorial Scholarships** due
- April 10-Skjold lodge 100th anniversary celebration
- April 17-Zone 2 Officer Seminar

### May

May 3—Deadline for Ole Bull Input

- 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.
- May 25—Scandiana-600, Chesterton, IN 25th anniversary

### June

- June 9-12- **District 5 Convention** at the Marriott Milwaukee West, Waukesha, WI
- June 20- Balance due for **Masse Moro Norwegian Heritage Camp** from sponsoring parents/guardians and matching funds from lodges
- June 26-Sangerfest in Overture Center, Madison, WI (7:30 pm)

## Consider being a delegate to the District 5 Convention!

All across District 5, elections will be held in February as lodges elect their delegates and alternates for the District 5 convention. Some of your members may be sharing their experiences as delegates at your meetings so members are more aware of what happens at conventions, what their role is, and the experience they have had.

To help new members and those without convention experience, here are some things to consider and share with your membership:

### Who can be a delegate or alternate?

- You **do NOT** have to be a benefit member to serve as a delegate to the District Convention.
- Current District 5 Board members cannot serve as delegates for their local lodges.

### Time Requirements

- The District 5 Convention is June 9-12, 2010 in the Milwaukee, WI area.
- Your delegates may be asked by the District President to serve on a committee. This would require them to attend committee meetings on the Thursday morning and afternoon (or until committee work is done and the committee is dismissed).
- The opening ceremonies will be on Friday morning this time. The first official business and seating of the delegates is also Friday morning and all delegates need to be in all sessions Friday and Saturday.
- As times and schedules are finalized, watch the District 5 website ([www.sonsofnorway5.com](http://www.sonsofnorway5.com)) and future mailings for schedules and timelines.

### What does a delegate do?

- Represents and speaks on behalf of your lodge on District business, resolutions, proposed changes
- Accepts your lodge's recognition and awards
- Attends all delegate sessions, zone meeting (Saturday noon) and votes on behalf of your lodge
- May serve on a committee if asked to by the District President
- A delegate can run for the District Board (if a benefit member or if they purchase a benefit product at the convention)
- A delegate can run for a delegate spot for the International Convention (August 29-September 1) in Idaho (if they are a benefit member or if they purchase a benefit product at the convention)
- Learn about Sons of Norway by attending workshops, visiting displays and visiting with other members
- Bring back many ideas, activities and enthusiasm that will benefit your lodge
- Report to your lodge about what they learned, business conducted and report on elections held at the convention
- Have a wonderful time and go home ready to carry out the mission of Sons of Norway!

**What is a Benefit Member?** Someone who owns a benefit product which includes: Nordic Elite, a term product, Viking 23, Viking Voyager, and Annuities (\$2,000 minimum.)

**How do you pay for delegates?** Each lodge handles this differently. Many will help the delegates with convention costs, registration, travel and hotel costs in varying amounts, paying it in full, or a portion. Some lodges will have a special fundraiser or event to raise money for delegate expenses.



Introducing the new Roots acoustic music group



Norwegian and Nashville Country music artists join to perform their music for Sons Of Norway chapters and Norwegian festivals in the US and internationally

Nashville honky tonk legend Joe Sun, along with two time Norwegian Grammy winner Otter Johansen, first conceived the idea to form Norville while performing as a quartet with Norwegian chart singer/songwriter Tore Andersen and singer/songwriter Brent Moyer at the Flora Bama's famous Frank Brown international songwriters festival. The groups theme song, "Take Me Back", was written and recorded in a Nashville studio in October of 2009, and performed at the first SON Nashville chapter meeting of the same month. Norville is now planning their first spring tour on a trail from Maine to the Midwest and offering their unique Scandinavian slanted country music show to Sons Of Norway Chapter Meetings, House Concert and Norwegian Festival organizers.

# Fifth's 50th



District 5 biennial lodge meeting and convention

June 9-12, 2010

Milwaukee Marriott-West  
Waukesha, WI

Special Musical Performance by Norville Group  
Sat. June 12 banquet