

Ole Bull News

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Website: WWW.SONSOFNORWAY5.COM



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PRESIDENT'S MESSAGE

We are entering the season of summer celebrations, festivals, parades, camps, picnics and outdoor fun. It is a perfect time to share Sons of Norway with people in the community, family and friends.

I am happy to announce that one of our district goals for the 2008-2010 biennium has been met: Expand financial benefit participation by Sons of Norway members. More and more members are taking advantage of the excellent and competitive financial products that Sons of Norway offers. A second goal of holding one zone leadership meeting in each zone per year is close with five of the six zones in District Five having completed meetings. The sixth is in the planning stage. We have work to do on membership and earning sports and cultural skills medals. I would like to acknowledge Arlene Christopherson of Vikings of the Smokies for being the top membership recruiter in District 5 for 2009 with 10 new members. Interest in the Sports Medal Program is increasing with 209 medals earned in the District in 2009. This is a 12% increase from 2008. There were 179 Cultural Awards earned during 2009. We are making headway on both of the programs.

Each year, Sons of Norway International gives Founders Awards to lodges achieving membership growth. The following lodges in District 5 received the award for 2009: Valkyrien 53 with a 23% increase, Solvang 457 - 21%, Fagernes 616 - 15%, Vennligfolk 627 - 14%, Norsemen of the Lakes 650 - 10%, Wergeland 28 - 5%, H R Holand 549 - 5%, Vennelag 513 - 4%, Sognefjord 523 - 4%, Norskeland 580 - 3% and Edvard Grieg 657 - 3%. Congratulations to these lodges for their efforts to increase membership. This is a goal for the rest of District Five to work towards.

The District 5 Convention will be held in Waukesha on June 9 - 12. Delegates and guests are looking forward to informational sessions, dealing with the district's business, meeting members of other lodges, good food and fellowship.

Have a great summer celebrating Norwegian heritage and culture.

Fraternally,

Mary

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,

Our June District Convention will be the highlight of the last two years of your Sons of Norway activities. At the convention we will look back, and then look ahead. District Five Lodge programs have been as diverse as the areas in which they are held: "Fish Boils" in northern Wisconsin to "Country Music" in Nashville, Tennessee. Newsletters have been filled with stories of picnics, parades, bus trips, dinners — lutefisk and otherwise — Julefest, Syttende Mai, concerts, craft demonstrations, good food, children's activities, trips to Norway, reports on contemporary and historical Nordic issues and events, golf, curling, skiing, Cultural Skills and Sports Medals earned, and so many, many more. What a wonderful way to learn more about our Nordic heritage and at the same time be with friends and make new ones.

Activities such as those listed are the reasons why people become, and remain, members of Sons of Norway. Not all activities appeal to everyone. In most cases, interests vary by age groups. Programs that appeal to those 60 and over may not appeal to 20 to 40 year olds. Similarly, meeting times which are more accessible for older members are not doable for the younger group. Lodges who want to include younger members in their group have to deal with these differences. One of many options is to expand the lodge calendar. In addition to retaining activities and meeting times that appeal to older members, schedule activities with different times attractive to younger members. For example, younger members may be interested in working with Habitat for Humanity on a one-time construction or rehabilitation project in your community, or gathering on a Saturday morning in Starbucks to learn about the current political affairs in Norway. Special events that appeal to both young and old should be held a few times during the year, such as: Julefest, Syttende Mai, and St. Hans Day. Those are opportunities for extended families to gather to celebrate their heritage and develop lasting memories of togetherness.

All too often it seems as if the same people are doing all the work all the time. A few may really enjoy being so tasked; however, there are many who get "burned out" and then drop out. Heard frequently is "We asked for volunteers, but none came forward." Sound familiar? Recently my Lodge circulated a Member Survey. One of the questions dealt with willingness to participate in various activities – from set-up to programs. One member responded: "I'm still working, so I'm not reliable. However, I don't mind being on an *ask-me* list. If you need help with something, feel free to ask me. I think a lot of people are like that. They might not volunteer, but if you ask them, they'll say yes, or even if they say no, they'll keep it in mind for the future." A recent survey found that many adult children of members had never joined Sons of Norway because they had not been asked! The next time you need help or want more members to participate, consider asking – one at a time. You may be pleasantly surprised at the response.

Fraternally,

Burton Bittner

District Five Vice President

DISTRICT FIVE TREASURY REPORT

Support Masse Moro and District Five's Scholarship Funds

WELCOME DELEGATES AND GUESTS TO
DISTRICT FIVE'S 50TH CONVENTION AT MARRIOTT
MILWAUKEE WEST

Got Stuff? Bring that collectable, piece of handiwork, family heirloom, arts and treasures to the convention for the silent auction. Oh Ya! Don't forget your checkbook or cash also works. Join in with some spirited bidding! What an easy way to support District Five Sons of Norway

Raymond P Knutson
District Five Treasurer

DISTRICT FIVE PUBLICITY DIRECTOR

I am encouraged by the number of lodges that are posting their newsletters on the District 5 website. If you haven't but would like to do so, send a PDF formatted file to our webmaster George Sievers at the following email address: george@sonsofnorway5.com.

SONS OF NORWAY—DISTRICT LODGE FIVE A FRATERNAL BENEFITS SOCIETY

"Ole Bull News" is a quarterly publication of the 5th District Sons of Norway. Its purpose is to provide an information exchange between the District Board of Directors and the Local Lodge. Articles for publication may be submitted by District and Local Lodge Officers. Upcoming Events are also welcomed and encouraged.

The DEADLINE for all articles for the next issue is August 2, 2010.

Duane Kittleson, Editor
Send articles to: dkitt@yahoo.com
Website: www.sonsofnorway5.com

Viking Correspondent Message

Thank you for the pictures for the Viking Magazine. I just sent four pictures to Melissa Ederer at the Viking magazine about Masse Moro Camp which will appear in the July issue.

Please do not write with a Sharpie Marker on the back of pictures that you send to me. The ink transfers on the face of the picture and they can not be used. Please use Post-it Notes on the back of the pictures with names, lodge name and number and a brief description.

Diane Overby



CULTURAL DIRECTOR'S PARTING MESSAGE

June 1 will be the end of my second term as District Cultural Director. I have thoroughly enjoyed this assignment and sincerely hope that I have encouraged members to participate in the Cultural Skills Program and Folk Art Exhibits held at our conventions. Both of these activities ensure continuity in our Norwegian culture—a wonderful means of preserving the past and bringing it into the future.

Who doesn't like krumkake, sandbakkels, rosettes, kransekake, lefse, and all the rest of those delicious pastries along with those who love lutefisk? Who is going to make these Norwegian delicacies in the future? To keep these available, one must pass the knowledge down to the next generation. The Cultural Skills offer a way to learn "how-to" and a way to teach the young the Norwegian traditions.

My mother and her friend from the Helgeland region of North Norway were the only ones in our town who made a special lefse called "Krina Lefse." Now that they are gone, it is up to me to master this recipe and to teach my children. If I don't, that particular recipe might be lost. And so it may be with many other recipes and skills!

It is extremely important for all of us to pass on to our children the Norwegian recipes, songs, dances, arts, language, and literature that we have learned. Thanks to Liv Dahl who created the Cultural Skills Program and to others who have helped write the skills, we have a way to preserve our Norwegian heritage and culture. For this we should be very grateful.

Tusen takk for the privilege of serving as your District Cultural Director these past four years. I hope you will find great satisfaction in mastering some of these skills as much as I have!

Fraternally yours,
Audrey Akvick Walsh

Upcoming Events and Deadlines

June

- June 3 Knut Erik Jenson concert sponsored by Wergeland lodge
- June 5 Knut Erik Jenson concert sponsored by Grønvik lodge
- June 9-12 **District 5 Convention** at the Marriott Milwaukee West, Waukesha, WI
- June 19 Midsummer celebration, Little Norway, Mt. Horeb
- June 19-20 Midsummer Fest, Norskedalen
- June 20- Balance due for **Masse Moro Norwegian Heritage Camp** from sponsoring parents/guardians and matching funds from lodges.
- June 26 Grand Concert at Sangerfest, Madison, WI

July

- July 1 Masse Moro Medical forms due
- July 10 Zone 3 summer picnic at Arneson's house
- July 25-August 7 Masse Moro camp, Beaver Creek, WI

August

- August 29 September 1 International Convention, Coeur d'Alene, ID

District Secretary Message

Overwhelming might be the word to describe all the opportunities that are available in the next few months for Sons of Norway members and leadership. We live in a society where we tend to push ourselves to be involved, informed, aware and connected. Sons of Norway offers opportunities for members who share that philosophy of involvement as well as other less time-consuming activities for those who enjoy a slower pace of life.

The District Convention is a great venue for your delegates and others attending to learn more about the organization, share ideas with other lodges, socialize, and renew their enthusiasm for Sons of Norway. There is still time to sign up for the golf outing, Saturday night banquet, to collect items for the silent auction, sell raffle tickets and other activities related to the convention. Check out all the information on the District Website at www.sonsofnorway5.com. For delegates who are benefit members, you have an opportunity to run for the District Board or to be a delegate to the International Convention in August (see www.sonsofnorway2010.com).

We celebrate Syttende Mai this month and Mid Summer in June. Does your lodge have activities or is this a good time to road trip to a neighboring lodge, town or attend celebrations with a group of your members? Programming could include asking members that have been in Norway for these celebrations to share their pictures, experiences and memories.

Many lodges slow down their meeting schedule during the summer. This might be an excellent opportunity to do some long-range planning, research on new activities, or leadership training. Meeting at member's homes with Internet access would allow you the chance to investigate all the new on-line resources the International SN offers in the "Members Only" section, blogs, on-line Viking, and lending libraries. Could your lodge develop some timelines for encouraging members to start sports or cultural medals over the summer? When it's nice outside (at least in Wisconsin), it's a lot more fun walking or biking than in the midst of winter. This might also be a good time to start working on SN Foundation grant applications whose due dates always seem to slip by. Or begin reviewing the Lodge of the Year and Family Lodge of the Year forms to see what areas your lodge could improve in.

And maybe summer is a good time to load the car up with members and visit some other lodge meetings and activities! For those in areas where winter driving discourages night meeting attendance, long summer days may be conducive to lodge picnics, zone meetings or gatherings, or taking in some Norwegian travel destinations. Touch base with your zone directors to brainstorm ideas on how to stay connected yearlong rather than at just a once-a-year meeting.

Overwhelming- yet exciting. That's what Sons of Norway is all about and what we as District Board members can help you find in your membership, lodge activities, and leadership in this organization. Please contact us with your questions, ideas and suggestions!

Fraternally

Darlene Arneson, Secretary

Sports and Recreation Report

I have great news to share from the Barnebirkie! This was our best year ever. Thirty members volunteered and 1,483 dozen cookies were donated from 5th District Lodges. It was great to see so many board members there as well as International Director, Jostein Bakken. Let's start gearing up for next year!

Loven, Viking and Trygvasson lodges are planning their annual golf outing and dinner at the Mondovi Golf Course on July 9th starting at 1 pm. We hope many of you will surprise them with reservations. The dinner is worth wait for those that don't golf. Call Joan Erickson, Viking Lodge, for information. We hope to hear of other golf outings as well.

The family bowling event didn't do so well this year. The board decided to eliminate the handicap scoring procedure for next year. Certificates will also be awarded to winners with names being published in the Ole Bull News. This will insure that the \$5.00 entry fee and cash donations will benefit 5th District Scholarships.

There is going to be an award given to the person that has earned the most sports medals since the last convention. Please forward names and numbers of sports medals to me by May 15.

Please join us in Waukesha for the Convention Golf Tournament. Look for information in the convention news. It is planned for Wednesday with a 12 noon tee time. There will be walking events scheduled on Thursday and Friday mornings at 6 am starting at the host hotel.

Dave Hermundson, Recreation Director / 715-864-1566

Fifth's 50th



District 5 biennial lodge
meeting and convention

June 9-12, 2010

Milwaukee Marriott-West
Waukesha, WI

Special Musical Perform-
ance by Norville Group
Sat. June 12 banquet

District Youth Director Message

SUMMER FUN

Another school year is about to end. With no more homework, the youngsters will have some "extra" energy to burn!! What to do?

Some of our younger members already have plans—more school!! The board recently awarded a scholarship for the International Summer School in Norway. At the same time, the board awarded five scholarships for books. We wish these students—and the many others headed for college—all the best. Our scholarship winners can look forward to a summer of reading and studying!! If they study really hard in the coming months, maybe they can use up some of the energy they have stored for school.

Another opportunity is to spend two wonderful weeks having "lots of fun" while shedding some of that youthful exuberance. Camp Administrator Kaia Klockeman and Associate Camp Administrator Sarah Listug have been spending much of their own energy getting together another great *Masse Moro* Norwegian Youth Heritage Camp.

This year's camp runs from Sunday, July 25 through Saturday, August 7. Deadline for applications is May 17, with final payment due June 20. I have sent application forms to all the district lodge presidents, but anyone can get the forms at www.SonsofNorway5.com or www.MasseMoro.org. The *Masse Moro* Web site is packed with all the information campers and families will need for camp.

As of this writing, we have 26 campers from District Five. There is much more room at camp, though, and I encourage all members to send in applications as soon as possible. There is no doubt the campers (and the staff!!) get to use a lot of energy—while they have two full weeks of "lots of fun." This year, too, campers will use some of their "camp" energy to earn medals in the Sons of Norway Cultural Skills and Sports programs.

On behalf of the *Masse Moro* staff and campers, I invite you to join us for the final program at camp. Come and experience the electricity these youngsters still have after their two weeks of learning skills, crafts, language, participating in sports, and listening to exciting Norse tales while sitting around evening campfires.

Fraternally,

Don Hermanson

District Five Youth Director

***Masse Moro
Don't Miss it!***



Out and about the District



Past Lodge Presidents are recognized



Emcee George Sievers; Greg Ragan, FBC; Burt Bittner, District 5 Vice President



International President Dan Rude presents his message



District 5 International Director Jostein Bakken presents plaque to Skjold Lodge President Mike Hanson

Skjold 100th Anniversary

ADOPT-A-SCHOOL UPDATE

In early fall lodge coordinators will be receiving a copy of the Adopt-a-School report form. The form is to be duplicated and used whenever some Adopt-a-School activity occurs. After each event the report form can be filled out and sent to me so that I can share the ideas with other lodges via the Ole Bull newsletter.

The form which appears below is easy to fill out and includes a brief description of the activity. A collection of these reports may enable us to create an idea booklet in the future.

Adopt-a-School is a wonderful way to share our Norwegian culture and heritage with the young and to let our fine organization be known within the local community.

District Five has 25 lodges involved in Adopt-a-School programs. If anyone is interested in learning how to start a program, please call me at (262) 553-1456. Something as simple as collecting Box tops for Education, Campbell’s soup labels, and empty printer cartridges for a school is an easy way to start!

Audrey Walsh
Adopt-a-School Coordinator

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



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

Tubfrim

There are many ways which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple yet successful ways to do just that. Tubfrim is an organization in Norway that resells canceled stamps and donates the proceeds to help fight tuberculosis. Sons of Norway is proud to support Tubfrim in its work to support children in need.

In 1928 Ditief Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen

When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Profit for the year 2009 was NOK 650,000 (about \$105,500.) Since it began, the program has generated over 17 million kroner to help the disabled and needy children.

To help Tubfrim do its crucial work, **simply clip canceled stamps from envelopes, leaving at least a ½” around the edge.** When you have collected a pound of stamps, ask your Tubfrim chairperson or lodge secretary to weigh and verify them.

For every pound you collect, send an official postcard (available from www.sonsofnorway.com the “members only” section *management –Lodge Forms.*) to Leif Erikson Hall, 2245 NW 57th St., Seattle, WA 98107. All postcards received by December 31st of each year are entered into a drawing for airline tickets to Norway.

In the Fifth District, stamps can be given to your Zone Director. The Zone Director will deliver the stamps to the District President. This saves shipping costs as they will go to the home office during meetings. It is ideal if you can put the stamps in a computer paper box (line it with a plastic bag.) This type of box is used for shipping the stamps

Please take time to cut the stamps properly. Stamps cannot be used if they are torn or have extra layers of envelope behind them. Tubfrim can use multiple stamps that are in a row –but there must be a ½” border so they can be trimmed. Stamps from any country and all styles of stamps (except US Bulk Rate stamp) will be accepted. If envelopes or postcards are over 50 years old, send the whole envelope or postcard. They also use old phone cards; please package these separately so the Zone Director knows they are there.

You can learn more about Tubfrim by visiting www.tubfrim.no for pictures and more history of the Tubfrim program.

