

## Friendly Fifth Friday News April 7, 2023

Send all web posting info and calendar dates/events directly to our webmaster at [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com). Feel free to share this with your lodge members!

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Don't forget- Sarah Paulsen Scholarships are due April 15



### The Sarah Paulsen Memorial Scholarships for year 2023.

The Sarah Paulsen Memorial Scholarship Committee announces the following:

There will be 2 scholarships made available for the year 2023, each in the amount of \$250.00 to cover 25% of the total fee for the year 2023 District 5. Heritage Youth Camp.

Like last year, the Scholarship Committee will not do any direct mailings to any Lodges or Lodge Officers. The committee feels and hopes that with your help this announcement can, via the Dist. 5 Web site, be shared with Lodges and members throughout District 5.

All interested Camp Applicants can also request application form(s) from the Scandiana Treasurer, Oleif Olsaker, 114 Maplewood Trl., Michigan City, IN 46360 or Telephone 219-877-7457 and E-mail at [olsaker.o@gmail.com](mailto:olsaker.o@gmail.com)

The completed Application must be postmarked by April 15<sup>th</sup>, and mailed to the address above

I am really happy to see us still being able to continue this scholarship program this year and for a few years to come. Hopefully it will help promote 2 weeks of **MASSE MORO**, and providing an award for each of the deserving applicants.

Fraternally

Oleif Olsaker, Treasurer



# The Sarah L. Paulsen Memorial Scholarship Fund.

## APPLICATION FOR YEAR 2023

This year 2 Scholarships each in the amount of \$250.00 will be made available for children to attend the Sons of Norway Heritage Camp at Eau Claire County Youth Camp, The completed Application (follow instructions on "The Rules") must be postmarked by April 15, and should be mailed to: Oleif Olsaker, 114 Maplewood Tr. Michigan City, IN. 46360. E-mail: olsaker.o@gmail.com Telephone 219-874-7457

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Name of Parent (s) Guardian: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State ZIP

Telephone: (\_\_\_\_) \_\_\_\_\_ e-mail address: \_\_\_\_\_

### Sons of Norway Membership

Member Name	Relationship to Camper	Lodge Name and No.

Will your local Lodge apply for Camp Scholarship Matching Fund from the 5<sup>th</sup> District? Yes \_\_\_\_\_ No \_\_\_\_\_

“Why I believe it is important to know about our heritage” or “Why I want to attend Norwegian Heritage Camp”:  
Add or use separate page(s) as needed.

Camper’s Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Attachments: 2 written references:



## **The Sarah L. Paulsen Memorial Scholarship Fund.**

### ***The Rules***

In August 1995 eight year old Sarah Paulsen of our lodge passed away.

Because Sarah was very involved with the Sons of Norway, and was fascinated with her family's background and with Norwegian culture, friends and family, along with the Scandiana Lodge felt a scholarship established in Sarah's name would be appropriate.

The scholarship will not only carry on her love for the Norwegian Heritage, but will also enable other children to have the opportunity to attend the Sons of Norway Heritage Camp in Eau Claire, in honor of Sarah.

The scholarship will cover one quarter of the camp cost.

Parents may be concerned that getting this scholarship would prevent them from utilizing the District 5 Matching Fund Grant, but this award will have no bearing on other matching funds. This scholarship could be given in addition to District 5 and Local Lodge Matching Fund Scholarships. However, if the applicant's Local Lodge is financially unable to give their children Matching Fund Scholarships, the Sarah Paulsen Scholarship would qualify them for the District 5 Matching Fund Scholarship.

### **Rules:**

1. The scholarship is open to any child age 9-15, who is interested in learning about the language and culture of Norway.
2. The applicant must be a heritage member or a child or grandchild of a Sons of Norway member, and belonging to a District 5 Lodge.
3. The applicant will write an essay of no more than 500 words. The topic is "Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp".
4. All applicants will complete a brief application form.
5. Applicant will include 2 letters of reference, including one from a local Lodge officer.
6. Applications must be postmarked by April 15. Decisions will be made by May 1, and winners will be notified by mail. Checks will be issued and mailed directly to the Scholarship Recipient before June 1.
7. Judges will be the Scandiana 600 Sarah L Paulsen Memorial Scholarship Fund Committee.



**SONS OF  
NORWAY**

**District 5**

**Sons of Norway Fifth District Nordic Legacy Foundation, Inc.**

**Donation Form**

The purpose of this Foundation is to support youth, heritage, culture, and education through presentations, programs, and foundation grants. The Foundation is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation. We welcome donations given to help support District 5 activities such as Masse Moro, District Scholarships, and other activities and programs that may come forth. If you have questions, contact District Secretary, Darlene Arneson, at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or 608-873-7209.

**The Sons of Norway Fifth District Nordic Legacy Foundation, Inc. is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation.**

Enclosed is my contribution of \$\_\_\_\_\_ to the "Sons of Norway Fifth District Nordic Legacy Foundation, Inc." Send to D5 Treasurer Corey Olson, W5907 Sweet William Drive, Appleton, WI 54915.

**Please direct this donation to (check one): If unchecked, it will go to General**

\_\_\_\_\_ General - allows District Board to use it for District 5 NLF activities and expenses

\_\_\_\_\_ Barnbirkie    \_\_\_\_\_ Masse Moro    \_\_\_\_\_ District Scholarships    \_\_\_\_\_ Adult Heritage Camp

My/our name: \_\_\_\_\_ Lodge \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_, St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**If this gift is in Memory or Honor of someone, please send notification of this gift (amount not stated in letter) to:**

In Memory/Honor (circle which) of \_\_\_\_\_

Send notification to: Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Sons of Norway District 5  
Application Form –  
Cultural, Sports, and Membership Pins Shipping Grant**

Please fill out the form below and submit it via U.S. Mail or by email. Attach all receipts.  
Reimbursement check will be mailed to the Treasurer.

Lodge Name and Number: \_\_\_\_\_

Name of Person Requesting Grant: \_\_\_\_\_

Lodge Position: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of the Lodge Treasurer: \_\_\_\_\_

Address of Treasurer: \_\_\_\_\_

Date(s) of pin order(s): \_\_\_\_\_

- Attach copy of receipts for pin orders with shipping cost circled.
- No follow-up report is required, but comments are welcome.
- This Grant applies to shipping costs starting January 1, 2022.

The District 5 Board thanks you for acknowledging your members in this way.

Submit applications and receipts to:

Wendy Winkelman  
District 5 Vice President  
6525 Water Valley Road  
Cobden, IL 62920  
wendyathadeland@yahoo.com

**District 5 Goals**

1. Fill all board and alternate positions by December 1, 2022.
2. Recruit members for the Task Force “*Friendly Fifth Faces our Future Campaign*” and begin working on the timeline
3. Improve promotion of NLF fundraisers, grants, and scholarships through the FFFN, website and other ways
4. Enroll 50 Masse Moro participants each year
5. Have 60 participants in the second Adult Camp
6. Have 100% of lodges supporting the SN Foundation
7. Encourage each lodge to have a net gain of three new members for calendar years 2023 and 2024.

# ***Sons of Norway headquarters will be closed Friday, April 7 in observance of Good Friday.***

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## **Easter in Norway**



When thinking about one of the longer holiday celebrations during the calendar year, Christmas is top of mind for many. Most other holidays come and go as they occupy a quick 24 hours. This is not quite the case though in Norway. Yes, citizens of Norway certainly do take time to celebrate Christmas, but they also take advantage of the Easter holiday, something not quite as common in North America. In fact, Norway is said to have the world's [longest Easter holiday](#). Maundy Thursday (Skjærtorsdag) begins the public holidays, followed by Good Friday (Langfredag), then Easter Eve (Påskeaften), Easter Sunday (Påskedag), and finally Easter Monday (andre påskedag). Many Norwegians even take the entire week off to make the most of the holiday. So what does the typical Easter holiday look like in Norway?

For starters, many Norwegians take the long Easter weekend to go to their cabins. It's a time to enjoy the fresh mountain air, as well as relax and rejuvenate. The holiday also serves as a last hurrah for the [ski season](#). But of course, skiing isn't complete without a [Kvikk Lunsj](#), which is the Norwegian equivalent to a Kit Kat. Easter is when the majority of these delicious, chocolate-covered wafers are devoured. Not only is this treat a hit, but candy in general also has an uptick in consumption around Easter. In fact, according to Robert Rønning, the Communications Manager at Nidar candy company, "[Candy sales](#) increase by 30% over the period before Easter." Easter is also a time for Norwegians to gather with friends and family. Some attend special church services and many indulge in a delicious meal. There's not necessarily a standard meal at Easter time, but roasted lamb and potatoes are common cuisine to see over the holiday.

Interestingly enough, Easter is also synonymous with crime novel time. In fact, Norwegians even have a word for it – påskekrim (easter crime). The long weekend affords the chance to hunker down and consume the latest crime novels. It is a uniquely Norwegian tradition that originated in 1923 when publisher Gyldendal arranged a special advertisement in Norwegian newspaper, *Aftenposten*, to sell a crime novel by Nordahl Grieg and Nils Lie. As is evident by the activity that occurs over the Easter week in Norway, the holiday has a special place in the hearts of the citizens. What better way to reset the mind and soul for spring after a long winter? Perhaps other countries should take a page from Norway's book.

# Are you taking advantage of the biggest member benefit? Life is a journey; protect yours and those you love.

[https://www.sofn.com/financial\\_products/products\\_we\\_offer/](https://www.sofn.com/financial_products/products_we_offer/)

## *Life Insurance*

A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage. Let's take a look at how they differ.

### **Term**

We understand that everyone's situation is different; maybe you need insurance coverage while you are paying off a 30-year mortgage or for just a few years to ensure the college years are a reality if something should happen to you. Sons of Norway offers a guaranteed level term insurance policy in durations of 10, 15, 20 or 30 years. You can decide what works best for your situation and add riders to customize your coverage.

Should your situation change and you need to keep the coverage after the term expires, you can convert your policy to a permanent type of coverage or extend the time annually by simply continuing the premium payments that will be recalculated for you.

### **Permanent**

The two basic types of permanent insurance policies offered by Sons of Norway are whole life and universal life. While universal life may be a more flexible option, whole life has many versions and ways to customize your coverage that will most often meet your particular needs.

Whole life can be purchased with a single one-time premium payment or with annual payments during your lifetime. Either way you will have guaranteed coverage with guaranteed cash value, and with most types you will also have the ability to earn dividends.

We even offer a type of whole life that is perfect for those who really would rather not take a medical exam and just want to know they are guaranteed to have the insurance coverage they need for final expenses or leaving a legacy.

<b>Benefits to consider</b>	<b>Term Insurance</b>	<b>Permanent Insurance</b>
Guaranteed death benefit	Yes	Yes
Tax-deferred cash value accumulation	No	Yes
Lifetime death benefit	No	Yes

Benefits to consider	Term Insurance	Permanent Insurance
Riders to customize coverage	Yes	Yes
Simple product	Yes	No
Ability to earn dividends	No	Yes
Tax-free death benefit	Yes	Yes



Let's talk about what type of life insurance will meet your personal needs: A Sons of Norway Insurance Professional can help!

[Learn More Now](#)

### ***Annuities***

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Annuities have many advantages:

- Tax Deferral
- Protection from Market Risk
- Diversification
- Guaranteed Interest Rate
- Access to Free Withdrawals

With the right Annuity, Sons of Norway can help you reach your long-term financial goals.

Immediate	Deferred	Bonus
<p>With an immediate annuity you can begin payments as little as 30 days after purchase. This type of Annuity is ideal for people who are about to retire and want a predictable income stream.</p>	<p>A Deferred Annuity promises to pay the owner a guaranteed interest rate and can provide the owner with an income stream, or a lump sum, after the duration of the contract. Sons of Norway of Norway offers 5- and 8-year durations.</p> <p><a href="#">Flexible Premium Deferred Annuity</a></p> <p><a href="#">Single Premium Deferred Annuity</a></p>	<p>Bonus Annuities can be a powerful tool in your retirement plan. A bonus annuity can help you boost your retirement plan and give you options, all with zero fees. The amount of the bonus is determined by the deposit amount at time of purchase.</p> <p><a href="#">Bonus Single Premium Annuity</a></p>

**For additional information and rates: [Fixed Annuity Matrix](#)**

*Any distributions are subject to ordinary income and tax, if taken prior to age 59 1/2, a 10% federal additional tax.*

*All guarantees are backed by the claims-paying ability of the issuing company.*

*Sons of Norway and its distributors and representatives do not provide tax, accounting, or legal advice. Please consult your own attorney or accountant.*

**Deadlines and Dates! Changes in red!**

- April 14-16- Spring District 5 Board Meeting in Anna, Illinois
- April 15- Sarah Paulsen Scholarships due to Scandiana Lodge for Masse Moro
- May 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)
- May 15-
  - **D18 Lodge Property Association** forms are due to Sons of Norway Headquarters. They can be entered electronically via the lodge treasurer's profile page. A PDF can be downloaded from [sofn.com](http://sofn.com).
  - **990** The 990 tax forms are due to the IRS by 5/15/2023. Lodges who fail to file a 990 three years in a row will lose their not-for-profit status and cease being a Sons of Norway lodge.
- June 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)
- July 5- Photo submissions for the Viking to LaVonne Wier at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com)

- July 16-21- Masse Moro Camp

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### **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhagen (ATuchenhagen@sofn.com). Sherry Gorse is no longer employed at Sons of Norway.
- For matter like submitting a death, a change to a members address or other info please email [cbs@sofn.com](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto:ithelp@sofn.com).
- The 800 number to call in for member support is 800-945-8851
- If you need something related to sales, you can use [sales@sofn.com](mailto:sales@sofn.com)

### **Viking Chest / Immigrant Trunk Schedule**

Oct 2022 to Apr 2023:

Chest--zone 1  
Trunk--zone 2

Apr 2023 to Oct 2023:

Chest--zone 4  
Trunk--zone 3

Oct 2023 to Apr 2024:

Chest--zone 6  
Trunk--zone 5

Apr 2024 to Oct 2024

Chest--zone 2  
Trunk--zone 1

Oct 2024 to April 2025

Chest--zone 3  
Trunk--zone 4

#### **Note:**

- Check correspondence from the International and District and the International (www.sofn.com) and District (www.sonsofnorway5.com) websites for any updates and changes.
- Additional deadlines for the District 5 and International Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.

Compiled by Darlene Arneson, SN District 5 Secretary (arnesonfamily5@gmail.com or 608-873-7209)

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#### **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](mailto:inputd5@sonsofnorway5.com)**

With our new arrangement, I actually send the FFFN pdf to our webmaster on Thursday morning before I go to work. So if you have anything you'd like me to consider putting in, please send it by 4 am on Thursday morning. Please do not send

pdf's as I have a hard time cutting and pasting them. The Word Document works best for me. Don't forget that lodge events should be submitted to [inputd5@sonsofnorway.com](mailto:inputd5@sonsofnorway.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](mailto:arnesonfamily5@gmail.com)