

Sons of Norway District 5 - Friendly Fifth Friday News December 29, 2023

Deadlines!!

December 31

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Any new members joining online must sign-up to be included in year end totals.
- Application deadline for:
 - Lodge Helping Hands to Children Grant
 - Lodge Culture and Heritage Grant
 - Lodge Vitality Grant

January 6- Card/Stamping workshop in Stoughton- Registration due December 30 (at least by email to us!)

Join us for a stamping good time!

Sons of Norway Stamping Class Saturday, January 6, 2024 from 9 AM- 4 PM at SN Mandt Lodge, 317 S. Page Street, Stoughton

Join District 5 Zone Director, Connie Aiello, as she leads this class utilizing the new Nordic stamps the District has developed. A class for all skill levels so you can learn, share, and network! Lunch is included in the registration fee along with other snacks and beverages. All supplies will be included for each class except for the Beginning Stamp Kit.

9:00 AM- 10:15 AM Beginning Stamping for those learning to stamp– \$10 for the class

10:30 AM – 2:45 PM- Main workshop and lunch- \$50- Intermediate Cardmaking

3:00 PM- Blind Date with a Book – \$10

Sons of Norway District 5 NLF Stamping Class- January 6, 2024

Registration Form- Registrations are due December 30.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Age: Under 18 _____ Over 18 _____

If under 18, parent's signature _____

I want to attend: (check all that apply)

_____ 9:00 AM- 10:15 AM Beginning Stamping for those learning to stamp– \$10

_____ 10:30 AM – 2:45 PM- Main workshop and lunch- \$50

_____ 3:00 PM- Blind Date with a Book – \$10

_____ I need a Beginner Stamp Kit- \$15

Amount due: \$_____ enclosed (check to: SN District 5 Nordic Legacy Foundation)

Return the form and check by December 30.

Send to: Darlene Arneson, 2056 Skaalen Rd., Stoughton, WI 53589.

I release SN Mandt Lodge and District 5 from any liability and allow photos/videos from the class to be used by the lodge for social media, promotions and other uses.

Sign _____ Date _____

Sons of Norway Foundation Grants- Due December 31 Heritage and Culture grants- <https://www.sofn.com/foundation/grants/>

The Sons of Norway Foundation distributes over \$30,000 in grants every year. We're dedicated to empowering youth and supporting Nordic cultural projects throughout your communities.

Applications for our Helping Hands to Member grants are open year-round. For all other grant opportunities, We will begin accepting applications on October 1, 2023, for programs/projects taking place between January 2024 and March 2025.

Heritage and Culture Fund

[Community Partnership Grant](#)

[Lodge Heritage and Culture Grant](#)

[Lodge Vitality Grant](#)

Humanitarian Fund

[Helping Hands to Children Grant](#)

[Helping Hands to Members – Disaster Relief Grants](#)

[Helping Hands to Members – Medical Relief Grants](#)

Please contact foundation@sofn.com with any questions or for more information.

Check out the Lodge Newsletter section and submit yours!

<https://sonsofnorway5.com/lodges/newsletters.php>

Local Lodge Newsletters

There are currently 557 newsletters. Displaying 50 per page.

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Lodge	Date Added	Newsletter
Fosselyngen 82	DEC 28, 2023	Fosselyngen "Runespeak" Newsletter - Jan- Feb 2024 pdf
Vennelag 513	DEC 28, 2023	Vennelag Newsletter January - February 2024 pdf
Askeladden 610	DEC 07, 2023	Askeladden Newsletter December 2023 PDF
Shawnee Skogen 689	NOV 30, 2023	Shawnee Skogen Newsletter December 2023 Pdf
Wergeland 28	NOV 30, 2023	Wergeland "Budstikken" Newsletter. Decemberr 2023 -Pdf
Polar Star 472	NOV 16, 2023	Polar Star Newsletter November 2023 pdf

As you plan out 2024, send your events to

District 5 website- <https://sonsofnorway5.com/events/>

Upcoming Events

View a list of events below or [switch to calendar view](#).

2024 January

Sons of Norway Stamping Class

January 6th, 2024

SN Mandt Lodge, 317 S. Page Street, Stoughton, WI

[View details »](#)

International Calendar- <https://www.sofn.com/events/>



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Upcoming Events

If you have questions about an event, please contact the event organizer directly.

[SUBMIT EVENT HERE](#)

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January 2024

Ready to bake for barnebirkie and work on cultural skills (cooking) medals? Try out these recipes! <https://www.sofn.com/seven-kinds-of-christmas-cookies/>

Seven Kinds of Christmas Cookies

Sju Slag Julekaker

One of the important facets of *norsk jul* is food—both sweet and savory. The rule of thumb for *julebakst* (Christmas baked goods) is that you should have a good variety of cookies, in fact, seven kinds or *sju slag /syv sorter kaker*.

At Sons of Norway, we know our members LOVE baking. So, we've gathered some of our favorite Christmas cookie recipes, baked them, and wanted to share them with you!

Use this interactive picture by clicking on each cookie. Once you do, the recipe will pop up. Then you can view and even download and print the recipe!

Submit your photos to the District Website and for Viking Photos!

<https://sonsofnorway5.com/galleries/>

Photo Galleries

Photo Guidelines for Viking Magazine Submission

Digital photos must have a resolution of 300 dpi (dots per inch) or greater with no visible pixelation or blur and at least 3" x 5" physical size. (a minimum of 1 to 10 megabytes (MB))
Printed photos must be a minimum of 3" X 5" in physical size and reflect the same quality as professional processed photos. There must be no visible ink dots, stripes or patterns from the printing process.
Please DO NOT write caption information on the back of the photo as the pen pressure damages the printed photo.
Photos should be crisp and clear, a blurry or grainy photo cannot be used.
The photo must contain Sons of Norway members and caption information must relate directly to the content of the photograph.
Photos of only inanimate objects (handicrafts, food items, murals, etc.) will not be used.
Photos must be visually interesting, well lit and of good composition. It is best to avoid photos containing distracting items in the foreground.
Composite or digitally altered images will not be used.
When emailing a photo from a tablet or smart phone, be sure to send the largest possible file size offered.
Manually attach digital photos to your email via the attachment button (often denoted by a paperclip icon) in your email program.
Photos obtained from the internet or social media sites like Facebook & Twitter usually do not reflect the image size and resolution quality needed for printing in the Viking magazine.
Do Not color correct or use filters and special effects.
It is always best to send in the original unaltered digital file or photo.
Photos sent in via PicMonkey should be avoided if possible as the program automatically reduces the image size prior to being sent.

Deadlines and Dates! Changes in red!

December 31

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Any new members joining online must sign-up to be included in year end totals.
- Application deadline for:
 - Lodge Helping Hands to Children Grant
 - Lodge Culture and Heritage Grant
 - Lodge Vitality Grant

January 6- Card/Stamping workshop in Stoughton

January 15

Deadline — International travel scholarship applications due to Sons of Norway Foundation:

- Douglas Warne – Rolf & Wenche Eng Scholarship
- Helen Tronvold Folk High School Scholarship
- Lund Fund Scholarship
- Oslo International Summer School Scholarship

January 20- Viking photos due to LaVonne Wier

February 15

Deadline — Domestic scholarship applications due to Sons of Norway Foundation:

- Astrid G. Cates Scholarship
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Scholarship
- Nancy Lorraine Jensen Memorial Scholarship
- Orel and Marie Winjum Memorial Scholarship
- Elaine Nelson Scholarship
- District 4 Scholarship
- Nordkap Lodge 3-215 Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund

February 20- Viking photos due to LaVonne Wier

March 15

- D17 financial form is due from the lodges and districts to Sons of Norway Headquarters.

- Lodge Achievement and Family Lodge of the Year forms are due to Membership Services at Sons of Norway Headquarters.
- Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at Fraternalsgive.org, are due to Membership Services at Sons of Norway Headquarters.
- D64 Lodge Property Officer forms are due to Sons of Norway Headquarters.
- Deadlines for Lodge Achievement, Family Lodge of the Year and AFA Reporting.

March 20- Viking photos due to LaVonne Wier

April 20- Viking photos due to LaVonne Wier

May 1

- **Deadlines for convention vendor applications, sponsorships, Well Wishers, and ads.**

May 15

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

May 19- District Sports Challenge Ends

May 19- Deadline to reserve rooms under the room block for the District Convention at convention rates

May 20- Viking photos due to LaVonne Wier

June 20- Viking photos due to LaVonne Wier

Who to contact at the home office when you need help

- You can email 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
- For issues with passwords or website use 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

Viking Chest / Immigrant Trunk Schedule

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)

FFFN Basics

In an attempt to help our lodge leaders become more familiar with resources, changes, deadlines and other information, I will compile a weekly "Friendly Fifth Friday News" email to our leadership. Some of the information you might already have, but hopefully it will be a good reminder for all of us (me included) of all the great resources that Sons of Norway has to offer. **Please feel free to cut and paste any of this information for your lodge's use!**

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

With our new arrangement, I actually send the FFFN pdf to our webmaster on Thursday morning before I go to work. So if you have anything you'd like me to consider putting in, please send it by 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@sonsofnorway5.com as I have a hard time keeping track of all lodge activities. I'll put some in but that is more the role of the website event calendar.

If you would like to get the MS Word document, just shoot me an email and I'll add you to the list. I send it out right after I send the email to the large group.

Darlene Arneson – arnesonfamily5@gmail.com