

Sons of Norway District 5 - Friendly Fifth Friday News

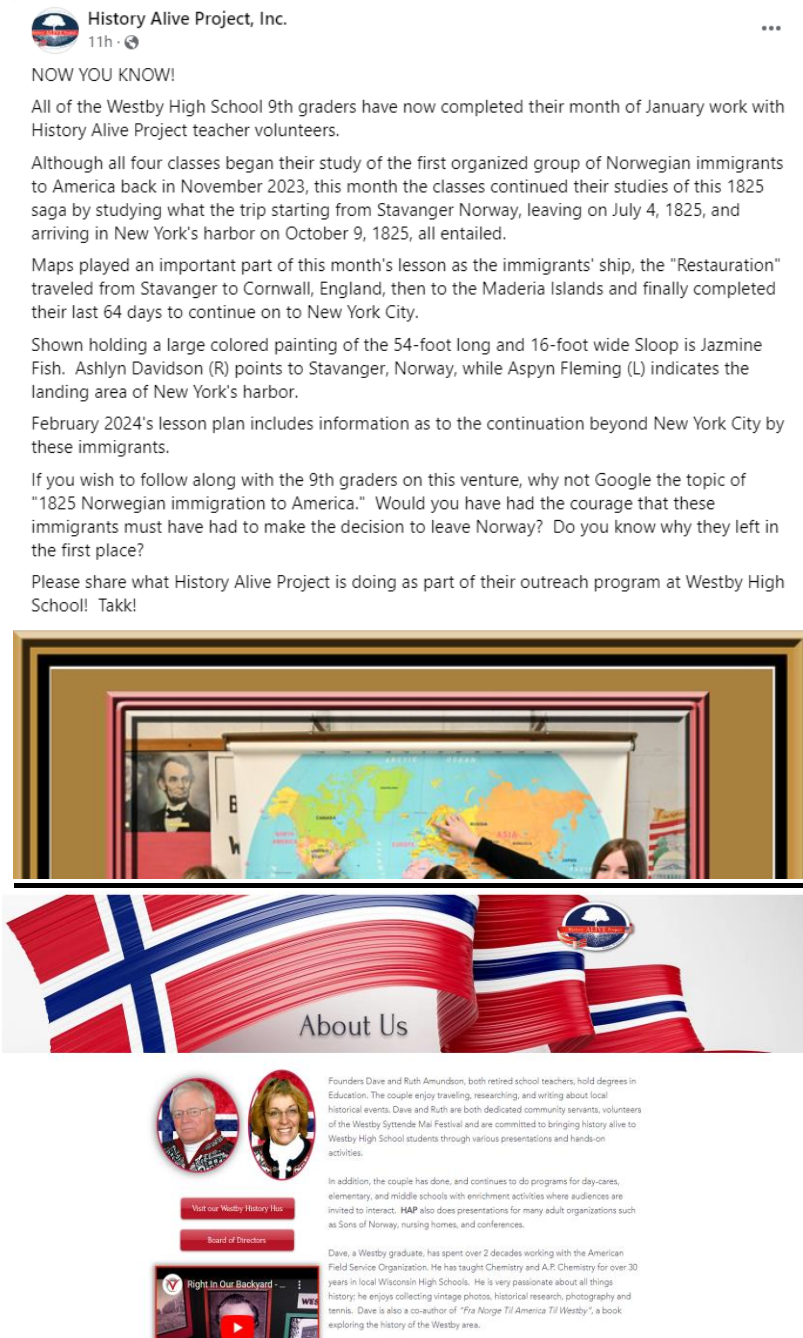
February 2, 2024

A District Weekly Newsletter to Keep Us Up to Date!

History Alive Project Facebook page to read the full story about our January lesson plans and what we have done this month. FYI: this is our 9th school year of volunteering teaching the Norwegian Immigration History to all the freshmen at Westby High School. To all of you to whom this is sent, Ruth and I sincerely thank you for your help and encouragement.

<https://www.historyaliveproject.com/about> and Facebook post link:
<https://www.facebook.com/historyaliveproject>

Dave and Ruth Amundson, Westby Wisconsin



History Alive Project, Inc.
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NOW YOU KNOW!

All of the Westby High School 9th graders have now completed their month of January work with History Alive Project teacher volunteers.

Although all four classes began their study of the first organized group of Norwegian immigrants to America back in November 2023, this month the classes continued their studies of this 1825 saga by studying what the trip starting from Stavanger Norway, leaving on July 4, 1825, and arriving in New York's harbor on October 9, 1825, all entailed.

Maps played an important part of this month's lesson as the immigrants' ship, the "Restauration" traveled from Stavanger to Cornwall, England, then to the Maderia Islands and finally completed their last 64 days to continue on to New York City.

Shown holding a large colored painting of the 54-foot long and 16-foot wide Sloop is Jazmine Fish. Ashlyn Davidson (R) points to Stavanger, Norway, while Aspyr Fleming (L) indicates the landing area of New York's harbor.

February 2024's lesson plan includes information as to the continuation beyond New York City by these immigrants.

If you wish to follow along with the 9th graders on this venture, why not Google the topic of "1825 Norwegian immigration to America." Would you have had the courage that these immigrants must have had to make the decision to leave Norway? Do you know why they left in the first place?

Please share what History Alive Project is doing as part of their outreach program at Westby High School! Takk!

About Us

Founders Dave and Ruth Amundson, both retired school teachers, hold degrees in Education. The couple enjoy traveling, researching, and writing about local historical events. Dave and Ruth are both dedicated community servants, volunteers of the Westby Syttende Mai Festival and are committed to bringing history alive to Westby High School students through various presentations and hands-on activities.

In addition, the couple has done, and continues to do programs for day-cares, elementary, and middle schools with enrichment activities where audiences are invited to interact. HAP also does presentations for many adult organizations such as Sons of Norway, nursing homes, and conferences.

Dave, a Westby graduate, has spent over 2 decades working with the American Field Service Organization. He has taught Chemistry and A.P. Chemistry for over 30 years in local Wisconsin High Schools. He is very passionate about all things history; he enjoys collecting vintage photos, historical research, photography and tennis. Dave is also a co-author of "Fra Norge Til Amerika Til Westby", a book exploring the history of the Westby area.

Convention 2024 Speakers

We are proud to present an impressive variety of speakers for the 2024 convention.

Guest artist, Jorn Langseth, will speak on topics related to the Sami culture each day of the convention. His wife, Annegrete, will give a presentation, also.

Daron Olson, Ph.D. will share research he has done with a presentation about Vikings.

Sara and Rick Long own Fjord horses. They will share their experience working with these special horses. If arrangements can be made, they may bring one along!

Jim Nelson has a varied repertoire of presentations including scholarly topics, humor, and music. Stand by to see what we choose.

Adolf Hanson wrote a book about growing up in a Norwegian community in the Bronx. He will share some of his experiences.

John Arneson packed up the family vehicle, persuaded his wife to be the navigator, and followed the trail of his great-grandfather's Civil War experience. He will talk about that trip and share genealogy resources he found helpful.

More details about the presenters will appear online and in the FFFN, so keep watching!

RACING TO THE FUTURE



The next few documents are being sent to your Lodge President and Secretary in regard to electing your lodge delegates, submitting resolutions and bylaws, submitting bids to host the 2026 District convention, along with some other documents. I am also sending the 2024 District Directory in the same mailing. Watch for those in your mailbox soon. The documents will also be posted on the convention tab on our District website!

Sons of Norway – District Lodge 5 – “The Friendly Fifth”

Darlene Arneson, District 5 Secretary

www.sonsofnorway5.com

Delegate Election Information!!

January 31, 2024

Dear District 5 Lodge Presidents and Secretaries:

Because we didn't have any bids from lodges, the District Board is hosting the District 5 Lodge Meeting and Convention. The dates are June 19-22, 2024 in Indianapolis, Indiana. Wednesday is for those attending classes, Thursday will begin District Convention Committee work and other classes and workshops, and delegates are required to be there on Friday and Saturday. Sunday is only for D5 Board members (new members & retiring ones).

The convention will be held at the Crowne Plaza Airport Hotel, 2501 S High School Rd, Indianapolis, Indiana 46241. The block of guest rooms for the Sons of Norway Convention is now open. The convention rate of \$129 is in effect for Tuesday, June 18 through Saturday, June 22. This special base rate is for either a king or double queen room. Additionally, a hot, fresh-cooked breakfast for two people is included with each room. You can reserve your room by calling 317-244-6861 and asking for reservations. The group code is “SNY.” Be sure to mention the Sons of Norway District 5 Convention and verify that the base rate is \$129. If you have any problems reserving your room, you may contact Dawn Huth, Housing Manager at the hotel, 317-243-1030. This opportunity is limited, so reserve your room as early as possible. The deadline is May 19, 2024. It is important to **RESERVE EARLY** to be sure to get this rate and breakfast deal. When our block of rooms closes, the special deal will no longer be available. Do not hesitate! **Reserve as soon as you can before May 19, 2024!**

The delegate fee is \$125 and non-delegate fee \$40. The delegate fee covers two lunches (Friday and Saturday), goodie bag, access to speakers and classes, and beverages (coffee, water, lemonade) during breaks on Thursday, Friday and Saturday.

We will be populating the District 5 website with information: <https://sonsofnorway5.com/conventions/>

We also have information on ads, sponsorships, well wishes, registration and other items for your delegates and members to review and take part in. **Please share the sponsorship and advertising opportunities with groups and businesses in your area and have your lodge consider them as well!**

The Sons of Norway District 5 By-Laws, Article 111, Paragraph 2 states: *Every local lodge in the District shall be entitled to two representatives for the lodge, and one representative for every 100 members or major fraction thereof, based on the last Semi-Annual Report prior to the election of delegates. All members in good standing are eligible representatives.*

Delegates should be elected using the formula above based on December 31, 2023 membership figures. You should also elect a corresponding number of alternates, on a priority basis, that will serve should any of your delegates be unable to attend. These elections must take place so you can report by March 5, 2024. A Report

of Election included with this letter, **which is to be completed and returned to the District Secretary immediately following the election.** These will be emailed to both the lodge president and secretary and hard copy mailed to the president. The Sons of Norway Constitution reads: "The Secretary of the Local Lodge shall prepare a report of election giving names and addresses of the duly elected Delegates and Alternates. This report shall be signed by the Local Lodge President and Local Lodge Secretary and forwarded to the District Secretary no later than five days after the election." Please be sure the names are written plainly and spelled correctly! I am asking that you include their membership number, address, city, state, zip, phone and email address on the form and return it to me postmarked no later than March 5, 2024. Please send it to me at: Darlene Arneson, 2056 Skaalen Rd, Stoughton, WI 53589 or email a scanned copy to arnesonfamily5@gmail.com

Keep in mind as you elect delegates that they are the only ones that can be candidates for the District Board or alternates to the Board. You do NOT have to be a benefit member to be a delegate to the District Lodge Meeting, but in order to run for any of these positions just mentioned, the delegate must be a benefit member or buy product at the convention.

Your lodge may wish to propose resolutions or by-law changes to be considered at the District Lodge Meeting. These resolutions, along with any proposed changes to the District 5 By-Laws, must be submitted to the District Secretary no later than April 1, 2024. **Please note that we are using the template approved and recommended by the International Board. Find it at https://sonsofnorway5.com/conventions/convention_forms.php**

If your lodge is interested in hosting the 2026 District Lodge Meeting, you are asked to send a written notice of your intention to the District Secretary prior to April 1, 2024. Should your lodge wish to present a bid, we ask that you make arrangements for a "walk through" of the facilities by a District 5 Board Member. This should be done prior to the June convention in order to identify proposal merits as well as needed additions or changes.

We will use email and the website as much as we can to post documents and keep everyone updated. Hard copies of the Reports Book will be sent to the delegates. **Your 2022 delegates have received a copy of the approved 2022 District Lodge Meeting minutes.** Once I get the Delegate Election Forms back, then I give the lists to the Convention Committee and they will send out information to the delegates about registration and other convention news. I also give a list to President Wille-Schlesser who will appoint convention committees. Members who serve on committees will be notified and given the specifics of their tasks.

Please contact me if you have any questions or need assistance. You should be electing the number of people listed in the highlighted column that is titled "Elect Del. and Alt." For example, Mandt Lodge has a number 5 in that column so we need to elect 5 delegates and 5 alternates. Thank you for your prompt attention to this convention call! My home email is arnesonfamily5@gmail.com and cell number is 608-514-4951 if you need to contact me!

Fraternally,



Darlene Arneson, District Secretary

District	Lodge	Lodge Name	Total Adult Members	ZONE	2 for each	Add'l/per100	Elect Del and Alt.	Lodge Name
5	0	Central	2851		2	29	31	Central
5	28	Wergeland	188	2	2	2	4	Wergeland
5	29	Løven	76	1	2	1	3	Løven
5	53	Valkyrien	56	1	2	1	3	Valkyrien
5	74	Idun	108	3	2	1	3	Idun
5	82	Fosselyngen	167	4	2	2	4	Fosselyngen
5	100	Skjold	113	5	2	1	3	Skjold
5	168	Valhall	68	5	2	1	3	Valhall
5	183	Nordlyset	88	4	2	1	3	Nordlyset
5	220	Trygvason	15	1	2	0	2	Trygvason
5	286	Jotunheimen	11	2	2	0	2	Jotunheimen
5	314	Mandt	255	3	2	3	5	Mandt
5	353	Dovre	74	1	2	1	3	Dovre
5	378	Nordkap	161	6	2	2	4	Nordkap
5	457	Solvang	83	2	2	1	3	Solvang
5	472	Polar Star	59	5	2	1	3	Polar Star
5	490	Sonja Henie	19	6	2	0	2	Sonja Henie
5	491	Norse Valley	66	4	2	1	3	Norse Valley
5	496	Rib Fjell	48	2	2	0	2	Rib Fjell
5	513	Vennelag	172	3	2	2	4	Vennelag
5	523	Sognefjord	47	6	2	0	2	Sognefjord
5	525	Clengpeerson	50	5	2	0	2	Clengpeerson
5	544	Nordland	32	3	2	0	2	Nordland
5	556	Elvedal	27	2	2	0	2	Elvedal
5	568	Christian Radich	33	6	2	0	2	Christian Radich
5	580	Norskland	28	2	2	0	2	Norskland
5	593	Elvesund (disbanding)	27	5	2	0	2	Elvesund (disbanding)
5	600	Scandiana	39	6	2	0	2	Scandiana
5	609	Myrmarken	22	2	2	0	2	Myrmarken

5	610	Askeladden	95	6	2	1	3	Askeladden
5	614	Circle City	104	6	2	1	3	Circle City
5	616	Fagernes	52	2	2	1	3	Fagernes
5	625	Viking	22	1	2	0	2	Viking
5	627	Vennligfolk	54	2	2	1	3	Vennligfolk
5	632	Grønnevik	103	4	2	1	3	Grønnevik
5	642	Ostestaden	33	3	2	0	2	Ostestaden
5	650	Norsemen Of Lakes	29	3	2	0	2	Norsemen Of Lakes
5	657	Edvard Grieg	104	6	2	1	3	Edvard Grieg
5	670	Ulseth	18	1	2	0	2	Ulseth
5	677	Vikings Of The Smokies	65	6	2	1	3	Vikings Of The Smokies
5	681	Music City Vikings	50	6	2	0	2	Music City Vikings
5	689	Shawnee Skogen	37	6	2	0	2	Shawnee Skogen
5	999	Spirit New Century	431		2	4	6	Spirit New Century
5		District Totals	6180		86	61	147	District Totals

Sons of Norway District Lodge No. 5- Report of Election of 2024 Convention Delegates and Alternates

Lodge # _____ Lodge Name _____ City _____ State _____ Date of Election _____

Your lodge had _____ adult members as of 12/31/2023. Elect _____ delegates and _____ alternates.

Delegates

Name	Member Number	Street Address	City	State	Zip	Phone (include area code)	Email address

Alternates

Name	Member Number	Street Address	City	State	Zip	Phone (include area code)	Email address

_____ Our Lodge is NOT sending delegates. If not, please list why you won't be represented:

If you want an electronic version of this form, please email Darlene at arnesonfamily5@gmail.com.

Return this form five days after your election (and no later than March 5, 2024) to Darlene Arneson, 2056 Skaalen Rd, Stoughton, WI 53589 or email arnesonfamily5@gmail.com. Thank you!

_____ (Lodge President signs) _____ (Lodge Secretary signs)

District 5 Convention Bidding Guidelines for 2026 Due April 1 for review at April Board Meeting of Convention Year

Information from the District Policies and Practices Book on Convention Bids

Convention Site: The convention site and facilities are of the utmost importance for the smooth operation of the District Lodge Meeting. The following shall aid in the site selection:

- Convention Bids:** Bids to host a District Lodge Meeting two years hence shall be submitted in writing to the District Five Board of Directors prior to the **Spring** Board of Directors meeting of a convention year.
- Site Review:** The site review should be completed prior to the District Board of Directors meeting, which precedes the District Lodge Meeting and a report prepared for delivery at that time to the District Lodge.
- Site Criteria:** The following shall be inspected to provide for the needs of a comfortable and efficient District Lodge Meeting:
 - Dining Facilities:** They should be separate from the main dining room.

- b. **District Lodge Meeting Room:** The District Lodge meeting room should be isolated from noise, have proper lighting, ample seating for delegates and guests, and an adequate sound system.
- c. **Caucus/Committee Rooms:** Zones should have private caucus rooms, doubling as committee rooms.
- d. **Sleeping Rooms:** A sufficient number of sleeping rooms for delegates and guests should be available.
- e. **Parking:** Ample free parking is necessary.
- f. **Exhibit Space:** Spacious comfortable areas are needed to exhibit the crafts of Sons of Norway members and guests demonstrating our culture and heritage.
- g. **Air Conditioning:** Air conditioning is required for an efficient meeting and relaxing rest for delegates and guests.
- h. **Public Transportation:** Consideration should be given to the availability of public transportation. Air, rail, bus, taxi and limousine services should all be reviewed
- 4. **Host Lodge Activities:** The host lodge Committee is responsible for arranging cultural, educational, recreational, shopping, dining, and entertainment opportunities that are available and accessible.
- 5. **Set Costs:** The Host Lodge Committee shall make available to the District Five Board of Directors a list of the set costs which those who attend the District Lodge meeting shall be responsible for paying. This shall be done by the Fall Board Meeting preceding the District Lodge Meeting.
- 6. **Registration Fee:** The assessment of a registration fee by the Host Lodge Committee must be approved by the District Five Board of Directors at the fall board meeting preceding the convention.
- 7. **Credentials:** The Host Lodge Committee shall verify the identity of delegates. A delegate packet shall be issued only upon presentation of a legal form of identification.
- 8. **Host Lodge Committee Funding:** During the month of January of the convention year; District Five will distribute to the host lodge monies collected and held in escrow the previous biennium.

Other criteria a bidding lodge should consider:

Hotel needs (also refer to previous year's convention numbers)

- Wednesday- 25 rooms
- Thursday- 100 rooms
- Friday- 100 rooms
- Saturday- 75 rooms

Sufficient break out rooms - Need for 5 committees on Thursday. Normally 2-3 workshops offered at one time.

Thursday noon luncheon- 60 people (committee and spouses, board and spouses, convention committee and spouses)

Friday noon luncheon- 150 people

Saturday noon- box lunch or group lunch - can be up to 150 people

Room for business sessions:

- Classroom seating for delegates- up to 135 delegates
- Seating in back of room for 30-40 guests and visitors
- Tables around room for Silent Auction
- Head table for board, Parliamentarian, and International Director
- Microphones for delegates, front table, podium

Hallway space and rooms for:

- Displays and exhibits
- Convention registration
- Vendors

Bids should include the following information plus any supporting information:

- Price of rooms: \$_____
- Hotel name, location and features:
- Contact person (from bidding lodge/committee)

Bids need to be sent to Darlene Arneson, District Secretary, 2056 Skaalen Rd., Stoughton, WI 53589 by April 1. For more information, contact Darlene at arnesonfamily5@gmail.com or 608-873-7209

To save on printing and postage, the resolution/bylaw template is found at:

https://sonsofnorway5.com/conventions/convention_forms.php

All the Convention forms (sponsorships, advertising, well-wishers, vendor information) can also be found there! Share these with local businesses and your membership please so they can be visible at our convention!



2024 Compliance Requirements

ITEM	DUE	NOTES
D-17	March 15*	<ul style="list-style-type: none"> This is the year-end lodge financial report Filled out by Lodge Treasurer, signed by Lodge President and Chief Auditor Completed online from profile page Contact District Treasurer for help D-17-Q-A-for-2024.pdf D-17-Instructions-2024.pdf
Lodge Achievement Form	March 15	<ul style="list-style-type: none"> Determines Lodge and Family Lodge of the Year Completed by Lodge Secretaries LodgeAchievementForm2023 Contact Zone Director for help
American Fraternal Alliance (AFA) Survey	March 15	<ul style="list-style-type: none"> Reports volunteer hours and disbursements AmericanFraternalAllianceYearEndReport2023 Contact District Secretary for help Q&A
D-64	March 15	<ul style="list-style-type: none"> Updates lodge property officer information Updated through officer profile page
D-18	May 15*	<ul style="list-style-type: none"> Year-end financial report for Lodge Property Association Access from the Lodge Treasurer's profile page Contact District Treasurer for help
990 Form (US lodges only)	May 15**	<ul style="list-style-type: none"> Most lodges can complete the 990N postcard online on the IRS website. Lodges with an average income of \$50K or more will need to complete the 990E or 990 form. Send copy to taxinfo@sofn.com
Lodge Liability Insurance	November 1*	<ul style="list-style-type: none"> Invoices are sent out to lodge treasurers mid to late September Make check payable to Sons of Norway Late checks will incur a fee Contact fraternal@sofn.com with questions
D-63	December 31	<ul style="list-style-type: none"> To update lodge officers for coming year Updated through officer profile Still go in and elect that there are no changes for upcoming year if officers are continuing in role Finalized in system by January 15

*Failure to submit these on time will result in dues beings withheld

**Failure to file the 990 for three consecutive years will result in loss of non-profit status

Deadlines and Dates! Changes in red!

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

February 22- Barnebirkie in Hayward, WI

March 5- Report of Delegate Elections are due (or 5 days after election)

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 15- District 5 Scholarship Applications due

March 20- Viking photos due to LaVonne Wier

April 1- Bids to host the 2026 District Convention are due

April 15- Sarah Paulsen Scholarships due to Scandiana Lodge

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 Tuchenhausen (ATuchenhausen@sofn.com).
- 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