

Sons of Norway District 5 - Friendly Fifth Friday News

January 5, 2024

A District Weekly Newsletter to Keep Us Up-to-Date!

RACING TO THE FUTURE



District 5 Convention 2024

HOW DO I BECOME A DELEGATE?

1. Be sure my dues are paid.
2. Check my calendar to be sure I am free from June 19-22, 2024.
3. When my lodge announces the date for election of delegates, I need to place my name on the list of candidates or ask someone to nominate me.
4. Let other members know I am interested and ask them to vote for me.
5. If elected, celebrate!
6. That's all there is to it!

WHAT ABOUT ALTERNATES?

1. An alternate is elected for each delegate. In case the delegate is unable to fulfill their duty, the alternate fills in.
2. An alternate may be called upon at very short notice, but should be available if needed.*
3. An alternate may be elected to replace a specific delegate or be in line as first, second, third, etc order If needed.

It is very important to have alternates so a lodge is represented in case of an unexpected situation.

*If the registration fee has been paid, and a hotel reservation has been made, the registration would apply to the alternate; the delegate and alternate should make personal arrangements to transfer the hotel room to the alternate so they could have the group room rate.

Stamping Workshop this Saturday Update

We had 13 registered for the stamping workshop led by Connie Aiello in Stoughton this Saturday! But I just had a call from Connie and she came down with a illness and is coughing and ect. We hope to reschedule it for January 20 or 27th. Watch for updates!

District 5 2024 Convention Pin Order Form



Size: 1" wide x 1.5" tall.

Support the District 5 Convention by purchasing these high-quality pins that promote the convention!

Possible uses for convention pins:

- Have your lodge purchase them and have them available for members to buy at meetings and activities.
- Give to your delegates and any members submitting items for Cultural Arts Display, taking classes, or that sign up to be well-wishers!
- Use for door prizes at meetings and events.
- Give to your officers as a thank you gift and incorporate the theme into your lodge's activities.
- Give to your Heritage members.
- Send as a thank you gift to local businesses and encourage them to be advertisers in the convention booklet, sponsors of the convention, or a vendor at the convention!
- Present to your new members as they join your lodge.

Two options for getting pins to you:

1. We can mail you the pins and then you send in the check for the pins and the amount the postage is on the package. In this case, do not send money with your order. Just send one check once you receive your order.
2. Send in the form and payment and we will get the pins to you via a board member or some other way. This option will work if you live close to a board member and if you don't need the pins right away.

Item	Cost per item	Number wanted	Total due for that item
District 5 Convention Pin	\$5		

Option for getting pins and payment- check one

___ Option 1- send me the pins and I will send a check for the pins and postage when they arrive.

___ Option 2- I have enclosed payment for the pins and will get the pins via a board member. I am not in a rush to get the pins.

Send form to: Judy Ghastin, 718 Bruce Ct., Madison, WI 53705. Questions: judy62ghastin@gmail.com

Checks made to: Sons of Norway District 5

Name _____ Lodge _____

Cell number _____ Email _____

Send pins to: Street address (no PO Box Numbers) _____

City _____ State _____ Zip _____

For office use only:

Order received by _____ on _____ (date)

Order filled by _____. Sent on _____. Payment received on _____

Barnebirkie details coming next week!

Barnebirkie details will be coming next week but in the meantime, fire up those ovens as we will need 1,000 dozen cookies! **If you don't want to send cookies, financial contributions are also welcome!** We know we have people volunteering from LaCrosse, Stoughton, Appleton, Mt. Horeb, and Middleton so cookies can be dropped off in those areas! You can use this form to make donations to the SN District 5 Nordic Legacy Foundation and be sure to check what category you want donations to be used in!

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 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

☒ **Barnebirkie** _____ Masse Moro _____ District Scholarships _____ Adult Heritage Camp

My/our name: _____ Lodge _____

Address _____ City _____, St _____ Zip _____

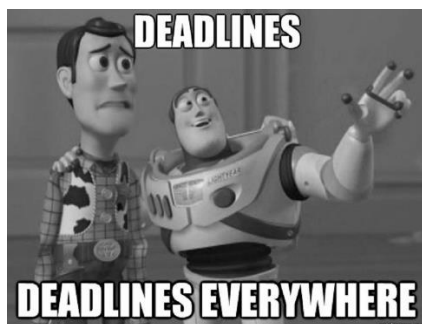
Phone _____ Email _____

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 _____



Thank you to all our lodges as we have ALL the D 63 Officer Election forms in! Now we have those D17 Audit reports and 990's coming up. We will also be needing to use the new system to report our volunteer hours. Lodge Achievement and Family Lodge of the Year forms will also need to be submitted. More information and hopefully, help, is on the way!! Lots of changes so your leaders are also trying to learn how to do some of the online forms and new procedures. It's a team effort and we'll get through it together!



Sons of Norway District 5 Scholarships!

Academic, International Summer School &
Folk High School Scholarships.

March 15th Deadline!

For more details go to:

www.sonsofnorway5.com

These are screenshots- the applications will be posted at
https://sonsofnorway5.com/financial/district_scholarships.php



Sons of Norway District 5 Lodge
\$1000.00 INTERNATIONAL SUMMER SCHOOL

2024 SCHOLARSHIP APPLICATION

(One Scholarship Offered Each Year)

Application must be postmarked by March 15, 2024.

Send to: Lisa Rove-Williams
District 5 Youth Director
771 W. Dresser Rd.
DeKalb, IL 60115

Contact: (815) 751-8447 or rovewilliams@comcast.net

Please complete this application in your own handwriting; answer all the questions and use additional sheets if needed.

Personal Information:

Name: _____ Date of Birth: _____

Address: _____

City, State, ZIP: _____

Phone: _____ Email: _____

College attended: _____

Application Checklist:

To assure you submit a complete and timely application, please place a check for the following items as you complete them.

- ☐ () I have entered all my personal information above.
- ☐ () I have included a copy of my latest college transcript.
- ☐ () I have entered all of the Sons of Norway membership and lodge information.
- ☐ () I have entered all of the Sons of Norway insurance information.
- ☐ () I have completed an application and been approved for International Summer School attendance by St. Olaf College.
- ☐ () I have asked St. Olaf College to send a copy of my approved application to the District Five Youth Director.
- ☐ () I understand I must fund my expenses for the International Summer School, to include my travel to and from Norway, in excess of those covered by this scholarship.
- ☐ () I understand this scholarship is non-transferable.
- ☐ () I have responded to all the questions on this application.
- ☐ () I have completed the supporting narrative entries (on the next page and add additional pages, if necessary).
- ☐ () I understand District Five will not consider applications which are not complete or submitted by the deadline.
- ☐ () I have signed, dated and have sent this application by or before the specified deadline.

[Type here]

Applicant Name: (please print) _____

Basic Qualifications:

1. Completed at least two years of college and maintained a minimum "C" or 2.0 grade point average.

You must include a copy of your most recent transcript.

2. You, a parent, grandparent, aunt or uncle **must be a benefit member** of a Sons of Norway Lodge within District Five, and the membership must have been in effect for one calendar year prior to this application.

Sons of Norway Member Name (if other than self) and Number _____

Sons of Norway Policy Name and Number*: _____

***Sons of Norway products which qualify include: Nordic Elite, Term product, Viking Voyager & Annuities (\$2,000 minimum.)**

Sons of Norway Lodge Name and Number: _____

3. The admissions office at St. Olaf College must accept your application to the International Summer School.
(Please ask St. Olaf College to send a copy of this acceptance to the District Five Youth Director).

4. You are responsible to provide the balance of the funds needed for the six week summer school, as well as the other costs of the trip to Norway.

5. This scholarship is non-transferable.

General Questions:

Following your summer school experience, will you be willing to share your experience at a District Five event:

Have you been active in Sons of Norway or other Scandinavian organizations or Norwegian activities, such as: Norwegian dancers, Sytende Mai parades, Ski for Light, Masse Moro Norwegian Heritage Camp or other Sons of Norway events?

Please specify: _____

Supporting Narratives:

Please tell us why you would like to study in Norway _____

Please tell us how you would like to apply this experience to your future _____

Please include benefits District Five should realize from this your summer school session.

Upon completion of this summer school and when I return to the United States, I agree to provide an account of my experience: 1.) at a meeting of my local Sons of Norway Lodge; 2) and in a written report to the District Five Youth Director for publication and any other use determined by the District Five Board. My signature on this application verifies I have completed all entries, agree to all stipulations and supplied all documents required as listed and cited in this document.

Signature

Date

[Type here]



Sons of Norway District 5 Lodge

Norwegian Folk High School Scholarship Application 2024

(Two \$500.00 Scholarships Offered Each Year)

To apply:

- complete the Sons of Norway Helen Tronvold Norwegian Folk High School through Sons of Norway International (www.sofn.com.)
- complete this application in your own handwriting regarding your interest in attending Norwegian Folk High School (www.folkehogskole.no). Answer the questions, using additional sheets of paper, if needed.

***Concordia Language Camp/Skogfjorden campers are no longer eligible for this scholarship, even if there are no applications for Norwegian Folk High School during a given year.**

Name: (please print) _____

Address: _____

City, State Zip: _____

Phone: _____ Email: _____

Current Year in School: _____ Date of Birth: _____

Why do you want to attend Norwegian Folk High School?

Would you be willing to serve District Five as a Masse Moro Norwegian Heritage Camp Counselor the summer following your experience in Norway? _____ YES _____ NO

Tell why you think you would make a good Masse Moro counselor, and list some of your interests:

Applicant Name: (please print) _____

Applicant must have attended Masse Moro a minimum of two summers to qualify.

- Indicate the years you attended Masse Moro: _____
- You must be recognized by Masse Moro staff as one with potential leadership qualities and one capable of working with younger students. Include a letter of recommendation from Masse Moro Camp Administrator/Director.
- You must be willing to serve as a counselor on the Masse Moro staff after attending Norwegian Folk High School.
- You must have completed U.S. high school (include transcripts.)
- You must be between the ages of 18 to 23.
- You, your parents, or one of your grandparents *must be a benefit member* of a lodge within District Five, and the membership must have been in effect for one calendar year prior to this application.
- You must have applied to the Sons of Norway Helen Tronvold Norwegian Folk High School through Sons of Norway International (www.sofn.com.)
- You must be accepted by a specific Norwegian Folk High School.
- You must be able to provide all necessary funds for transportation and the remainder of the costs of the above scholarship.

Sons of Norway Lodge name and number: _____

Sons of Norway Member Name and Number (if other than self: _____

Sons of Norway Policy Name and Number*: _____

* Sons of Norway products which qualify include: Nordic Elite, Term product, Viking Voyager and Annuities (\$2,000 minimum)

This scholarship is non-transferable.

Application must be postmark by: March 15, 2024

Mail to:

**Lisa Rove-Williams
District 5 Youth Director
771 W. Dresser Rd.
DeKalb, IL 60115**

Contact: (815) 751-8447 or rovewilliams@comcast.net



2024 Sons of Norway – District 5 Academic Scholarship Application

Olav J. Eide Scholarship Cyril K. Wittrock Scholarship District 5 Academic Scholarship

Name (please print): _____

Address: _____

City, State, Zip Code: _____

Phone Number: _____ E-mail: _____

Post-secondary school you are/or planning to attend: _____

Field of study or major: _____ Current Year in School: _____

Policy* Member's Name _____ Lodge _____ Relationship: _____

Name or Type of Policy _____ Policy # _____

Applicant must meet the following criteria and submit required documentation:

1. Applicant must be a full-time college student or a high school senior, with a minimum of a 2.0 grade point average (GPA) or better, who plans to attend or is attending an accredited post-secondary school (college, university, community college, or technical school).
2. Applicant, or their parent, grandparent, aunt or uncle must be a **policy*** or **benefit** member of a District 5 Lodge.
 - a. Sons of Norway **benefits or policy** include: an investment, insurance and/or annuity.
 - b. Member's policy must have been in effect for a minimum of one calendar year prior to this application.

Applicant must submit required documentation and application letter:

1. Include a copy of current official transcript indicating a minimum of a 2.0 GPA overall average or better.
Transcript must include: applicant's name, current school, classes completed and overall grade point average.
2. Write a paragraph in your own words for each of the topics below:
 - your involvement in extra-curricular activities and/or work experiences while attending school and what have you learned and describe how you have applied this knowledge to your life.
 - describe a learning experience that you had during high school or college which you found to be significant in your life; and did this experience affect your choice of a future career path?
 - your involvement in your community and how has it influenced your life.
 - list and describe the Sons of Norway activities you have participated in during the past year.
 - describe your knowledge of your Norwegian heritage and how has this influenced your life.
 - describe the goals you have set for yourself as you continue to further your education.

Application Checklist:

- ____ 1. Complete this application.
- ____ 2. Confirm your eligibility by adding the name of the member and policy number.
- ____ 3. Include a copy of your most current transcript.
- ____ 4. Write in your own words a paragraph for each of the six topics above.
- ____ 5. All required documentation must be **received** by mail or email on or before **March 15**.

Scholarship Recipients: If chosen for one of the above scholarships, you will be notified and you may be asked to mail or email a copy of your spring *official* transcript to the District 5 Youth Director.

Note: Applicants are eligible for only one scholarship per year and can receive no more than four scholarships.

Scholarship Application Deadline must be received on or before: **March 15, 2023**

Mail or email this completed application form and application letter to:

**Lisa Rove-Williams
District 5 Youth Director
771 W. Dresser Rd.
DeKalb, IL 60115**

Cyril K. Wittrock Scholarship is funded by Skjold Lodge 5 – 100

Olav J. Eide Scholarship is funded by Fosselyngen Lodge 5 – 082

District 5 Academic Scholarships are funded by District 5 Nordic Legacy Foundation

What will be sent to those serving as delegates in June 2022 in Middleton (our current District 5 Lodge Members) for action:

January 4, 2024

Dear Sons of Norway District 5 Delegates,

Thank you again for serving as a delegate to the District 5 Lodge Meeting in Middleton, WI in June 2022. We have asked for your action previously on a bylaw proposal last year and now have the Task Force Recommendation for you to act on as we prepare for the 2024 District Lodge Meeting and Convention in Indianapolis, IN in June 2024.

As you have been kept informed over the past two years via emails, Friendly Fifth Friday News, our website section, and invitations to Task Force ZOOM meetings, we have looked at many different ways to restructure the District Board.

In September, we had the joint meeting of you (the delegates who served) and the Task Force. The group discussed the Task Force recommendation:

That the task force recommends the elimination of zones in District 5 and charges the board to consider various mechanisms for enhancing cohesion and communications between lodges and how we can serve lodge's needs. The new board structure would be President, Vice President, Secretary, Treasurer, Youth Director, Sports Director, Publicity Director, Cultural Director and four at-large Directors. All could serve two consecutive two-year terms with the exception of the District Secretary and Treasurer who would have unlimited terms. All positions would have an alternate elected for each position.

The board discussed this proposal at their fall board meeting and made one change in how the alternates would be. They made this change: ***A pool of 4 alternates for the 4 at-large directors shall also be elected.***

I am enclosing the bylaw proposal which gives the current wording, changes, and how the new section would read. I also have a postcard that can be used as your ballot. Postcards should be returned by Saturday, January 20, 2024. At that time, we will have the board send the updated bylaws to International for acceptance and then the Nominating Committee will be able to proceed.

If you have any questions, please contact me at arnesonfamily5@gmail.com or call 608-873-7209.

Thank you,

Darlene Arneson, Chair

District 5 Task Force

Sons of Norway Resolutions Worksheet

Title of Resolution:	Elimination of Zones and Restructuring the District 5 Board of Directors
Submitted by:	District 5 Board of Directors
Date approved by the above entity: <i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>	Date: _____ Lodge Officer Signatures: _____ _____
Resolution falls into this category <i>(document you wish to change):</i>	<input checked="" type="checkbox"/> District Bylaws <input type="checkbox"/> District Policies & Procedures
CURRENT STATE: State specific chapter, sub-chapter and paragraph numbers as applicable. Write out current language of the law or policy. <i>Example:</i> 1.2.3. DONUT POLICY 1.2.3.1. The only donuts to be served at lodge meetings shall be cake, glazed, or jellied.	<p><u>ARTICLE VI . . . ZONES</u> Par. 2 Description of Zones</p> <p>Zone 1- Loven 29, Valkyrien 53, Trygvason 220, Viking 625, Ulseth 670, and Dovre 353.</p> <p>Zone 2- Wergeland 28, Jotunheimen 286, Solvang 457, Fossen 534, Fagernes 616, Rib Fjell 496, Elvedal 556, Norskeland 580, Myrmarken 609 and Vennligfolk 627.</p> <p>Zone 3- Idun 74, Mandt 314, Vennelag 513, Nordland 544, Ostestaden 642. and Norsemen of the Lakes 650.</p> <p>Zone 4- Fosselyngen 82, Nordlyset 183, Norse Valley 491, H R Holand 549, and Gronnvik 632.</p> <p>Zone 5- Skjold 100, Valhall 168, Polar Star 472, Cleng Peerson 525, and Elvesund 593.</p> <p>Zone 6- Nordkap 378, Sonja Henie 490, Sognefjord 523, Christian Radich 568, Scandiana 600 Askeladden 610, Circle City 614, Edvard Grieg 657, Arctic Circle 662, Vikings of the Smokies 677, Music City Vikings 681, and Shawnee Skogen 689</p> <p><u>ARTICLE VII . . . OFFICERS AND SALARIES</u> Par. 1 The elected Officers of the District shall be: President, Vice-President, Secretary, Treasurer, Recreation Director,</p>

Publicity Director, Cultural Director, Youth Director and the General Directors provided for in these By-Laws.

Par. 2 The President and Vice President shall be elected from separate Zones.

Par. 3. The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director and Youth Director shall be nominated and elected in that order, after which each Zone shall hold an election caucus and nominate the number of Directors and Alternates to which they are entitled as provided for in these By-Laws. These nominations shall be submitted to the District Lodge at the conclusion of the caucus.

Par. 4 All Zones shall be entitled to exactly (2) representatives on the Board. The Secretary and Treasurer shall not be counted as a representative against a Zone. An alternate for the Secretary and Treasurer shall also be elected. In the event of a vacancy or resignation, the Board can elect an officer who would be a third representative from a Zone but the said officer would not be a Zone Director.

Par. 5 A Presidential candidate shall have served on the District Board at least one full term.

Par. 6 No District Officer or Director shall be elected to serve more than two consecutive terms in any office except the Secretary and the Treasurer whose term shall not be limited. In the event a caucus cannot find a willing nominee to serve as a Zone Director and the current Zone Director has completed two consecutive terms, the Zone Director can complete a third term.

Par. 7 The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, and Youth Director shall receive such compensation as determined by the District Lodge. The Board of Directors shall make recommendations to each District Lodge Meeting with respect thereto.

Par. 8 At the first meeting of the Board of Directors after a District Lodge Meeting, the Board shall determine the per diem and traveling expense allowance for members of the Board for the next biennium.

Par. 9 The President shall assign to each Officer and Director the lodges to be under his or her supervision.

Par. 10 At the opening of each District Lodge Meeting, the President shall appoint from the attending representatives a

	Marshal and an Assistant Marshal and two greeters to serve during the meetings.
--	---

Form **A** – to change written bylaws (page 2)

Sons of Norway Resolutions Worksheet

<p>State reasons for making a change from present policies and written directives, or for creating a new policy or procedure, in one or more “WHEREAS” statements.</p> <p><i>Example:</i></p> <ul style="list-style-type: none"> • WHEREAS chocolate donuts are also delicious; and • WHEREAS chocolate donuts are the same price as the other donuts; and • WHEREAS younger members prefer chocolate donuts; 	<ul style="list-style-type: none"> • Whereas the District 5 Lodge members voted the 2022-2024 District President shall appoint a Special Committee consisting of but not limited to current District Board members, past District Board members and District Members at large. The committee shall meet during the next biennium and present a recommendation of proposed solutions at the District Lodge meeting in June 2024. The Task Force should include diversification of selected appointees to include past, present, younger, older, different genders and from distant geographical areas that includes a more all-inclusive demographic appointee (s). • Whereas the President invited over 70 members to serve on the Task Force representing the diversity asked for in the resolutions. • Whereas the Task Force has been meeting via ZOOM, provided surveys, has a separate tab on the website to provide information, and had formed sub-committees to do in-depth discussion about the topics. • Whereas the Task Force has also invited members of the District 5 Lodge on a call to discuss their proposal and came to a consensus that we should move forward with a bylaw proposal addressing the zones. • Whereas the Task Force felt that other parts of our District Bylaws that refer to zones (for electing International delegates) can wait at this time and be handled by the 2024 delegates. They prefer to work on just the one part for now.
<p>Follow the request for change as a “THEREFORE” statement. This is a statement of the action you wish to happen.</p> <p><i>Example:</i></p> <p>THEREFORE, be it resolved that chocolate</p>	<p>THEREFORE, be it resolved that the follow changes be made:</p> <p>ARTICLE VI. . . . ZONES</p> <p>Par. 1- That District 5 will not have divisions called zones.</p> <p>Par. 2 Description of Zones</p> <p>Zone 1 – Loven 29, Valkyrion 53, Trygvason 220, Viking 625, Ulsoth 670, and Dovre 353.</p>

donuts shall be added to the list of acceptable donuts at lodge meetings.

~~Zone 2 Wergeland 28, Jotunheimen 286, Solvang 457, Fossen 534, Fagernes 616, Rib Fjell 496, Elvedal 556, Nerskeland 580, Myrmarken 609 and Vennligfolk 627.~~

~~Zone 3 Idun 74, Mandt 314, Vennelag 513, Nordland 544, Ostestaden 642, and Norsemen of the Lakes 650.~~

~~Zone 4 Fosselyngen 82, Nordlyset 183, Norse Valley 491, H. R. Holand 549, and Gronnvik 632.~~

~~Zone 5 Skjold 100, Valhall 168, Polar Star 472, Clong Peerson 525, and Elvesund 593.~~

~~Zone 6 Nordkap 378, Sonja Henie 490, Segnefjord 523, Christian Radich 568, Scandiana 600, Askeladden 610, Circle City 614, Edvard Grieg 657, Arctic Circle 662, Vikings of the Smokies 677, Music City Vikings 681, and Shawnee Skogen 689~~

ARTICLE VII . . . OFFICERS AND SALARIES

Par. 1 The elected Officers of the District shall be: President, Vice-President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, Youth Director and the ~~General Officer~~ four At-Large Directors provided for in these By-Laws.

~~Par. 2 The President and Vice President shall be elected from separate Zones.~~

Par. 3. The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director and Youth Director shall be nominated and elected in that order, after which the four At-Large Directors would be elected. ~~each Zone shall hold an election caucus and nominate the number of Directors and Alternates to which they are entitled as provided for in these By-Laws. These nominations shall be submitted to the District Lodge at the conclusion of the caucus.~~

Par. 4 ~~All Zones shall be entitled to exactly (2) representatives on the Board. The Secretary and Treasurer shall not be counted as a representative against a Zone. An alternate for the Secretary and Treasurer shall be elected. In the event of a vacancy or resignation, the Board can elect an officer who would be a third representative from a Zone but the said officer would not be a Zone Director.~~ A pool of 4 alternates for the 4 at-large directors shall also be elected.

Par. 5 A Presidential candidate shall have served on the District Board at least one full term.

	<p>Par. 6 No District Officer or Director shall be elected to serve more than two consecutive terms in any office except the Secretary and the Treasurer whose term shall not be limited. In the event a caucus cannot find a willing nominee to serve as an Officer or At-Large-Zone-Director and the current-Zone Officer or At-Large Director has completed two consecutive terms, the Officer or At-Large-Zone-Director can complete a third term.</p> <p>Par. 7 The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, and Youth Director shall receive such compensation as determined by the District Lodge. The Board of Directors shall make recommendations to each District Lodge Meeting with respect thereto.</p> <p>Par. 8 At the first meeting of the Board of Directors after a District Lodge Meeting, the Board shall determine the per diem and traveling expense allowance for members of the Board for the next biennium.</p> <p>Par. 9 The President shall assign to each Officer and Director the lodges to be under his or her supervision.</p> <p>Par. 10 At the opening of each District Lodge Meeting, the President shall appoint from the attending representatives a Marshal and an Assistant Marshal and two greeters to serve during the meetings.</p>
<p>DESIRED STATE: Follow with the actual proposed change:</p> <p><i>Example:</i></p> <p>1.2.3. DONUT POLICY</p> <p>1.2.3.1. The only donuts to be served at lodge meetings shall be cake, glazed, or jellied,<u>or chocolate.</u></p> <p>Use a strikeout font to indicate suggested deletions, and <u>underline</u> proposed new additions.</p>	<p>THEREFORE, be it resolved that the follow changes be made: <u>ARTICLE VI . . . ZONES</u> Par. 1- That District 5 will not have divisions called zones.</p> <p><u>ARTICLE VII . . . OFFICERS AND SALARIES</u> Par. 1 The elected Officers of the District shall be: President, Vice-President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, Youth Director and the four At-Large Directors provided for in these By-Laws.</p> <p>Par. 2. The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director and Youth Director shall be nominated and elected in that order, after which the four At-Large Directors would be elected.</p> <p>Par. 3 An alternate for the Secretary and Treasurer shall be elected. A pool of 4 alternates for the 4 at-large directors shall also be elected.</p>

	<p>Par. 4 A Presidential candidate shall have served on the District Board at least one full term.</p> <p>Par. 5 No District Officer or Director shall be elected to serve more than two consecutive terms in any office except the Secretary and the Treasurer whose term shall not be limited. In the event a caucus cannot find a willing nominee to serve as an Officer or At-Large-Director and the current Officer or At-Large Director has completed two consecutive terms, the Officer or At-Large Director can complete a third term.</p> <p>Par. 6 The President, Vice President, Secretary, Treasurer, Recreation Director, Publicity Director, Cultural Director, and Youth Director shall receive such compensation as determined by the District Lodge. The Board of Directors shall make recommendations to each District Lodge Meeting with respect thereto.</p> <p>Par. 7 At the first meeting of the Board of Directors after a District Lodge Meeting, the Board shall determine the per diem and traveling expense allowance for members of the Board for the next biennium.</p> <p>Par. 8 The President shall assign to each Officer and Director the lodges to be under his or her supervision.</p> <p>Par. 9 At the opening of each District Lodge Meeting, the President shall appoint from the attending representatives a Marshal and an Assistant Marshal and two greeters to serve during the meetings.</p>
<p>If there is a known, quantifiable financial impact, state it here:</p>	<p>The number of District Board members would be reduced by two people with a savings in board meeting expense, District Convention expenses, and travel in visiting lodges.</p>

Deadlines and Dates! Changes in red!

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

January 20- Ballots due back from District 5 Delegates on Task Force Proposal

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 Fraternalsgiving.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 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). 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.

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