

Sons of Norway District 5 - Friendly Fifth Friday News
March 1, 2024
A District Weekly Newsletter to Keep Us Up to Date!

Barnebirkie – What a week! Photos on our website and Facebook page

2024 Barnebirkie Expo Cookie Booth Report

We enjoyed meeting people from around the world at the Expo Cookie Booth again this year. Our location was different from last year and the first day several people said they had trouble finding us. Many approached the booth with a comment such as “our favorite booth,” “my child keeps asking when we will find the cookies,” or “we look forward to your booth every year.” There were many “Thanks for doing this,” and “It’s so nice of you to do this.”

We made about 18 gallons of coffee and served so many cookies it was impossible to keep count...90+ dozen to start and many dozens of cookies left from the Cookie Tent.

LaVonne Weir advocated for us when she arrived early and arranged for a second table for cookies and tables for Masse Moro. She led a major cheerleading campaign doing her publicity thing for the camp on Thursday and on Friday morning during the times she was at the Expo. Cheryl Wille-Schlesser, and Darlene and John Arneson joined the crew after working downtown. They took on promoting camp, filling water bottles, and refreshing cookie platters while visiting with people besides making a run to the store.

Visitors were generous with donations. They contributed over \$500 to the Nordic Legacy Foundation to help us support young skiers at the Barnebirkie and youth at camp.

Mange tusen takk to all who contributed to the Birkie in any way. Your efforts were truly appreciated.

Lucy and Judy Ghastin

Cookie Tent

We had an amazing group of volunteers assisting in the cookie tent at Barnebirkie. There were 433 runners this year (down from past years that ranged from 900-1200 young skiers). We had a much small tent set up so they had an cafeteria line process where the kids and families walked though a line to get their cookies and then Swiss Miss was set up on the end of the tent.

I believe we had over 600 dozen total cookies but will defer to the compiled report Cheryl is doing.

Many thanks to all who helped, donated cookies, picked up/delivered cookies, gave financial support, and supported the event in any way. It was the first time I had been back to Birkie since I was Sports Director in 2009 and so much fun to catch that Birkie Fever again!

Darlene Arneson

Sons of Norway District 5 Convention Classes Offered

June 19 – 22, 2024 Indianapolis, Indiana

Note: Read the requirements for Rosemaling, Hardanger Embroidery, and Carving to find the skills required to earn medals. Many of those skills will be covered in class. Do the extra work and earn medals for your accomplishments.

Rosemaling

Wednesday, Thursday, Friday, 9am-4pm; Saturday 9am-11am, June 19-22, 2024

\$165 including blank plate.

Lois Mueller, Vesterheim Gold Medalist, instructor

Lois Mueller has been a member of Circle City for many years and is a well-known, experienced rosemailing instructor. She has taught many classes for Norwegian groups including the three-day rosemailing class she developed for the D5 convention held in Appleton, WI. Lois has been rosemailing since 1977 and teaching rosemailing since 1979. She first taught at the Fox Valley Technical College in Appleton, WI and since then has taught throughout the United States. During the pandemic she added virtual teaching to her repertoire. Since receiving the Gold Medal from Vesterheim in Decorah, IA in 1998, Lois has written 9 rosemailing instruction books. She was part of a group that created a new organization called Rosemailing Coast to Coast which connects rosemailers from throughout the country.

Students, please bring the following supplies:

Paper Towels

Palette (Could be a Styrofoam tray/plate)

Container for water or small containers for oil mediums

Container to put palette with paint in overnight

Tracing Paper

Transfer paper –light color

Pencil

Paper

Palette Knife (Can be a plastic knife)

Painter's tape

Box for a 12" plate for transportation

12" ruler

Experienced painters please bring your own brushes. Brushes may be purchased at class for about \$15 for the

two brushes that will be used on the project.

Acrylic paints will be provided. Lois also works in oils for those who bring their own oil paints.

Knitting—a Two-Color Project

Wednesday, Thursday, Friday, 9am-4pm; Saturday 9am-11am, June 19-22, 2024

\$150 instruction only

Berit Skaare, instructor

Berit Skaare is an avid knitter. She is also very busy helping young people get an education in an impoverished area of the world. The foundation she started in Tanzania has grown from supporting educational fees for a few orphans, to providing new buildings and staff for elementary, middle, and high school levels of school for hundreds of children. There is now a plan for helping students at the college level.

The knitting class is for students who have a basic understanding of knitting - knit, purl, cast on, cast off, etc. The project will be in two colors.

Students supply the following:

Pattern of choice

Two colors of yarn (wool yarn recommended)

Needles recommended for the pattern

Students interested in the knitting class may contact Judy Ghastin at judy62ghastin@gmail.com for help choosing a pattern.

Needle Felting

Wednesday, 9am-4pm, June 19, 2024

\$65 including materials

Barb Johnson and Connie Kross, instructors

Connie Kross and Barb Johnson celebrate their Norwegian heritage 24/7/365! If there is a Norwegian organization meeting or a Scandinavian celebration happening, they will probably be there. Barb is cultural director for her lodge and has facilitated numerous opportunities for members to earn cultural medals. Connie serves on the Board of Directors of District 5, including the Cultural Committee. Both instructors are creative and avid crafters.

Hardanger Fiddle

Friday 9am-4pm, Saturday 9am-noon

\$150 instruction only

Vidar Skrede

Vidar Skrede is a well-known hardingfele musician who teaches and performs throughout the United States and other parts of the world. He is from Milwaukee, WI, via Norway and is half of the duo, Lynx, Lynx, which will perform at the convention banquet Saturday evening. Vidar plays multiple instruments, produces albums, and works with several bands/groups.

The class is designed for students with at least basic fiddle experience who have a hardingfele and can tune it.

Stamping (special stamps designed for SofN District 5)

Wednesday, Thursday, Friday, 9am-4pm; Saturday 9am-11am, June 19-22, 2024

\$150 instruction only

Ann Corbiere-Scott, instructor, Connie Aiello and others assisting

Ann Corbiere-Scott is an artist who designed a series of special stamps for District 5 to use in making unique Scandinavian cards. Her website is anncorbierescottdesigns where you will find her artsy designs. Connie Aiello serves on the District 5 Board and has previously taught stamping and on-line cooking classes for District 5. She is an energetic, creative crafter who is interested in a variety of craft work. Other talented crafters will also assist during the week.

Supplies and equipment for purchase at the class:

Beginning Stamp Kit (needed for class \$15) tape runner, gridded stamp block, memento (Tuxedo Black) ink pad, and boning tool.

Stamp sets \$16 per page Alphabet, Christmas, Easter, more

Gridded stamp block (\$6)
Ink pad – Memento (Tuxedo Black) (\$8)
Boning tool (\$1.50)
Mini artist glue (\$3)
50 foam dots (1 sheet/\$1)
Enamel dots (10 pkg/\$1)
Ruler (\$2)
Colored pencil pack (\$2)
Twine (1 yd/25¢)
Silicone mat (\$3)

Hardanger Embroidery

Wednesday, Thursday, Friday, 9am-4pm; Saturday 9am-11am, June 19-22, 2024

\$175 includes kit

Donna Olson, instructor

Donna Olson became interested in Hardanger embroidery in the early 1970s when she learned the craft from descendants of Norwegian immigrants in Stoughton, WI who were preserving the tradition of their families.

She continues to maintain the Hardanger tradition through her teaching. She has taught at seminars for the national Embroidery Guild of America which honored her with a feature article about her Hardanger embroidery work in their magazine.

Students bring small scissors.

The basic kit is included in the class fee. (pattern, fabric, thread, needle)

The project, Small Treasures, is four 6" x 6" doilies of different designs.

Skills covered in class include:

thread counting/stitching issues

beginning/ending threads

clean back side of doily

various flower styles

weaving/lacing styles

Carving Ornaments

Thursday 9am-noon; Friday 9am-noon

\$60 including one wood blank

David Ostrem, instructor

David Ostrem has been wood carving for 45 years. He has taught the craft for many of those years and has been a judge at several wood carving shows. He has studied with many outstanding carvers in the United States, Switzerland, Austria and Canada. He has taught classes at Vesterheim and the Clearing in Door County. David's philosophy is to give students a fun experience in a highly motivated atmosphere.

Students bring:

a good carving knife

Fisherman's glove

Sharpening tools will be available in class.

Sami-Inspired Bracelet

Thursday, June 20, 2024

\$75 including materials

Dawn Gunderson, instructor

Dawn Gunderson is president of Sons of Norway Lodge Cleng Peerson, 5–525.

In 1905 her grandmother's parents and siblings came from Ibestad, Troms, Norway.

Since Trøms is in the Northern part of Norway, Dawn was hoping that her family had a relationship with the Sami people. That is how she started making Sami influenced bracelets

Materials are included, but there are some things you need to bring:

Thimble

Small scissors

Hand towel

Small needle-nose pliers (to pull sinew through the leather)

A lighted magnifying glass (if you have bad eye sight)

Rubber cement or Elmer's glue.



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-Schlessler 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	Norskeland	28	2	2	0	2	Norskeland
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	Grønnvik	103	4	2	1	3	Grønnvik
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!

Calendar of Events, Deadlines, and Other Dates to Note (changes in red)

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 Fraternalgive.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. Resolutions and Bylaw proposals due for District Lodge Meeting.

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