

Friendly Fifth Friday News May 12, 2023

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

Due Date Reminders-

https://www.sofn.com/resource_blog/due-date-reminders-2023/

May 15

D18 Building Association Financial Statements due to Sons of Norway Headquarters

The year-end financial report for a lodge property association must be electronically submitted to Headquarters on or before May 15, 2023. The D18 form can be accessed from the Building Association Treasurer's profile page.

1. Go to your profile page and select the D18 from the column on the left.
2. Click on the blue button/box that says "Enter a New Income Statement".
3. Proceed with entering the contents of the financial statement.
4. Any questions can go to fraternal@sofn.com.

990 Form (US Lodges only)

The IRS Form 990 (this includes the 990, the 990-EZ and the 990-N) must be filed by May 15 according to IRS requirements. Most lodges can complete the 990-N postcard online on the IRS website, irs.gov. Lodges with an average income of \$50,000 or more will need to complete a 990E or 990 form. Once complete, please email Headquarters at taxinfo@sofn.com with either a scan of the form or simply the lodge number and completion date. This IRS requirement helps keep your lodge's non-profit status intact.

Don't forget to send your D17/D18 and 990 Filing Confirmations in to Cheryl!

A reminder that District President Cheryl Wille-Schlesser has asked that you send a copy of your D17 form (D18 if you own a building) and the confirmation that you filed your 990 reports to her. She wants to be pro-active on not having lodges fall behind on these and getting into trouble with the home office (D17/D18) and IRS (990's).

Her address: Cheryl Wille-Schlesser, 200 Beth Circle, Mt. Horeb, WI 53572.

A Natural Treasure Hunt

Warm weather is approaching and summer will be here before we know it. One activity to add to your summer activity list is orienteering. It is an inexpensive activity that is great for all ages and skill levels. [Orienteering](#) is sport centered around navigation, where one uses a very detailed map and a compass to find various checkpoints. All orienteering maps use a set of standardized symbols and control descriptions to depict the course and give the participant clues on the locations of the checkpoints. The route between “controls” or checkpoints is not specified, it’s up to the orienteer to determine the best route. The maps are topographical and show land features, vegetation, rocks, water, etc.



Orienteering can be done at many different exercise levels, whether it be a leisurely walk in the park or a race against the clock to complete the course. For little ones, it’s great to frame it as a scavenger hunt or a [“treasure hunt”](#) to get some fresh air and keep youth engaged in nature. It also serves a very practical, educational purpose allowing the user to improve their navigational and survival skills.

There are varying course difficulties in orienteering, ranging from extra short/absolute beginner to extra-long/very hard. The difficulty levels are denoted by color-coded courses+. There are also multiple variations of orienteering, the four sanctioned types being: foot orienteering, mountain bike orienteering, ski orienteering, and trail orienteering. However, there is also canoe orienteering, biathlon orienteering, and a few other types that people have participated in.

The International governing body of orienteering, the International Orienteering Federation (IOF) facilitates many competitions. In fact, there is an upcoming Orienteering World Cup held in Østfold, Norway, from April 27-30. There will be three forest races that will kick off the season of 2023. Visit the [IOF](#) website for more information.

<https://www.sofn.com/blog/a-natural-treasure-hunt/>

Coloring Contest from International Sons of Norway

We are getting excited for Norway's national day, Syttende Mai, on May 17th!

As a creative challenge, we're holding a coloring contest. Show off your coloring skills to have your artistic talents featured on Epost and [sofn.com](https://www.sofn.com)! Share this page with your family members of all ages.

To Enter:

1. Download the PDF below and print out the coloring page.
2. Color the page using the medium of your choice: crayons, markers, paint, pens, ink- use your creativity! Digitally-colored entries will not be accepted.
3. Scan or take a picture of your masterpiece and submit your entry by email to: culture@sofn.com . Entries must be received before 11:59pm CDT, May 31, 2023.
4. Your email entry must include the subject line "17. Mai Coloring Contest," your digital photograph/scan of your completed coloring sheet, full name, age (at time of entry), and email address.

Winners:

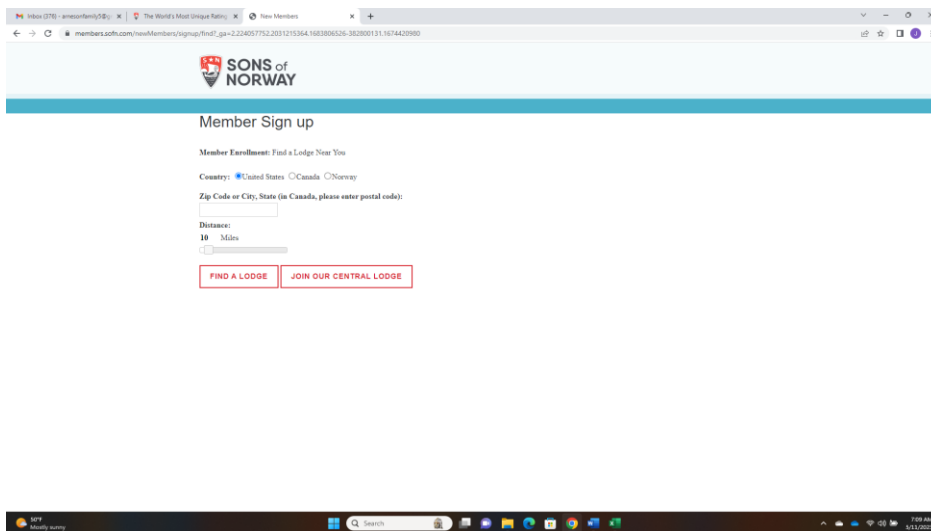
- Entries will be reviewed by a panel of Sons of Norway staff.
- Winners will be notified in early June and results will be announced on [sofn.com](https://www.sofn.com).
- Three artists will be chosen in each of the following age categories: 10 and under, 11-16, 17 and older.
- Three (3) artists per age group (for a total of nine (9) pages) will have their work displayed in the June 2023 edition of Epost. The top winner in each age category will have their work posted on the rotating banner at [sofn.com](https://www.sofn.com).

Happy Coloring!

<https://www.sofn.com/blog/coloring-content/>

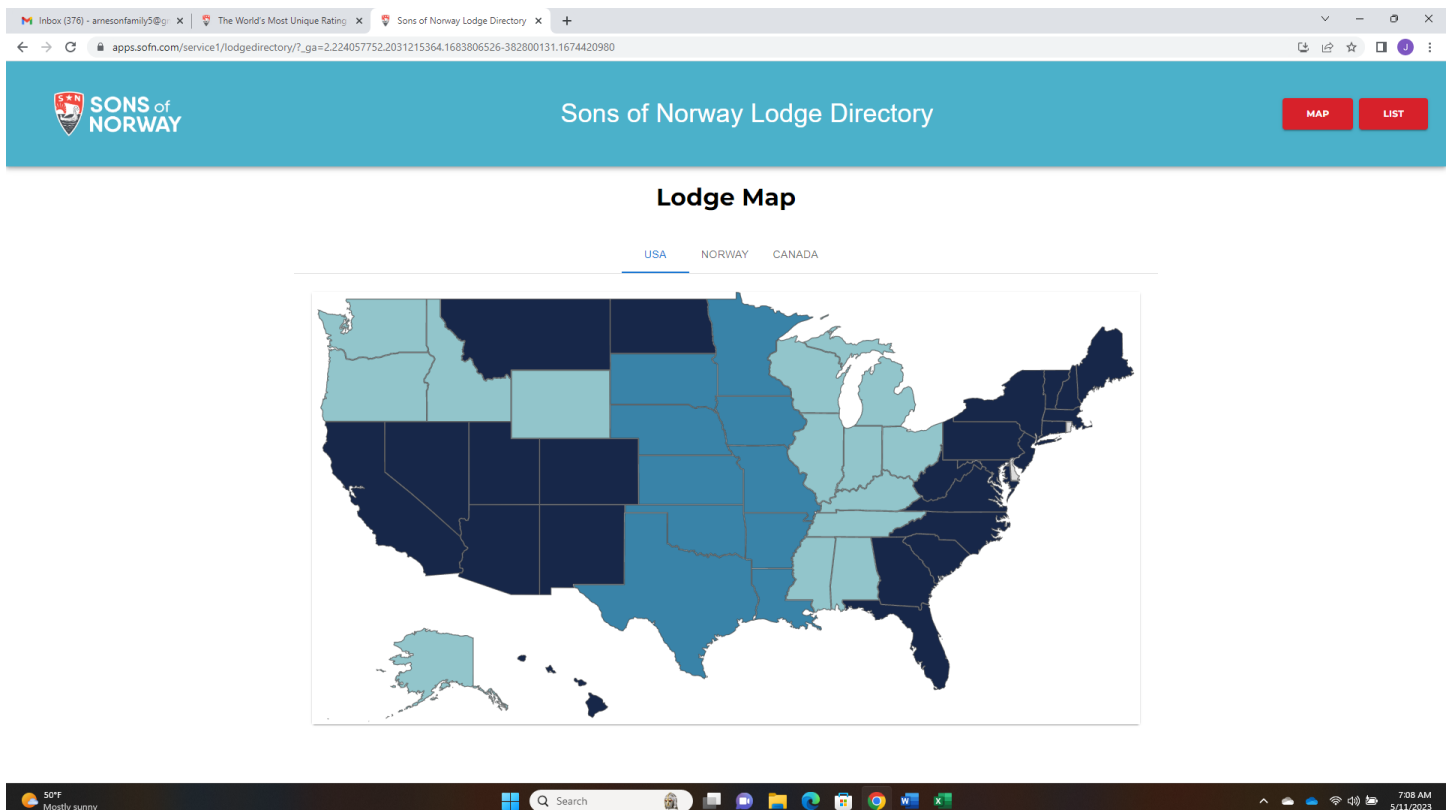
Have you checked out the new lodge directories?

https://members.sofn.com/newMembers/signup/find?_ga=2.224057752.2031215364.1683806526-382800131.1674420980



The screenshot shows the 'Member Sign up' page on the Sons of Norway website. The page has a light blue header with the 'SONS of NORWAY' logo. Below the header, the text 'Member Sign up' is followed by 'Member Enrollment: Find a Lodge Near You'. There are three radio buttons for 'Country': 'United States' (selected), 'Canada', and 'Norway'. Below this is a text input field for 'Zip Code or City, State (in Canada, please enter postal code:)' and a 'Distance' dropdown menu set to '10 Miles'. At the bottom, there are two red buttons: 'FIND A LODGE' and 'JOIN OUR CENTRAL LODGE'.

https://apps.sofn.com/service1/lodgedirectory/?_ga=2.224057752.2031215364.1683806526-382800131.1674420980



Test Your Syttende Mai Knowledge-

<https://www.sofn.com/blog/test-your-syttende-mai-knowledge/>

By Sofia Haan

May 17 (*Syttende Mai*) is Norway's national day. The day marks the signing of the Norwegian Constitution in 1814, making Norway an independent country. As you prepare for the holiday, check out the [May issue of Viking magazine](#) to test your knowledge with our fun and festive quiz. Here are some bonus questions.



1. The Syttende Mai children's parade (*barnetog*) has always allowed both boys and girls to participate.

- a. True
- b. False

2. It's common to wear a Norwegian folk costume (*bunad*) to Syttende Mai celebrations. What is the primary function of a person's *bunad*?

- a. To look nice
- b. To pay homage to your hometown
- c. To show the world you are Norwegian
- d. There's no real purpose to the *bunad*

3. For over 140 years, participants in the Syttende Mai children's parade have sung the national anthem, "Ja, vi elsker dette landet," as they walk. What does this translate to in English?

- a. "Yes, we are a nation"
- b. "Yeah, today is a celebration"
- c. "Yes, we love this country"
- d. "Yes, see our beautiful land"

4. There were several years in the 1820s where the King banned the celebration of Syttende Mai. What was the name of the king who briefly prohibited the holiday?

- a. King Karl Johan
- b. King Harald Halfdansson
- c. King Harald Haakon
- d. King Olav Tryggvason

5. Food and drink are at the heart of Syttende Mai, and Norwegians often raise a cocktail made with aquavit in celebration. Aquavit is a signature Scandinavian spice-infused spirit distilled from what produce?

- a. Barley and wheat
- b. Cane sugar and fruit
- c. Rye and corn
- d. Potatoes and grains

Answers

1. False. When the first children's parades began in Oslo in 1869, only boys were allowed to participate. It wasn't until 1899 that girls were allowed to join in the parade festivities. Today, thousands of children join local Norwegian parades to celebrate "The Children's Day."

2. B. While it's true that the bunad is a symbol of Norwegian pride and heritage, bunad designs vary massively between regions. It's customary to wear an outfit from an area to which you have a genetic or residential connection because a bunad's designs and the colors should be a representation of your hometown or family's region of Norway. It's also a great way to connect with others from similar regions.

3. C. The National anthem (*nasjonalsangen*) is officially called *Ja, vi elsker dette landet*, but is often referred to simply as *Ja vi elsker*. The song has long been a Norwegian anthem of nationalism and protest and was performed in public for the first time on the 50th anniversary of Syttende Mai in 1864. Despite this history and deep connection to the country, the song wasn't adopted as the official national anthem until December 2019.

4. A. At the time, Norway was in a union with Sweden and King Karl Johan was hesitant to allow celebrations. His banning of the holiday sparked public anger and even led to the Battle of the Square in 1829, where Norwegian demonstrators fought against forces from the United Kingdoms of Sweden and Norway. Eventually, King Charles XIV John lifted the ban on Syttende Mai celebrations, and the holiday became what it is today by 1864.

5. D. A drink similar to vodka or gin, aquavit is a distilled spirit that comes almost exclusively from Scandinavian countries. To be designated as "Norwegian aquavit," the drink must be made with potato spirits distilled in Norway from a minimum 95% Norwegian potatoes, aged in oak barrels for at least six months and must contain caraway or dill seeds. Other Scandi countries

also have their own specific spice flavoring and barreling traditions. The drink is intended to be shared with others as a social activity and cultural celebration so be sure to say "skål" (cheers) before drinking!

Deadlines and Dates! Changes in red!

- May 15-
 - **D18 Lodge Property Association** forms are due to Sons of Norway Headquarters. They can be entered electronically via the lodge treasurer's profile page. A PDF can be downloaded from sofn.com.
 - **990** The 990 tax forms are due to the IRS by 5/15/2023. Lodges who fail to file a 990 three years in a row will lose their not-for-profit status and cease being a Sons of Norway lodge.
- June 5- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- July 5- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- July 16-21- Masse Moro Camp
- **August 13- Zone 3 picnic at John and Darlene Arneson's farm in Stoughton**
- October 13-14- District 5 Board Meeting in Mt. Horeb, WI
- October 27-29- District 5 Adult Heritage Camp and Destination Stoughton Weekend in Stoughton, WI

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

Apr 2023 to Oct 2023:

Chest--zone 4 – Contact Connie Aiello and Judy Ghastin to reserve them

Trunk--zone 3 – Contact Scott Wegner and Cheryl Wille-Schlessler to reserve them

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