

## Friendly Fifth Friday News November 15, 2019

Send all web posting info and calendar dates/events directly to our webmaster at [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)

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### **Need to update the calendar**

I am in the process of updating the District calendar and requesting the 2019-2020 dates from International! Watch for it soon!

### **Final Lutefisk Dinners**

#### **Norse Valley Dinner in Appleton**

Sunday, November 17-All are welcome to our annual meal of lutefisk, meatballs, and trimmings plus lefse and other Scandinavian treats.

Social (cash bar) at 4:30 and meal at 5:00. Liberty Hall 800 Eisenhower Dr, Kimberly.

RESERVATIONS REQUIRED. Please use the form attached to the first event post **or** call 920-450-3584. Cost: \$21 adults (13+), \$7 children 7-12 and free for children 6 and under. Reservations and payment (check made out to Norse Valley Lodge and mailed to the address on the form) must be postmarked by Wednesday, November 6.

#### **Christ Lutheran Church Lutefisk/Meatball Dinner**

[700 County Road B, Stoughton, WI 53589](#)

Saturday, December 7

11:00-5:45 – by reservation only and reservations by November 23

Contact Gerry Ross at [608-835-8520](tel:608-835-8520) or [stoughtonlutefisk@gmail.com](mailto:stoughtonlutefisk@gmail.com) with questions

Adults \$18; Kids 4-12 \$7; and under 4 are free. They request a form with 1, 2 and 3<sup>rd</sup> choice on times, self-addressed stamped envelope so contact them for the form!

#### **St. Olaf Lutheran Church**

**W653 Roosevelt Road, Rubicon, WI 53078**

Located 8.5 mi. north of Hwy. 16 (Oconomowoc) on Hwy. P, then 1.5 mi east on County O to Roosevelt Rd.

December 7 Serving from 11:00 a.m. to 5:00 p.m.

Lutefisk Dinner and Swedish Meatballs, Rutabaga, Mashed Potatoes, Green Beans, Layered Cranberry Jello Salad, Homemade Rolls, Flatbread, Lefse, Sweet Soup and Large selection of Norwegian and Holiday Cookies. Tickets are Adults \$16.00, Youth age 5-10 \$7.00, and under 5 free See [www.st-olaf.org](http://www.st-olaf.org) for more information.

#### **Sons of Norway Dovre Lodge 5-353 Annual Christmas Dinner**

Tuesday, December 10 – 6:00pm

Lutefisk, Norwegian meatballs, lefse and more!

Scandinavian entertainment following dinner

Rolling Oaks Restaurant, Barron WI

Lodge Members \$15 (over 85 years \$7.50), non-members \$18

For reservations by December 6, contact Carol Anderson

715-658-0044 or 715-704-0231 or [rkfossom@gmail.com](mailto:rkfossom@gmail.com)

## **News from the International Office!**

### ***Updated Enrollment Forms Now Available for Lodge Use in 2020***

The updated forms include a space for an optional additional member contact name and phone number. They can be ordered by contacting [supply@sofn.com](mailto:supply@sofn.com). You may also print color or black and white enrollment forms by accessing them on [sofn.com](http://sofn.com), under the [Lodge Forms](#) section of Member Resources. Dues amounts shown online for lodges in Canada and Norway will be updated in January 2020.

This will solve some problems when a couple joins as I know we've had some issues with that at Mandt Lodge!

### **Membership Dues Now Included in Three Products From Sons of Norway!**

As of November 1st, the following Sons of Norway products have been repriced to include membership dues, eliminating the need for a separate dues payment: Guaranteed Issue Whole Life, Simplified Issue Whole Life and Single Premium Simplified Issue Whole Life. Those products have also been renamed Guaranteed Solution, Simple Solution and One Solution, respectively.

Dues are included only for members purchasing new certificates; members who already owned certificates prior to November 1 will continue to pay separately for their dues as they have in the past.

Help your lodge members maximize their benefits and protect their loved ones with competitively priced life insurance through Sons of Norway! As a fraternal carrier and not-for-profit organization, Sons of Norway gives back to our members, their families and the communities in which they live.

For more information, contact Jared Gostanczik at [jgostanczik@sofn.com](mailto:jgostanczik@sofn.com) or 612-821-4621.

***The new Guaranteed Issue Whole Life (Guaranteed Solution GIWL) is not available in CA, FL, MT, NY, ND & SD.***

### **2019 Lodge Achievement Program Kickoff**

Sons of Norway's Lodge Achievement program honors outstanding lodges and celebrates their excellence.

The forms for the program—Lodge Achievement (LA), Family Lodge of the Year (FLOY), and American Fraternal Alliance (AFA) Year End Report—can all be [downloaded as PDFs](#). There are also online versions of the **LA** and **FLOY** forms that can be filled out and submitted electronically.

Top lodge officers will find links to these files on their [Member Profile Pages](#). The forms and links to the online versions can also be found on the [Lodge Forms](#) page, under the [Member Resources](#) section.

There are several ways the forms can be submitted:

- Online. Both the **LA** and **FLOY** can be submitted online, and/or by entering your AFA data at [FraternalGive.org](http://FraternalGive.org)
- Emailing a scanned copy of the PDF forms to [fraternal@sofn.com](mailto:fraternal@sofn.com)
- Faxing a copy of the forms to 612-827-0658
- Mailing the forms to Sons of Norway, Attn: Membership Services, 1455 West Lake Street, Minneapolis, MN 55408

The submission deadline is 02/15/2020.

ATTENTION: International Lodge Delegates

FROM: Ron Stubbings, International President

The International Lodge is the governing authority for Sons of Norway, and you are one of 154 delegates to that governing body for the biennium 2018-2020. As such, I would like to update you on a couple of key developments at Sons of Norway.

#### **Corporate Governance Annual Disclosure (CGAD)**

At the 2018 International Convention, Sons of Norway Legal Counsel gave a presentation regarding the Corporate Governance Model Act and Annual Disclosure (CGAD). This topic was also covered during the new delegate orientation. These presentations detailed background on the proposed corporate governance legislation, specific disclosure requirements anticipated and its impact on Sons of Norway. Earlier this year, the proposed legislation was passed into law by the State of Minnesota (Minn. Stat. 60A.1391). The new law requires Sons of Norway to file a lengthy disclosure form detailing the governance structure of the organization.

Many of the governance changes we have tried to implement over the past several years will now come into play, such as an enhanced meeting schedule for the Board and Executive Committee, the Nominating Committee process, and the referendums this past year to increase delegate engagement. These all contribute to a more robust governance process for Sons of Norway.

A few of the required disclosures are as follows:

- Duties of the Board and each of its significant committees and how they are governed
- The number of meetings held by the Board and its significant committees over the past year and information on director attendance
- The rationale for the current Board size and structure
- How the qualifications, expertise and experience of each Board member meet with needs of the insurer
- How the insurer identifies, nominates and elects members to the Board and its committees
- A description of the nomination committee in place to identify and select individuals for consideration
- How the election and re-election processes function.

The filing is due June 1, 2020. Thereafter, the insurance commissioner may require additional information, in writing or by interview, necessary to provide the commissioner with a clear understanding of the insurer's governance framework and practices. Going forward, each year following the initial filing, Sons of Norway is required to file an amended version of the previously filed CGAD form indicating what changes in governance have been made.

The International Board and headquarters staff have completed a preliminary draft of this filing. The draft will be finalized in the coming months.

We encourage you to keep the above points in mind as many of you will play an important role in the nominating process for International Directors and Officers and, ultimately, their election at the 2020 International Convention.

## **New Headquarters Building**

Our new headquarters building on Lake Street in Minneapolis is well on its way to completion and should be finished by March, 2020. The outside of the building is nearly complete and will definitely be enclosed by the time it snows. The inside space is still a concrete shell, but the architectural plans are complete, and the RFPs (requests for proposals) have been sent to the various trades people who will be building out our space.

As can be expected with any new construction, we have had some minor delays and plan changes that we needed to negotiate with the developer, Ryan Companies, but we are still on track to occupy the space this spring. Our employees are excited and are gearing up for the move. The photos below show the architectural renderings, as well as a real time view of the project.



## **2019 District 5 and International Calendar and Deadlines**

(Updated 10/31/2019- changes in red)

### **December 10, 2019**

Photos for the Viking are due to District Publicity Director Karen Eberhardt- eber01dj@gmail.com

### **DISTRICT FIVE LODGE MEETING**

June 24-28, 2020 at the Radisson Hotel, Grand Canyon Drive, Madison

## INTERNATIONAL LODGE MEETING

August 16-23, 2020 in Hamar Norway

### Viking Chest Rotation

- The rotation will begin again with this rotation.
- The zone directors are responsible for keeping track of the whereabouts and letting their lodges know that the chest is in their zone for that time period.
- The chest should be brought back to the District Board Meeting to be given to the next zone.

Rotation for sharing the Viking Chest will continue as follows:

Zone 5 Oct. 2019 - Apr. 2020  
Zone 2 Apr. 2020 - Oct. 2020  
Zone 4 Oct. 2020 - Apr. 2020  
Zone 6 Apr. 2020 - Oct. 2020  
Zone 1 Oct. 2020 - Apr. 2021  
Zone 3 Apr. 2021 - Oct. 2021

### Note:

- Check correspondence from the International and District and the International ([www.sofn.com](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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.
- The District 5 Convention will be June 24-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 16-23, 2020 in Hamar Norway

Compiled by Darlene Arneson, SN District 5 Secretary ([arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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## 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](mailto: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 Wednesday night. 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](mailto: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