

# **Sons of Norway District 5 - Friendly Fifth Friday News**

## **September 29, 2023**



### **Sami Artist Guest at District 5 Convention**

Sons of Norway District 5 will feature a Norwegian artist of Sami heritage at the 2024 convention in Indianapolis from June 19-22. Jorn Magnus Rivojen Langseth is well-known for his drums and other artistic pieces connected with the Ume Sami culture as well as interesting presentations advocating for Sami language preservation and describing Sami culture and history. He will give presentations on Sami culture, specifically regarding the significance of Sami drums. The presentations will include slides of his drums and other works of art ranging in size from large outdoor installations to small, exquisite knives.

Langseth's passion about his Ume Sami heritage fuels his creativity and is expressed in his works to preserve the symbols, language, art, food — every aspect of the Sami culture. He shares his knowledge with others through art shows, personal appearances, and at the Umesamisk ressurssenteer in Norway.

His art has been featured in shows throughout Norway and in other parts of the world. Vesterheim will feature his art during the month of May, 2024.

If your lodge has connections about venues who might also want to host Langseth when he is in the United States, please contact Judy Ghastin for details. [judy62ghastin@gmail.com](mailto:judy62ghastin@gmail.com)

Judy Ghastin  
D5 Cultural Director

### **Destination Stoughton- SN District 5 Adult Camp**

**October 27-29, 2023 Tentative Schedule**

Details on all of the events and activities will be continuously updated on the **Chamber website, District 5 Website and Facebook: Sons of Norway Stoughton WI**

***[https://sonsofnorway5.com/programs/leadership\\_workshop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)***

## Sons of Norway Foundations – International and District 5

As the end of the year draws near; Sons of Norway would like to have you consider supporting our Nordic heritage through our **International and/or District 5 Foundation**.

### Sons of Norway Foundation – International

Please join the Sons of Norway Foundation for our **“Together We Are the Future”** campaign!

- The campaign runs from October 1, 2023 through January 15, 2024.
- The goal for 2023-24 is to add \$185,000 to the SON Foundation for scholarships and grants.
- Look for our campaign which was featured in the September/October *Viking Magazine*.

### "Celebrating Nordic Legacy-Empowering Lives"

The *mission* of the Sons of Norway Foundation is to celebrate our Nordic culture and heritage through scholarships and grants to our members and communities.

The *core values* of the Sons of Norway Foundation are as follows:

- Building our culture and heritage for the future.
- Committing to life-long learning and service
- Demonstrating compassion for our members in need
- Sustaining the link to contemporary Norway
- Fostering a community of generosity

*Your gift makes a difference* when you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come, it is a 501(c) (3).

Your generous donations will:

- Provide access to higher education for Sons of Norway members
- Showcase our unique Norwegian heritage and culture to wider audiences
- Support cross-cultural exchange programs with Norway
- Bring humanitarian support to Sons of Norway members affected by natural disasters

Please contact our website for more information: [foundation@sofn.com](mailto:foundation@sofn.com)

Donations may be made to: Sons of Norway Foundation  
1455 West Lake Street  
Minneapolis, MN 55408

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### Sons of Norway District 5 Nordic Legacy Foundation

- The purpose of the Sons of Norway Fifth District Nordic Legacy Foundation (NLF) is to promote our Nordic heritage, culture, our youth, and education through scholarships, presentations, programs, and foundation grants.
- The mission and core values of NLF are the same as international, with the focus on programs within District 5.
- The Nordic Legacy Foundation, a 501(c) (3), provides grants, academic scholarships and camp scholarships to our District 5 members and lodges.
- District 5 sponsors the Sons of Norway District 5 Norwegian Heritage Camp – Masse Moro. The focus of this camp for 9 – 15 year olds, is to promote our Nordic heritage and create friendships for a lifetime.
- Donations are used to support the camp's curriculum, purchase needed equipment and provide tuition assistance. Again, your support is appreciated.

Donations to Masse Moro and other excellent programs at District 5 can be made to **the Nordic Legacy Foundation**.

Please contact our District 5 website for more information: <http://www.sonsofnorway5.com> , or our D5 Foundation Director, Sandra Olson, at [packerland@baldwin-telecom.net](mailto:packerland@baldwin-telecom.net)

Donations may be made “Sons of Norway Fifth District Nordic Legacy Foundation, Inc.” Send to D5 Treasurer Corey Olson, W5907 Sweet William Drive, Appleton, WI 54915.

Your donations and support are appreciated. Hilsen, Sandra Olson, D5 Foundation Director



## ***District 5***

### **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](mailto: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

\_\_\_\_\_ Barnbirkie    \_\_\_\_\_ 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 \_\_\_\_\_

## Sons of Norway Foundation Scholarships

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year and promotes cultural exchange and support education to help students prepare the next generation of workers.

All scholarships are open for application from October 1 – March 1.



### Scholarships

1455 West Lake Street  
Minneapolis, MN 55408  
Toll-free: 800-945-8851  
Fax: 612-827-0658  
[www.sonsofnorway.com](http://www.sonsofnorway.com)

In keeping with our values of commitment to life-long learning and service and funding innovative individuals and opportunities, the Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. Please go to [www.sonsofnorway.com/scholarships](http://www.sonsofnorway.com/scholarships) for full guidelines.

Applications open October 1 annually.

Name of Scholarship	Deadline	Country of Study	Age Range	College Credit Needed	Gender	Field of Study	Son of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
Astrid G Cates	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$1,500	T/V	USA
Bernt Anker	3/1	USA	17 -25	None	N/A	Any	N/A	4 years	\$3,000 per year	U	USA
Dan & Betty Rude Scholarship	3/1	USA	17 -26	One full year	N/A	Elementary Education	N/A	1 year	\$3,000	U	USA
Douglas Warne-Rolf & Wench Eng	1/15	Norway	Any	One full year	N/A	Any	N/A	1 year	\$3,000	FHS/OISS/U	Canada or USA
Elaine Nelson	3/1	USA	17 -26	None	N/A	Education, Agriculture, or Business	Member or Child/Grandchild of Member for 1 year	1 year	\$3,000	U/G	USA, Canada, or Norway
Helen Tronvold Folk High School	1/15	Norway	17 -26	None	N/A	Folk High School	1 year	1 year	\$3,000	FHS	USA
King Olav V Norwegian-American Heritage	3/1	Norway or USA	17+	None	N/A	Scandinavian studies in USA or program in Norway	N/A	1 year	\$5,000	G/U	USA

FHS - Folk High School  
T/V - Technical/Vocational  
U - Undergraduate

G - Grad School  
OISS - Oslo International Summer School

Name of Scholarship	Deadline	Country of Study	Age Range	College Credit Needed	Gender	Field of Study	Son of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
King Olav V for Norwegian Citizens	3/1	USA	17+	None	N/A	Any	N/A	1 year	\$3,000	G/U	Norway
Lund Fund	1/15	Any country	17+	None	N/A	Any	1 year	1 year	\$3,000	U/FHS	USA
Myrtle Beinhauer	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
Nancy Lorraine Jensen Memorial	3/1	USA	17 - 35	One term	Female	Specific Science or Engineering	3 years	1 year	100% tuition	U	USA
Orel & Marie Winjum Memorial	3/1	USA	17+	None	N/A	Any	N/A	1 year	\$2,500	U	USA
Oslo International Summer School	1/15	Norway	17 -26	None	N/A	Any at Oslo International Summer School	1 year	1 term	\$2,500	OISS	USA
Sissel and Roger Espeland Memorial	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
District 4	3/1	USA, Canada or Norway	18+	None	N/A	Any	Must be D4 adult member	1 year	\$1,000	FHS/OISS/U	Canada or USA

FHS - Folk High School  
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## ***Sons of Norway Foundation Grants***

The Sons of Norway Foundation distributes over \$30,000 in grants every year. We're dedicated to empowering youth and supporting Nordic cultural projects throughout your communities.

Applications for our Helping Hands to Member grants are open year-round. For all other grant opportunities, We will begin accepting applications on October 1, 2022, for programs/projects taking place between January 2023 and March 2024.



## Grants

1455 West Lake Street  
Minneapolis, MN 55408  
Toll-free: 800-945-8851  
Fax: 612-827-0658  
[www.sonsofnorway.com](http://www.sonsofnorway.com)

In keeping with our values of building the heritage of the future, sustaining the link to contemporary Norway and fostering a cohesive community of generosity, the Sons of Norway Foundation awards over \$20,000 in grants annually. Please go to [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) for full guidelines.

Applications open October 1 annually.

Name of Grant	Deadline	Lodge/Member Requirement?	Maximum Award	Purpose
Community Partnership	12/31	No	\$1,000	Grant for non-members to apply for support for a Norwegian culture/heritage event, project or program
Helping Hands to Children	12/31	1 year	\$1,000	Grant for lodges to partner with local schools to support children or to hold Norwegian culture/heritage event, project or program for children at their lodge/in their community
Lodge Heritage and Culture	12/31	1 year	\$1,500	Grant for lodges to implement a Norwegian culture/heritage event, project or program
Lodge Vitality	12/31	1 year	\$1,000	Grant for lodges to improve facilities and/or equipment or boost recruitment efforts
Helping Hands to Members Disaster Relief	Rolling basis	1 year	\$5,000	Supports members whose homes were significantly damaged & are displaced due to natural disaster
Helping Hands to Members Unreimbursed Medical Expense Assistance	Rolling basis	1 year	\$5,000	Grant for members who have unreimbursed medical expenses due to extreme illness or injury

***Your gift makes a difference- <https://www.sofn.com/foundation/donate/>***

When you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come. Your generous donations will:

- Provide access to higher education for Sons of Norway members
- Showcase our unique Norwegian heritage and culture to wider audiences
- Support cross-cultural exchange programs with Norway
- Bring humanitarian support to Sons of Norway members affected by natural disasters

There's more than one way to give. You can make a difference today with:

### ***Legacy Gifts***

Maximize your impact by including a Legacy Gift as part of your estate plan. This can be as simple as naming the Foundation as a beneficiary of your will or life insurance policy, or as complex as creating a specialized trust or scholarship fund—with plenty of options in between. Whatever your preferences, we are happy to work with you and your estate planning team to help you accomplish your giving goals and make Sons of Norway part of your personal legacy.

## Specific Gift Language

Naming Sons of Norway Foundation as a beneficiary of a specific amount from your estate is easy:

I give and devise to Sons of Norway Foundation (Foundation (Tax ID #41-6054126), located in Minneapolis, MN, the sum of \$\_\_\_\_\_ (or asset) to be used for its general support (or for the support of a specific fund or program).

## ***"Heritage of the Future" Naming Campaign***



This naming campaign will offer the naming rights to different areas of our new home office for a wide range of donation amounts. Learn more about how you can support our mission while leaving your mark on Sons of Norway's physical building.

**In 2022, the Sons of Norway Foundation distributed over \$218,000 in awards.**

**\$133,000 In Scholarships** for students to study in the United States, Canada, and Norway

**\$75,895 In Grants** for Norwegian culture and heritage programs

**\$9,296 In Camperships** for kids across the United States to attend Norwegian cultural camps

## **How is your lodge doing in the 2023 District 5 Lodge New Member Recruitment Contest?**

Starting August 1, 2023, all lodge members are asked to recruit new members to their local lodge. For every new member (not Heritage Member) recruited, the lodge will receive \$10 for an individual or \$20 for a family membership. This does not include adding adults to an existing Adult Family membership. The money awarded will be sent to the local lodge of the recruiting member to be used as the lodge would like.

This campaign is an opportunity for all members to get involved and support their local lodge in meeting their membership goals. As well, it helps continue to grow the Sons of Norway organization.

The contest will begin August 1, 2023 and go until October 31, 2023.



Please turn in all paper membership applications to Headquarters by October 31, 2023. This will ensure that they are processed by the deadline. New members who are signed up online via <http://www.sofn.com> should also be entered by October 31, 2023.

If you sign up a new member online, please email District VP, Wendy Winkelman, advising of that new membership ([wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com)).

Contact [wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com) with any questions.

Wendy K Winkelman  
President and Editor  
Shawnee Skogen 5-689

District 5 Vice President

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### **Deadlines and Dates! Changes in red!**

- **October 1- 31- Sons of Norway Foundation Month**
- October 5- Viking photo submissions due to LaVonne Wier
- October 7- Zone 2 Meeting in Blair
- 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
- November 5- Viking photo submissions due to LaVonne Wier
- December 5- Viking photo submissions due to LaVonne Wier

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### **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- For anything fraternal- Connie O'Brien ([COBrien@sofn.com](mailto:COBrien@sofn.com)) or Amy Tuchenhagen ([ATuchenhagen@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](mailto: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-Schlesser 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](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.

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 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](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](mailto:arnesonfamily5@gmail.com)