

Friendly Fifth Friday News September 4, 2020

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com

God dag,

Please find some talking points on the Sons of Norway. You may find them helpful for lodge meetings, membership recruitment, or for posting. The information was recently updated with additions that are now included through the Sons of Norway Humanitarian Fund.

If you have further questions or need clarifications, please do not hesitate to contact me.

Tusen takk,

Cheryl Schlessner, Vice President



The “Friendly Fifth”

WHO WE ARE AND WHAT WE DO

The Sons of Norway is an international organization formed by the actions of 18 Norwegian immigrants on January 16, 1895. The basis of the organization was to create a fraternal benefit society that would provide security to families in the event of the catastrophic illness or the loss of life of its breadwinner. The Sons of Norway has 8 districts located in Canada, Norway, and the United States of America. There are roughly 350 Lodges in the Order and its membership is over 50,000 people. The 5th District has 48 lodges, including the Spirit of the New Century Lodge, for newly enrolled on-line members, and the Central Lodge, for many of our older members or those who have chosen to not have an active status in a local lodge.

FINANCIAL-Updated August 2020

Today, we continue to honor the original mission of the Sons of Norway by providing security for our member families through a variety of financial products. Life insurance, annuities, certificates of deposit, senior products, as well as end of life options are available. Partaking in the financial aspect of our organization is optional.

Lodges may also invest with the Financial Division by dialing the general number: 612-827-3611 or Toll-free 800-945-8851. Use the phone prompts to receive the benefits division.

It is worth to note that the financial side of the Sons of Norway works in tandem with local lodges and presents them with financial resources to accomplish the work they have planned. Your locally

assigned IP (insurance professional) may present these resources at a lodge meeting or scheduled event.

FRATERNAL

Locally, the customs and the culture of Norway (and possibly that of other Nordic nations) are shared. Traditional crafts such as rosemaling, kolrosing, needlework, or carving are offered. Literature or language opportunities are practiced at some lodges. Members may earn pins for their participation. Baking workshops teach guests how to make the foods of their ancestors and help them to carry on family traditions. Members can also earn pins for baking and cooking Norwegian foods.

Many lodges host food events open to the public. Breakfasts and lunches are commonly served. Some lodges go one step further, providing dinner fare such as fish boils or lutefisk dinners. Syttende Mai events are planned in May for many of District 5's lodges.

Sports and Recreational activities are organized for our members in cooperation with incentives from the District 5 Board or by a local lodge's Sports and Recreation Director. One has the option of earning sports medals for their efforts.

Monthly meetings cover a wide variety of topics from historical to present-day perspectives on Norway. Finding humor in our daily lives is important, and an Ole or Lena joke *may have been told* at a meeting! Sons of Norway members are often lifelong learners. Many of our members have enjoyed travel discounts through Borton Overseas (www.bortonoverseas.com). Members are also encouraged to enroll in the Sons of Norway Perks Program where they can realize substantial savings on a wide variety of products and services.

FOUNDATION

The Sons of Norway Foundation dispenses a variety of assistance to its members: high school and college scholarships, folk high school scholarships, lodge grants, Oslo Summer School scholarships for youth and adult members alike, community grants. The Foundation also supports youth attendance at heritage camps each summer. Lodge revitalization grants are also available to lodges that need to jumpstart their activities after the loss of leadership or the passing of many veteran members.

HUMANITARIAN FUND-EXPANDING ITS COMPASSION

Sons of Norway members now have increased access to financial assistance through grants for land and property damage caused by natural disasters: No longer must the president issue a formal declaration of a natural disaster, nor is FEMA (Federal Emergency Management Agency) registration required. Furthermore, applicants may be eligible for up to \$5,000 in aid, rather than the previous limit of \$1,000.

Relief provided by the Foundation is for expenses not fully reimbursed by insurance or other sources, such as personal fundraising events, government assistance or other charitable organizations. Applicants must demonstrate that they have sustained damage to their land or to structures permanently affixed to their land.

The BOG (Board of Governors) also voted to create a new Medical Relief Assistance Fund. It will reimburse out of pocket medical expenses for up to \$5,000 for members who have experienced severe financial hardship from extreme illness or personal injury. The Foundation may provide aid for

expenses not fully reimbursed by insurance or other sources, such as those outlined above in the Disaster Relief Assistance information.

Only Sons of Norway members or their legal designee are eligible to apply. Applicants must have been a Sons of Norway member for at least one year prior to application and must apply within 24 months of property disaster or the onset of extreme illness or personal injury.

Sports Medal Update

The screenshot shows the website's navigation bar with links: About Us, Financial Products, Member Benefits, Norwegian Culture, Foundation, Blog, 125 Years, and a search icon. Below the navigation is a grey header with the title "Sports Medal Program" and the subtitle "Challenge yourself! Sons of Norway's Sports Medal Program is unique benefit of membership that rewards you for an active lifestyle." The main content area has a breadcrumb trail: Home > Member Resources > Cultural Programming > Sports Medal Program. On the left is a "MEMBER RESOURCES" sidebar with a list of links, where "Sports Medal Program" is highlighted. The main text area is titled "New sports medals – August 2020" and contains the following text: "If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher." It then describes the "Idrettshelt" medal, stating it is the 5th level within any sports medal category and requires completion of bronze, silver, gold, and enamel pins in a sport category prior to starting on the Idrettshelt. It also mentions that earning double points or mileage for an enamel level qualifies for the Idrettshelt pin. Next, it describes the "Hederspris" medal, an outstanding achievement award for members who've earned bronze, silver, gold, and enamel medals in any three sports medal categories. The page concludes with a thank you to members for their suggestions. Two circular medal images are shown: one for Idrettshelt and one for Hederspris.

Working toward the new sports medals began on August 1, 2020. Members must have completed the bronze, silver, gold, an enamel pins in a SINGLE sports category prior to starting on the *Idrettshelt-sports hero pin*.

Your hardcore athletes who have already earned the bronze, silver, gold, and enamel medals in any THREE SPORTS medal categories may work toward the Hederspris distinction for outstanding achievement. It is something for your dedicated athletes or fitness enthusiasts.

You may read through the sports information in more detail on the web. Log-in at www.SofN.com. Select member resources, cultural programming, and you will find the sports medal program in full detail.

Attention Membership Directors, Membership Committee members, and Vice Presidents in charge of Lodge Recruitment and Retention

ANOTHER BENEFIT OF A SONS OF NORWAY MEMBERSHIP

***Are you aware that as a Sons of Norway member you have access to a savings program that provides discounts on services and goods? This week's options include:**

**Apparel
Food**

**Books and Music
Flowers and Gifts**

**Electronics
Health and Wellness**

Cell Phones

It is easy to sign-up for your own account and begin saving now!

Search: www.perkspot.com

Connect with Us:



[Log in to your discount program.](#)

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Sons of Norway Member Perks

Sign Up and Start Saving!

Create your account and join Sons of Norway Members taking advantage of meaningful savings on popular brands.

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Publicity Director Karen Eberhardt News

It's September 1st and near the end of summer already! Hopefully your lodge has continued contact with doing physically distanced events and virtual lodge events. Please remind your lodge members to take photos of themselves participating in these activities and share with your lodge – so you can share in your lodge newsletter with me and the Viking magazine! Or do you have photos from last year that you haven't shared and could send me? Maybe your lodge members are working on Culture or Sports and Recreation Skills and document their activity with a photo making sure at least one person in the photo. All photos need to be full size jpeg format. These photos can also be shared with your local newspaper showing that you are still an active group. I need your photos by September 10th for consideration in the Viking Magazine.

Thank you very much!

Karen Eberhardt
District 5 Publicity and Zone 3 Director
608-577-5906 eber01dj@gmail.com

P.S. Please share this message with your lodge members and especially those who take your photos so we can get your lodge into the Viking magazine.

Walking Challenge Update from Norse Valley

We are 79% of the way there. Hope we make it before winter!

Linda Hash



YouTube Video on how to fill out FraternalGives for your lodge!

District 5 SN Secretary Darlene Arneson gives a tutorial on how to enter hours and activities using FraternalGives. Please share this link with whoever reports your hours for your lodge!

<https://youtu.be/NbisO2E95BM>

2020 District 5 and International Calendar and Deadlines **Changes in red!**

September 2020

- Lodge liability premium sent to all lodge treasurers. This package includes information regarding the coverage, a certificate of insurance for the lodge and an invoice for the lodge's share of the premium.
- September 10 – Foundation Board of Governors applications due. If you are someone who loves nonprofits, governance and your Nordic values, running for a Foundation board position may be a perfect fit!

September 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

October 2020

- Lodge Officer Update/D63 form and instructions is mailed to lodge secretaries.
- The Sons of Norway Foundation portal is available for lodges and individuals to apply for grants and scholarships.
- Lodge Achievement, Family Lodge of the Year and AFA Year-end report forms and instructions is mailed to lodge secretaries.
- Lodge Barneløpet Coordinators are encouraged to contact Sons of Norway Headquarters to discuss plans for anticipated events.

October is Foundation Month

- Help support our grant and scholarship recipients and share your Nordic values by celebrating Foundation month! Please consider a donation directly to the Foundation or plan a fundraising event through your lodge.
- October 1 Grant applications open – Our lodge grants award amounts go up to \$500-\$1,500 depending on a lodge's project.
- October 1 Scholarship applications open – Scholarship opportunities start at \$1,000 with an average scholarship of \$3,000.

October 9-10, 2020

- District 5 Board Meeting ~~in Illinois~~

October 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

October 15, 2020

- Lodge liability premium is due to Sons of Norway Headquarters.

November 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

December 2020

- D17 and D18 forms, instructions and timeline sent to lodge treasurers.

December 10, 2020

- Lodge photos are due to the District Publicity Director by the 10th of the month for the 'Viking' Magazine consideration in the edition three months out.

December 15, 2020

- District 5 Sports Challenge ends

December 16, 2020

- Application deadline for:
 - Community Partnership Grant applications are due to Sons of Norway Foundation.
- Date that new member applications (paper forms) must be **received** at HQ to ensure processing in time for end-of-year delegate calculation and recruitment challenge recognition. (Online applications may be submitted through December 31.)

December 31, 2020

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Last day to enter new membership applications into the database for delegate calculations and 2019 recruitment challenge recognition. (**Paper applications should be received at headquarters by December 15** to ensure adequate time for processing.)
- Application deadline for:
 - - Lodge Helping Hands to Children Grant*
 - Lodge Culture and Heritage Grant*
 - Lodge Vitality Grant*
- Deadline to order Barneløpet supplies.

DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting in 2022 in Madison, Wisconsin. Hotel to be determined.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting will be held in 2022. The location has not been announced.

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.

Time period	Zone with chest
October 2019-April 2020	5
April 2020-October 2020	2
October 2020-April 2021	4
April 2021-October 2021	6
October 2021 – April 2022	1
April 2022 – October 2022	3

Zone Meeting Schedule 2020

Zone	Date	Hosted by	Location
1	Thursday, Feb 20 at 1:15	Zone 1 Directors	Veterans Community Center, Hayward during the volunteer reception after Barnebirkie
2			
3	Sat. January 25	Mandt Lodge	Stoughton, WI
4			
5			
6			

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.
- The District 5 Convention will be June 25-28 at the Radisson Hotel, Grand Canyon Drive, Madison hosted by Idun Lodge.
- The International Sons of Norway Convention will be August 19-23, 2020 in Ringsaker Norway

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 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 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