

# VELKOMMEN!

## An Introduction to the Sons of Norway



Please record any questions you may have for the discussion that follows.

**The mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.**



## About the Sons of Norway

We are first and foremost an insurance company.



Organized in Minneapolis, MN as a *fraternal benefit society* on January 16, 1895 by 18 Norwegian immigrants

Provided security for families in the event of illness or death of the breadwinner

- **2020- 125<sup>th</sup> Anniversary**
- **TODAY-Providing life insurance for adults and children, Medicare supplemental insurance, and long-term care products**
- **Other options: annuities, end of life products**

# Hierarchy of the Order

- International Board of Directors

- \*Ensures compliance with insurance rules and regulations and provides oversight for insurance and investments, as well as other benefits offered to its members

- \*Sets membership goals for all lodges-District 5 Director-Robin Fossum

- International Convention (Biennial)

- Delegates make up the ruling body that sets policy for the Order.

- District 5 Board

- \*Offers activities and events for all members of a District: Barnebirkie, Masse Moro Heritage Camp, Sports options, Cultural projects, Engagement activities

- District 5 Convention(Biennial):

- \*Delegates set policy for the Order by offering resolutions or by-law changes. Events are planned for attendees and their families.

- Local Lodges

- \*Each lodge elects its officers or a Board of Directors to conduct business for its members

- \*Local lodges provide cultural classes, presentations, offer special celebrations of heritage- Share Norwegian foods, sports, or travel options for members

- Members- vital part of any lodge, those who ensure success locally

# Sons of Norway

## 8 Districts-

- \*Canada
- \*Norway
- \*United States

## OUR DISTRICT-#5

## OUR ZONES: 1-6

## DISTRICT 5- 48 total Lodges

6 states: MI, OH, IN, TN, IL, and WI (including the Spirit of the New Century (for those who register on-line) and the Central Lodges



- Conventions occur biennially, the next, 2022, Madison, WI
- All D5 Lodges should send a full delegation of representatives.
- Business is conducted on behalf of 5<sup>th</sup> District, i.e. Policies or Procedures
- Recommended Constitutional changes are addressed at the International Convention.

# Convention Protocol

- **Local Lodge Election**-Members in good standing may serve as Lodge officers or directors.
- **District 5 Convention**-No benefit prerequisite is required to attend. Members are elected by their lodge to represent them, along with an equal number of alternates, based on the lodge's membership.
- **International Convention**-Delegates are elected at the District Convention to represent members from a Zone in their Zone Caucus.  
International delegates must own a Sons of Norway product.
  - A pool of interested delegates is created thereafter to fill any remaining District vacancies.
  - Voting by those assembled determines who will complete a District's delegation at the International Convention.

# Elections and Delegate Reporting

Darlene Arneson: [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com)

Home: 608-873-7209 or Cell: 608-514-4951

- Based on December membership totals
- All local presidents receive lodge delegate counts from the District Secretary.
- Lodges hold elections for delegates.
- Lodge Presidents are notified when delegate names must be submitted.

General guideline-within 5 days of a Lodge's election

# Necessary Reporting

- **D17, Lodge Finances**
- **D18, Building Corporations**
- **D63, Lodge Officer Update**
- **Form 990, Tax exempt status**
- **Lodge Achievement Form**
- **Family Lodge of the Year Achievement Form**
- **(for those with active family lodge activities)**
- **[FraternalGive.org](https://www.fraternalgive.org) or hardcopy of volunteer hours-  
Helps SofN to retain its tax-exempt status**



## SofN International Website([www.sofn.com](http://www.sofn.com))

\*Convention

\*E-post Sign-ups

\*Events

\*About Us

\*Financial Products

\*Member Benefits

\*Norwegian Culture

\*Foundation

\*Donate

\*Blog

\*125<sup>th</sup> Anniversary

\*MEMBER RESOURCES

**LODGE FORMS**

Cultural

Financial

**Everything You Ever Wanted to Know about  
Investments but were afraid ask!**

**The home office has recruited 1,300+ agents  
to sell our benefit products, ultimately  
bringing new members into the Sons of  
Norway. It's a win-win for the Order!**

**Questions: 800-442-4146**



# Introduction to the District 5 Website

[sonsofnorway5.com](http://sonsofnorway5.com)

- Home
  - About Us
  - Lodges
  - Programs
  - News and Events
  - District Conventions
  - Benefits
- OTHER**
- Photo Galleries
  - Links
  - Ole Bull News
  - Calendar of Events
  - On-line registration

# PUBLICITY and ADVERTISING

## Viking Submissions (Keep in mind photos are cropped.)

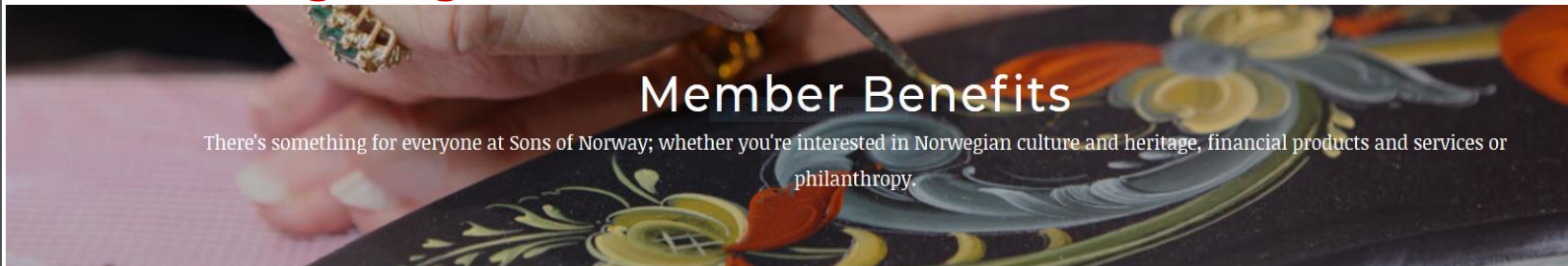
**\*Send original photos in digital format, unaltered, please.**

- Due 10<sup>th</sup> of each month to Karen Eberhardt: [eber01dj@gmail.com](mailto:eber01dj@gmail.com)
- Include people doing something in your photos!
- Show multiple generations whenever possible.
- Get written permission from parents before using a child's name with a picture.
- Make friends with your local newspaper editor (smaller towns). Send your news as a Word document for easier formatting.
- Check the D5's website calendar for District events.
- Check the International website's calendar for events throughout the Order.
- Don't forget to post your events!

# Membership is About Enrichment

## What does your lodge have to offer others?

- **Member Discounts through Sons of Norway Perks**
- **Financial Products**
- **Cultural Programming, Classes on cultural topics**
- **Viking Magazine**



- **Just for Kids**
- **High school scholarships**
- **Heritage Connections**

## **Reasons Why a Lodge Should Increase its Membership**

- **Continuity of the Lodge-growing younger**
- **New ideas for programming and service projects**
- **Assistance with projects and activities**
- **Development of new lodge leaders, vibrancy**
- **Funding from the International Office upon membership renewal**
- **Larger representation at the D5 Convention and having your voice heard**

# **MAKING COMMUNITIES STRONGER**



- **Share cultural skills classes with your community.**
- **Host a food event showcasing traditional foods.**
- **Teach the Norwegian language.**
- **Provide youth activities and celebrate their successes.**
- **Celebrate community volunteerism.**
- **Hold a genealogy workshop.**
- **Encourage local philanthropy.**
- **Offer travel opportunities, foreign or domestic.**

## **Dues Structure-Lodge**

	<u><b>Intl.</b></u>	<u><b>Dist.</b></u>	<u><b>Local</b></u>	<u><b>Total</b></u>
<b>Individual</b>	<b>\$32.</b>	<b>\$14.</b>	<b>\$14.</b>	<b>\$60.</b>
<b>Family</b>	<b>\$42.</b>	<b>\$25.</b>	<b>\$28</b>	<b>\$95.</b>

*Do you have any 2-fers (Spouses, partners, roommates, or friends who live at the same address? \*Family membership savings... \$25 annually!*

**ENCOURAGE** these people to join your lodge with a “family” membership.

**\*Reach out to families despite their busy schedules!**

**Gift a membership for a special occasion.**



# International sends \$\$\$ back to local lodges!

- Did you know?
- All lodges receive a rebate of \$14.00 per member when they renew their membership!
- Lodges can decide how to use this additional funding.
  - What projects or needs do you have locally?
  - Anniversary celebration? Syttende Mai dinner? Philanthropy? A children's event? Speakers?

# Zone Directors Can Help!

## Zone 1

Audrey Severson: [apseverson@gmail.com](mailto:apseverson@gmail.com) Phone: 715-273-5019

Sandy Olson: [packerland@baldwin-telecom.net](mailto:packerland@baldwin-telecom.net) Phone: 715-698-3433

## Zone 2

Tom Boudreau: [sjbergh4364@gmail.com](mailto:sjbergh4364@gmail.com) Phone: 608-886-4514

Karen Broadhead: [kbroadhead@centurytel.net](mailto:kbroadhead@centurytel.net) Phone: 608-788-2485

## Zone 3

Karen Eberhardt: [eber01dj@gmail.com](mailto:eber01dj@gmail.com) Phone: 608-608-845-6910

Cheryl Wille-Schlessler: [rogrcher@mhtc.net](mailto:rogrcher@mhtc.net) Phone: 608-219-4464

## Zone 4

Judy Ghastin: [judy62ghastin@gmail.com](mailto:judy62ghastin@gmail.com) Phone: 920-450-3584

Peggy Schroeder: [charlesandpeggy@yahoo.com](mailto:charlesandpeggy@yahoo.com) Phone: 920-435-4263

## Zone 5

Connie Kross: [conkross@aol.com](mailto:conkross@aol.com) Phone: 815-570-2563

Thomas Maxson: [tjmax@wowway.com](mailto:tjmax@wowway.com) Phone: 847-297-1656

## Zone 6

Dee Bumpers: [TazlinaAgg@bellsouth.net](mailto:TazlinaAgg@bellsouth.net) Phone: 865-982-9157

Andrew Johnsen: [aijohnsen@att.net](mailto:aijohnsen@att.net) Phone: 219-374-7696

**\* Please make contacts early before any issues begin to rise.**

**\* You have the resources of the District 5 Board at your disposal.**

You just call out our name...



**Services:**

- **Lodge Induction Ceremonies-Installation of Officers**
- **Individual Lodge or small group meetings to help with future planning or info sharing**
- **Special Event-fundraising projects**
- **Help with your Foundation event or to provide donations to a Foundation event**

# Zone Director Assistance

**Audrey Severson- [apseverson@gmail.com](mailto:apseverson@gmail.com)**

**Phone: 715-273-5019**

- **The D5 Norway Pilgrimage Tour-[www.sofn.com](http://www.sofn.com)**
- **Barnebirkie, Hayward, WI-[www.birkie.com](http://www.birkie.com)**
- **D5 Convention recreation options: walking, bowling, axe-throwing, or other highlights in the host city**

# HERITAGE AND GRANTS-Sandra Olson



Sandy Olson: [packerland@baldwin-telecom.net](mailto:packerland@baldwin-telecom.net) Phone: 715-698-3433

<https://www.massemoro.org/admissions-info>

- \* MASSE MORO-YOUTH HERITAGE CAMP
- \* DISTRICT SCHOLARSHIPS
- \* FOLKEHØGSKOLE SUPPORT
- \* OSLO SUMMER SCHOOL



# CULTURAL

Judy Ghastin

[judy62ghastin@gmail.com](mailto:judy62ghastin@gmail.com)

Phone: 920-450-3584

- \*Arranges the movement of the cultural chest lodges
- \*Organizes classes for the District
- \*Plans displays and organizes cultural competitions for the District Convention.



**Traveling Cultural Chest made by Owen Christianson, former District 5 President**



**Budstikke-message holder**



**Viking Age Bowl**

# Succession

- **Is your Lodge ready for the unexpected?**
- **How is your Lodge sharing the load of your many events and activities?**
- **Does your Lodge have a book that details your events?**
- **Is your local Constitution or Standing Rules of Order up to date?**
- **Do you review the documents annually?**

# Publicity

**Karen Eberhardt**

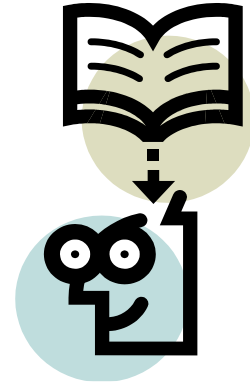
[eber01dj@gmail.com](mailto:eber01dj@gmail.com)

- **Submissions for the *Viking Magazine***
- **Photography Tips**
- **How to publicize your events**
- **D5 Convention Project-digital scrapbook**
- **Lodge Banner Contest**



# HAVE YOUR VOICE HEARD!

- Chair a local event.
- **Attend a Zone 3 Seminar!**
- **Serve as a local lodge officer.**
- **Volunteer to become a delegate to the District 5 Convention. (Local elections are held.)**
- **Run for a District 5 Board position.**  
**Ownership of a SofN benefit is required.**  
(life insurance, annuity, long-term care, etc.)



**Takk for Your Attention!**

**Har du spørsmål?**

**Do you have questions?**

**Ha det bra!**