

Friendly Fifth Friday News April 14, 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!

District 5 Nordic Stamp Sets Order Form

Stamp Set	Cost* (S&H included)	Quantity	Total
Nordic Alphabet 1 (Decorative block)	\$16		
Nordic Alphabet 2	\$16		
Nordic Thanks (Syttende Mai)	\$16		
Nordic Sympathy (Rosemaling)	\$16		
Nordic Wishes (Animals/Troll)	\$16		
Nordic Christmas 1	Coming 2023		
Nordic Christmas 2	Coming 2023		
Nordic Easter	Coming 2023		
Nordic Viking	Coming 2023		
		TOTAL	

*Shipping is only available in the U.S. and Canada

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Lodge: _____

Email: _____

Phone: _____

Interested in a stamping class: YES NO

Make check out to: **Nordic Legacy Foundation**

Mail to: Connie Aiello
Nordic Legacy Foundation
6237 Hilltop Drive
Mt Pleasant, WI 53406

If you have any questions, contact Connie at NLFstamps@gmail.com or at 623-252-8861.

For stamping ideas please visit

<https://sonsofnorway5.com/> or on Facebook @sonsofnorwaydistrict5

A message from Darlene Henderson (Scandiana Lodge) after delivering stamps!

Hi Darlene,

I delivered all the stamps to the convent today. The Sisters were extremely happy to get them. See the response below. Dar

----- Original Message -----

From: "Sr. Rose Edward Goodrow" <rgoodrow@cscsisters.org>

To: "carvindar@comcast.net" <carvindar@comcast.net>

Date: 04/11/2023 3:32 PM

Subject: thank you

Darlene and Mary,

Truly this morning was a delightful Easter Tuesday! Boxes and boxes of stamps, first day issues and all kinds of treasures were welcomed into our stamp ministry. How did this happen? All of it happened because of YOU!...and the Sons of Norway, 5th District.

We are presently in a temporary set up as major changes are happening in our motherhouse buildings. We hope within the next six months to be in our permanent stamp room and at that time we would love to have you come and see how we cut, sort, wash, etc...stamps that we sell to buyers. All proceeds from the sales go to our Ministry With the Poor fund. This fund has one purpose only: to serve the needs of the poor. So, on behalf of those who will benefit from your boxes and boxes of stamps, I say, THANK YOU and GOD BLESS YOU!

May you all have a beautiful Easter season and please be assured of our gratitude and prayers,

Blessings,

Sister Rose, csc

Sister M. Rose Edward (Goodrow), CSC, Director of Development, 409 Bertrand Hall – St. Mary's Notre Dame, IN 46556-5000

From LaVonne Wier

I am not writing to you to ask for pictures. I'm writing about Masse Moro!

There are **LOTS** of openings left for this year's camp in July. Maybe some Heritage members haven't sent in their applications yet?? Do all your Heritage members and their parents/grandparents **know** about Masse Moro? In order to plan for the campers, it would be great to know how many are signing up.

As most of you know, a child that goes to Masse Moro for camp wants to come back next year, and again and again until they are too old. They LOVE it!!! It would be a shame if a child doesn't get to go because they didn't know they could attend.

Please get the word out to your lodges that applications can still be sent in. The sooner, the better!

See the application form attached. Contact Lisa Rowe-Williams at rowewilliams@icloud.com with concerns/questions.

Thank you...or as they say at Masse Moro: Mange takk!

LaVonne Wier

Heritage and Grants/Masse Moro Committee

How to Log in Resources

Thank you to Amy Tuchenhagen for doing a video and developing resources for members to learn how to log in!

Video- <https://youtu.be/4q-7Mxuuv5Q>

Logging onto sofn.com

This step-by-step video will help users log on to the Sons of Norway website and access a leader's Profile page.

You can also download a [PDF](#) and [Powerpoint](#) presentation to use at your convenience.

Newsletter Service



May | mai

- Barnebunader
- Syttende Mai – A Festival of Music
- Festivals Abound in The Month of May

Recipe: Almond Bars

June | juni

- Midsummer Magic
- Sleep Education in Schools
- Five Trips En Route to 50

Recipe: Shrimp Canapés



[Download Now](#)

Don't have Microsoft Word? [Access a web version of the content now.](#)

Newsletter Service is published six times a year containing articles that lodge/district editors may use as a supplement to lodge newsletters. Newsletter Service is also archived online at https://www.sofn.com/newsletter_service. If you have suggestions for how we can improve Newsletter Service, please send an email to Jana Velo at jvelo@sofn.com.

National Anthem Resources

https://www.sofn.com/member_resources/lodge_leadership_resources/lodge_programming/

National Anthems

United States, Canada and Norway National Anthems recorded by Susan Stow (piano) and Jana Velo (voice). [Download Lyrics Here](#)

WATCH VIDEO

<https://youtu.be/aK-2uWrUSs8>

Want to download these files on your device?

mp3's available for download:

[Norway - Ja Vi Elsker](#)

[United States - Star Spangled Banner](#)

[Canada - O Canada](#)

m4a's available for download:

[Norway - Ja Vi Elsker](#)

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National Anthems



United States

O say, can you see
By the dawn's early light
What so proudly we hailed
At the twilight's last gleaming?

Whose broad stripes and bright stars
Through the perilous fight
O'er the ramparts we watched
Were so gallantly streaming?

And the rocket's red glare
The bombs bursting in air
Gave proof through the night
That our flag was still there

O say, does that star-spangled banner yet wave
O'er the land of the free
And the home of the brave?



Norway

Ja, vi elsker dette landet,
som det stiger frem,
furet, værbitt over vannet,
med de tusen hjem, –
elsker, elsker det og tenker
på vår far og mor
og den saganatt som senker
drømmer på vår jord,
og den saganatt som senker,
senker drømmer på vår jord.



Canada

(English Version)

O Canada! Our home and native land!
True patriot love in all of us command.

With glowing hearts we see thee rise,
The True North strong and free!

From far and wide,
O Canada, we stand on guard for thee.

God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.



Local Lodge Bylaws and the CBPP

The Local Lodge Bylaws have been revised and posted on the website. Please use this template when updating Bylaws. When revisions are complete, please send to Lonna at LHanson@sofn.com. [Here is a link to the current template.](#)

Related, the newly revised Constitution, Bylaws, Policies and Procedures (CBPP) was also posted on the website recently. [Here is a link to the Governance page on the website.](#)

The Lodge Directory is back!

There have been some improvements to the Lodge Directory, so take a moment to check it out from the “About Us” tab on the website. (See one of two “Lodge Directory” links under the “About Us” tab.) The updates make information available by selecting either a location on a map or from a list format. Please remember, it is strictly prohibited to use the lodge information for commercial or solicitation purposes.

[New Lodge Directory \(Map\)](#)

https://apps.sofn.com/service1/lodgedirectory/?_ga=2.130781199.1435095097.1681384747-382800131.1674420980

The Events page is open again! <https://www.sofn.com/events/>

The Events page is back in action, ready for you to post about your upcoming activities. Be sure to gather all the important information so readers can have all their questions answered in one convenient spot. The Community Events information is listed under the Member Benefits tab on the website.

Of course, this is a great spot to check for interesting upcoming events too!

[View Events Page](#)

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

- April 14-16- Spring District 5 Board Meeting in Anna, Illinois
- April 15- Sarah Paulsen Scholarships due to Scandiana Lodge for Masse Moro
- May 5- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- 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

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-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) 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@sonsofnorway.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