

# Sons of Norway District 5 - Friendly Fifth Friday News August 16, 2024

*A District Weekly Newsletter to Keep Us Up to Date!*

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*District 5*

**Volunteers are needed-  
contact Cheryl today!!**

*Action Item from the 2024 District 5 Convention, taken in part, the passage of Resolution 2 and its suggested follow-up.*

Therefore, be it resolved that the District 5 Board is asking the District Lodge to form a Task Force to review Masse Moro operations, promotion, recruitment, and staffing. The Task Force might also consider the wording in the Bylaws and consider giving the District Board options in how often, the length of camp, and other details related to camp. The Task Force would work with the District Youth Director, Heritage & Grants Committee, and the Board in their work and report to the District in June 2026 (or before) with recommendations. Amendment from the committee: 1) the District President shall appoint the members of the Task Force as soon as possible and that the work of the Task Force be ready for a preliminary report to the District Five Board no later than its Spring 2025 Board Meeting or sooner if possible, and 2) Therefore, be it resolved that an attempt be made to compile a directory of Masse Moro campers from throughout its history and that these Masse If there is a known, quantifiable financial impact, state here: Moro Alumni be solicited for ongoing support of Masse Moro through donations of time, talent, and treasure.

The Resolutions Committee's response to the resolution is in four parts:

- 3) The Resolutions Committee generally supports Resolution #2 establishing a Masse Moro Task Force.
- 4) The Resolutions Committee recommends continued District Five support of Masse Moro as a cultural extension and outreach from the Greater Sons of Norway organization within District Five and does not see the program from the perspective of a quid pro quo.
- 5) The Resolutions Committee recommends the Resolution's "Therefore, be it resolved," to read at the end: the District President shall appoint the members of the Task Force as soon as possible and that the work of the Task Force be ready for a preliminary report to the District Five Board no later than its Spring 2025 Board Meeting or sooner if possible, and
- 6) Therefore, be it resolved that an attempt be made to compile a directory of Masse Moro campers from throughout its history and that these Masse Moro Alumni be solicited for ongoing support of Masse Moro through donations of time, talent, and treasure.

Resolution #2, as amended, passed.

**First steps: President Wille-Schlesser met with newly seated Youth Director Robert Schuck to lay groundwork for the task force.**

**This notice serves as a call for participants to join the Masse Moro Task Force. A few individuals have stepped forward to assist: former youth directors, Lisa Rove-Williams, Sandra Olson, in addition to me, and grandparent, Janis Wegner. I know there are many additional stakeholders who may want a voice on the Masse Moro Task Force, and we welcome your input. Please notify President Wille-Schlesser of your interest in serving by August 15, 2024. After that time, she will appoint additional task force members and call the first meeting of the group. Tusen takk!**

**In other district news, President Wille-Schlesser will be meeting with Clara Solak, our newly seated sports and recreation director, on Saturday, August 10th. I will share information accumulated from past youth and district recreation events. I look forward to the infusion of energy Clara will bring to our board of directors.**

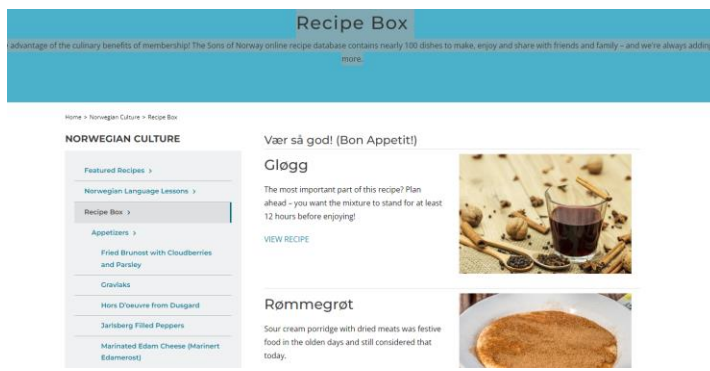
Thank you,

**Cheryl Wille-Schlesser**

**District 5 President**

[cwschlesser200bc@gmail.com](mailto:cwschlesser200bc@gmail.com)

**608-219-4464**



## **Sons of Norway Membership Benefits you should try!**

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having time at meetings to show them how to log-in is a big first step as that opens up so many resources for members! Here is the video on how to do that:

<https://youtu.be/4q-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

**#7- Recipe Box-** Tickle your taste buds with one of our featured recipes or just find a new favorite! Take advantage of the culinary benefits of membership! The Sons of Norway online recipe database contains nearly 100 dishes to make, enjoy and share with friends and family – and we're always adding more. [https://www.sofn.com/norwegian\\_culture/recipe\\_box/](https://www.sofn.com/norwegian_culture/recipe_box/)

## Viking Photo Time!

Well, it's the dog days of summer. Fog in the morning. A bit of a chill in the air at night. School is right around the corner.

Has your lodge been active in picnics, parades, and other social gatherings? I'd love to see what you all have been up to this summer.

Please send your photos to me by August 20th. It's a roll of dice of which one makes it to the Viking, but others go in the Happenings for people to enjoy.

My favorite season, autumn, is almost here. My lodge has 3 parades coming up to enjoy. We ride our boat float and wave heartily at all the happy folk watching the parades. It's nice to do outside activities when the weather lets us.

Here's the Photo Submission Form. I'm still getting photos without it. Please, include it with your submission. The form tells who is pictured and for what occasion. That's quite important when sending the photo on to someone outside of your lodge.

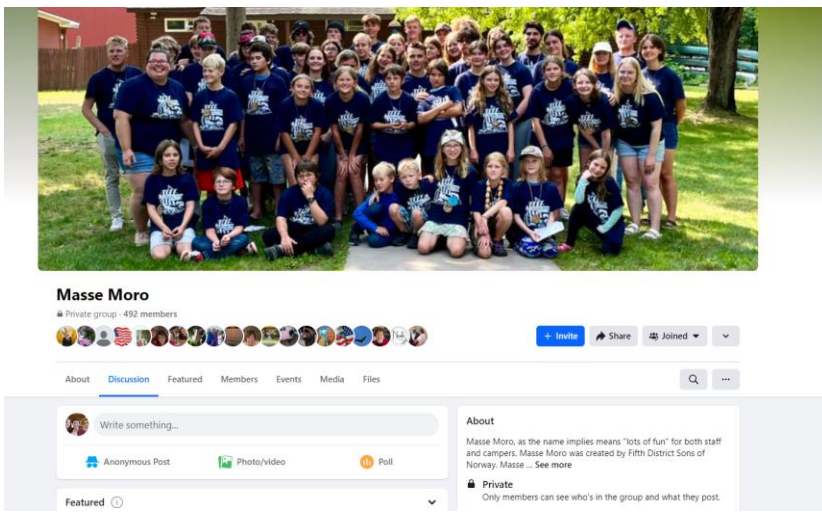
Have a great day, and enjoy this wonderful time of the year!

Fraternally,

LaVonne Wier  
D5 Publicity Director

P.S. By the way, did you see all the awesome photos from this year's Masse Moro camp in July? They had *SO MUCH FUN!* I hope to get up there next year to volunteer. It is TERRIFIC that District 5 sponsors such an educational and interesting camp for the young ones to experience. If you review the pictures, it is very hard to find a face that doesn't have a great big smile!

We are District 5! We rock!!!





## Sons of Norway Content & Photo Submission Form

This form is provided to help you share information about your members, past and upcoming lodge events and district happenings via Viking magazine and other organization communications.

The event or photo caption will be based on information you provide so please check spelling of lodges, member names and location information. Send your member profile photographs and this form to your lodge publicity director who in turn should forward it to the district publicity director. If your lodge does not have a lodge publicity director, please send submissions, including this form, directly to your district publicity director.

***By submitting this photo submission form, I grant permission and consent to Sons of Norway and the Sons of Norway Foundation for the use of the following photograph(s) as identified below to promote the organization(s). Use may include but is not limited to print publication, publicity, advertising, and digital or online content.***

### Submitter's Contact Information

**\*\* Highlighted fields are required. Place cursor after highlighted word and type your response.**

**Name:**

**Phone:**

**Email:**

**Lodge Name:**

**District/Lodge Number:**

**Location:**

**Are you providing a High-Resolution photo (Yes or No):**

(Not sure? Here is a [link](#) explaining what a high-resolution photo is)

**File name if providing a photo:**

Please fill in the appropriate information for the content categories noted below. Please keep in mind that Viking magazine content is prepared two months ahead of issue.

### **1. Past Events and Member Activities**

Includes recognition of current members, lodge celebrations, community service projects and other past activities. Please include event purpose and location. Individual member names of these shown in photo may be included, however we are limited in caption length to 1 or 2 lines per photo.

**Description:**

### **2. Member Profiles**

This content features members who with an interesting story that will inspire other members. It could include outstanding long-term or young members in your lodge and district, other members who celebrate their heritage in unique ways.

Please include the member contact information, along with a brief description explaining why you believe they should be featured.

**Description:**

**3. Upcoming Events and Member Activities**

Includes upcoming lodge and district events that are open to all members, as well as public events. We will feature in-person and remote events such as district wide fundraising initiatives, festivals, community events where the lodge/district will be represented, and upcoming cultural activities or youth camps. A photo is not required. Your description should include dates and location of the upcoming event and a contact name and email/phone number that will be published.

**Description:**

**Leadership Resource From International- August 14, 2024**



**2024 International Board Vote**

**Election Timeline:**

- Voting period: September 1 – September 30, 2024
- Election results announced: Mid-October 2024
- Election of officers: November 2024
- Terms begin: January 2025

**Candidate Profiles:**

*Coming soon!*

## Charter & Bylaws / Policies & Procedures

Check out the most recent version of the CBPP on the website:  
[Governance](#).

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### Member Profile Updates

We are updating the member profile page with a new look and layout that includes additional access to documents through the website (such as the report mentioned above). When you log in, you will see tiles that clearly lay out our most used features, designed to be more user-friendly. In addition, you will now have the option to go paperless if you choose. You will have the ability to revert back to the old layout design for a period of time while we complete the transition to the new platform. Explore the new layout and watch for an upcoming demonstration of the updated *Member Profile* features.

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### Monthly Lodge Dues Reports

Historically, these reports have been printed and mailed monthly to all lodge treasurers and financial secretaries. We have switched to online-only access for these documents, starting with the July report. All officers were notified of this change in the June report mailing and an email went out with instructions to the treasurers and financial secretaries we have on file. If you have not yet done so, please make sure to check your email, review the instructions, and check to make sure you have access to the report.

The reason for this change is so that we can continue to be good stewards of our funds and resources. It costs the organization approximately \$4,500 a year in postage and supplies not including the cost and time of labor. That figure was before the recent postage rate increase. Thank you for your understanding as we make this change.

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### Annual Lodge Liability Insurance

Invoices are being prepared to be sent to lodges for the lodge liability insurance payments that will cover lodges for 8/1/24 – 8/1/25. The invoices will be mailed to the lodge treasurer we have on file and an email alert will be sent to them as well, so please make sure your officer lists are up to date.

Please reach out to [fraternal@sofn.com](mailto:fraternal@sofn.com) with questions or if you don't receive your invoice by the end of September. All payments are due by October 15, 2024. If not received by that date, a \$25 late fee will be applied, and dues will be withheld until the amount owed has been satisfied.

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## Insurance Product News - MYGA

### MYGA – Grow your savings with guaranteed options

You have worked hard to create a lifestyle that is comfortable and that you can be proud of. Whether you choose to travel, volunteer or spend time with friends and family, your retirement years should also be secure and enjoyable!

### Sons Of Norway has a new Multi-Year Guaranteed Annuity

- Select your guarantee period 3, 5 or 7 years
- Protect your principal during market fluctuations
- Tax-deferred growth potential
- Premium payments fully credited to annuity with no fees
- Minimum initial premium \$10,000
- Guaranteed minimum interest rate 4.5 to 4.65% based on year

Talk with your insurance professional today or reach out to our sales team.

(833) 707-0012 – option 2

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## Membership Dues

The membership dues increase went into effect July 1. Please refer to the July Leadership Resource for details regarding the updated dues structure.

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## Membership Applications

Please make sure to use the updated membership applications found on the website:

- [US Application](#)
- [Heritage Membership](#)

- [Norway Application](#)
- [Canada Application](#)

Encourage new potential members to join online for the quickest processing.

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## Paying for Membership

There are three options to pay for your membership:

- Check – annual payment, please put your membership number in the memo
  - Credit Card – annual payment, online only, does not auto renew yearly
  - ACH – monthly payment, automatically made until you end it
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## Grants and Scholarships

Applications will open October 1 for both Sons of Norway Foundation grants and scholarships. This is a great time for your lodge to think about potential projects and for the students to think about paying those tuition bills! Deadline for grants remains 12/31. Deadlines for scholarships vary, so please check the description for each fund, but they are generally early 2025. The applications do take some time to complete, so be sure to allow ample time. Grants are issued spring 2025 and scholarships are issued summer 2025 for the 2025-26 academic year. Questions can be directed to [foundation@sofn.com](mailto:foundation@sofn.com).

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## Together We Are the Future Campaign

The Foundation will hold the Together We Are the Future fundraising campaign October 1 – January 15 again this year. Though many of our grants, scholarships and camperships come from endowed funds, we do rely on support from our community. Please consider making a plan to participate with your fellow members, lodges, districts and communities by making a meaningful gift on our website: [Donate | Sons of Norway](#). Tusen takk!

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Foundation Board of Governors



Would you like to get involved with the Sons of Norway Foundation? The Foundation is governed by a volunteer Board of Governors and is looking to seat the 2025 Board. To learn more about this opportunity, please visit our website: [Join the Sons of Norway Foundation Board of Governors](#).

Applications close September 6, 2024.

*Celebrating Nordic Legacy – Empowering Lives – Sons of Norway Foundation*

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## Leader Training Series

Available trainings:

- *Intro to Sons of Norway – [Intro to Sons of Norway Training](#)*
  - *Sons of Norway Foundation – [Sons of Norway Foundation Training](#)*
  - *Local Lodge Leader Training – [Local Lodge Leader Training](#)*
  - *NEW! Publicity Training – [Publicity Training](#)*
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## How to Contact Us



Wondering who to reach out to with your questions?

Foundation, Scholarships & Grants

Amy Tuchenhagen

[foundation@sofn.com](mailto:foundation@sofn.com)

[atuchenhagen@sofn.com](mailto:atuchenhagen@sofn.com)

(612) 821-4655

Fraternal & Membership

Connie O'Brien and Kirsten Lehman  
[fraternal@sofn.com](mailto:fraternal@sofn.com)  
(612) 821-4643

Culture, Viking & Language:  
Jana Velo  
[jvelo@sofn.com](mailto:jvelo@sofn.com)

Insurance Sales:  
Ryan Bernard  
[sonsofnorwaysales@sofn.com](mailto:sonsofnorwaysales@sofn.com)  
(833) 707-0012 – option 2

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If you have questions about any of the topics in this issue, or if you would like to share a programming/recruitment tool that your lodge uses, contact us at [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com).

Fraternally,

Sons of Norway

### **Other Dates to Note (changes in red)**

**Today!!!- Reply if you want to serve on the Masse Moro Task Force**

August 20- Viking Photos due to LaVonne Wier

September 20- Viking Photos due to LaVonne Wier

October 20- Viking Photos due to LaVonne Wier

November 8-9- District 5 Board Meeting- northern IL (Chicago area)

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos 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.
- **Foundation, Scholarships & Grants- Amy Tuchenhagen**  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhagen@sofn.com](mailto:atuchenhagen@sofn.com), (612) 821-4655
- **Fraternal & Membership- Connie O'Brien and Kirsten Lehman**  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643

- **Culture, Viking & Language: Jana Velo**  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- **Insurance Sales: Michael Godbout**  
[sonsofnorwaysales@sofn.com](mailto:sonsofnorwaysales@sofn.com), (833) 707-0012 – option 2
- 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

**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 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@sonsofnorway.com](mailto: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.