

**Sons of Norway District 5 - Friendly Fifth Friday News  
December 13, 2024**

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

**Birkie Time! Message from Sports Director Clara Solak**

It's that time again! Barnebirkie will be held on Thursday, Feb 20th in downtown Hayward, WI. There are many ways to help us out! We have a cookie goal this year of 900 dozen! So we need those donations!

There are several drivers in southern Wisconsin heading up to Barnebirkie transporting cookies. If there are any donated cookies in Central Illinois or beyond they would have to make their way up to me in the northwest suburbs of Chicago.

Too far away? Monetary donations for the D5 Legacy Foundation are greatly appreciated. Funding from this Foundation helps to support cultural activities, including Barnebirkie!

As always we need volunteer/workers in the cookie tent - please contact me if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner. Contact me at [Clara.Solak23@gmail.com](mailto:Clara.Solak23@gmail.com). Heading up to Hayward to help? Volunteers should make their reservations now.

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 \_\_\_\_\_



Saturday, February 15, 2025

## **District 5 Information Event**

**Who? Any member of the 5th District**

**What? Latest information and updates from the home office, the District 5 Board of Directors, and our local lodges**

**Why? Our district leaders and membership have asked for the latest news from the home office, including the SofN Foundation.**

**Where? This activity will be held via Zoom from the comfort of your home; we look forward to seeing you!**

**When? 9 AM Central Standard Time**

**\* As the agenda finalizes, it will also be shared via the *FFFNews*. Stay tuned!**

Tusen takk,

Cheryl Wille-Schlesser  
President, D5  
608-219-4464 (Please leave a voice message.)  
[cwschlesser200bc@gmail.com](mailto:cwschlesser200bc@gmail.com)



It's time for the December photo submissions. Please get them to me by **December 20th**.

I have **NEWS** for **YOU!!** After coordinating with the Publicity Committee, the District Board, and our super-duper D5 webmaster, Christina Fairchild, we have decided something. As you all know, only one or two from our district make it into the Viking. Some may end up on the Sons of Norway "Happenings" area on the website.

Any worthy photos (and most of them are) will be sent to Christina when I send them forward to the Viking. She will post the photos on the ***D5 website!*** **Everyone will be able to see and enjoy your photos, despite them not being printed in the Viking!**

We should be able to see what is going on in each other's lodges, and delight in seeing ***your*** photo published after you went to the work of submitting it to me. I ***LOVE*** it!!!

Remember not to edit your photos when you send them in, and include the Photo Submission Form.

**NOW, to a different subject:**

Many of your lodges have a Sunshine Chairman. Each lodge does a little or a lot with that position. We talked about what more could be done for our lodge members. Suggestions were:

- Funeral cards and flowers for the family of a deceased member.
- Birthday cards for members
- Flowers for special birthdays
- Telephone calls to say hello (could be the lodge president or someone else)

For the members without email, we should remember to snail mail notices, newsletters and meeting minutes that were sent electronically. For those who are shut-in and in nursing homes, keep them informed of the lodge business and activities. They might not be able to participate, but they would like to know what is happening!

Our Fagernes Lodge president gives a ride to the meetings for some of our members in the local nursing home. It would be appreciated when we remember those who no longer drive, and offer them a ride to the meetings. Goody bags and other items could be brought to their residence for special occasions.

If you have an idea to share, please do so! We don't want those who can't attend to feel like they are forgotten.

I call this project, which has no beginning or end:

I'm looking forward to your photos coming to my inbox in the next few days.

Here is the Photo Submission Form:



## 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 those 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:

# Newsletter Service- What would be helpful? Your input is wanted!

## Log in and check out the resources at:

[https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/communications\\_tool\\_kit/newsletter\\_content/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/communications_tool_kit/newsletter_content/)

## Communications Tool Kit

Here are resources to help lodges connect with members and the community, keeping them informed about news and events, while enhancing their relationship with Sons of Norway.



## Newsletter Service

Need help with your lodge newsletter? Take a look through these archived newsletters and ready-to-use content.

You can download the content in two formats:

# 2024

- January/February

Word Doc

Google Doc

## An Example of the MS Word Document:

Newsletter Service  
January/February 2024

JANUARY ISSUE

### 15 Fun Facts About Norway

1. Norway is home to the world's longest road tunnel, the [Lærdal Tunnel](#), which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams [Hardangervidda](#), Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

Source: [25 Fascinating Facts About Norway \(lifeinnorway.net\)](#)

Article photo for download:  
<https://www.pexels.com/photo/buildings-near-body-of-water-3916014/>

### Combatting the Long Winter

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.

Article photo for download:  
<https://www.pexels.com/photo/black-concrete-road-surrounded-by-trees-with-snow-724773/>

Do you use the newsletter service? If so, what do you like best about it? Are there ways to improve it? Things to add? Different formats? Add photos?

If you don't use it, why not? What would help you with lodge publicity needs?

Input should go to Kirsten Lehman at the home office. Email her at [KLehman@sofn.com](mailto:KLehman@sofn.com)!



## **D63 Officer Updates for 2025**

🔗 **Online:** Your Lodge Officer Roster and lodge meeting information must be updated online at [www.sonsofnorway.com](http://www.sonsofnorway.com). Detailed instructions are on the reverse of this sheet.

Both Sons of Norway Headquarters and your district secretary are able to access your information from the website.

😊 **No Changes?** Please still visit the Officer Update section on our website and confirm the no changes option.

👉 **Deadline - December 31st:** Timely reporting of this information to Fraternal assures that your lodge's information will be correct in the Sons of Norway Headquarters database and in the online directory. Also, lodges meeting this deadline will score points towards the Lodge of the Year and Gold/Silver/Bronze merit awards.

If the deadline is approaching and your lodge hasn't reported its new officer roster, please submit the information you have and/or contact Fraternal. Changes made after the 12/31 deadline should still be reported, though these updates may not be reflected in the new district directories.

📌 **NOTE:** Your 2025 officer roster and lodge location changes will not appear in the online lodge directory or be active in the Sons of Norway Headquarters system until 1/15/2025. Year-end reports and forms from Headquarters will be sent to 2024 officers.

😊 **Questions:** Contact Fraternal at Sons of Norway Headquarters by phone at 1-800-945-8851 extension 4643 or by email at [fraternal@sofn.com](mailto:fraternal@sofn.com).



## Officer Updates Online

### To Update Your Officer Roster:

Sign on to [www.sofn.com](http://www.sofn.com) with your username and password.

Click "Lodge Officer Updates" on the menu to the left of your name on your Profile Page.

To register your 2025 Officer Roster, click on the "Officers" button.

- **No changes?** Click the "No Changes for Upcoming Year" button at the top of the page.
- Adding a completely **new officer position** in 2025? Click "Add a new position" and then enter the title and member number of the person filling the office. Hit "Submit." Then hit "Save the Changes."
- To record a **change in officer**, delete the member number of the outgoing officer and type in the member number of the incoming officer. (The names will NOT change on the screen at this point.)
- If your lodge is **eliminating a position**, click the "Remove this position" button for that entry.
- Once you have made ALL your changes, click the "SUBMIT CHANGES" button at the bottom of the page.
- You will see a list of your changes. If they are correct, click "Save the Changes." Both Sons of Norway Headquarters and the District Secretary will receive a notification email.
- Your 2025 roster of officers has been recorded!

### To Update Your Meeting Information:

Click "Lodge Officer Updates" from the menu to the left of your name on your Profile Page:

- Click the "Change Meeting Information" button.
- Make your changes and click the "Save" button.

All lodges should affirm or change their lodge officer rosters by December 31.

Please contact Fraternal at 612-821-4643 or [fraternal@sofn.com](mailto:fraternal@sofn.com) with any questions.

**\*Please note that changes will not be live on the website until 1/15/2025**



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

December 20- Viking Photos due to LaVonne Wier

December 31- D63 Officer Election Reports Due

### **December 31 International Deadlines**

- Lodge Officer Update/D63 information is due to Membership Services at Sons of Norway Headquarters.
- Any new members joining online must sign-up to be included in year end totals.
- Application deadline for:
  - Lodge Helping Hands to Children Grant
  - Lodge Culture and Heritage Grant
  - Community Partnership Grant
  - Lodge Vitality Grant

## **2025 Calendar**

**January 15** Deadline — International travel scholarship applications due to Sons of Norway Foundation:

- Douglas Warne – Rolf & Wenche Eng Scholarship
- Helen Tronvold Folk High School Scholarship
- Lund Fund Scholarship
- Oslo International Summer School Scholarship

January 20- Viking Photos due to LaVonne Wier

## **February 15- District 5 Information Event – 9 AM CST**

### **February 15**

Deadline — Domestic scholarship applications due to Sons of Norway Foundation:

- Astrid G. Cates Scholarship
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Scholarship
- Nancy Lorraine Jensen Memorial Scholarship
- Orel and Marie Winjum Memorial Scholarship
- Elaine Nelson Scholarship
- District 4 Scholarship
- Nordkap Lodge 3-215 Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund

February 20- Viking Photos due to LaVonne Wier

February 20- Barnebirkie Race in Hayward, WI

### **March 15**

- D17 electronic financial form is due from the lodges and districts to Sons of Norway headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due using Survey Monkey.
- American Fraternal Alliance (AFA) reporting due using Survey Monkey.

- D64 Lodge Property Officer updates are due.

March 20- Viking Photos due to LaVonne Wier

April 20- Viking Photos due to LaVonne Wier

### May 15

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

May 17- Masse Moro Lodge Supporting Grants Due

May 17- Masse Moro Registrations Due

May 20- Viking Photos due to LaVonne Wier

June 20- Viking Photos due to LaVonne Wier

July 13-26- Masse Moro- Youth Heritage Camp in Fall Creek, WI

July 20- Viking Photos due to LaVonne Wier

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 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: Lori Gubash**  
[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.

**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.