

Friendly Fifth Friday News

December 23, 2022

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!



On behalf of the entire District 5 Board of Directors and our families, I wish you and yours a *hjertelige God Jul!* Since the June 2022 Convention, the board has faced many challenges. I am happy to report that most seats are full with the exception of an alternate Zone 1 Director and an alternate Youth Director. If you can assist us in filling these positions, we would be appreciative. Attendance at the District Convention is not required for you to help.

I am thrilled to report that Fosselyngen Lodge in Milwaukee, WI, has donated \$5,000 to bolster the budget for the Adult Heritage Weekend. The 2023 event will be held in Norway, IL. Members of the district board with links to northern Illinois lodges will be helpful in making our second event one to write home about. Their knowledge of groups and individuals skilled in Norwegian arts and crafts, music, dance, and the culinary arts is paramount to our success.

I will be working with the leadership from Polar Star and Cleng Peerson Lodges to plan the October adult event. Our date has not been set, but it will be later in the month so our guests can enjoy fall color in the Fox Valley and the area near Ottawa, IL. Secretary Darlene Arneson will send out a survey in the New Year asking for suggestions of local authors, speakers, classes, and other opportunities that our members would like to see added to the agenda.

ZONE DIRECTORS

Zone directors should be in the beginning stages of planning a lodge leader seminar for your area. In Zone 3, our tentative date is Saturday February 11, 2023.

- If your zone is too large geographically or health concerns make meeting impractical, I would suggest holding a virtual meeting for your members.
- Communicate the date of your meeting via the FFFNews.
- Share a communique with local lodge presidents who in turn can contact their members.
- Ask for teams of participants from each lodge to attend.
- Lodge presidents should ask their members for topic input.
- Contact speakers you wish to participate. Please know that the district board officers, our international director, and other directors (sports and rec., heritage and grants/Masse Moro, Foundation, fundraising, publicity, and cultural) are all available to assist you.

We want and need your ideas! With a change in district lodge funding from the international office comes the need to increase our fundraising dollars. If you have ideas of products or items you would like to add to our district lodge store, please send your suggestions. Portions of the money we raise will help us to hold the 2024 Convention. The Convention Site Committee has narrowed down the options and will be sharing the city of our convention soon.

*If you have one of two people remaining on your giving list and you don't know what to choose, consider a membership in the Sons of Norway! It is a perfect options for an entire family, include the little ones. Remember that a family includes all persons living at the same address whether related or not.

I want to also remind our members with youth in college or planning to attend next fall that there are numerous District 5 scholarships available, as well as many from the international office. Go to the sonsofnorway5.com site for district scholarship information. Enter the SofN.com website/Foundation to learn more about what is offered.

If your lodge needs to revitalize, has an idea for a cultural grant, or wants to work on a special community project, grants are available thru the Foundation. Deadlines are approaching quickly; some are December 31, 2022. Do not delay!

I am expecting pricing from the Hurtigruten coastal ferry company in February. If you would like to join me for this excursion along Norway's coastline, stay tuned. As soon as I receive information-you will be the first to know!

Tusen takk for all you do to keep our district vibrant and growing,

Cheryl Wille-Schlesser
District 5 President
200 Beth Circle
Mt. Horeb, WI 53572
608-219-4464
cwschlesser200bc@gmail.com

Foundation Updates!

December 31 – several grant applications close- <https://www.sofn.com/foundation/grants/>



Grants

1455 West Lake Street
Minneapolis, MN 55408
Toll-free: 800-945-8851
Fax: 612-827-0658
www.sonsofnorway.com

In keeping with our values of building the heritage of the future, sustaining the link to contemporary Norway and fostering a cohesive community of generosity, the Sons of Norway Foundation awards over \$20,000 in grants annually. Please go to www.sonsofnorway.com/foundation for full guidelines.

Applications open October 1 annually.

Name of Grant	Deadline	Lodge/Member Requirement?	Maximum Award	Purpose
Community Partnership	12/31	No	\$1,000	Grant for non-members to apply for support for a Norwegian culture/heritage event, project or program
Helping Hands to Children	12/31	1 year	\$1,000	Grant for lodges to partner with local schools to support children or to hold Norwegian culture/heritage event, project or program for children at their lodge/in their community
Lodge Heritage and Culture	12/31	1 year	\$1,500	Grant for lodges to implement a Norwegian culture/heritage event, project or program
Lodge Vitality	12/31	1 year	\$1,000	Grant for lodges to improve facilities and/or equipment or boost recruitment efforts
Helping Hands to Members Disaster Relief	Rolling basis	1 year	\$5,000	Supports members whose homes were significantly damaged & are displaced due to natural disaster
Helping Hands to Members Unreimbursed Medical Expense Assistance	Rolling basis	1 year	\$5,000	Grant for members who have unreimbursed medical expenses due to extreme illness or injury

Together We Are The Future- Remember to Discuss Foundation Donations at your lodge meeting!

We are now at \$108,397, which is below where the goal was for the 2022 campaign. They are accepting contributions through January 15 to be counted.

As of December 16, these lodges have sent in contributions of \$100 or more:

District 1	District 2	District 3	
1-000 District Lodge 1	2-000 District Lodge 2	3-410 Nansen	
1-008 Synnove Nordkap	2-021 Wergeland	3-427 Nor Bu	
1-012 Hemskringla	2-029 Abel	3-467 Norrona	
1-018 Sagatun	2-046 Bernt Ballchen	3-522 Hampton Roads	
1-047 Kristiania	2-094 Hovedstad	3-566 Bern Balchen	
1-070 Snorre	2-106 Bothel	5-630 Southern Star	
1-482 Kong Sverre	2-129 Eavendalen	3-646 Bla Fjell	
1-538 Stavanger		3-664 Maine Nordmenn	
1-547 Solglimt			
1-483 King Olav V			
1-559 Venekretsen			
1-585 Nordmarka			
1-596 Marsteinen			
1-638 Nortonna			
District 4	District 5	District 6	
4-000 District Lodge	5-028 Wergeland	6-014 Bjornterne Bjornsen	
4-025 Kringen	5-029 Loven	6-049 Andrew Furuseth	
4-086 Bjarne	5-074 Idun	6-107 Fjellhem	
4-247 Weegeland	5-314 Mandt	6-133 Desert Fjord	
4-424 Normanden	5-378 Nordkap	6-134 Sol Byer	
4-478 Mollargutten	5-417 Trollhaugen	6-162 Fjellallen	
4-507 Normont	5-472 Polar Star	6-167 Nordic Pines	
4-524 Fjell Heim	5-491 Norse Valley		
	5-534 Fossen		
	5-544 Nordland		
	5-556 Elvedal		
	5-600 Scandiana		
	5-609 Myrmarken		
	5-610 Askeladden		
	5-632 Gronvik		
	5-642 Ostestaden		
	5-657 Grieg		

Donate today- <https://www.sofn.com/foundation/donate/>

Scholarship Application Tips

Suggestions For Filling Out Scholarship Applications

1. Treat the application as if it is a job application. Be thorough in completing all parts of the application.
2. In the essay explain what connection that you have to Sons of Norway, the Norwegian community, or exposure to the Norwegian culture. Why were you drawn to applying for a Sons of Norway Foundation Scholarship?
3. How did you find out about Sons of Norway Foundation Scholarship and/or what do you know about the Sons of Norway Foundation? Show that you did more research than just a standard google search.
4. In the essay be sure to specifically address each of the key points mentioned in the instructions for the Essay Section.
5. Explain why you chose your course of study as well as the school you want to attend. It is ok to be undecided but show how you are working toward making a decision
6. Emphasize your volunteer work.
7. Be specific on how you plan to use your education in the future. Be realistic.

<https://www.sofn.com/foundation/scholarships/>



Scholarships

1455 West Lake Street
Minneapolis, MN 55408
Toll-free: 800-945-8851
Fax: 612-827-0658
www.sonsofnorway.com

In keeping with our values of commitment to life-long learning and service and funding innovative individuals and opportunities, the Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. Please go to www.sonsofnorway.com/scholarships for full guidelines.

Applications open October 1 annually.

Name of Scholarship	Deadline	Country of Study	Age Range	College Credit Needed	Gender	Field of Study	Son of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
Astrid G Cates	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$1,500	T/V	USA
Bernt Anker	3/1	USA	17 -25	None	N/A	Any	N/A	4 years	\$3,000 per year	U	USA
Dan & Betty Rude Scholarship	3/1	USA	17 -26	One full year	N/A	Elementary Education	N/A	1 year	\$3,000	U	USA
Douglas Warne-Rolf & Wench Eng	1/15	Norway	Any	One full year	N/A	Any	N/A	1 year	\$3,000	FHS/OISS/U	Canada or USA
Elaine Nelson	3/1	USA	17 -26	None	N/A	Education, Agriculture, or Business	Member or Child/Grandchild of Member for 1 year	1 year	\$3,000	U/G	USA, Canada, or Norway
Helen Tronvold Folk High School	1/15	Norway	17 -26	None	N/A	Folk High School	1 year	1 year	\$3,000	FHS	USA
King Olav V Norwegian-American Heritage	3/1	Norway or USA	17+	None	N/A	Scandinavian studies in USA or program in Norway	N/A	1 year	\$5,000	G/U	USA

FHS - Folk High School
T/V - Technical/Vocational
U - Undergraduate

G - Grad School
OISS - Oslo International Summer School

Name of Scholarship	Deadline	Country of Study	Age Range	College Credit Needed	Gender	Field of Study	Son of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
King Olav V for Norwegian Citizens	3/1	USA	17+	None	N/A	Any	N/A	1 year	\$3,000	G/U	Norway
Lund Fund	1/15	Any country	17+	None	N/A	Any	1 year	1 year	\$3,000	U/FHS	USA
Myrtle Beinhauer	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
Nancy Lorraine Jensen Memorial	3/1	USA	17 - 35	One term	Female	Specific Science or Engineering	3 years	1 year	100% tuition	U	USA
Orel & Marie Winjum Memorial	3/1	USA	17+	None	N/A	Any	N/A	1 year	\$2,500	U	USA
Oslo International Summer School	1/15	Norway	17 -26	None	N/A	Any at Oslo International Summer School	1 year	1 term	\$2,500	OISS	USA
Sissel and Roger Espeland Memorial	3/1	USA	17 -26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
District 4	3/1	USA, Canada or Norway	18+	None	N/A	Any	Must be D4 adult member	1 year	\$1,000	FHS/OISS/U	Canada or USA

FHS - Folk High School
 T/V - Technical/Vocational
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One more week to get those D63 Officer Election Forms – Due Dec 31

It is time to update your lodge officer rosters for 2023!

To record your new officers or to let us know there are no changes, please sign on to www.sofn.com with your username and password:

1. Once you have signed on, click on the word 'Profile' at the top of the page to enter your membership profile.
2. On your membership profile, Click "Lodge Officer Updates"
3. Click 'Change Meeting Information' if the location or time of your meetings will change for 2023.
4. Click 'Officers' to change your officer roster. You will need member numbers for new people taking over offices in 2023.
5. IF you have no changes click 'No Changes for Upcoming Year'.
6. If you are adding a new officer position, for example if you didn't have a Youth Director in 2022 but WILL have a Youth Director in 2023, click 'Add a New Position'. Then choose the title and add the member number for the person taking on the new office. Click Submit. Then click, Save the Changes.
7. If you are removing a position for 2023, click the box 'Remove this position' under the title of the office.

8. To record the new member holding an officer for 2023, type their member number in the Officer Member No. box. Add all the new officers before going to the next step. The names will NOT change on the screen in front of you.
9. Click 'SUBMIT CHANGES'
10. Click 'Save the Changes.'

The new changes will not go into effect until 01/15/2023. If you need to make changes that will go in place immediately, please contact Sons of Norway Headquarters.

If you need to make changes to officers' addresses, phone numbers or emails, please also contact Headquarters.

For help or questions, contact Sherry Gorse at 612 821 4643 or fraternal@sofn.com

Sherry Gorse

Lodge Support Services

Direct 612.821.4643 | Fax 612.827.0658 fraternal@sofn.com

1455 W Lake St, Minneapolis, MN, 55408

612-827-3611

800-945-8851

Deadlines and Dates! Changes in red!

- December 31- D63 Officer Election reports due to International or online
- **December 31- SN Foundation Grants due (all except Disaster and Medical grants)**
- January 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- **January 15- Some SN Foundation Scholarships Due (see deadline list- <https://www.sofn.com/foundation/scholarships/>)**
- February 3- Zone 3 meeting in Monroe
- February 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- **March 1- Some SN Foundation Scholarships Due (see deadline list- <https://www.sofn.com/foundation/scholarships/>)**
- March 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- April 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- April 14-16- Spring District 5 Board Meeting in southern Illinois
- May 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- June 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com
- July 10- Photo submissions for the Viking to LaVonne Wier at 2nor1rus@gmail.com

Viking Chest / Immigrant Trunk Schedule

Oct 2022 to Apr 2023:

Chest--zone 1

Trunk--zone 2

Apr 2023 to Oct 2023:

Chest--zone 4

Trunk--zone 3

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@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