

Sons of Norway District 5 - Friendly Fifth Friday News December 27, 2024

A District Weekly Newsletter to Keep Us Up to Date!

Don't forget! December 31 deadlines



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

One last call for Sons of Norway Foundation grants!

Grant applications are due 12/31/24. This is an opportunity for lodges to get a boost to their budget for 2025! To learn more, visit our website Grants page [Grants | Sons of Norway](#) and click on the red "Apply Now" button.

Lodge Culture & Heritage grant – eligible projects include cultural classes or presentations, documentation of cultural history or hosting visiting performance groups.

Lodge Vitality grant – examples include replacement of failing equipment that may be vital to the lodge's meetings, new initiatives to increase membership or a new program to engage younger audiences.

If there are any questions, email foundation@sofn.com. Happy holidays everyone!
Amy

Amy (Olson) Tuchenhagen
Director, Sons of Norway Foundation
Direct 612.821.4655 ATuchenhagen@sofn.com

A few D63 reminders:

- If you don't have any changes or didn't elect officers this year, you still have to report. Just log in and to the Lodge Officer section, and at the top, click "No changes".
- If for some reason, your elections aren't until January. Don't hold up the process. Just check "No changes" for now and when you do your elections, then do the reporting. You can actually make changes throughout the year if you have any changes.
- You will need the membership numbers of the new officers to make changes so have that list ready before you start!
- If you have co-officers (especially President, Secretary or Treasurer), let the home office know which is the primary as they use one per lodge for important notices and follow up.
- What happens next?
 - Once all District 5 lodges report, Darlene will notify the home office.
 - Once all Districts have all their lodges reporting, they will roll over the website and then you'll see the changes.
 - Once that happens, the District Secretaries will get a copy of our complete officer lists and then I'll do the District 5 Directory.
 - If all goes as planned, the website should roll over by the second week of January and I'll get the directory done shortly after that!



D63 Officer Updates for 2025

🔗 **Online:** Your Lodge Officer Roster and lodge meeting information must be updated online at 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.

Officer Updates Online

To Update Your Officer Roster:

Sign on to 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 with any questions.
***Please note that changes will not be live on the website until 1/15/2025**

Julebukking: December's Trick or Treating



Although Halloween has come and gone, there is still time to participate in the Scandinavian Christmas version of trick-or-treating known as *julebukking*. *Julebuk* translates to “Yule goat” and was brought to the United States by Norwegian and German immigrants. It originated in Norway during Viking times to honor the god Thor, as he would often travel in a goat-drawn chariot. As part of the [pagan celebrations](#), a person would carry a goat head, dress in goatskin, and burst in on the party.

Over the years julebukking has taken on a few different forms. It usually occurs between Christmas and New Year’s. In one of the more common forms, julebukkers would dress in masks, hats, costumes, etc. and travel from door to door making their friends and neighbors guess who was behind the mask. They often would disguise their voices to make it even more difficult. Once their identities were revealed, they would be gifted candy, cookies, or holiday treats and continue to the next house. In [another version](#) from the early 20th century, julebukking involved dressing up with a group of friends, going house to house, and singing in exchange for alcohol. It’s said that this version died out due to Prohibition. A more festive form of julebukking includes singing Christmas songs from door to door and is one of the more common forms of julebukking in present day.

Although some say julebukking ended in their towns around the mid-20th century, others boast that it continues to this day. In fact, it is still observed in some [rural Midwest towns](#) such as Stoughton, WI, Decorah, IA, and Spring Grove, MN. What these places have in common is a large population of people of Scandinavian descent.

If you’ve never tried julebukking or want to spruce up your yearly Christmas caroling, it is great fun and helps tie us to our ancestral traditions.

By [Linnea Henning](#) | December 14th, 2021 | Categories: [Blog](#) | [Comments Off](#)

Other julebukking articles and resources:

- <https://www.curiositymag.com/2018/12/19/julebukking-norse-tradition/>
- <https://www.tptoriginals.org/terrific-or-terrifying-a-primer-on-the-scandinavian-tradition-of-julebukking/>
- <https://www.livinganordiclif.com/post/julebuk>
- <https://heidivanheel.com/2015/01/01/holiday-celebrations-julebukking/>

A few more things we've learned about julebukking!

Who to Julebukk to?

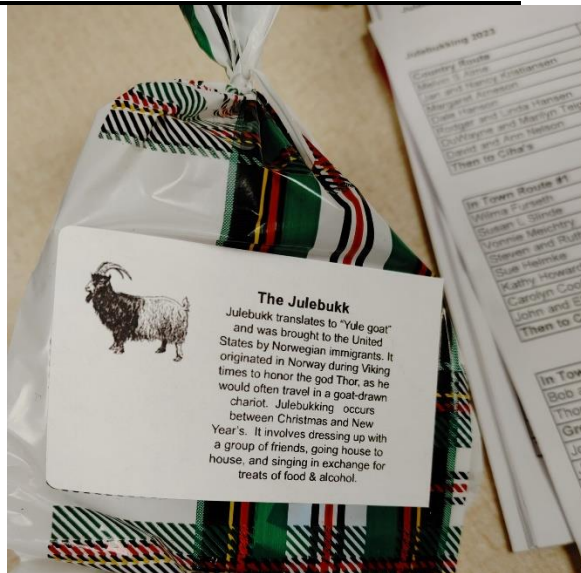
- Mandt Lodge downloads our membership list and sorts it by age. We julebukk to our “older” members and to those who aren't able to get to meetings anymore.
- Retirement communities, nursing homes and assisted living- especially where you have members.
- To prospective or past members and leave a “come visit us” card with upcoming activities or meeting information.
- To any of your members!

When- Remember to do it between Christmas and New Years!

If you are lucky, the host will treat you with goodies or adult beverages!

What to take along? Here are some ideas!

- Candy or baked goods
- A note from your lodge explaining what you are doing and wishing them a Happy New Year
- A small gift from your lodge – flowers, things with logo, useful items



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

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.
- **Foundation, Scholarships & Grants- Amy Tuchenhagen**
foundation@sofn.com, atuchenhagen@sofn.com, (612) 821-4655
- **Fraternal & Membership- Connie O'Brien and Kirsten Lehman**
fraternal@sofn.com, (612) 821-4643
- **Culture, Viking & Language: Jana Velo**
jvelo@sofn.com
- **Insurance Sales: Lori Gubash**
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
- For issues with passwords or website use 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) and District (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 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.