

Sons of Norway District 5 - Friendly Fifth Friday News December 6, 2024

A District Weekly Newsletter to Keep Us Up to Date!

Don't forget to report your officer elections or check "no changes" if you don't elect this year!



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**

Don't forget- SN Foundation grants are due December 31

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



Community Partnership Grant

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Grant Background

The Community Partnership Grant is funded through the Heritage and Culture Fund which was established in 1987. This fund was initially supported by Her Majesty Queen Sonja of Norway who lent her name to an early fund-raising effort. The Crown Princess Sonja pendant was issued in sterling silver and gold and was awarded to individuals or lodges who support this fund according to certain specifications. The number of grants awarded from this fund has increased through the years due to the continued support of our generous members and friends.

Maximum Award

The maximum award is \$5,000.

Eligible Applicants

This grant is open to individuals or groups from Norway and the United States who wish to share their Norwegian heritage and culture through the project for which they apply for funding.

Eligible Projects

Projects that promote and preserve the culture and heritage of Norway are eligible. Examples of previously funded projects are cultural classes or presentations, documentation of local cultural history, hosting of visiting performing groups, etc.

Timeline

Applications must be for programs or projects that take place between January 2025 – March 2026.

Applications

All applications for Community Partnership Grant must be written in English and be submitted online at our website, www.sonsofnorway.com/foundation/grants. Paper applications will NOT be accepted.

Each application must include:

- a narrative statement of 500 words or less that summarizes the importance of the project,
- a completed budget that states the exact dollar amount requested,
- the contact information of the person making the request,
- two letters in support of the project,
- the payable information including an address to send payment if an award is granted.

Letters of Support

Please provide email addresses for two different people to write a letter in support of your project. They will receive a link to provide this letter online along with instructions from the Foundation via email.



Community Partnership Grant

Award Selection

Winners are selected through a review committee appointed by the Sons of Norway Foundation. Award decisions are based upon observance of one or more of the Sons of Norway Foundation's core values and how the proposed program or project will promote Norwegian culture. The Foundation's core values are: (1) Building Nordic culture and heritage for the future; (2) Committing to life-long learning and service; (3) Demonstrating compassion for our members in need; (4) Sustaining the link to contemporary Norway; (5) Fostering a community of generosity.

Grant Timeline

To be considered for the 2024-25 grant season, all Community Partnership Grant applications must be submitted online by 11:59pm PT, December 31, 2024.

Notifications of awards will be made in Spring 2025.

Payment to award recipients will be made in late Spring 2025.

Award Notification and Payment

Notification of a grant award will come via e-mail to the individual who applied for the grant in Spring of 2025. Payment for the grant will be mailed to the address provided on the application. Incomplete information in this section of the application may result in a delayed award. In the occurrence that a recipient does not respond to the request for payment address within 4 weeks the award may be forfeited.

Recipient Requirements

The Sons of Norway Foundation requires that a simple report be completed so we may gather information regarding the effectiveness of our grant program. To find this report, log back into your account and it will appear as a "follow-up" assignment. You must log back into your account to complete the report by December 31, 2025 to be eligible for future funding. If your program/project is to take place in January-March of 2026, please provide a progress update within the requested report.

Questions

Questions may be directed to the Foundation at grants@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation grant.



Lodge Culture and Heritage Grant

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Grant Background

The Lodge Culture and Heritage Grant is funded through the Heritage and Culture Fund which was established in 1987. This fund was initially supported by Her Majesty Queen Sonja of Norway who lent her name to an early fund-raising effort. The Crown Princess Sonja pendant was issued in sterling silver and gold and was awarded to individuals or lodges who support this fund according to certain specifications. The number of grants awarded from this fund has increased through the years due to the continued support of our generous members and friends.

Maximum Award

The maximum award is \$1,500. However, the average award is \$500-\$750.

Eligible Applicants

Lodge Culture and Heritage Grants are only available to Sons of Norway Lodges. All lodges in the Canada, Norway and the United States are eligible to apply.

Eligible Projects

Projects that promote and preserve the culture and heritage of Norway are eligible. Examples of previously funded projects are cultural classes or presentations, documentation of local cultural history, hosting of visiting performing groups, etc.

Timeline

Applications must be for programs or projects that take place between January 2025 – March 2026.

Applications

All applications for Lodge Culture and Heritage Grant must be written in English and be submitted online at our website, www.sonsofnorway.com/foundation/grants.

Each application must include:

- a narrative statement of 500 words or less that summarizes the importance of the project,
- a completed budget that states the exact dollar amount requested,
- the contact information of the person making the request,
- the name of the lodge president and treasurer and their contact information.



Lodge Culture and Heritage Grant

Award Selection

Winners are selected through a review committee appointed by the Sons of Norway Foundation. Award decisions are based upon observance of one or more of the Sons of Norway Foundation's core values and how the proposed program or project will promote Norwegian culture. The Foundation's core values are: (1) Building Nordic culture and heritage for the future; (2) Committing to life-long learning and service; (3) Demonstrating compassion for our members in need; (4) Sustaining the link to contemporary Norway; (5) Fostering a community of generosity.

Grant Timeline

To be considered for the 2024-25 grant season, all Community Partnership Grant applications must be submitted online by 11:59pm PT, December 31, 2024.

Notifications of awards will be made in Spring of 2025.

Payment to award recipients will be made in late Spring 2025.

Award Notification and Payment

Notification of a grant award will come via email to the individual who applied for the grant, the Lodge President and the Lodge Treasurer.

Payment for the grant will be mailed to the Lodge Treasurer. It is greatly appreciated if you notify the Foundation when you receive the payment.

Recipient Requirements

The Sons of Norway Foundation requires that a simple report be completed so we may gather information regarding the effectiveness of our grant program. To find this report, log back into your account and it will appear as a "follow-up" assignment. You must log back into your account to complete the report by December 31, 2025 to be eligible for future funding. If your program/project is to take place in January-March of 2026, please provide a progress update within the requested report.

Questions

Questions may be directed to the Foundation at grants@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation grant.



Lodge Vitality Grant

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Maximum Award

The maximum award is \$1,500.

Eligible Applicants

Lodge Vitality Grants are only available to Sons of Norway Lodges. All lodges in the Canada, Norway and the United States are eligible to apply.

Eligible Projects

The Lodge Vitality Grant was created to "give lodges a boost" in their operating budget that they would not likely receive from other sources. Examples include replacement of aged or failing equipment that may be vital to the lodge's meetings/programs, new initiatives to increase membership, a new program to engage younger generations, etc.

Timeline

Applications must be for programs or projects that take place between January 2025 – March 2026.

Applications

All applications for Lodge Vitality Grant must be written in English and be submitted online at our website, www.sonsofnorway.com/foundation/grants.

Each application must include:

- a narrative statement of 500 words or less that summarizes the importance of the project,
- a completed budget that states the exact dollar amount requested,
- the contact information of the person making the request,
- the name of the lodge president and treasurer and their contact information.

Award Selection

Winners are selected through a review committee appointed by the Sons of Norway Foundation. Award decisions are based upon observance of one or more of the Sons of Norway Foundation's core values and how the proposed program or project will promote Norwegian culture. The Foundation's core values are: (1) Building Nordic culture and heritage for the future; (2) Committing to life-long learning and service; (3) Demonstrating compassion for our members in need; (4) Sustaining the link to contemporary Norway; (5) Fostering a community of generosity.



Lodge Vitality Grant

Grant Timeline

To be considered for the 2024-25 grant season, all Lodge Vitality Grant applications must be submitted online by 11:59pm PT, December 31, 2024.

Notifications of awards will be made in Spring 2025.

Payment to award recipients will be made in late Spring 2025.

Award Notification and Payment

Notification of a grant award will come via email to the individual who applied for the grant, the Lodge President and the Lodge Treasurer.

Payment for the grant will be mailed to the Lodge Treasurer. It is greatly appreciated if you notify the Foundation when you receive the payment.

Recipient Requirements

The Sons of Norway Foundation requires that a simple report be completed so we may gather information regarding the effectiveness of our grant program. To find this report, log back into your account and it will appear as a "follow-up" assignment. You must log back into your account to complete the report by December 31, 2025 to be eligible for future funding. If your program/project is to take place in January-March of 2026, please provide a progress update within the requested report.

Questions

Questions may be directed to the Foundation at grants@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation grant.



Helping Hands to Children Grant

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Grant Background

The Helping Hands to Children Grant supports lodge member activities in local schools and other venues. Grants are made from the Sons of Norway Foundation's Humanitarian Fund, established in 1997. We gratefully acknowledge the patronage of HRM, King Harald V of Norway, for being instrumental in its original funding.

Maximum Award

The maximum award is \$1,500.

Eligible Applicants

Helping Hands to Children Grants are only available to Sons of Norway Lodges. All lodges in the Canada, Norway and the United States are eligible to apply.

Eligible Projects

The Helping Hands to Children Grant will provide matching funds to be used to establish educational programming and/or mentoring for children. Examples of eligible projects are: Adopt-A-School, Barnas Norsk Klubb, children's heritage programming, books for reading programs, school equipment, mentoring services, supplies and other special programs for children.

Timeline

Applications must be for programs or projects that take place between January 2025 – March 2026.

Applications

All applications for Helping Hands for Children Grants must be written in English and be submitted online at our website, www.sonsofnorway.com/foundation/grants. Paper applications will NOT be accepted.

Each application must include:

- a narrative statement of 500 words or less that summarizes the importance of the project,
- a completed budget that states the exact dollar amount requested,
- the contact information of the person making the request,
- the name of the lodge president and treasurer and their contact information.

Award Selection

Winners are selected through a review committee appointed by the Sons of Norway Foundation. Award decisions are based upon observance of one or more of the Sons of Norway Foundation's core values and how the proposed program or project will promote Norwegian culture. The Foundation's core values are: (1) Building Nordic culture and heritage for the future; (2) Committing to life-long learning and service; (3) Demonstrating compassion for our members in need; (4) Sustaining the link to contemporary Norway; (5) Fostering a community of generosity.

Grant Timeline

To be considered for the 2024-25 grant season, all Helping Hands to Children Grant applications must be submitted online by December 31, 2024.

Notifications of awards will be made in Spring of 2025.

Payment to award recipients will be made in late Spring of 2025.

Award Notification and Payment

Notification of a grant award will come via e-mail to the individual who applied for the grant, the Lodge President and the Lodge Treasurer.

Payment for the grant will be mailed to the Lodge Treasurer. It is greatly appreciated if you notify the Foundation when you receive the payment.

Recipient Requirements

The Sons of Norway Foundation requires that a simple report be completed so we may gather information regarding the effectiveness of our grant program. To find this report, log back into your account and it will appear as a "follow-up" assignment. You must log back into your account to complete the report by December 31, 2025 to be eligible for future funding. If your program/project is to take place in January-March of 2026, please provide a progress update within the requested report.

Questions

Questions may be directed to the Foundation at grants@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation grant.

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

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.