

Sons of Norway District 5 - Friendly Fifth Friday News
February 14, 2025
A District Weekly Newsletter to Keep Us Up to Date!

Hallo from LaVonne!

Here in western Wisconsin, we have a brown winter! I hope there will be snow for the Barnebirke in Hayward later this month!

Before I give you words about photo submission, I am going to write about a couple things.

First: Have you had success promoting our Masse Moro Norwegian camp? I sent information in January to give suggestions on how to do that.

Second: I am “pumped” about learning Norwegian!! One of our Fagernes members introduced me to an app called “Duolingo”. It is a computer/phone app for learning languages. The app has many languages to choose from. Of course, I am on the Norwegian app. After attempting other methods with little success, I am super excited about using Duolingo. The lessons are fun. The repetition helps me remember what I learned. When I make a mistake, the app helps me by reviewing the words. I use it on my smart phone whenever and wherever I find the time. My husband is also on the app, and we should be able to converse in Norsk together very soon!

The app is available free. The free app gives you advertisements, which I found annoying. My niece graciously paid for a yearly Super Family subscription, which now is \$119.99 per year. Up to 6 people can use the Super Family app. With 6 people on, that’s less than \$2.00 per person for each month!! (One person alone can get a Super subscription for \$59.99 per year, which is \$5.00 per month.)

You might want to do the family plan with members in your lodge. You don’t have to be related to be on the family plan. The group plan gives you opportunity to congratulate and encourage the others on the same plan. It also gives you encouragement to practice every day to keep your “streak” going.

Just go to [Duolingo.com](https://www.duolingo.com) to get started.

Now, the photos.

Please submit your photos to me by February 20, 2025 for submission to the Viking. If you take a look, you will see photos you submit on the District 5 website, as Christina Fairchild has graciously agreed to put them there. So, even if your photo doesn’t make the Viking, it is still being shared!! Check it out! She has them there with the explanation from your photo submission form.

Remember to submit the Photo Submission Form with each photo. I have it attached.

Enjoy your winter, snow or not!

Oppriktig, (Sincerely in Norwegian)

LaVonne Wier
D5 Publicity Director



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:

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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:

District 5 Leadership Training Call- Saturday, February 15 at 9:00 AM CST

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: District 5 Leadership Meeting
Time: Feb 15, 2025 09:00 AM Central Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/83885262590>

Meeting ID: 838 8526 2590

One tap mobile
+16465588656,,83885262590# US (New York)
+16469313860,,83885262590# US

Dial by your location

- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)

Meeting ID: 838 8526 2590

Find your local number: <https://us02web.zoom.us/j/83885262590>

JOIN US!

The 5th District Board of Directors has scheduled a training for all district members on Saturday morning, February 15, 2025. We will meet via Zoom, per your requests, beginning at 9 AM CST. Please refer to the Zoom link published in the *Friendly Fifth Friday Newsletter*.



We will welcome the newly seated International Board of Directors Chair, Luella Grangaard, who will begin the meeting with her bio and a brief message on the status of the Sons of Norway. She will detail the work that is ongoing with its financial division (the insurance side of the business).

AGENDA

President Cheryl Wille-Schlesser-Welcome to Members

Fall Board Meeting Tasks in Progress

Introduction of Guests-Luella Grangaard, Sons of Norway International Board of Directors Chair Merv Eriksson-District 5's representative on the International Board of Directors

Connie O'Brien-Vice President of Fraternal and Foundation Development at SofN in Minneapolis

Luella Grangaard-"We are in this together."

Concerns or questions to follow.

Merv Eriksson-District 5 Membership Stats and their meaning for our district

Connie O'Brien-

1. SofN Foundation's fundraising efforts to include the *We Are the Future* campaign,
2. New profile pages on the SofN International website
3. Membership engagement-PowerPoint presentation
4. Helpful reminders from Kirsten Lehman-Audit Committee meetings, Filing the D17 report, lodge liability coverage, and

volunteer service hours

Jim Herman-Vice President

1. Lodge Survey
2. Lodge Concerns during this biennium, lodge visit by at-large director, Bill Bultinck

BREAK-10 minutes

Lucy Ghastin-Cultural Director-If needed, Darlene will share her report.

1. News-Viking chests and immigration trunk schedule
2. Lodge grants

Robert Schuck-Youth Director

1. **Masse Moro Youth Heritage Camp PowerPoint presentation, enrollment deadlines, camper perks**
2. **District scholarship deadlines**
3. **International allocation to D5, One dollar per member will support Masse Moro.**
4. **Presidential gift of \$1,200 to be used for advertising, Ads began last week in *The Norwegian American Newspaper***

Darlene Arneson-District Secretary

1. **Best practices**
2. **Current number of D5 lodges and those who are disbanding**
3. **Adult Culture Weekend, “Celebrating Norwegian Immigration-the Sloopers 200th Anniversary”**
4. **District celebrations-Nordland Lodge 50 years, Edvard Grieg Lodge 25 years**
5. **2026 D5 Convention news from Mandt Lodge in Stoughton, WI**

Connie Aiello-Director at Large

1. **Stamping Inventory**
2. **Scheduled stamping workshops within the district**

Corey Olson-Treasurer-Darlene will share his report.

1. **District Financials**
2. **Investments**

Clara Solak-Sports and Recreation Director-Cheryl will share her report.

1. **Barnebirkie support, cookies and monetary gifts directed to the Nordic Legacy Foundation**
2. **District Sports Challenge**

WORDS FOR THE GOOD OF THE ORDER

We are thankful for your attendance and attention today. Please share the news that was provided with your lodge members. Tusen takk.

District 5 Leadership Survey

Please return responses to jpherman.edvardgrieg@gmail.com by March 1
More than one response from a lodge is welcome so feel free to share!

Lodge Name _____

Lodge Number _____

Overall, I feel that my lodge is doing well and has a strong and stable membership

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

The lodge and I feel supported by the District 5 leadership

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

The lodge and I use the District 5 website (<https://sonsofnorway5.com/>) regularly for updates on happenings at the district and international level

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

Open answer:

What are the biggest challenges facing your lodge?

In what way can District 5 help your lodge?

Promoting our Financial Products

Permanent-

Whole life can be purchased with a single one-time premium payment or with annual payments during your lifetime. Either way you will have guaranteed coverage with guaranteed cash value, and with most types you will also have the ability to earn dividends.

Single Premium Whole Life

If leaving a legacy for your family is important to you, there are steps you can take to ensure that the legacy you desire becomes reality and your assets pass in an efficient way. Single Premium Whole Life – an integral part of your overall wealth transfer strategy. See our educational flyer for how Single Premium Whole Life might fit your needs.



If leaving a legacy for your family is important to you, there are steps you can take to ensure that the legacy you desire becomes reality and your assets pass in an efficient way.

Single Premium Whole Life – an integral part of your overall wealth transfer strategy

You have worked hard to accumulate your wealth and you deserve to make the most of your legacy. Whether your dream is to help your child pay down college loans or leave a down payment on a new home, you decide how the funds are transferred. With single premium whole life insurance, you purchase the certificate with one payment and the death benefit will be paid to your loved one when you die.

A great reason to consider life insurance is because of its income tax-free death benefit status. The money will pass without taxes or probate in most cases. You control who will

receive the money and how much. Your simple one-time payment will purchase insurance with a guaranteed death benefit.

By reallocating other funds you have set aside, you can immediately increase your estate that will transfer upon your death.

- Ensure that your assets pass according to your wishes
- Minimize the reduction in value and delay in settling your estate
- Life insurance is one of the most effective ways to transfer wealth at death, with an income tax-free death benefit paid to the beneficiaries

Sons of Norway offers a life insurance policy that is both permanent and guaranteed. We know it is important to you that the coverage is easy to apply for and affordable.

You simply answer a few questions, and you may not even need to have a medical examination. With this policy the premium you select will determine the amount of your coverage and only need to be paid one time.

Single Premium Whole Life allows you to leave behind a greater legacy

This type of life insurance is a good option for those who:

- Want to maximize their estate
- Want between \$100,000 and \$200,000 in coverage to leave a legacy
- Desire an easy way to transfer a legacy while still having access to the funds
- Want guaranteed paid-up coverage for an entire lifetime
- Prefer to make a one-time payment vs. ongoing premium payments

Riders may not be available in all states, some require additional premium

In today's financial world of unknowns, having a solid foundation for financial protection and accumulating wealth is essential. You want to cultivate assets for your future needs and for leaving your legacy.

Here is what your one-time \$10,000 premium payment would provide you in guaranteed death benefits:

Your age at purchase	Death Benefit (standard nontobacco)
65-year-old female	\$15,428
65-year-old male	\$14,602

This death benefit will go to your beneficiaries without the cost of probate.

Not only do you have coverage until you reach age 121, you also may be eligible to earn dividends each year. You decide how best to use any future dividends, take them in cash or let them accumulate inside your cash value.

This certificate is a Modified Endowment Contract and distribution of dividends or loans against the cash value may be a taxable event. Contact your tax professional for details.

Customize your policy by using rider options that fit your personal needs¹

- *Children's Insurance Rider*
- *Terminal Illness Rider*



SONS OF NORWAY PRODUCTS

Life Insurance

Whole Life Insurance
Term Life Insurance

Annuities

Flexible Premium Deferred Annuity (FPDA)
Single Premium Deferred Annuity (SPDA)
Single Premium Immediate Annuity (SPIA)
Multi-Year Guaranteed Annuity (MYGA)



1455 West Lake Street
Minneapolis, MN 55408-2666
Toll-free: 833-707-0012
Fax: 612-827-0658
www.sonsofnorway.com

Sons of Norway is a financial services organization, offering our members financial products that help provide real peace of mind. A portion of the revenues from these products is invested back into the organization and local lodges to support our shared heritage and values.

Members of Sons of Norway receive valuable member benefits, such as Viking magazine and access to discounts on a wide spectrum of products and services from local and national retailers.

^{*}Member benefits are non-contractual and subject to change without notice.

¹Riders may not be available in all states, some require additional premium.

Sons of Norway, 1455 West Lake Street, Minneapolis, MN, offers financial products, limited to life insurance policies and annuity contracts. Life insurance products are issued and guaranteed by Sons of Norway. Guarantees are based on the claims-paying ability of the company. Dividends are at the discretion of the carrier and are not guaranteed. Product approval and features may vary and may not be available in all states. Products issued by Sons of Norway are available to applicants who meet membership, insurability, and residency requirements. Sons of Norway does not provide tax or legal advice. Please contact your tax or legal advisor regarding your situation.

BRO-CL-018

February 15 is the deadline for many of these scholarships!



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

Scholarships

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	Sons of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
Astrid G Cates	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$1,500	T/V	USA
Bernt Anker	2/15	USA	17-25	None	N/A	Any	N/A	4 years	\$3,000/year	U	USA
Dan & Betty Rude Scholarship	2/15	USA	17-26	One full year	N/A	Elementary Education	N/A	1 year	\$3,000	U	USA
District 4	1/15	USA, Canada or Norway	18+	None	N/A	Any	Must be D4 adult member	1 year	\$1,000	FHS/OISS/U	Canada or USA
District 6	2/15	USA	16-23	1 semester or 1 quarter	N/A	Any	Member for 1 year or Child/Grandchild of Member	1 year	\$1,500	U or T/V	USA
Douglas Warne-Rolf & Wenche Eng	1/15	Norway	Any	One full year	N/A	Any	Member or Child/Grandchild of Member for 1 year	Up to 1 year	\$3,000	FHS/OISS/U	Canada or USA
Elaine Nelson	2/15	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	1/15	Norway or USA	17+	None	N/A	Scandinavian studies in USA or program in Norway	N/A	1 year	\$5,000	U/G	USA
King Olav V for Norwegian Citizens	1/15	USA	17+	None	N/A	Any	N/A	1 year	\$3,000	U/G	Norway
Lund Fund	1/15	Any Country	17+	None	N/A	Any	1 year	1 year	\$3,000	U/FHS	USA
Myrtle Beinhauer	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
Nancy Lorraine Jensen Memorial	2/15	USA	17-35	One term	Female	Science or Engineering	3 years	1 year	100% tuition	U	USA
Nordkap Lodge 3-215	2/15	USA	17+	None	N/A	Preference to medical field	Member or Child/Grandchild of Member for 1 year	1 year	\$2,000	U	USA
Orel & Marie Winjum Memorial	2/15	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	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA

FHS: Folk High School, T/V: Technical/Vocational, U: Undergraduate, G: Grad School, OISS: Oslo International Summer School

Updated September 2024

2025 Calendar

February 15- District 5 Leadership Meeting ZOOM Call- – 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 1- District Surveys due to VP Jim Herman

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.
- **District 5 Scholarships**

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 3-5- Adult Camp Heritage Weekend in Norway, IL

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@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.