

Sons of Norway District 5 - Friendly Fifth Friday News February 21, 2025

A District Weekly Newsletter to Keep Us Up to Date!

Barnebirkie Update

Snow, over 400 youth skiers, and close to 900 dozen cookies made for a great day on the golf course in Hayward where the youngest skiers arrived to participate in "The Greatest Show on Snow." The week of activities in Hayward, WI was *et syn å se- a sight to behold*.

Down to the wire, and just in time, the Norse god of snow, Ullr, dropped multiple inches of white powder on the cross country ski trails in and around Hayward. Near Cable, snow machines cranked out snow each evening.

You groom them, and they will come. Eleven thousand adult skiers registered for a variety of races throughout the week. The American Birkebeiner skate race is 50 km while the classic race covers 55 km.

Hotels and restaurants were a buzz with multiple languages being spoken. Several fundraisers are in progress to support the Birkebeiner and to help construct Telemark Village, a home base for winter activities in the north woods.

At the Expo Center, serious racers picked up their race bibs and timing chips. Lucy and Judy Ghastin have recently been elevated to the queens of the cookies. They are great spokespeople for our organization. They also hand out brochures and other information on the Sons of Norway.

Thank you to the lodges who donated money, provided volunteers, and sent cookies to support this event. A complete listing of participating lodges and photos will be in next week's *Friendly Friday Fifth News*.

District 3 Virtual Book Club!

Dear District Secretaries

The Sons of Norway Book Club is run by Third District Zone 7 Director Bill Browning. All are welcome. It is not meant to be a replacement for book clubs that are running at the lodge level. but to be an addition to them. Presently there are members throughout the US. Bill asked me to share this information with you.

Attached is the schedule for May- June
Please share with your members

If anyone had any questions, please contact Bill at SonsofNorwayBookClub@gmail.com.

Fraternally,
Karen Olsen-Helmold
District 3 Secretary

Sons of Norway Book Club

Reading Schedule

May 2025 - April 2026

Page 1

	Main Selection	Mystery Title Selection
May 29, 2025	A Man Called Ove by Fredrik Backman	Nightingale Murder (A Maria Kallio Mystery, Bk 9 of 11) by Leena Lehtolainen
Jun. 26, 2025	Out Stealing Horses by Per Petterson	Seven Graves One Winter by Christofer Petersen
Jul. 31, 2025	The Art of Compassion: a Biography of Sigrid Undset by Yola Miller Sigerson	Sixteen Trees of the Somme by Lars Mitting
Aug. 28, 2025	The District Governor's Daughters by Collett Camilla	Sunstorm (Rebecka Martinsson Book 1) by Asa Larsson
Sep. 25, 2025	We Die Alone by David Howarth	Still Waters (Sandhamn Murders Book 1) by Viveca Sten
Oct. 30, 2025	Accidental Shepherd by Liese Greenfelder	Frozen Assets (A Sergeant Gunnhildur Novel) by Quentin Bates
Nov. 20, 2025	The Cotter's Son H.A. Foss	The Mine by Antti Tuomainen

Sons of Norway Book Club Regular Club Schedule

May 2025 - April 2026

Page 2

Dec. 18, 2025	A Malmo Midwinter (An Inspector Anita Sundström Novella) by Torquil MacLeod	The Creek on the Stairs (Forbidden Iceland Book 1) by Eva Bjorg AEgisdóttir
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Jan. 29, 2026	Butter in the Well: A Scandinavian Woman's Tale of Life on the Prairie by Linda K. Hubalek	Death at the Sanitorium by Ragnar Jónasson
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Feb. 26, 2026	Stolen: A Novel by Ann-Helén Laestadius	The Traitor by Jørn Lier Horst
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Mar. 26, 2026	Viking London by Thomas Williams	Yours Until Death by Gunnar Staalesen Book 2 of 14: Varg Veum
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April. 30, 2026	Across the Deep Blue Sea: The Saga of Early Norwegian Immigrants by Odd S. Lovoll	The Tennant (Book 1 of 3: Korner and Werner) by Katrine Engberg
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Zoom links for all book club meetings, Eastern U.S./Canada and
Western U.S./Canada will be announced/emailed
a month prior to their respective meetings.

**To join the Sons of Norway Book Club or put your name on our email list,
please send your name, lodge name and District/Lodge number to
SonsOfNorwayBookClub@gmail.com**

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?

A message from Duane Kittleson

The recent death of International Treasurer, Dean Stiller, has created a vacancy on the International Board of Directors (IBOD). Mary Andersen has returned to the position of International Treasurer, which she held for the previous two years.

I was asked to help review the 2024 SON annual financial statements with the Finance Committee members as they prepared for the February 19 IBOD meeting. It was during this review process that I made a decision to submit an application to be a candidate to be appointed to the IBOD.

At the February 19, 2025, IBOD meeting, I became an appointed member of the IBOD. I also was elected to be the fifth member of the Executive Committee and named Alternate Treasurer.

I am excited and look forward to working with this new board. There is a great amount enthusiasm and structure from the Staff and the Board which gives me confidence the future years for SON have the potential to be great.

Welcome back Duane to the International Board!!

Report of the Sons of Norway Fifth District Norwegian Heritage Camp Masse Moro Task Force

To: Sons of Norway Fifth District Board of Directors

From: Masse Moro Task Force

Date: April 25, 2025

Subject: Review and Recommendations Regarding Masse Moro Norwegian Heritage Camp

Executive Summary:

The Masse Moro Task Force was convened to review the current operations, promotion, recruitment, and staffing of the Sons of Norway Fifth District Norwegian Heritage Camp, Masse Moro. Furthermore, the task force was tasked with reviewing and exploring potential options for the District Board regarding camp scheduling, duration, and other operational details. Following a thorough review, the task force recommends maintaining the current program and schedule for Masse Moro, with a few recommendations for improvement detailed below.

Current Program and Schedule:

Masse Moro provides a valuable opportunity for youth to connect with their Norwegian heritage through language, culture, and traditional activities. The current program effectively balances educational components with engaging recreational activities, fostering a positive and enriching

experience for campers. The existing schedule of a two week-long camp during the summer in the month of July, has proven successful in attracting and accommodating campers and staff.

Review of Operations:

The task force found the current camp operations with two camp co-administrators to be generally well-managed. Masse Moro benefits from dedicated staff and volunteers who are passionate about sharing Norwegian heritage.

Review of Promotion and Recruitment:

While Masse Moro has a dedicated core of returning campers, the task force believes that outreach efforts can be enhanced to attract a broader audience. Recommendations include:

- **Targeted Marketing:** Utilizing social media, local community events like the American Birkebeiner ski race, and Scandinavian Day Festival in South Elgin Illinois. As well as partnerships with schools and cultural organizations to promote the camp. Continued communication and outreach to current and past campers throughout the year. To reach out and market to all Lodges especially District 1 and District 5
- **Alumni Network:** Developing an alumni network to encourage past campers to return as staff or volunteers and to promote the camp within their communities.
- **Scholarship Opportunities:** Continuing to support funding and offering scholarships and matching grants with the local lodges to make camp more accessible to families with financial constraints.

Review of Staffing:

Masse Moro's success hinges on its dedicated staff. The task force recommends the camp co-administrators continue to mentor and encourage the counselors as they move along the path from junior counselors to counselors and then up to senior staff.

Recommendations:

1. **Maintain Current Program and Schedule:** The task force recommends retaining the current two week program and summer schedule for Masse Moro, recognizing its proven success.
2. **Enhance Promotion and Recruitment:** A targeted marketing strategy, development of an alumni network, and continuing District Five Lodge support and funding of scholarships and matching grants with local lodges are recommended to broaden camp participation.
3. **Strengthen Staffing:** Continuing to encourage volunteer recruitment, and competitive compensation for staff to ensure the continued quality of the camp experience.

Conclusion:

The Masse Moro Norwegian Heritage Camp plays a vital role in preserving and promoting Norwegian heritage and culture for children within and beyond the Sons of Norway Fifth District. By implementing the recommendations outlined in this report, the camp can continue to thrive and provide enriching experiences for future generations. The task force commends the dedication of the current camp staff and volunteers and believes that these recommendations will further enhance the camp's success.

Promoting our Financial Products

LegacySure is now available in most states. This type of whole life that is perfect for those who would rather answer some simple questions not take a medical exam. They just want to know they are guaranteed to have the insurance coverage they need for final expenses or leaving a legacy.

[Download our educational flyer](#) to see how LegacySure might fit your needs-

https://www.sofn.com/wp-content/uploads/2024/10/BRO-CL-005_-LegacySure-POS-min.pdf



KEEPING YOUR PROMISE TO THEM

National Median Cost of an Adult Funeral with Viewing and Burial or Cremation (2023)

Protect Those You Care About

Many people face unanticipated expenses after the loss of a loved one. Dealing with these expenses and the emotions of a loss can be very stressful.

The average costs associated with a funeral may exceed \$8,500¹. Funeral expenses include memorial services, use of the funeral home, a casket and headstone or cremation. Other costs you may encounter include medical bills, credit card debt, flowers and memorial cards.

Without life insurance, families may struggle to come up with the funds they need to provide the service befitting their loved one. Life insurance can help with these expenses and minimize the stress of this phase of life.

¹2023 Nfda.org Statistics

While talking about end-of-life can be uncomfortable, planning for these expenses is important. Final expense life insurance can help keep loved ones from paying these types of expenses out-of-pocket.

Item	Estimated Costs
Basic Service Fee – Non declinable requirements	\$2,495
Removal/transfer of remains to funeral home	\$395
Embalming	\$845
Other preparation of the body	\$295
Use of facilities/staff for viewing	\$475
Use of facilities/staff for ceremony	\$550
Hearse (if burial)	\$375
Service car/van	\$175
Basic memorial printed package	\$195
Metal burial casket	\$2,500
Vault (if applicable, optional)	\$1,695
Cremation fee (if applicable)	\$400
Alternative cremation container (if applicable)	\$160
Urn (if applicable)	\$295

TOTALS:
 Funeral with Viewing and Burial - \$8,300
 Funeral with Viewing and Burial, including Vault - \$9,995
 Funeral with Viewing and Cremation - \$6,280

¹This does not include items such as flowers, monument and marker costs, cemetery costs, or obituary fees.



LegacySure

LegacySure is fast, easy and affordable

Sons of Norway offers a life insurance policy that is permanent and guaranteed. We know it is important to you that the coverage is in place. With this coverage you will have guaranteed level premiums for life. We can also help you determine how much coverage is best for you and help you select your beneficiaries.¹

You will appreciate the quick and easy approval process where you only need to answer a few basic questions and will not be asked for a medical examination. With this policy your premium is determined when you are approved and will remain the same regardless of any change in health.

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

- Don't have life insurance through their employer or would like additional coverage
- Want coverage for funeral expenses so your loved ones will not be burdened with these expenses
- Need additional coverage to handle other expenses such as bills and credit card balances

Planning ahead is smart when your loved ones are involved. With LegacySure you can provide them with comfort in knowing funds will be available for final expenses or other needs. There are three plans available, with varying face amounts and optional riders to further enhance your coverage.

¹2023 Nfda.org Statistics



SONS of NORWAY

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.

SONS OF NORWAY PRODUCTS

Life Insurance

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- Term Life Insurance

Annuities

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

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BRO-CL-005

2025 Calendar

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@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.