

Sons of Norway District 5 - Friendly Fifth Friday News January 10, 2025

A District Weekly Newsletter to Keep Us Up to Date!

Deadline Help- Volunteer hours, LA and FLOY reports, and officer training resources Call

**Sunday, January 19, 2025
6:00 PM CST**

District Secretary Darlene Arneson will host a call for anyone wanting to discuss how to complete volunteer hour reporting, Lodge Achievement, and Family Lodge of the Year forms. Will also cover officer training resources available. Anyone is welcome to join the discussion!

Agenda

- How to compile and report volunteer hours
- How to complete Lodge Achievement forms
- How to complete Family Lodge of the Year forms
- Officer training and transition resources
- Other discussion and questions

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN District Call- Volunteer hours, LA and FLOY reports, and officer training resources Call

Time: Jan 19, 2025 06:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82205081599>

Meeting ID: 822 0508 1599

One tap mobile

+16469313860,,82205081599# US

+13017158592,,82205081599# US (Washington DC)

Dial by your location

- +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)
- +1 646 558 8656 US (New York)
- +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)
- +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

Meeting ID: 822 0508 1599

Find your local number: <https://us02web.zoom.us/j/82205081599>

Looking for Lodge Programming? Check out the International's resources!

https://www.sofn.com/member_resources/cultural_programming/echoes-of-our-ancestors/

Echoes of Our Ancestors

Lodge Leadership Resources >

Governance >

Cultural Programming >

Events and Community >

Genealogy

Resource Blog

Click to view Google Presentation

ECHOES OF OUR ANCESTORS

Echoes
of Our
Ancestors

Jana Velo



Mini Presentations

Enhance your next Sons of Norway event, lodge meeting or speaking engagement with one of our mini-presentations. Each script is specifically designed to convey interesting information about a Norwegian topic in just three minutes.

Home > Member Resources > Cultural Programming > Mini Presentations

MEMBER RESOURCES

Lodge Leadership Resources >

Governance >

Cultural Programming >

Cultural Skills Program

Idea Bank

Want to download an overview of this page and the mini presentations available? [Get it here.](#)

Choose a topic!

Choose a category to view the mini-presentations and download the presentation.

Famous People

#308 Leonhard Seppala – Dog-sled champion

Choose a topic!-

https://www.sofn.com/member_resources/cultural_programming/mini_presentations/

Choose a category to view the mini-presentations and download the presentation.

Famous People

- #308** Leonhard Seppala – Dog-sled champion
- #315** Snorre Sturlason – Author of Sagas
- #316** Princess Kristina of Tunsberg
- #318** Myllarguten – A master fiddler
- #323** Birger Ruud – Ski Jumper
- #325** Snowshoe Thompson
- #326** Edvard Grieg
- #329** King Olav V
- #331** Edvard Munch
- #332** Vilhelm Bjerknes
- #333** Fridtjof Nansen
- #335** Ole Bull
- #356** Kirsten Flagstad
- #359** Ben Eielson
- #364** Stein Eriksen
- #365** Sondre Norheim – Father of Modern Skiing
- #367** Sonja Henie – Figure Skating Queen
- #371** Astri Riddervold – Conserving Norwegian Food
- #374** Bjørn Dælie
- #376** Cleng Peerson (1783-1865)
- #378** Andreas Viestad
- #380** Henriette Schønberg Erken (1866-1953)

Food

- #336** Lutefisk
- #337** Lefse
- #339** Favorite Norwegian Foods
- #379** Norwegian Drinks

History and Geography

- #302** Maihaugen
- #309** 1905 -Norway's Independence

#314 The Battle of Kringen – A story of the heroine Guri

#317 Norwegian-Danish Union

#319 The Black Death

#327 The Norwegian Flag

#338 The Great Maelstrom

#342 Hardanger Fiddle

#346 Russ

#347 Salmon Fishing

#348 The Tall Ships

#349 The Statue of Liberty

#350 An Emigrant Story

#353 Svalbard

#354 Nobel Prize

#355 Stave Church

#357 Dompap

#360 Rjukan, Norway

#370 Norway's VE Day – 1945

#384 Birkebeiner

Holidays

#311 Easter Vacation (Revised 10/2010)

#312 Syttende Mai (Revised 10/2010)

#313 Olsok – St. Olav's Day

#321 Valentine's Day

#322 Vikings in Ireland

#324 Midsummer Fest

#328 Summer Vacation

#358 Romjula – The days between Christmas and New Year

Literature

#330 Kristin Lavransdatter

#341 Giants in the Earth

#352 Johan Wessel

Stories

#343 Hunting

#344 April Poetry

#351 Dale Gudbrand

Traditions and Activities

#301 Trolls

#303 Bunads

#304 Lucia

#340 The Nisse

#381 Curling

#382 Orienteering

Vikings

#305 Viking Customs

#306 Viking Women

#307 Viking Navigation

#320 Viking Dress

Sons of Norway History Presentation

Short PowerPoint presentation to inform members new and old about the history of Sons of Norway.

[Download now-](#)

https://www.sofn.com/member_resources/loodge_leadership_resources/loodge_programming/

Information Bank

[Home](#) > [Member Resources](#) > [Cultural Programming](#) > [Information Bank](#)

[Lodge Leadership Resources](#) >

[Governance](#) >

[Cultural Programming](#) >

[Cultural Skills Program](#)

[Idea Bank](#)

[Information Bank](#)

[Just for Kids](#)

[Language Lessons](#)

These are just some of the cultural topics you can explore in these downloadable pdfs covering various aspects of Norwegian customs and culture. Satisfy your curiosity, incorporate the content into a lodge program or newsletter, or share these topics with children and grandchildren: there's more than one way to enjoy this Sons of Norway cultural resource.

Looking for even more lodge ideas? Be sure to visit [Lodge Programming](#) for mini-presentations, Just for Kids and more.



https://www.sofn.com/member_resources/cultural_programming/information_bank/

Children and Youth

- #209 Some Norwegian First Names (Updated 2013)
- #210 Information on Norway for Children (Updated 2013)
- #211 Scandinavian Study in Norway and North America (Updated 2010)

General

- #212 Genealogy Guide (Replacing #212 Basic Genealogy Information)
- #213 A Summary of the Norwegian Almanac (Updated 2013)
- #217 Norwegian Folklore (Updated 2013)
- #222 The Family Tree-Viking Articles
- #223 Summarized History of Norway
- #224 Norwegians and Norwegian Americans of Importance (Updated 2012)
- #225 A Brief History of Sons of Norway (Updated 2010)
- #226 The Sons of Norway Logo (Updated 2013)
- #227 Language in Norway (Updated 2013)
- #228 Norwegian Immigration to the United States
- #229 Informasjon på Norsk om Slektsforskning
- #230 The Saint and King, Olav of Norway (Updated 2013)
- #231 WWII and Norway's Resistance (Updated 2014)
- #232 Bersvend Ole Draxten – Sons of Norway's First Supreme President
- #231 Viking Games

Holidays & Special Events

- #201 Syttende Mai (Updated 2011)
- #204 Norwegian Christmas (Updated 2013)
- #216 Norwegian Christmas Carols
- #218 Norwegian Wedding (Updated 2013)
- #220 God Påske! Happy Easter! (Updated 2013)

Literature

- #208 Norwegian Proverbs (Revised 2011)
- #214 Norwegian Poetry and Poets

Traditional Art and Costumes

- #203 Bunads (Revised 2013)
- #205 Hardanger Embroidery (Updated 2011)
- #206 Woodcarving (Revised 2013)
- #207 Rosemaling (Revised 2011)

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 19- Deadline Help- Volunteer hours, LA and FLOY reports, and officer training resources Call- 6 PM CST

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@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.