

Sons of Norway District 5 - Friendly Fifth Friday News January 17, 2025

A District Weekly Newsletter to Keep Us Up to Date!

From Barit Skaare- Circle City Lodge

Are you all aware that 2025 in Norway is "FRILUFTSLIVETS AAR"??

The national kick off is next Saturday, January 18.

It is an attempt to get as many people as possible out of the houses/cars to do some exercising in the form of enjoying nature! Crown Prince Haakon is the big encourager!

You can find his message on You Tube (probably in Norwegian)

Just thought I would mention it, as FRILUFTSLIV is a huge medicine in mental health!

Berit

The year for
nature
excitements –
2025



"Friluftsliv" is a Norwegian concept of a habitual enjoyment of being outside in nature, enjoying the Creation of sceneries with family and friends – or even alone, finding the music of silence!

In Norway the year 2025 is celebrated as the year of "Friluftsliv"! Every county and region have their own arrangements, according their own geography and nature.

Our Sons' of Norway City Circle Lodge would like to participate in this healthy exercise for body and soul – and make opportunities for all of us to get out in nature to enjoy the trees, flowers, butterflies, birds' singing, the wind, waters and lakes, even insects.

The positive effect of *"Friluftsliv"* is well documented through a number of studies. To be out in nature - enjoying the trees, plants, flowers, birds - as little as 15 minutes will improve our mental health and



wellbeing. You may also recall our meeting in Fort Harrison State park in August 2021, and the speech of the State Ranger! (see photo)|

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>



2025 Compliance Requirements

ITEM	DUE	NOTES
D-17 (All Lodges)	March 15*	<ul style="list-style-type: none"> This is the year-end lodge financial report for all lodges Filled out by Lodge Treasurer, signed by Lodge President and Chief Auditor (all three must sign) Completed online from profile page How to do the form: D17 Instructions
Lodge Achievement Survey**** (All Lodges)	March 15	<ul style="list-style-type: none"> Separate survey for each country Helps qualify Lodge Achievement Award winners Available on the website via SurveyMonkey in January
Family Lodge of the Year Survey**** (All Lodges)	March 15	<ul style="list-style-type: none"> Separate survey for each country Helps qualify Lodge Achievement Award winners Available on the website via SurveyMonkey in January
AFA Reporting**** (All Lodges)	March 15	<ul style="list-style-type: none"> Data Sons of Norway is required to report to the American Fraternal Alliance annually Available on the website via SurveyMonkey in January
D-64 (Lodges w/ Property)	March 15	<ul style="list-style-type: none"> Updates lodge property officer information Updated through officer profile page
D-18 (Lodges w/ Property)	May 15*	<ul style="list-style-type: none"> Year-end financial report for Lodge Property Association Access from the Lodge Treasurer's profile page
990 Form (US lodges only)	May 15**	<ul style="list-style-type: none"> Most lodges can complete the 990N postcard online on the IRS website. Lodges with an average income of \$50K or more will need to complete the 990E or 990 form. Send copy to taxinfo@sofn.com Refer to IRS website for assistance
Lodge Liability Insurance (US and Canada Lodges)	November 15*	<ul style="list-style-type: none"> Invoices uploaded to officer profiles in Sept/Oct Make check payable to Sons of Norway Late checks will incur a fee, and dues withheld
D-63 (All Lodges)	December 31	<ul style="list-style-type: none"> To update lodge officers for coming year Updated through officer profile Still go in and elect that there are no changes for upcoming year if officers are continuing in role Finalized in system by January 15
Record Retention	On-going	<ul style="list-style-type: none"> Lodge Record Retention Guidelines

*Failure to submit these on time will result in dues beings withheld.

**Failure to file the 990 for three consecutive years will result in loss of non-profit status.

***Contact fraternal@sofn.com with questions or for assistance.

****Additional information about surveys found on the *Lodge Forms* section of the website.



Leadership Resource

A Newsletter for Sons of Norway Lodge Leaders

January 2025

Mark Your Calendars

- Lodge Leadership Meeting via Teams on January 21, 2025
- The D-17, D-64, Lodge Achievement Form and American Fraternal Alliance (AFA) Survey are all due March 15, 2025

Lodge Leadership Meeting

Please plan to join us for a virtual Lodge Leadership Meeting on Tuesday, January 21, 2025, from 11am – 1pm CST. CEO Dan Seyfried and International Board Chair Luella Grangaard will present important information you need to know.

Topics will include:

- Compliance
- Profile page updates
- Membership form printing
- Product training
- Crossings 200 update

Watch for an invite and Teams meeting link in the near future. If you are unable to make it to the meeting, we will have a recording made available for you to view at your convenience.

2025 Compliance Requirements

Here is a summary of tasks that lodges need to complete each year for compliance:

- [2025 Compliance Requirements](#)
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D-17

This form is to report the year-end finances of your lodge. Failure to complete it on time will result in lodge dues being withheld. The lodge treasurer/financial secretary and president can access these through their profile page. This is due March 15.

- [FAQ](#)
 - [Instructions](#)
 - [Draft](#)
-

Lodge Achievement Form

We ask that all lodges complete this. Lodge Secretaries complete this online in the forms section by March 15. Lodges that need help with this should reach out to their Zone Director.

FAQ:

- [Lodge Achievement Form – FAQ](#)

Draft forms:

- [Lodge Achievement Form – USA Draft](#)
- [Lodge Achievement Form – Canada Draft](#)
- [Lodge Achievement Form – Norway Draft](#)

Click here to start the form:

- [Lodge Achievement Survey – 2024 \(USA\)](#)

- [Lodge Achievement Survey – 2024 \(Canada\)](#)
 - [Lodge Achievement Survey – 2024 \(Norway\)](#)
-

Family Lodge of the Year

We ask that all lodges complete this. Lodge Secretaries complete this online in the forms section by March 15. Lodges that need help with this should reach out to their Zone Director.

FAQ:

- [Family Lodge of the Year – FAQ](#)

Draft forms:

- [Family Lodge of the Year – USA Draft](#)
- [Family Lodge of the Year – Canada Draft](#)
- [Family Lodge of the Year – Norway Draft](#)

Click here to start the form:

- [Family Lodge of the Year Survey – 2024 \(USA\)](#)
 - [Family Lodge of the Year Survey – 2024 \(Canada\)](#)
 - [Family Lodge of the Year Survey – 2024 \(Norway\)](#)
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American Fraternal Alliance (AFA)

Reporting 2024 hours for the AFA will use Survey Monkey this year. This is due March 15.

FAQ:

- [American Fraternal Alliance – QA](#)

Draft forms:

- [American Fraternal Alliance – Draft](#)

Click here to start the form:

- [American Fraternal Alliance Survey – 2024](#)
-

D-63 Lodge Officer Updates

If you haven't yet made your updates, please do so.

- [D-63 Directions](#)

It's very important that updates are made so that the correct people in your lodge have access to the tools and information they need and receive communication from headquarters. Updates on the website and for our mailing lists go into effect January 15 of each year.

D-64 Property Officer Updates

If your lodge owns property, please make sure you update your officers by March 15. This can be updated through the profile page.

D-18 and 990

Lodges with property must complete a D-18 by May 15.
All US lodges must complete a 990 form by May 15.

Together We Are The Future Campaign

Our annual *Together We Are The Future* campaign closed on January 15 for the 2024 calendar year. Your gifts make so much possible, including grants and scholarships, lodge programming and summer camps for hundreds of kids.

To make a tax-deductible gift to our 501(c)3 organization for 2025:

- **Send a check made out to:**
Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN, 55408
- [Make a credit card gift](#)

If you have included Sons of Norway Foundation in your will, please inform us of that by emailing: foundation@sofn.com.

Thank you for your support! It means so much to our community.

Required Minimum Distributions (RMDs)

Do you still have to take a required minimum distribution from an IRA, or other similar retirement plan accounts? You may be required to distribute a certain percentage of funds to a qualified non-profit and Sons of Norway Foundation, a 501(c)(3) organization, is one option. Would you consider supporting our mission to celebrate our heritage and culture through our grants and scholarships programs?

To learn more, [click here](#) or email foundation@sofn.com.

Sons of Norway Foundation Scholarships – Apply Now!

Reminder that scholarship deadlines are fast approaching!

- **[International scholarships closed January 15 and are being processed.](#)**
- **[Domestic scholarships are due February 15](#)**

Please visit the [website](#) to learn more.

Leader Training

Start the New Year with learning! Check out trainings available on the website by following these links:

- **[Leader Training Series](#)**
- **[Navigating Your Profile](#)**

Another great resource to look at is the archived Leadership Resource link, found here:

- **[Leadership Resource Archive](#)**
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Paperless Options & Online Documents

Please remind and encourage lodge members that they can access and print a number of documents straight from the website including their membership cards, renewal notices, and policy related documents.

Activity Reports

Many of you access and use the monthly activity reports as an officer. We are aware that the reports can sometimes glitch and the information gets distorted. It is an issue we are working to resolve and will update officers once complete. In the meantime, please use your membership list to verify information or reach out to fraternal@sofn.com with questions.

Membership Renewals & Payments

If renewing your family membership online, please know that the primary account holder needs to sign in to complete the transaction. Otherwise, you will receive an error message that the account is already paid.

Exclusive Lodge Programming

Echoes of Our Ancestors

Jana Velo



Available for lodge use only, *Echoes of our Ancestors* is a narrated slideshow about a heritage journey.

After two years of Covid restrictions, Fraternal Manager Jana Velo decided it was time to travel back to Norway. She and her sister Jen planned a trip that would not only bring them closer to their living relatives, but also to the sites that their ancestors had left behind. Sampling a wide array of Norwegian foods, they hiked scenic vistas and road-tripped between cities and mountains, absorbing as much modern and traditional culture as possible and answering the question:

How much Norway can you fit into 12 days?

[Echoes of Our Ancestors](#)

How to Contact Us



Wondering who to reach out to with your questions?

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

Customer Service:

cbs@sofn.com

(800) 945-8851

Insurance Sales:

Lori Gubash

sonsofnorwaysales@sofn.com

(833) 707-0012 – option 2

2025 Calendar

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@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.