

Sons of Norway District 5 - Friendly Fifth Friday News July 12, 2024 *A District Weekly Newsletter to Keep Us Up to Date!*

Sons of Norway Summer Picnic- this Sunday!!

The Sons of Norway Picnic (formerly the SN Zone 3 Picnic) will be held on Sunday, July 14, 2024 at 2:00 PM. The picnic will be held at John and Darlene Arneson's, 2056 Skaalen Road, Stoughton, WI 53589. Join neighboring Sons of Norway- Mandt Lodge and our neighboring lodge members for a good time of fellowship and a preview of what is to come this fall. All are welcome to join us for an afternoon of visiting, fellowship, games, and then we'll play kubb at 4 PM for the usual Sunday Night Kubb at the Arneson pitch. Please bring a dish to pass. Tableware, coffee, juice, and other beverages will be provided. All Sons of Norway members and others interested are welcome to attend. Contact Darlene Arneson at arnesonfamily5@gmail.com if you need directions!

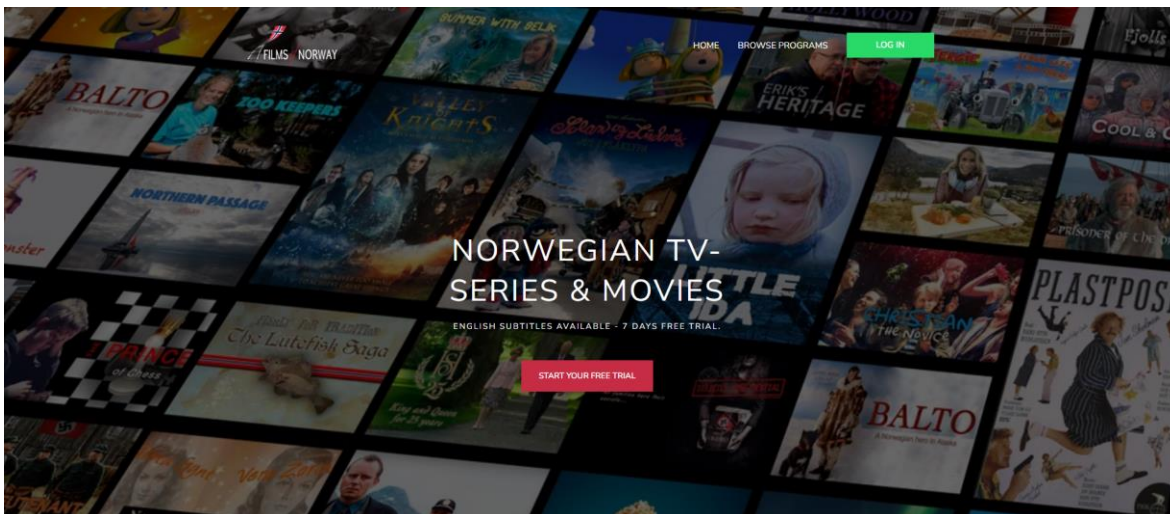
Sons of Norway Membership Benefits you should try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having a time at meetings to show them how to log-in is a big first step as that opens up so many resources for members! Here is the video on how to do that:

<https://youtu.be/4q-7Mxuwv5Q?si=BNqdhKdlv2V687DT>

Sons of Norway Membership Benefits you should try!

#2- Films of Norway- Films of Norway is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills. **Sons of Norway members worldwide are entitled to 1 free week and 25% off** the regular monthly or annual subscription rate. <https://www.filmsofnorway.com/>



Looking for Prepared Presentations? You need to log in to access these!

Leader Training Series

Intro to Sons of Norway

- Short history of Sons of Norway
- Sons of Norway today
- What is a Fraternal Benefits society?
- Structure of the organization
- Membership and recruitment
- Member benefits
- Leader reporting

[Click here for Google Slides](#)

Sons of Norway Foundation

- Mission Statement/Core Values
- Grant and Scholarship Overview
- Together We Are The Future
- How to get involved

[Click here for Google Slides](#)

Local Lodge Training

- District Structure
- Lodge Meetings
- Reporting Requirements
- Policies
- Programs, Skills & Engagement

[Click here for Google Slides](#)

Frequently Asked Questions

Have questions? We have answers.

Membership

- [How do I become a Sons of Norway member?](#)*
- [How do I renew my Sons of Norway Membership?](#)*
- [How do I add a family member?](#)*
- [How do I find a lodge?](#)*
- [What is my member number?](#)*
- [How do I log in to Sons of Norway website?](#)*
- [How do I update my contact information?](#)*

Insurance

- [How do I find an agent?](#)*
- [How do I change insurance beneficiary?](#)*
- [How do I change name and address on insurance policy?](#)*
- [How do I apply for a certificate change](#)*
- [How do I make payment changes?](#)*
- [How do I request a withdrawal?](#)*
- [How do I file a claim?](#)*
- [How do I apply for transfer of ownership](#)*

Cultural Skills

- [Where do I send my paperwork?](#)*
- [How do lodge officers order pins?](#)*
- [Does Sons of Norway headquarters need to receive my report?](#)*
- [Is there a charge for pins?](#)*
- [Which officer orders pins?](#)*
- [Where do I find Cultural Skills units?](#)*

Sports Medals

- [Where do I submit my tracking cards?](#)*
- [Does Sons of Norway headquarters need to receive my miles/points?](#)*
- [How do lodge officers order pins?](#)*
- [Is there a charge for sports medals?](#)*
- [Is there a substitute for receiving a medal?](#)*
- [Which officer orders pins?](#)*
- [Where do I find Sports Medal tracking cards?](#)*

Viking Magazine

- [How do I place an ad in Viking Magazine?](#)*
- [How do I request a replacement copy?](#)*
- [How do change Viking Magazine mailing address?](#)*

Miscellaneous

*Can I donate Norwegian books and cultural items to Sons of Norway?
Tubfrim program
How do I order Sons of Norway gear?
How do I order the Sons of Norway Christmas ornament?
How do I sign up to receive E-Post newsletter?
How do I learn more about genealogy research?*

Viking Photo Reminders!

ALL photos submitted must have the accompanying photo submission form sent with them. Please send a form for each photo. Do not send one submission form for a group of photos. Sending the explanation in the content of the e-mail is not acceptable.

Photos must be sent digitally through e-mail. I can not send forward pictures that have been printed and sent to me in regular mail. I tried to “take a picture of the picture” and it does not produce a good enough photo. If you send the picture from your phone, you will still need to send a photo submission form for it.

You should continue to send photos to me monthly, and I will forward them for consideration in the Viking. Even if your photo is NOT published in the Viking, it may still be available for everyone to see and enjoy! A new feature called “Happenings” will be on the Sons of Norway website. Some pictures that didn’t make it into the Viking will be posted there. The website is divided by District, so you can go to District 5 to see our photos.

This Happenings site - to get to the site, log into www.sofn.com with your username and password. Use the search function and type happenings. That will get you there.

The photo submission form says that you give permission to publish the photo. What that really means, also, is that you have permission from the people in the photograph to use the photo. Most of the time that isn’t a big deal, however, photos with children can be an issue. Some parents do not want photos of their children “out there on the internet”. It is best to make sure the people in the photos you submit know you are sending them forward for publication.

As previously required, I would like to have your submissions of photos and the photo submission forms sent to me by the 20th of the month. Please follow the requirements listed above to cut down on my having to contact you for missing information. I need to look through them and pick the ones to forward to the Viking.

Looking forward to your submissions this month from you or your publicity director.

Link to Viking Submission form:

https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946_1.pdf

LaVonne Wier

D5 Publicity Director- 2nor1rus@gmail.com



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:

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:

Calendar of Events, Deadlines, and Other Dates to Note (changes in red)

July 14-27- Masse Moro Youth Heritage Camp in Fall Creek, WI

July 14- Summer Sons of Norway Picnic- 2 PM at the Arneson Farm

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 8-9- District 5 Board Meeting- northern IL (Chicago area)

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: Michael Godbout**
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.