

Sons of Norway District 5 - Friendly Fifth Friday News

July 26, 2024

A District Weekly Newsletter to Keep Us Up to Date!

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 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-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

Benefit Highlight #4- Best Western Hotel- Members receive a discount of up to 10% at any of Best Western's 3,400 hotels in the United States, Canada, and select properties in Scandinavia.

When making your hotel reservation, be sure and use the **Business Advantage Corporate ID# _____** (log in and go to https://www.sofn.com/member_resources/member_discounts/ to get the code. I won't share the codes in the FFFN as that is posted online and non-members can access it!) to ensure that you receive your 10% Business Advantage hotel discount at any Best Western hotel within the United States, Canada and select properties in Scandinavia.

To make reservations, please visit <http://www.bestwestern.com/ba/index.asp> (the Corporate ID number is already embedded in this link – no need to manually add it). Be sure to add your **Best Western Rewards number** to the reservation at time of booking in order to receive all of the benefits of this program. You may also call the Business Advantage Hotline at 1-855-504-1079 and select "option 1" for Reservations. Always remember to include your individual Best Western Rewards number (provided above) on all reservations so you don't miss out on any rewards points! Please be advised that Best Western Rewards accounts are under individual traveler's names and not under your company name.

Masse Moro Fun!



On the next page, a single handout to share with your members!

Sons of Norway Membership Benefits you should try! Learn more when you log on to the website. Not sure how to do that? Watch this video! <https://youtu.be/4q-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

Member Discounts-https://www.sofn.com/member_benefits/member_discounts/

- **PerkSpot** By visiting Sons of Norway's exclusive PerkSpot portal you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to the area in which you live!
- **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.
- **Avis and Budget Car Rental-** Members receive a 30% discount at participating locations worldwide.
- **Best Western Hotel-** Members receive a discount of up to 10% at any of Best Western's 3,400 hotels in the United States, Canada, and select properties in Scandinavia.
- **Radisson Hotels-** Members qualify for 5% off the regular rate at Radisson Blu, Radisson®, Country Inns & Suites By CarlsonSM, Park Inn by Radisson, and Park Plaza® hotels.
- **Norwegian Map Service-** Sons of Norway Map Service offers members and nonmembers access to a variety of maps. Genealogists, travelers, and map lovers have discovered this handy mail-order method of obtaining maps. All maps are produced by Statens kartverk, the official mapping authority for the Norwegian Government.

Programming Benefits to check out- You also need to log in!

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

- **Recipe Box-** *Tickle your taste buds with one of our featured recipes or just find a new favorite!*
- **Just for Kids-** Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.
- **Norwegian in 5 Minutes a Month, with Sound!** Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well.
- **Norwegian for Reading Comprehension-** Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs.
- **Cultural Skills Program-** Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.
- **Genealogy-** Get in touch with your Norwegian heritage
- **Christmas Traditions-** Learn more about Norway's captivating Christmas customs.
- **Sports Medal Program-** Sports Medal program for maintaining an active life.
- **Viking Magazine-** Browse current and archived issues.
- **Idea Bank-** Strong programming is a key to success for lodges.
- **Information Bank-** What exactly is a bunad and how did it come to be Norway's national costume? What is Syttende Mai and how is it celebrated today? What are some of the most popular Norwegian names, and what do they mean?

Summer and Fall Fun Continues! These make great lodge road trips!

Nordic Fest is this weekend- <https://nordicfest.com/> - Decorah, IA

Highlights

Please check schedule for complete listings.

Arts & Crafts Center

A main event of Nordic Fest since 1974, the Arts & Craft Center is bustling with activity with 30+ artisans from the region. Here you'll find Scandinavian themed wooden figurines, ceramic, fabric and wood gnomes, Hardanger embroidery, rosemaling art, Nordic folk art, Norwegian needle craft, American girl doll clothes, jewelry, soaps and lotions, fabric quilted runners, fabric wall art, machine embroidery, and much more.



Living Traditions at Vesterheim

Vesterheim Museum
Friday and Saturday

Don't miss the opportunity to visit [Vesterheim](#), the national Norwegian-American museum and heritage center, during the Fest. Take in exhibitions and attend demonstrations of everything from woodworking to musical instruments to weaving. Their website is the best place to find up-to-date information about Living Traditions.



Skjaldborg Viking Encampment

New Location for 2021: John Cline Elementary School

The Skjaldborg group from Elk Horn, Iowa entertains Festers throughout the day and provides full Viking combat demonstrations.

Bunad Show

Hotel Winneshiek
Saturday, 2pm

A staple event at Nordic Fest since 1973, the Bunad Show enables Festers to experience the diversity of traditional Norwegian folk

Scandinavian Days at Vasa Park- <https://www.scandinaviandayil.com/>



VASA PARK

35W217 Route 31
South Elgin, IL 60177



The 44th Scandinavian Day Festival - September 8, 2024

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Location

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Welcome to the official 2024 Scandinavian Day Festival Page



Park Location

2023 Scandinavian Day
Festival Pictures

2024 Scandinavian Day
Festival Sponsors

2024 Scandinavian Day
Vendors

This will be the 44th Scandinavian Day Festival. Many years have passed and the festival has evolved but it remains loyal to its roots; the heritage of the five Nordic countries. We achieved our mission to bring the Scandinavian community together last year, when almost 1500 people visited the Festival. With your support we can again look forward to a memorable 44th Festival on September 8th, 2024.

The Festival planning team is working to select the entertainment and finding vendors to prepare those delicious Scandinavian foods and an assortment of Scandinavian goods for you. We are excited to bring to our 5 Nordic communities, and the Midwest, a

Nordic Music and Arts Festival- <https://www.sofn.com/event/nordic-music-and-arts-festival/>- Winnetonka, MN

Nordic Music and Arts Festival

September 7 @ 10:30 am - 5:00 pm CDT

FREE

The Nordic Music and Arts Festival includes two stages of continuous performances by Nordic singers, dancers, bands, choirs, instrumentalists, and small ensembles. The festival will be held rain or shine, as the two performance areas and seating are covered. Scandinavian and American foods and beverages will be offered for sale, highlighted by a lefse sale by Scandia Lodge. A Silent Auction will be held. Many Nordic artists and crafters will be offering their creations for sale. A Viking Village will be set up on the festival grounds and will include a sword fighting demonstration. A lutefisk toss will be part of the festivities in which teams from various Nordic countries will compete to see who can toss the most chunks of raw lutefisk into a bucket. Best of all, admission and parking are free.

Høstfest- <https://hostfest.com/> - Minot, ND

The screenshot shows the Norsk Høstfest website. At the top left is the logo for Norsk Høstfest with the dates SEPT. 25-28, 2024. A navigation bar includes links for TICKETS, EXPERIENCE, GIVING, GET INVOLVED, ABOUT, and HERITAGE, along with a search icon. Below the navigation bar is a large red countdown timer showing 61 Days, 10 Hours, 53 Minutes, and 47 Seconds until Norsk Høstfest. Underneath the timer is the text 'UNTIL NORSK HØSTFEST' and a red line. Below that is the heading 'ABOUT US' and a paragraph of text: 'Norsk Høstfest is a four-day Scandinavian cultural festival in Minot, ND, featuring top-tier entertainment, genuine cuisine, skilled artisans, merchandise, camping, and many other attractions.' There are two red-bordered buttons: 'MORE INFO' and 'VISIT OUR MERCH STORE'. At the bottom of the screenshot is a paragraph of text: 'Click the button below to discover a treasure trove of authentic Nordic-inspired items that celebrate the rich heritage and culture of this annual festival. From stylish apparel to unique keepsakes, our merchandise page is your gateway to bringing a piece of Norsk Høstfest home with you!'.

Watch video about Høstfest-

https://youtu.be/N7pRFBg_QIQ?si=ZBmm1BP85tjRAhk

Other Dates to Note (changes in red)

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

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.