

Sons of Norway District 5 - Friendly Fifth Friday News

July 5, 2024

A District Weekly Newsletter to Keep Us Up to Date!

Sons of Norway Summer Picnic

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!

July 1- Membership Dues Change Took Effect

In an effort to help lodges communicate the benefits of being a Sons of Norway member, I am going to try to do **weekly membership benefit highlights** that can be used in your lodge newsletters, posts, and other communications. If you find other benefits that you enjoy, let me know and I'll add them to the list!

It is important that you **toss any old membership applications and use the new application**. We have posted it on the District website at

[https://sonsofnorway5.com/library/original/docman/MembershipapplicationUS-](https://sonsofnorway5.com/library/original/docman/MembershipapplicationUS-July12024216W_US_web_062024_1.pdf)

[July12024216W US web 062024 1.pdf](https://sonsofnorway5.com/library/original/docman/MembershipapplicationUS-July12024216W_US_web_062024_1.pdf) for your convenience in finding it. It is a two-pager so I suggest running it in grayscale (to save ink instead of running it in color) and running it double-sided so it's just one piece of paper.

Making a list of activities that your lodge does can be a great addition to membership forms. Mandt has a "Membership Information Sheet" that we use that you are welcome to edit for your needs. It tells what we do, some background information, and then where to send their form and check, or who to contact.

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!

#1- 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!

To take advantage: Log in and sign up to get the weekly updates!

https://www.sofn.com/member_benefits/member_discounts/

SONS of NORWAY

WEEKLY PERKS

From Your Sons of Norway Discount Program

[Hotels](#) [Rental Cars](#) [Theme Parks](#)

New Perks

- Marriott**
- Total by Verizon**
- Southern New Hampshire University**

What Mandt Uses along with the membership application- you can make something similar, a tri-fold brochure, or other handout to promote membership in your lodge!



Mandt Lodge 5-314

Sons of Norway is a fraternal benefit society that helps to promote the heritage, culture and traditions of Norway. It is open to anyone who has an interest in Norwegian culture and heritage. You do not have to be Norwegian (or male) to be a member! Mandt Lodge is located at 317 South Page Street in downtown Stoughton. The lodge owns its own building which once was a church. Meetings are held the second Wednesday of the month at 7:00 PM except for during Lent and December when they are the second Thursday at 7:00 PM. Visitors are always welcomed at meetings and activities. We are handicapped accessible.

Visit www.sofn.com and www.sonsofnorway5.com to learn about Sons of Norway. Visit the Mandt Lodge **Facebook page at Sons of Norway Stoughton Wisconsin** and events are also posted on the Stoughton Chamber calendar at www.stoughtonwi.com.

SOME OF OUR LODGE ACTIVITIES OVER THE YEARS

Fish Boils	Youth activities	Bingo (monthly)
Video-Movie Nights	Baking classes	Family Day Camp
17 Mai Dinners	Bowling	Cooking and Baking
3 rd Grade Cultural Event	Youth Summer Camp	Newsletters
Bake Sales	Scholarships	Scrapbook/craft weekend
Kubb	Sports Medals Program	Trips
Reading Group	Day Trips	Julebukking
Video Lectures	Cultural Medals Program	Food Prep Classes
Sami Bracelet Classes	Winery & Brewery Trips	Rosemaling Classes

SOME OF THE OTHER BENEFITS OF MEMBERSHIP

Viking magazine	Camps	Travel Discounts
Website (www.sofn.com)	Educational trips	Leadership opportunities
Discounts on travel	Youth resources	Volunteer opportunities
Sports programs	Financial products	Adopt A Classroom
Scholarships	Heritage resources	Language Lessons
Masse Moro	Lodge library	Blogs, Facebook, Twitter
District website	On-line resources	PerkSpot Discounts

HOW TO BECOME A MEMBER

(Updated: July 1, 2024)

Dues: Primary Total: \$84.00 Family membership (all must live in the household): \$144.00

Membership Forms are available at www.sofn.com, join online or obtain one from the lodge. We are in District 5 and our lodge number is 5-314. Or return form and check (made out to Sons of Norway) to Financial Secretary Jane Conner, 405 Moe Circle, Stoughton, WI 53589. Phone: 608-873-1696. Jane handles our membership and can be emailed at janeconner829@gmail.com.



SONS of NORWAY



For New Members in the U.S. –Velkommen!

Why Join Sons of Norway? Because there's a little bit of Norway in all of us!

Member Benefits Include:

Viking magazine

Our #1 rated benefit! This popular bi-monthly print magazine covers a variety of fascinating topics from historical to modern.

Cultural programs

Get connected to Norwegian heritage and traditions. Our recipes, online Norwegian language lessons, cultural skills and sports medal programs will put Norway in your life every day.

Travel and other discounts

Explore your roots through thrilling travel adventures. Members enjoy savings on guided tours, self-guided trips, hotel stays, auto rentals and driving maps. Find added savings galore with additional member discounts you can access online.

Financial services

Members have exclusive access to competitively priced life insurance and annuity products that offer protection and security no matter what stage of life you're in. The purchase of these products helps support member benefit programs, lodges and our communities.

Sons of Norway Foundation

The Sons of Norway Foundation mission is to celebrate Nordic culture and heritage through scholarships and grants to our members. Last year we awarded over \$241,000 in awards to our members, lodges and communities.

That means:

- Grants to our lodges and districts
- Scholarships to our students
- Camperships for cultural experiences
- Humanitarian aid for our members in need

Sons of Norway Foundation: celebrating Nordic legacy and empowering lives

Select Your Membership:

- Individual Membership – \$84 per year
- Family Membership – \$144 per year

If known, please provide your:

District # Lodge # Lodge Name

Complete the following section for both **Individual Membership AND Family Membership**

Name _____ Male Female Other

First Middle Last

Date of birth _____

MM DD YY

Mailing address _____

Street Apt./Unit./Suite # City State Zip

Billing address _____

(if different from mailing address) Street Apt./Unit./Suite # City State Zip

Phone _____ Email _____

By providing my email address, I give Sons of Norway permission to send me newsletters, alerts, membership correspondence and special offers from Sons of Norway partners.

Member benefits are non-contractual and subject to change without notice. Products issued by Sons of Norway are available to applicants who meet membership, insurability and residency requirements. Financial products are not available in all states.

Complete the following section for a **Family Membership ONLY**

Please provide details for each family member enrolling, including unique email addresses for those age 16 and older. (Privacy regulations do not allow us to use shared email addresses for multiple family members.) Family members must reside at the same address. Free Heritage members must be age 15 or younger and related to a current member. Attach an additional sheet if needed.

Name _____ Date of birth ____/____/____
First Middle Last MM DD YY

Spouse Child/Heritage (ages 0-15) Other Male Female Other

Phone _____ Email _____
By providing my email address, I give Sons of Norway permission to send me newsletters, alerts, membership correspondence and special offers from Sons of Norway partners.

Name _____ Date of birth ____/____/____
First Middle Last MM DD YY

Spouse Child/Heritage (ages 0-15) Other Male Female Other

Phone _____ Email _____
By providing my email address, I give Sons of Norway permission to send me newsletters, alerts, membership correspondence and special offers from Sons of Norway partners.

Dues Payment Options (select one)

Check enclosed Amount \$ _____ (annual dues paid in full)

Automatic monthly withdrawal

Dues payments may be made by automatic monthly withdrawal (AWP) from checking accounts with established U.S. financial institutions. Your membership dues will be divided into 12 monthly payments and withdrawn each month. Your financial institution may charge an additional fee for this service. To sign up for automatic payments, please attach a voided check to this application.

AWP Authorization I authorize Sons of Norway to:

- Make electronic deposits, withdrawals and corrections to my bank account in compliance with U.S. law.
- Act on this authorization, renewing annually, until I revoke it by contacting Sons of Norway at 800-945-8851.
- Make administrative changes to this authorization, as necessary, such as date and amount charged.
- Act upon electronic deposit, withdrawal and administrative instructions I provide.

X _____
Signature of bank account holder Date

Lodge Information

Membership approved by _____
(if approval is required by lodge) Officer Name Member # Date

Membership referred by _____
Member Name Member # Date

Insurance Professional information _____
(if applicable) Insurance Professional Name Insurance Professional #

Thank you for joining Sons of Norway!

Please return this form with payment to:

Sons of Norway
 1455 West Lake Street
 Minneapolis, MN 55408-2666

Visit sonsofnorway.com to:

- Add family members living at one address to an existing membership
- Enroll and pay dues by credit card if you are joining a nonvoting lodge

Protecting Your Privacy – Sons of Norway respects your privacy. We never share your personally identifiable medical or financial information for any purpose other than underwriting insurance applications. Sons of Norway has administrative, technical and physical safeguards in place to protect your information. For our full privacy policy, please visit www.sonsofnorway.com.

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.