

Friendly Fifth Friday News July 8, 2022

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com. Feel free to share this with your lodge members!

From our Publicity Director – LaVonne Wier

I enjoyed the convention, and then our Fagernes Lodge from Blair, Wisconsin had the Trygason Lodge from Osseo as our guests for a Fyrbal on June 24th. I've been on another trip to the Creation Museum in Kentucky, and returned home just yesterday. Nice to go, but always feels great to get back home. It's been a busy June!

Submissions for consideration in the Viking are due to me by July 10th. My e-mail is 2nor1rus@gmail.com.

One thing I learned from my predecessor, Karen Eberhardt, is something I was doing a lot of the time, and shouldn't have been! Please **do not edit** your photos before sending them in. (I usually edit everything - don't do that). If the people in your photo look far away when you take the picture — **get closer** before you snap away! Try to leave out the ceiling and floor when you take the picture. The people at the Viking will do the editing. Good quality pictures have a better chance of being chosen. I have to pick only a few for submission each month. I think that will be the hard part of the job - picking the ones to send in out of all the great photos I receive.

Here is the form to submit with the photos . Just click the link to get the form.

Hope you all are having a *great* summer!

LaVonne Wier
D5 Publicity



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:

Make the Most of Your Membership-
https://www.sofn.com/member_benefits/member_discounts/

Next to *Viking* magazine, one of the most valuable benefits of membership is our discount program. As a member you will enjoy access to discounts on a wide spectrum of products and services from local and national retailers.

Members Enjoy Access to Discounts from a Variety of Companies



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.

Porsgrunds Porselænsfabrik

Members receive a 25% discount on Porsgrunds porcelain.

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. [Click here](#) for more information.

Enjoy All that Sons of Norway has to Offer

If you'd like to learn more about the benefits of Sons of Norway membership, be sure to explore the [Member Benefits](#) section, as well as our [Financial Products](#) and available [Scholarships & Grants](#).

Start enjoying our exclusive discount programs now, it's easy!

About Sons of Norway Products-

https://www.sofn.com/financial_products/frequently_asked_questions/

Life Insurance

Shopping for life insurance can be confusing and sometimes described in terms that we just don't understand. To help you with your journey, here are answers to questions people often ask and an explanation about what certain terms mean.

What is a death benefit?

The money the beneficiaries of the policy receive when the insured dies

What is cash value?

Part of the premium payments that grow tax-deferred over time. If your policy earns dividends these funds can also be added to the cash value and earn interest. If you need to access your cash value funds you can either take a loan or withdraw a portion.

How do riders work?

Riders are used to customize your policy and add additional value, and provide ways to get more death benefit or future access to the death benefit if you become terminally ill.

What is a dividend?

This is how an insurance company shares part of the profit with you. Dividends are not guaranteed and most often they are paid annually.

Annuities

What is an annuity?

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Annuities have many advantages:

- Tax Deferral
- Protection from Market Risk
- Diversification
- Guaranteed Interest Rate
- Access to Free Withdrawals

With the right Annuity, Sons of Norway can help you reach your long-term financial goals.

Any distributions are subject to ordinary income and tax, if taken prior to age 59 1/2, a 10% federal additional tax.

All guarantees are backed by the claims-paying ability of the issuing company.

Sons of Norway and its distributors and representatives do not provide tax, accounting, or legal advice. Please consult your own attorney or accountant.

Promote your lodge events!

District 5 Website Calendar- <https://sonsofnorway5.com/events/>

Send information to inputd5@sonsofnorway5.com

International website calendar- <https://www.sofn.com/events/>

Deadlines and Dates! Changes in red!

July 10, 2022

- Photo submissions due to LaVonne Wier for the Viking

July 17-30, 2022

- Masse Moro Norwegian Heritage Camp

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

INTERNATIONAL LODGE MEETING

The dates of the International Virtual Convention:

Wednesday, August 31, 2022, 10 a.m. – 2:45 pm central time and

Thursday, September 1, 2022, 10 a.m. – 2:30 pm central time

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 and International 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!**

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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.

Darlene Arneson – arnesonfamily5@gmail.com