

Sons of Norway District 5 - Friendly Fifth Friday News
June 13, 2024
A District Weekly Newsletter to Keep Us Up to Date!



Dear District Leaders,

We are excited to announce that the International Board of Directors has elected Daniel Seyfried as the new Chief Executive Officer of Sons of Norway effective June 1, 2024.

Dan joined the organization in 2020 as Chief Information Officer. In 2021, he added member and insurance operation responsibilities to his duties. In 2022, product management was added to Dan's team. Dan has made a tremendous impact on the organization and in March 2024 was named Chief Operating Officer by the International Board, championing the day-to-day activities of sales and marketing, operations, product development and information technology.

Dan earned a Master of Science in Software Engineering at the University of Minnesota and has devoted his career to fraternal insurance carriers for nearly three decades. In his new role, Dan will carry forward the impactful work that Chris Pinkerton championed as CEO for the past four years. The work Chris did was instrumental in helping the organization reinvigorate the product line and realign the talent needed to be a successful fraternal insurance carrier.

We thank Chris for his great contributions as he prepares for his next adventure and welcome Dan as the next leader for Sons of Norway.

Fraternally,

Ron Stubbings
International Chair

2024 District 5 Delegate and Convention Reminders- as of June 13, 2024

As we prepare for our time in Indianapolis:

- I am not aware that we are asking for your SN membership card when you register. If you have it handy, bring it along. If you can't find yours, you can print it by going to your membership profile.
- You must log in to the www.sofn.com website and then go to your membership profile and click: Membership Card

Member Profile

Welcome to your profile page. Please use it to keep your information current and to navigate to the resources you need. If you don't find what you're looking for here, you can go back to the homepage and click on the search icon. [click here to go back.](#)

Darlene Arneson

Contact Information

(608) 873-7209 [Edit](#)

Cell: (608) 514-4951

arnesonfamily5@gmail.com [Edit](#)

Home Address

2056 Skaalen Rd [Edit](#)

Stoughton WI 53589-3330 US

Seasonal Address

[Edit](#)



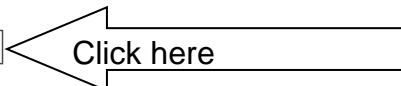
John

[ADD A FAMILY MEMBER](#)

[RENEW](#)

[CHANGE MY PASSWORD](#)

[MEMBERSHIP CARD](#)



- Not sure how to log in, watch this video! <https://youtu.be/WKXhY-3CTVE?si=QL7J37oaye6rmZA2>
- Please take time to read, study, and then bring along your copy of the 2024 Report's Book. If your lodge has any delegate changes from the time of this mailing, please make sure the delegate coming to Indy has this book!
- This year has been challenging with many delegate changes, hard to fill committee lists, and the nominating committee still has two spots to fill. They are looking for a Sports & Recreation Director and an alternate for District Secretary.
- Changes in Reports Book- There are always changes! I will have updates sent out early next week.
- If you have changes in delegates, please let me know ASAP (arnesonfamily5@gmail.com) as well as Convention Chair Judy Ghastin (judy62ghastin@gmail.com) and Registration Chair Wendy Kay Winkelman (wendyathadeland@yahoo.com). Any materials sent to the original delegate should have been passed along to the alternate.
- Keep in mind that we will be electing District Board Members and alternates at this district lodge meeting. Please consider this opportunity, review your benefit member status, and talk to your spouse BEFORE coming to the convention!
- The attire is business casual/business for most events. As leaders of your lodge and as we are in the public's eye, our attire should reflect our roles in the District. The banquet is formal-business/formal, bunads, black tie, Norsk sweaters.
- If you have a camera, take pictures! We hope you will share your pictures on the District 5 Facebook page. Casual photos are always great so please don't be camera shy! #SND5INDY
- If your lodge has a photo display poster, bring it along! It's a great way to promote what you do and for others to get ideas!

- If you have stamps, bring them along! You can give them to our contacts who will deliver items to the Sisters of St. Mary's College.
- Please check with your lodge to see if you are to bring along the lodge banner, newsletter display board, silent auction items, or other things!
- The hotel is air conditioned and sometimes they have the room cooler when there are lots of people. You may want to bring along a sweater.

To help answer questions your delegates (or lodge leadership) may have!

I will host a ZOOM call for Delegates on Saturday, June 15, at 9:00 AM CST to help answer questions and discuss the convention and lodge meeting. We also will have Delegate Orientation at the convention on Thursday, June 20, at 3:45 PM in the Heathrow A Room.

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN D5 Convention Delegate Call
Time: Jun 15, 2024 09:00 AM Central Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/82851036722>

Meeting ID: 828 5103 6722

One tap mobile
+16465588656,,82851036722# US (New York)
+16469313860,,82851036722# US

Dial by your location

- +1 646 558 8656 US (New York)
- +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)
- +1 669 900 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: 828 5103 6722

Find your local number: <https://us02web.zoom.us/u/kmkjBGabk>

My cell is 608-514-4951 (call or text) and my email is arnesonfamily5@gmail.com.

Sincerely,

Darlene Arneson

District 5 Secretary

Hotel Address for your GPS

Indianapolis Crowne Plaza Airport Hotel
2501 S High School Rd, Indianapolis, Indiana 46241

Darlene's cell if you need to contact me- 608-514-4951



What to pack

1. Reports book
2. Sons of Norway membership card to show at registration
3. Lodge banner if you have one
4. Silent auction items if you or your lodge are sending them
5. Lodge photo display board if you have one. If you have an easel, bring that along and make sure it is labeled.
6. Spending money for the silent auction, Flip of the Coin, and vendor area!
7. Something to take notes with
8. A sweater or something warm in case the AC is cold for you
9. Stamps for Sisters of St. Mary's College.- you can give them to Scandiana Lodge members who will be at the convention
10. Money for District fundraising items- books, pins, and medium sweatshirts. We have a limited supply of these items.
11. If members of your lodge are sending items for the Cultural Display, make sure all the paperwork is done!
12. A smile, patience, and being ready to meet others, share ideas, and have fun!

Thank you for supporting the various fundraisers that will occur during the District 5 Convention.

- District's Silent Auction- always a favorite and the items will be in the Salon D & E where the business session will be held. Due to space limitations in the registration area, we'll ask that delegates bring the items to that area after 5 PM on Thursday when we are setting up the delegate tables. The silent auction starts early Friday and will end before we adjourn on Friday. Thank you so much for bringing items to the convention and for bidding on them! What can

your lodge, delegates or businesses donate? We ask that you send items that are easy to transport, new items, nothing that requires refrigeration, if a vintage item- that it is clean and in good condition. Favorites are cultural items (rosemaling, pewter, carvings, textiles), gift cards, theme baskets, vintage SN items, beverage baskets, and items from your area. Be creative and have some fun with these!

- District's Heads n Tails fundraiser during the Friday luncheon. This is a fun, inter-active optional fundraiser that benefits the SN District 5 Nordic Legacy Foundation.
- We also have new Masse Moro t-shirts for \$25.



If you are listed as a

- **MARSHALS** - Position is at entrance to business hall for duration of session at direction of presiding chair. Duties include monitoring those entering and leaving the hall during the business session and delivering messages to delegates. Will act as escort for any dignitaries as prescribed by the presiding chair. Directing delegates and non-delegates to appropriate seating areas for them. The Marshals sit near the back of the room (or by entrance doors) during the session.
- **GREETERS** - Come to the meeting hall 15 minutes before the session begins and position is at entrance to business hall for duration of session at direction of presiding chair. Duties include welcoming guests (non-delegates) entering the hall for the business session and delivering messages to delegates. Directing delegates and non-delegates to appropriate seating areas for them. The greeters may sit with their lodge delegation during the session.
- **TELLERS** - Unless called on by the presiding chair, position is normal location in the business hall as a local lodge delegate. Duty extends through all sessions and days of the business meeting. When called, duty is to distribute, as necessary, and collect delegate ballots, when used. Collectively, tellers will then retire to a remote location to sort and count ballots. Tellers

will separate any ballot determined not qualified or illegal, such as blank ballots or those with indeterminable selection or double marking, and so on. Tellers will carefully protect all ballots until their disposition is determined. Upon completion of the counting and preparing a written report (signed by Teller 1), tellers will return to their normal locations in the business hall. Teller 1, on behalf of the teller group, will proceed to the designated committee reporting position to read the ballot report. Teller 1 will present the report and all ballots to the district secretary after reading the report.

When should you be there?

- If on a committee, committee meetings have met virtually prior to the convention and if they need to meet in person, they have rooms reserved from 9-12 on Thursday. They will schedule their own time to meet- if needed.
- Board members- we meet at 8 am on Thursday
- If you are in a class, there will be information sent to you.
- We have some great optional speakers, presenters, and entertainment for delegates and non-delegates to enjoy!

Delegates must be there:

The business sessions start at 8 am on Friday and Saturday! Please try to get into the meeting room 10-15 minutes early so we are ready to start at 8 am!

RACING TO THE FUTURE



SONS OF NORWAY
District 5 Convention
Indianapolis, Indiana
6/20/24 - 6/22/24

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

June 19-22- District Five Lodge Meeting and Convention in Indianapolis

June 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.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhagen (ATuchenhagen@sofn.com).
- 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
- If you need something related to sales, you can use sales@sofn.com

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.

Darlene Arneson – arnesonfamily5@gmail.com