

Sons of Norway District 5 - Friendly Fifth Friday News
June 28, 2024
A District Weekly Newsletter to Keep Us Up to Date!

Convention 2024

Cheryl Wille-Schlessler, District 5 President



What a convention it was! There were so many great aspects that it is difficult to name just one. I would like to take this moment to thank the 2022-2024 Board of Directors who rose to the challenge and planned an outstanding convention for our members when we fell short of a convention bid.

The Sons of Norway Foundation and its director Amy Tutenhagen are to be acknowledged for helping our district to secure a grant which brought Sami artists Rijnvoen Jørn Magnus and Anna Grete Langseth to Indianapolis. They made numerous presentations and spoke freely with our delegates and board members about the Sami culture and Norway in general.

The convention chair extraordinaire, Judy Ghastin, did an outstanding job working with the hotel staff and made the experience memorable-especially the daily Norwegian breakfasts served each day. Her sister Lucy Ghastin was also instrumental in the convention's success; her expertise in planning conventions kept all aspects on an even keel and progressing forward.

Especially appreciated was the work done by the many committees I appointed earlier this spring. Those who served on the nominations, credentials, laws, finance, publicity, resolutions, and fraternal affairs committees devoted more of their personal time to the convention and traveled to Indy earlier to complete this work in advance of the meeting. Know that you made a difference.

Our convention would not have been possible without the organization and guidance Darlene Arneson provided. Read your edition of the Friendly Fifth Friday News each week on the District 5 website. It is the best way to discover what is happening around the district.

Parliamentarian Robert Schuck helped to maintain order and counseled me when discussions grew uncertain, and verbiage needed to be rewritten. It WAS my first rodeo, and his presence was certainly helpful.

Messages from the home office were shared by Foundation Director Amy Tutenhagen and the newly seated SofN CEO, Dan Seyfried. Our delegates were brutally honest with their questions and concerns. Although Dan had only been in the office for three weeks, he was a focused listener, and returned to Minneapolis with a list of concerns that must be addressed from our perspective.

He mentioned the possibility of a cultural experience for all members of the Sons of Norway. No details were provided.

District 5's International Director Duane Kittleson provided a company message and International Secretary Robin Fossum added additional input. District 5 is fortunate to call them our members and for their service to the larger lodge community.

The marshals, assistant marshals, and greeters performed well. Your smiles were welcoming. The tellers did not have work to do at this convention, but they stood at the ready if duty called.

I would encourage more of our members to take part in the cultural arts competition in 2026. You may begin your projects today!

A huge thank you goes to Titan and Aurora M. and their family who helped to make Norwegian pastries for the breaks.

And now for the drumroll...the 2026 District 5 Convention will be held in Stoughton, WI, home to Mandt Lodge, the largest lodge in the district. The many components of this convention will be handled differently. Watch for further details in the FFFN each Friday.

Ways to serve our members-

- 1) If you have the skill set required to serve on the *International Board of Directors*, please obtain a candidacy form and complete it by June 30th. Director Kittleson is willing to assist you. Please contact him with further questions.
- 2) Adjunct Service-We are looking for members who can serve the district in a myriad of ways.
- 3) Check out our Facebook page to see many convention highlights.

Thank you for all you do to maintain your lodges and for providing the leadership they need to survive.

Cheryl

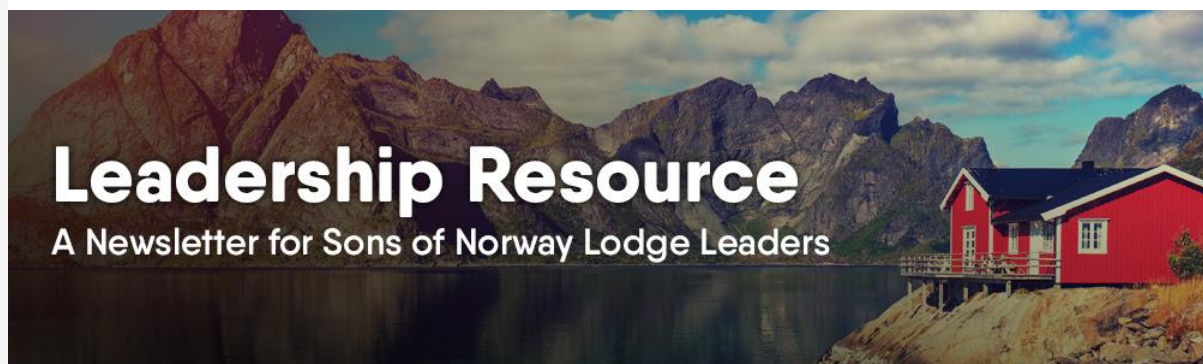
2024 SN District 5 Board Alternates

Position	First	Last	Lodge
Alternate – Secretary	Janis	Wegner	5-314 Mandt
Alternate- Treasurer	Duane	Kittleson	5-513 Vennelag
Alternate- At Large	Connie	Kross	5-525 Cleng Peerson
Alternate- At Large	Judy	Ghastin	5-491 Norse Valley
Alternate- At Large	Michaela	Decker	5-183 Nordlyset
Alternate- At Large	Laurie	Barrett	5-314 Mandt

District 5 Board - 2024-2026				
Position	Lodge	Lodge Name	First Name	Last Name
President	513	Vennelag	Cheryl	Wille-Schlesser
Vice President	657	Edvard Grieg	Jim	Herman
Secretary	314	Mandt	Darlene	Arneson
Treasurer	491	Norse Valley	Corey	Olson
Youth	314	Mandt	Robert	Schuck
Publicity	616	Fagernes	LaVonne	Wier
Cultural	74	Idun	Lucy	Ghastin
Sports	100	Skjold	Clara	Solak
At-Director/Foundation	183	Nordlyset	Connie	Aiello
At-Large	314	Mandt	Scott	Wegner
At-Large	100	Skjold	Lisa	Solak
At-Large	689	Shawnee Skogen	Bill	Bultinck
International Director	513	Vennelag	Duane	Kittleson
Webmaster	168	Valhall	Christina	Fairchild

We are in the process of updating documents, website pages, the bylaws (all proposals passed), and other convention follow-up and will continue to share those items as they get completed. We also had a number of presentations at the convention and will work to share any handouts and possibly host a few ZOOM meetings to cover the rest. We had a great week and a lot of great committee work, delegate discussion, board work, and fun was had! Thank you for supporting your delegates and others who attended. And a huge thank you to convention chair Judy Ghastin, her assistant Lucy Ghastin, the board, and our volunteers who worked hard to make it all happen. We are compiling the photos to make one album on the District Facebook page and then they will be on the District website as well. It all just takes time!

Darlene Arneson, Secretary



June 2024

Announcement from Ron Stubbings



Daniel Seyfried

Chief Executive Officer

Dear Sons of Norway 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.

2024 International Board Vote

ELECTION TIMELINE:

- Candidate validation and candidates slated: February – July 1, 2024 (section charter 16.4.2.2)
- Voting period: September 1 – September 30, 2024
- Election results announced: October 2024
- Election of officers: November 2024
- Terms begin: January 2025

If you personally would like to submit an application, please use the documents on our website: [International-Director-Candidate-Application](#) and forward all documents to Connie O'Brien at cobrien@sofn.com.

Membership Dues

As was highlighted in the April Leadership Resource, membership dues are increasing effective July 1. Please see the following for specific amounts related to each country. Here is an overview of the new dues structure:

Canada Memberships:

Individual – \$87 CAD

- *International* - \$67.50
- *District* - \$8.50
- *Lodge* - \$11.00

Individual Golden – \$52 CAD

- *International* - \$32.50
- *District* - \$8.50
- *Lodge* - \$11.00

Family - \$146 CAD

- *International* - \$107.50
- *District* - \$17.50
- *Lodge* - \$21.00

Heritage & Lifetime – No change

US Memberships:

Individual – \$84

- *International* - \$54
- *District* - \$15
- *Lodge* - \$15

Individual Golden – \$54

- *International* - \$26
- *District* - \$15
- *Lodge* - \$13

Family - \$144

- *International* - \$87
- *District* - \$27
- *Lodge* - \$30

Heritage & Lifetime – No change

Norway Memberships:

Individual – 660 NOK

- *International - 420*
- *District - 170*
- *Lodge - 70*

Individual Golden – 445 NOK

- *International - 205*
- *District - 170*
- *Lodge - 70*

Family - 1185 NOK

- *International - 675*
- *District - 345*
- *Lodge - 165*

Heritage & Lifetime – No change

Combination Family Memberships will vary, and the amount will be reflected on your invoice.

Please note that there may be rounding involved to ensure it could be divisible for those paying monthly.

Reminder that Golden rates are half of the International portion of dues, plus the full portion of District and Lodge dues.

Membership Applications

Updated membership applications can be found on the website:

- [US Application](#)

- [Canada Application](#)
- [Norway Application](#)

Lodges can print these off and should make sure that old applications get tossed.

Encourage new potential members to join online for the quickest processing.

Paying for Membership – Credit Cards

Just a reminder that while we can't accept a credit card number over the phone or written on an application/renewal - to prevent identity theft, you can use your credit card when you renew online. Just know that it will NOT automatically renew yearly, so when you get your invoice notice, make sure to go back in to pay.

Membership Cards

Print your membership card from your profile page at any time!
[Log in and take a look!](#)

Humanitarian Grants

As severe weather ramps up during the summer months, please remember that the Sons of Norway Foundation has disaster relief grants available for members that are directly impacted by a natural disaster. Please contact foundation@sofn.com with questions or for more information.

District Conventions

Conventions are in full swing! The Sons of Norway Foundation will have a representative at most of the district conventions, so please take a moment to say hello.

Make sure to take pictures of the convention fun and send them to your district publicity director for possible submission to Viking Happenings or Happenings Extra.

Sons of Norway Store

There are new offerings on the Sons of Norway store that is available to both members and non-members. Click here to check them out!

- [Men's Sons of Norway Polo Shirt](#)
- [Women's Sons of Norway Polo Shirt](#)



Thank You for your Support

The Sons of Norway Foundation appreciates the support from members, lodges, and districts. Your gifts help make our grant and scholarship programs possible. If you would like to learn more about making a gift, please visit: sofn.com/foundation/donate

An Easy Way to Make a Gift to the Foundation



Looking for a fast and easy way to make a gift to the Sons of Norway Foundation? Introducing a new QR code for your convenience. Just point your cell phone camera at the QR code to access the yellow link that pops up on the screen and takes you to the donate page of the Foundation website. The Foundation is a 501(c)3, so donations are tax deductible. Your support truly makes a difference in the grants and

scholarships we award to our lodges, members and communities. **Thank you!**

Leader Training Series

Available trainings:

- ***Intro to Sons of Norway*** – [Intro to Sons of Norway Training](#)
 - ***Sons of Norway Foundation*** – [Sons of Norway Foundation Training](#)
 - ***NEW! Local Lodge Leader Training*** – [Local Lodge Leader Training](#)
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How to Contact Us



Wondering who to reach out to with your questions?

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

If you have questions about any of the topics in this issue, or if you would like to share a programming/recruitment tool that your lodge uses, contact us at sonsofnorway@sofn.com.

Fraternally,

Sons of Norway



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 _____

Street Apt./Unit/Suite # City State Zip

(if different from mailing address)

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 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.