

# Sons of Norway District 5 - Friendly Fifth Friday News

## March 14, 2025

*A District Weekly Newsletter to Keep Us Up to Date!*

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### March 15

- D17 electronic financial form is due from the lodges and districts to Sons of Norway headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due using Survey Monkey. (see YouTube video for tips: [https://youtu.be/CA6Wz-BZ\\_U8?si=WaE\\_f-Jvo8ea18VI](https://youtu.be/CA6Wz-BZ_U8?si=WaE_f-Jvo8ea18VI))
- American Fraternal Alliance (AFA) reporting due using Survey Monkey.
- D64 Lodge Property Officer updates are due.
- District 5 Scholarships

## Resources to help on the International Website- you must log in to access!

<https://mailchi.mp/sofn/leadership-resource-newsletter-january2025-13771890>

### Lodge Achievement Form

We ask that all lodges complete this. Lodge Secretaries complete this online in the forms section by **March 15**. Lodges that need help with this should reach out to their Zone Director.

#### FAQ:

- [Lodge Achievement Form – FAQ](#)

#### Draft forms:

- [Lodge Achievement Form – USA Draft](#)
- [Lodge Achievement Form – Canada Draft](#)
- [Lodge Achievement Form – Norway Draft](#)

#### Click here to start the form:

- [Lodge Achievement Survey – 2024 \(USA\)](#)
- [Lodge Achievement Survey – 2024 \(Canada\)](#)
- [Lodge Achievement Survey – 2024 \(Norway\)](#)

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### Family Lodge of the Year

We ask that all lodges complete this. Lodge Secretaries complete this online in the forms section by **March 15**. Lodges that need help with this should reach out to their Zone Director.

**FAQ:**

- [Family Lodge of the Year – FAQ](#)

**Draft forms:**

- [Family Lodge of the Year – USA Draft](#)
- [Family Lodge of the Year – Canada Draft](#)
- [Family Lodge of the Year – Norway Draft](#)

**Click here to start the form:**

- [Family Lodge of the Year Survey – 2024 \(USA\)](#)
  - [Family Lodge of the Year Survey – 2024 \(Canada\)](#)
  - [Family Lodge of the Year Survey – 2024 \(Norway\)](#)
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## **American Fraternal Alliance (AFA)**

Reporting 2024 hours for the AFA will use Survey Monkey this year. This is due **March 15**.

**FAQ:**

- [American Fraternal Alliance – QA](#)

**Draft forms:**

- [American Fraternal Alliance – Draft](#)

**Click here to start the form:**

- [American Fraternal Alliance Survey – 2024](#)

## **D-18 and 990**

Lodges with property must complete a D-18 by **May 15**.

All US lodges must complete a 990 form by **May 15**.

## **Norwegian Language Class - April 16 th 10:30 am EST**

Askeladden Lodge warmly invites you to attend an informal language class on April 16 th via Zoom. The class is continuing with chapter 2 of the Sett i gang 3 rd edition textbook by Kari Lie Dorer and Nancy Aarsvold. The book’s subtitle is, “An Introductory Norwegian Curriculum”. The textbook via Amazon runs circa \$70. One of the benefits of this text is it’s companion web portal; unrestricted use of the portal resources is available for \$10.00 for two (2) years. Come prepared to converse on topics in Chapter 1 (Getting Acquainted) and Chapter 2 (Studies, Work, and Leisure). Please be prepared to address the exercises on page 25 to the end of the chapter! The chapters are full of interactive opportunities to speak, read and write with many graphics. The class meets once a month via Zoom / in person at a library. The Zoom link will be sent to you either the day of or the day before the class.

Please RSVP your interest to [astutekaren@gmail.com](mailto:astutekaren@gmail.com). See you there!

## **From LaVonne Wier!**

Someone told me it was going to be a hard winter. Maybe somewhere, but not at our place. There are advantages to having a good snow cover, but I'm not complaining.

Photos for March should be sent my way via email by March 20, 2025. Remember the Photo Submission Form. Even if your photo doesn't make it into the Viking, you can still see it on the D5 website. Send them in, please!

Talent Do you have a particular skill or talent that you could share with us? If you do, and are willing to make an online presentation, it would be great to have you share it! I don't know all the how-to's of the process, but we can find out. I remember the super good presentations that were made for us during COVID. Weren't they nice? It is great to have a means to share these demonstrations with all the district members. Connie Aiello made a few, and did a bang up job. Maybe you could make something for everyone to enjoy. Let me know if you are interested.

Membership This isn't my bailiwick, but I'm going to put it out there. Has your lodge lost members, or had potential members NOT sign up, because of the cost of membership?

Sons of Norway members care about others. We don't want anything to cause someone to quit or not join the lodge. For those of us who are blessed with plenty, how about helping some individuals? Not everyone has extra funds. Some may be struggling to pay the basics. Sons of Norway membership may seem like an unnecessary expense when things are real tight. Even though the person may enjoy it, he/she doesn't have the funds because everything costs more than it did in the past.

Some lodges may already have a special fund to help pay dues. If so, that is great. If not, maybe there should be one. Or, individual members can volunteer to pay someone else's dues. It can be discreet so there is no embarrassment on the part of the recipient. It can be "just between you and me", and no one else in the lodge needs to know. Maybe by next year, the person will be able to pay his/her own way. Maybe a new person in the lodge will enjoy it so much, they will gladly pay their dues the second year! Something to think about...

Alt for nå!

LaVonne Wier  
District 5 Publicity  
608-539-3243  
608-865-0164



## 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:

**History Alive Project  
Presents**  
*Stoughton High School  
Norwegian Dancers*

**APRIL 13, 2025  
1 p.m. @ the  
old Westby HS  
Gymnasium**

Doors Open at  
12:30 p.m.

Program is *free  
of charge*

**STOUGHTON NORWEGIAN DANCERS**

STOUGHTON NORWEGIAN DANCERS

## Reminder!! NAGC's

### upcoming spring classes and webinars.

Sign up today or to learn more visit  
our

website: <https://www.nagcnl.org/ev>

## *Upcoming Webinars*

The Celtic Church of St. Olav and the Later  
Battle with the Catholic Church for  
Norwegian Souls Webinar  
(March 15th)

1814 to 1905 – Norway Finding its identity as a  
Sovereign Nation Webinar  
(May 3rd)

## *Upcoming Classes*

BEGINNING NORWEGIAN (In-Person) Spring 2025  
Session  
(April 2nd – June 4th)

CONTINUING NORWEGIAN (In-Person)  
Spring 2025 Session  
(April 3rd – June 5th)

# Sons of Norway District 5 Adult Norwegian Cultural Weekend

October 3-5, 2025

“Celebrating Norwegian Immigration – The Sloop 200<sup>th</sup> Anniversary”

All the information can be found at: [https://sonsofnorway5.com/programs/leadership\\_workshop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)

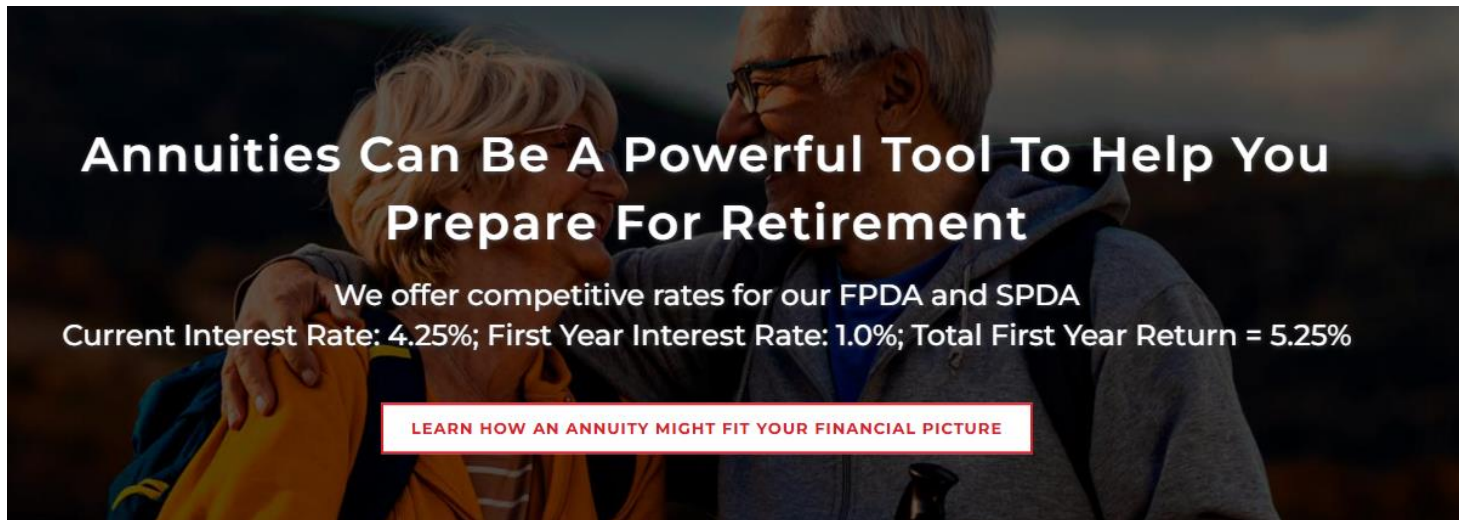
A three-day weekend of Norwegian Culture fun featuring Sloop and Fox Valley Settlement pioneer history, traditional Norwegian culture and craft programs and classes, Norwegian games and movie night, “Sluppen” fun walk, Norwegian barn dance with Norwegian folk music and food, traditional Norwegian worship service, and a chance to meet descendants of the first Norwegian-American immigrants at their Sloop Society annual meeting.

This is a Sons of Norway District 5 Adult Norwegian Cultural Weekend event in Norway, Illinois, sponsored by Polar Star and Cleng Peerson Sons of Norway lodges, the Norsk Museum, and the Sloop Society of America.

*Weekend pre-registration is required.*

Download these PDF files for the full weekend schedule information and registration forms:

- [Schedule – Information](#)
- [Weekend Registration Form](#)
- [Fun Walk Registration Form for “Sluppen” Around Norway, Illinois](#)



**Annuities Can Be A Powerful Tool To Help You Prepare For Retirement**

We offer competitive rates for our FPDA and SPDA  
Current Interest Rate: 4.25%; First Year Interest Rate: 1.0%; Total First Year Return = 5.25%

[LEARN HOW AN ANNUITY MIGHT FIT YOUR FINANCIAL PICTURE](#)

<https://www.sofn.com/wp-content/uploads/2024/07/FL438-Educational-Flyer.pdf>

## SONS OF NORWAY PRODUCTS

### Life Insurance

Whole Life Insurance  
Term Life Insurance

### Annuities

Flexible Premium Deferred Annuity  
Single Premium Deferred Annuity  
Bonus Single Premium Deferred Annuity  
Multi-Year Single Premium Deferred Annuity  
Single Premium Immediate Annuity



# MASSE MORO

Sons of Norway Fifth District Norwegian Heritage Camp



## WHAT IS MASSE MORO?

Masse Moro is a Norwegian heritage camp for youth sponsored by the Sons of Norway Fifth District. Since 1979, it has been helping youth celebrate their Norwegian heritage and getting families connected to the Sons of Norway through its cultural immersion program. At camp, youth will learn the language, eat the food, listen to the music, tell the tales and myths, and celebrate the traditions of Norway.

## ELIGIBILITY

Our camp is open to both boys and girls between the ages of 9 and 15 years old. (Campers must be 9 as of the first day of camp. No exceptions.) A two-week sleepaway camp, campers stay in cabins (furnished with bunk beds) along with 2-3 staff members and an additional 9-12 other campers. This small, cozy atmosphere creates a bonded tight-knit cabin that creates a home away from home where campers feel safe and comfortable.

## RATE FOR MASSE MORO

### Tuition

**\$1,200.00\***

Includes admission for one camper for the two-week session

Applications must be received on or before May 17th in order for your camper to qualify for matching funds through District Five. After May 17th, we will continue to accept applications until July 1st.

In order to qualify for District One scholarship support, please turn in your Camper Application to your lodge as early as possible. The scholarship deadlines may be different in other districts, so please communicate with them early for your best chances at financial aid.

Please visit [www.massemoro.org](http://www.massemoro.org) and select the "Admissions Information" tab for all application materials including the Camper Application, Matching Funds Form, and Health Forms.

\*Subject to change.

## WHAT'S ON OUR PLATES

Campers will have 3 square meals a day including snacks and breaks throughout the day. At the beginning of every meal, campers are taught the vocabulary for that meal as well as key meal-time phrases in Norwegian. Campers eat a mix of traditional Norwegian cuisine and American favorites. Special dietary accommodations can be met, including allergies and vegetarian/vegan diets.



## WHAT'S THE NEXT STEP?

Register for camp today! We'll walk you through the process with our easy checklist.

1. Visit [www.massemoro.org](http://www.massemoro.org) and select the "Admission Information" tab
2. Fill out the application
3. Fill out the Health Form for your camper(s)
4. Pay your \$100.00 application fee (used toward tuition)
5. Receive your Camper Welcome Packet/Email
6. Start packing (we have a packing list on our website under the "Admissions" tab)
7. Attend camp July 13-26, 2025



Masse Moro Sons of Norway Fifth District Norwegian Heritage Camp  
July 13-26, 2025 • Beaver Creek Nature Reserve, Fall Creek, WI  
[www.massemoro.org](http://www.massemoro.org) • Facebook: [www.facebook.com/groups/massemoro](https://www.facebook.com/groups/massemoro)



Masse Moro Norwegian Heritage Camp
July 13 - 26, 2025

\*\* Local Lodge Supporting Grant Endorsement \*\*

THIS ENDORSEMENT MUST BE POSTMARKED BY: May 17, 2025.

Please Note: Local Lodges provide varying amounts of support for their Masse Moro campers. District 5 will match the Local Lodge Supporting Grant up to \$250.00 per District 5 camper.

Contact your Lodge's president to determine requirements and Supporting Grant amount. Tusen Takkl

Camper or Sponsor complete this section (please print):

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Sons of Norway Member/Sponsor Name: \_\_\_\_\_ Member# \_\_\_\_\_

Name and address of Sons of Norway Lodge of Sponsor \_\_\_\_\_ Relationship to Camper \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number \_\_\_\_\_

Campers: complete the above information, then send this form to your sponsoring lodge for further processing.

LOCAL LODGE ENDORSEMENT

The members of \_\_\_\_\_ Lodge, 5-\_\_\_\_\_, have voted to endorse this applicant for Masse Moro - Sons of Norway District 5 Norwegian Heritage Camp for the 2025 session.

Enclosed is check number \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ Date of Application: \_\_\_\_\_

Print Lodge President or Secretary \_\_\_\_\_ Signature \_\_\_\_\_ Phone Number of President/Secretary \_\_\_\_\_

- Make checks payable to: Nordic Legacy Foundation
Please include the camper's name on the memo line of the check.
THE ENDORSEMENT MUST BE POSTMARKED BY May 17, 2025
LODGES: Please send this completed form and the accompanying supporting check to:

Robert Schuck, District 5 Youth Director
N6011 State Rd 70
Winter, WI 54896
E-mail: d5youthdirector@gmail.com

## **2025 Calendar**

### **March 15**

- D17 electronic financial form is due from the lodges and districts to Sons of Norway headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due using Survey Monkey.
- American Fraternal Alliance (AFA) reporting due using Survey Monkey.
- D64 Lodge Property Officer updates are due.
- District 5 Scholarships

**March 20-** Viking Photos due to LaVonne Wier

**April 20-** Viking Photos due to LaVonne Wier

**April 25-26-** District 5 Board Meeting in Chicago

### **May 15**

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

**May 17-** Masse Moro Lodge Supporting Grants Due

**May 17-** Masse Moro Registrations Due

**May 20-** Viking Photos due to LaVonne Wier

**June 20-** Viking Photos due to LaVonne Wier

**July 13-26-** 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 3-5-** Adult Camp Heritage Weekend in Norway, IL

**October 20-** Viking Photos due to LaVonne Wier

**November 20-** Viking Photos due to LaVonne Wier

**December 20-** Viking Photos due to LaVonne Wier

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### **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- **Foundation, Scholarships & Grants-** Amy Tuchenhagen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhagen@sofn.com](mailto:atuchenhagen@sofn.com), (612) 821-4655
- **Fraternal & Membership-** Connie O'Brien and Kirsten Lehman  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643

- **Culture, Viking & Language: Jana Velo**  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- **Insurance Sales: Lori Gubash**  
[sonsofnorwaysales@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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**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](mailto: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](mailto: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.