

Sons of Norway District 5 - Friendly Fifth Friday News

March 7, 2025

A District Weekly Newsletter to Keep Us Up to Date!

Birkie Exp Cookie Booth Highlights!

This year all booths were smaller. The Sons of Norway banner and Masse Moro banner drew attention to our booth and opened many conversations. We had a surprise donation when Paul Thompson from the Birchlegger's booth presented Barnebirkie bibs worn by his late son when he took part in the event as a young child. They were the perfect decoration to display on the back curtains tying our booth to the Barnebirkie.

Homemade cookies were the favorite: chocolate chip, oatmeal with various add-ins, sugar cutouts with frosting. People said: We look for your booth every year. Thank you for being here. Sons of Norway cookies are the best! The parents from our school district appreciate what Sons of Norway does. Thanks for having no nuts in the cookies. Thanks for having gluten free cookies. Thank you, Sons of Norway. You don't look like SONS of Norway—where are they? Did you bake all these cookies? Many people placed generous donations in the Masse Moro container and some families showed interest in the camp. It was a wonderful experience with many opportunities to promote Sons of Norway and Masse Moro.

Lucy and Judy Ghastin



District Scholarships are due March 15

https://sonsofnorway5.com/financial/district_scholarships.php

Viking-Era/Medieval Stringed Instruments and Music

Join Skogtroll (Eric Bestul) for a celebration of Nordic music and history in this interactive show following a noon potluck meal on Saturday, March 15 at Idun Lodge 5-074, Sons of Norway. Bring your questions, comments, maybe an instrument and be part of the show. The church doors on Atwood Avenue are open after 11:00 am, gathering is encouraged by 11:30 am.

Eric Bestul (Skogtroll) is a former touring musician who continues to share the sounds and stories of the early medieval period. He loves history and music and specializes in making and playing early medieval instruments.

He plays his instruments with other medieval musicians and teaches music lessons at Lessons from the Art in Iola, WI. Lessons from the Art encourages involvement in the arts by providing quality opportunities to create, interact, experience and learn, resulting in lifetime enjoyment and appreciation for the arts. Expect a fun and culturally enriching program on March 15! Place: Trinity Lutheran Church, 1904 Winnebago St. Madison, WI 53704. Time: Noon Potluck lunch with program will follow lunch at 1:00 pm. Contact Lucy Ghastin with any questions: leghastin@gmail.com or 608-225-1412.



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)
- 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**.

Passing of Past District Board Member- Gilbert Bergsrud

So sad to report that Gilbert Bergsrud, a Golden Member of Nordkap Lodge, passed away on February 21, 2025. Gil joined Sons of Norway on March 1, 1978, and was a member of Samhold Lodge until its merger on January 1, 2020, with Nordkap. Gil was for many years a director of Sons of Norway's 5th District and served as the District liaison for Nordkap.

A memorial service is scheduled for 11 a.m. on Thursday, March 6, at Christ Lutheran Church in Waterford (5987 Williams Lake Rd., Waterford, Mi. 48329). A luncheon will follow at the church.

View the obituary at:

https://www.dignitymemorial.com/obituaries/white-lake-mi/gilbert-bergsrud-12258174?fbclid=IwY2xjawly6iJleHRuA2FibQixMQABHTk_hczMmiDkd1JzlpYUIgdvVUMeUrHwGaR0eq5j-qcV6gBcr_ybG2PpeQ_aem_cN6hOREI_tkDQip0jVXddA

Louise Giles
Nordkap Lodge editor

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

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: Lori Gubash**
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.