

Sons of Norway District 5 - Friendly Fifth Friday News
May 1, 2026
A District Weekly Newsletter to Keep Us Up to Date!

My latests calls and requests...

I get various calls and request for things so here's this weeks!

Hi Darlene!

I have a new session of classes coming up for online Norwegian through NAGC... Here are the links:

[ONLINE NORWEGIAN LANGUAGE - Beginning - NAGCNL](#)

[ONLINE NORWEGIAN LANGUAGE - Intermediate 1 - NAGCNL](#)

[ONLINE NORWEGIAN LANGUAGE - Intermediate 2 - NAGCNL](#)

Tusen takk!

Johanne Grinde

Arlene Watrud-Krueger of Vennelag Lodge in Mt. Horeb is looking for a busserull pattern. Her email is akrueger@chorus.net and phone 608-513-5139.

Hello Darlene!

THANK YOU for all the work you do!! ALL the time!! EVERY day!!! And for all the meatballs! I hope we will get to taste them in a couple of weeks, as about 8-10 of us will be coming to Stoughton from Circle City Indianapolis!

I was born and raised in Norway (was in Tanzania for 19 years as a missionary!), - moved to the USA in 1988. I have "grown" out f my TROMS-bunad, and sold it to a person from Troms - complete. (Now we are working on an Indiana Bunad in our lodge!)

I have two extra white cotton shirts size 10 and 12, bought at "Husfliden" in Oslo. The label is still in the neck.

If you hear of someone in need of a BUNAD SKJORTE that size before 17. Mai—or even after—please let me know, and I will ship them immediately.

THANK YOU!

Berrit Skaare

My email and tel.

AT-T 812 617 5678

WhatsApp 712 910 1639



To get the links to work, press CTRL and the link!

Mark Your Calendars

- **All Member Meeting – Tuesday, May 5th from 6:00 pm – 7:30 pm Central time via Teams**
- **Surveys for Lodge Achievement and the AFA closed on March 15 and are no longer available.**
- **Lodge Property Officer Updates – due May 15**
- **990 for all lodges filed with IRS – due May 15**
- **D18 for all lodges that own property or have a building association or incorporation – due May 15**

Sons of Norway Mission

We have updated the website and put the Sons of Norway mission in the About Us section of the website. We encourage lodges to update any documents or online resources that have the mission listed so that it reflects the most up to date version:

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic countries.

Spring Cleaning for Your Lodge

Going through your membership lists on a quarterly basis is a great practice to have. Become familiar and comfortable with the Excel version of your lodge membership list because it has great options for sorting and filtering information. When you have a list of updates to make or member information to check, send your list to fraternal@sofn.com. Some key things to look for:

- Email – Do members have a current email address? Are there duplicates? Our system requires a unique email address for each member, or they may encounter problems logging in. If members share an email address, have the primary account holder be designated with the address.
- Phone numbers – Do phone numbers on file still work?
- Dues paid to date – If renewal is past due, they might need to be taken off the list manually.
- Heritage Members – Are they active in the lodge or tied to a lodge member? Have they aged out?
- Lifetime Members – Check in with these members to see how they are doing and if any updates need to be made to their information.
- New Golden Members – Do any members qualify for the status of New Golden Member (65+ with 30 years of membership)?

For questions around document retention, please refer to this guide to know what you can toss or need to keep: [Lodge Record Retention Guidelines](#)_

D-18

Lodges with property must complete a D-18 by May 15. If you have sold property in the last year, please notify taxinfo@sofn.com. If you have sold property, but still maintain a Building Association or Incorporation, please email taxinfo@sofn.com as well. The D-18 is accessed through the officer profile.

990 & Tax Questions

All US lodges must complete a 990 form by May 15. Send verification copy to taxinfo@sofn.com once it has been submitted. Questions about the 990 are best answered through the IRS website. It should not cost anything to file the 990. Refer to their website for more information: [Annual electronic notice \(Form 990-N\) for small organizations FAQs: How to file | Internal Revenue Service](#).

We often get questions related to non-profit status and sales tax. Here is some helpful information for lodges to review or keep in mind:

We are a 501(c)(8) organization. As a Fraternal Benefit Society, we do not pay income tax, but if we are purchasing items or supplies for our business (lodge), we do pay tax on the products we buy. This online summary gives a good overview:

501(c)(8) fraternal beneficiary societies, like most nonprofits, are generally not exempt from paying sales tax on their purchases, as sales tax is governed by individual state laws rather than federal tax status. While they are exempt from federal income tax, they must often pay sales tax on goods purchased unless they obtain a specific state-level sales tax exemption certificate.

Key details regarding 501(c)(8) entities and sales tax:

- *Purchases: 501(c)(8) organizations usually pay sales tax on items they buy, such as office supplies, furniture, or equipment, unless they qualify for a specific, separate state exemption.*
- *Sales/Fundraising: If the organization sells items (e.g., merchandise, food), they may be required to collect and remit sales tax to the state, depending on local, state-specific fundraising exemptions.*
- *Exemption Requirements: Exemption from sales tax often requires filing a separate application with the state department of revenue, even if a federal IRS determination letter is held.*
- *State Variation: Sales tax rules vary significantly by state, with some states offering exemptions for specific types of charitable or fraternal activities.*

To avoid paying sales tax, a 501(c)(8) organization must typically register for a sales tax exemption certificate with their state and provide it to vendors at the time of purchase.

Activity Report

Lodges often reach out to us with questions about their monthly activity report. We are aware of issues with this report, where information gets duplicated under multiple categories. While we look for a solution, we recommend that lodges cross check their activity report with their membership list. Member information updates are quickly reflected in that sheet. We encourage leaders to become familiar and comfortable with the Excel version of the membership list, as it lists the most information and can be sorted and filtered to reflect specific data you may be looking for.

Sons of Norway Foundation

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Anniversary

The Sons of Norway Foundation is celebrating its 60th anniversary in 2026 and we couldn't be prouder. Over the past 60 years, the Foundation has awarded \$3.5 million to our members, lodges, districts and communities. Please join in the celebration at your district's convention. You may also consider making a special anniversary gift to the Foundation of \$60 for 60 years. To learn more, visit sofn.com/foundation or email foundation@sofn.com to learn more.

Grants

In keeping with the 60th theme, the Sons of Norway Foundation has awarded 60 grants for our 60th anniversary. The grants this year will bring music to your ears with Hardanger fiddle music in Wisconsin and GriegFest in Toronto. Our youngest

members are receiving support from the Vegas Vikings Speakers Bureau and a back-to-school support program in Missoula. See the full list of grants on the website at sofn.com/foundation/grants/ to learn more.

Scholarships

Scholarship applications were impressive this year once again. Notifications will go out in May, and scholarship awards are mailed directly to academic institutions in the summer. Congratulations to all recipients! Applications for the 2027-28 academic year will open October 1, 2026.

Camperships

Thanks to the vision and generosity of the Draxten family, the Sons of Norway Foundation awards Draxten campership funds to each district to utilize in their youth programs. This year the awards exceeded \$15,000. (Fun fact: Bersvend Draxten was the first President of Sons of Norway.)

Helping Hands to Members Grants

Don't forget our Helping Hands to Members grants, should you or a fellow lodge member come upon hard times. If a natural disaster or an extreme medical illness has made a significant financial impact for you or a lodge-mate, please visit the website to learn where to apply: sofn.com/foundation/grants/.

Leader Training

Take a few minutes to review resources for lodge leaders here: [Leader Training Series](#).

All Member Meeting

Please join us for a member meeting to discuss 2025 Financials on:
Tuesday, May 5th from 6:00 pm – 7:30 pm Central time

Join CEO Dan Seyfried and International Board Chair Luella Grangaard to hear highlights regarding Sons of Norway financials and news regarding upcoming District Conventions.

To register for the meeting, use this link: [Register for Meeting Here](#)

If you are unable to attend, a recording of the meeting will be emailed out approximately one week later.

Paperless Options & Online Documents

Please remind and encourage lodge members that they can access and print a number of documents straight from the website including their membership cards, renewal notices, and policy-related documents.

Reminder that membership cards are no longer mailed out but can be found on the member's profile or lodge officers have access to member cards on their officer profile and can print them off for members.

Membership Renewals & Payments

If renewing your family membership online, please know that the primary account holder needs to sign in to complete the transaction. Otherwise, you will receive an error message that the account is already paid.

Also, if your membership lapses, you will not be able to renew online and will receive an error message. Please reach out to customer service if you experience this so they can adjust the account, enabling you to pay online.

Lastly, please remember that if your membership lapses, it could affect your subscription to Viking magazine, as the mailing timeline for that can vary.

Missed Something?

You can reference previous Leadership Resources on the website: [Leadership Resource Archive](#)

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

Customer Service:

cbs@sofn.com

(800) 945-8851

Technical Issues/Website:

webmaster@sofn.com

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.

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Fraternally,

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Sons of Norway

2026 Calendar

May 1, 2025 – May 31, 2026- Cultural Challenge

May 15- 990 IRS forms due; D-18 Audit Reports due for lodges that own property

May 17- Deadline for Masse Moro Local Lodge Supporting Funds (Matching Grants)

May 20- Viking Photo submissions due to LaVonne Wier

May 31- Submit Throwing Challenge Activities to Clara Solak

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant applications

July 12-25- Masse Moro

July 20- Viking Photo submissions due to LaVonne Wier

August 2-6- District 5 Convention in Stoughton

November 1- Lodge Liability Insurance due

December 31- Lodge Officer Updates (D63) due

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:**
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@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.