

Friendly Fifth Friday News May 20, 2022

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com. Feel free to share this with your lodge members!

Updates from International- You will need to log in to follow the links!

2022 International Convention Update



The 2022 International Convention will be hosted in a virtual format this year, August 31-September 1. Though we acknowledge the loss of an in-person event, we are looking forward to this experience to celebrate our Sons of Norway membership. Delegates are being selected with the district conventions happening now and we expect around 125-150 to attend virtually. Delegates can expect a welcome box sent to their home in advance of the late summer date.

990s due to IRS by May 15

US lodges should file their 990 forms with the IRS by 5/15/2022. Failing to file 3 years in a row will result in your lodge losing its nonprofit status and fundamentally ceasing to exist.

If your lodge has annual gross receipts of \$50,000 or less, you file the very simple 990N postcard on line at [Annual Electronic Filing Requirement for Small Exempt Organizations — Form 990-N \(e-Postcard\) | Internal Revenue Service \(irs.gov\)](#)

If you have missed the May 15 deadline, you can still file the 990 until the end of the year. If you have any problems, please contact the IRS at 877-829-5500.

D18 Submission Deadline

D18 Building Association Financial Statements. Lodges who own property need to file their D18 Building Association Financial Statement by 5/15/2022.

These can be filed online from the lodge Treasurer's profile page after signing on to www.sofn.com. An editable PDF version is also available to download from the Forms section of the website.

Questions? Contact Sherry at fraternal@sofn.com.

Cultural Skills and Sports Medal processes



Thank you to those participating in the Cultural Skills and Sports Medals programs. We are hearing about some amazing achievements and rewarding experiences as a result of these programs.

A quick reminder about the process for submitting Cultural Skills and Sports Medals information. Continue your good work and when members have completed an element, they should submit reports to your lodge's Cultural Director (for Cultural Skills) or your lodge's Sports Director (for Sports Medals). In the event your lodge doesn't have people covering those positions, members may forward the information to another officer within your lodge. If you have any questions about this process, please contact Amy at ATuichenhagen@sofn.com.

Reminder on image usage

A friendly reminder to use caution when selecting images for lodge newsletters and websites. Please be sure to only utilize images that don't have royalties attached to them. It may be easy to copy and paste images, but please know your source and only use royalty-free images, as penalties for copyright violation can involve fines or legal action.

Here are a few options for you to explore:

<https://unsplash.com/>

<https://www.pexels.com/royalty-free-images/>

Content and photo submissions to Viking magazine and beyond!

We thank you for all the photo and event submissions to district Publicity Directors. You are doing a great job of sharing photos from lodge events, cultural experiences, generational gatherings and member fun! Keep sending in those high-resolution images along with the Sons of Norway Content and Photo Submission Form. Watch for an upcoming Leadership Video with tips and tricks on photo criteria. Here are a few to get you started:

- Digital photos must have a resolution of 300 dpi or greater
- The photos must contain Sons of Norway members and caption information must relate directly to the content of the photo
- Keep photos digitally interesting, well lit, and of good composition. Avoid photos containing distracting items in the foreground
- Remember *Viking* magazine is assembled two months in advance!

There is also a space for events to be submitted on the form as well.

Lodge Finder Update

We are currently working on an update to the Lodge Finder feature on the website. We hope to launch it in late summer. Thanks for your patience!

Spring Cleaning, Sons of Norway style



With the change of season and maybe even the change in district and lodge position holders, this is a good time to review what documents need to be archived and what documents can be recycled. Watch for an upcoming Leadership Video outlining what needs to stay and what can be tossed.



CALLING ALL LODGE VICE PRESIDENTS

On Wednesday, May 25, 2022, at 7 PM, there will be a *GO TO MEETING* session for all local lodge vice presidents and other interested parties. We will be sharing the ways your lodge celebrated Syttende Mai this year. Join us and collect some new ideas for your lodge's programming! I am certain that these ideas can be creatively adapted and used for future events or lodge meetings.

Please bring any other concerns for discussion. We are stronger together! As lodges reopen and chart a course for the summer months, the district would like to help ensure happy sailing.

Download the *Go to Meeting* app on your computer, tablet, or smartphone in advance of the session.. See the instructions below for a download. Save a copy of this document for your use on the 25th which includes the access code. Listening via a phone connection is another way to attend

If I can be of further assistance, please do not hesitate to contact me.

Cheryl Wille-Schlesser
District 5 Vice President
rogcher@mhtc.net
608-219-4464

DISTRICT 5 VICE PRESIDENTS
Wed, May 25, 2022 7:00 PM - 8:00
PM (CDT)

Please join my meeting from your
computer, tablet, or smartphone.
<https://meet.goto.com/136146957>

You can also dial in using your
phone.

United States: [+1 \(408\) 650-3123](tel:+14086503123)
Access Code: 136-146-957

Get the app now and be ready
when your first meeting
starts: <https://meet.goto.com/install>

!

Fly your Norwegian colors

and support the SON District 5 Nordic Legacy Foundation



When Norway became a sovereign nation in 1821, the Storting adopted a flag with the Nordic cross, similar to other Scandinavian countries. In the early 1800's, some countries were forming republics to better represent its citizens, and the red-white-blue of France and the United States flags influenced Norwegian flag creator Fredrik Meltzer to include those colors in the flag design. At the end of WW II, Norwegians flew their national flag banned by the Nazis as a celebration.

The Norwegian flag is flown on these holidays:

- Jan. 1 - New Year's Day
- Jan. 21 - Princess Ingrid Alexandra's birthday
- Feb. 6 - Sami National Day
- Feb. 21 - King Harald V's birthday
- Easter
- May 1 - Labor Day
- May 8 - Liberation Day
- May 17 - Constitution Day
- Whitsunday (8th Sunday after Easter)
- June 7 - Union Dissolution Day
- July 4 - Queen Sonja's birthday
- July 20 - Crown Prince Haakon Magnus' birthday

- July 29 - Olsok (in memory of King Olav Haraldsson)
- Aug. 19 - Crown Princess Mette-Marit's birthday
- Sept - 2nd Monday (every 4 years) - General Election
- Dec. 25 - Christmas

According to the Norwegian flag law of 1898 (updated in 1927) the Norwegian Flag is raised at 8 AM, between March and October, and at 9 AM in winter months. The flag is lowered at sunset, but no later than 11 PM during the "midnight sun" times. In the far north parts of Norway, in the winter, the flag is only flown between 10 AM and 3 PM.

ORDER FORM - NORWEGIAN FLAG (3x5 foot, 210 denier Oxford nylon with 4 rows of edge stitching on fly edge, designed for frequent outdoor use)

- \$ 30 - one Norwegian flag (includes shipping)
- \$100 - four Norwegian flags (includes shipping to one location)
- \$250 - 12 Norwegian flags (include shipping to one location)

Please make your check out to "SON D5 Nordic Legacy Foundation"

Name: _____ Lodge: _____

Address: _____

City/St/Zip: _____

Email: _____ Phone: _____

Send your order to Darlene Arneson, 2056 Skaalen Road, Stoughton, WI 53589. Phone: 608-873-7209 Email: arnesonfamily5@gmail.com. Proceeds will be used to support Masse Moro & other District 5 Nordic heritage programs.

Deadlines and Dates! Changes in red!

May 22, 2022

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

May 25, 2022

- Vice Presidents Call – 7 pm CST

June 10, 2022

- Photos due for The Viking – send to Karen Eberhardt, District 5 Publicity and Zone 3 Director at eber01dj@gmail.com

June 15-19, 2022

- District 5 Lodge Meeting and Convention, Middleton

July 17-30, 2022

- Masse Moro Norwegian Heritage Camp

*Insurance membership with Sons of Norway required

**Membership with Sons of Norway required (social or insurance)

DISTRICT FIVE LODGE MEETING

Idun Lodge will host the meeting on June 15-19, 2022 at the Madison Marriott West in Middleton, Wisconsin.

INTERNATIONAL LODGE MEETING

The International Lodge Meeting ~~will be held in 2022 in Minneapolis, MN. The convention will be held August 31st to Sept 4th 2022, with first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September.~~

~~(<https://youtu.be/S7TljcinVCU> — Omni Hotels and Resorts, Omni Viking Lakes Hotel, 2611 Nordic Way, Eagan, MN 55124~~

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 and International 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.

Darlene Arneson – arnesonfamily5@gmail.com