

# **Sons of Norway District 5 - Friendly Fifth Friday News**

**May 23, 2025**

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

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## **Life Insurance-**

**[https://www.sofn.com/financial\\_products/frequently\\_asked\\_questions/](https://www.sofn.com/financial_products/frequently_asked_questions/)**

Shopping for life insurance can be confusing and sometimes described in terms that we just don't understand. To help you with your journey, here are answers to questions people often ask and an explanation about what certain terms mean.

What is a death benefit?

The money the beneficiaries of the policy receive when the insured dies

What is cash value?

Part of the premium payments that grow tax-deferred over time. If your policy earns dividends these funds can also be added to the cash value and earn interest. If you need to access your cash value funds you can either take a loan or withdraw a portion.

How do riders work?

Riders are used to customize your policy and add additional value, and provide ways to get more death benefit or future access to the death benefit if you become terminally ill.

What is a dividend?

This is how an insurance company shares part of the profit with you. Dividends are not guaranteed and most often they are paid annually.

## **Annuities**

What is an annuity?

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Annuities have many advantages:

- Tax Deferral
- Protection from Market Risk
- Diversification
- Guaranteed Interest Rate
- Access to Free Withdrawals

With the right Annuity, Sons of Norway can help you reach your long-term financial goals.

*Any distributions are subject to ordinary income and tax, if taken prior to age 59 1/2, a 10% federal additional tax.*

*All guarantees are backed by the claims-paying ability of the issuing company.*

*Sons of Norway and its distributors and representatives do not provide tax, accounting, or legal advice. Please consult your own attorney or accountant.*

## Uses for Life Insurance - [https://www.sofn.com/uses\\_for\\_life\\_insurance/](https://www.sofn.com/uses_for_life_insurance/)

### Replace your income

- Money to cover bills
- Support your family
- Mortgage protection

### Leave a legacy

- Transfer your wealth
- Increase the legacy you leave
- Avoid probate costs

### Cover final expenses

- Provide for funeral expenses
- Pay off debts
- Support your loved ones

### Preserve your wealth

- Allow your business to continue
- Source of retirement income
- Funds in the event of an illness

## [https://www.sofn.com/financial\\_products/find-an-agent/](https://www.sofn.com/financial_products/find-an-agent/)

### What Type of Insurance Fits your Needs?

Term Life Insurance	Permanent Life Insurance
<ul style="list-style-type: none"><li>• A shorter term need</li><li>• Premiums purchase higher amounts of coverage</li><li>• Coverage without cash value</li><li>• Premium level for period of time</li><li>• A budget friendly option</li><li>• You want to supplement existing insurance</li></ul>	<ul style="list-style-type: none"><li>• Need insurance for your lifetime</li><li>• Ability to grow cash value for future tax-advantaged uses</li><li>• Cash value available by loan or withdrawing money</li><li>• Premium level</li><li>• Guaranteed death benefit</li></ul>

[Learn about options available to you](#)

#### Get Started

*Get your free financial review today: A Sons of Norway insurance professional can help!*

LEARN MORE

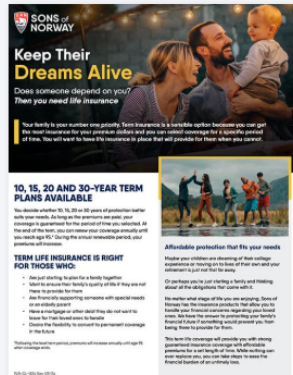
#### Free Financial Review

*Get your free financial review today: A Sons of Norway insurance professional can help!*

GET YOURS NOW

## Life Insurance

A wide variety of life insurance products are available in today's marketplace. However, they basically fall into two categories, either temporary coverage or permanent coverage. Let's take a look at how they differ.



### Term

We understand that everyone's situation is different; maybe you need insurance coverage while you are paying off a 30-year mortgage or for just a few years to ensure the college years are a reality if something should happen to you. Sons of Norway offers a guaranteed level term insurance policy in durations of 10, 15, 20 or 30 years. You can decide what works best for your situation and add riders to customize your coverage.

Should your situation change and you need to keep the coverage after the term expires, you can convert your policy to a permanent type of coverage or extend the time annually by simply continuing the premium payments that will be recalculated for you.

Download our educational flyer to help you learn about how a **term** product might fit your needs.



### Permanent

Whole life can be purchased with a single one-time premium payment or with annual payments during your lifetime. Either way you will have guaranteed coverage with guaranteed cash value, and with most types you will also have the ability to earn dividends.

### Single Premium Whole Life

If leaving a legacy for your family is important to you, there are steps you can take to ensure that the legacy you desire becomes reality and your assets pass in an efficient way. Single Premium Whole Life – an integral part of your overall wealth transfer strategy.

Download our educational flyer to see how **Single Premium Whole Life** might fit your needs.

**LegacySure** is now available in most states. This type of whole life that is perfect for those who would rather answer some simple questions not take a medical exam. They just want to know they are guaranteed to have the insurance coverage they need for final expenses or leaving a legacy.

Download our educational flyer to see how **LegacySure** might fit your needs.

Benefits to consider	Term Insurance	Permanent Insurance
Guaranteed death benefit	Yes	Yes
Tax-deferred cash value accumulation	No	Yes
Lifetime death benefit	No	Yes
Riders to customize coverage	Yes	Yes
Simple product	Yes	No
Ability to earn dividends	No	Yes
Tax-free death benefit	Yes	Yes



## Annuities

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- Tax Deferral
- Protection from Market Risk
- Diversification
- Guaranteed Interest Rate
- Access to Free Withdrawals

With the right Annuity, Sons of Norway can help you reach your long-term financial goals.

Download our [educational flyer](#) to help you learn about how an **annuity** might fit your needs. Here are the current rates available from Sons of Norway [download our rate sheet](#).

Immediate	Deferred	Bonus
With an immediate annuity you can begin payments as little as 30 days after purchase. This type of Annuity is ideal for people who are about to retire and want a predictable income stream.	A Deferred Annuity promises to pay the owner a guaranteed interest rate and can provide the owner with an income stream, or a lump sum, after the duration of the contract. Sons of Norway of Norway offers 5- and 8-year durations.  <b>Flexible Premium Deferred Annuity</b>  <b>Single Premium Deferred Annuity</b>	Bonus Annuities can be a powerful tool in your retirement plan. A bonus annuity can help you boost your retirement plan and give you options, all with zero fees. The amount of the bonus is determined by the deposit amount at time of purchase.  <b>Bonus Single Premium Annuity</b>

## 2025 Calendar

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

**June 30-** SN District 5 NLF Project Grants Cycle 2 application deadline **June 30**; Grants awarded by mid-July

**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

**December 31-** SN District 5 NLF Project Grants Cycle 1 application deadline **December 31** ; Grants awarded by mid-January

**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 Tuchenhausen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhausen@sofn.com](mailto:atuchenhausen@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:**  
[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@sonsofnorway5.com](mailto: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.