

Sons of Norway District 5 - Friendly Fifth Friday News

October 18, 2024

A District Weekly Newsletter to Keep Us Up to Date!

Photo Deadline Time!

Hello all -

Many of you have received emails from me in the past. I just finished going through the listing of D5 presidents, secretaries, and editors to update my email list. Some of you receiving this have not heard from me before, as I didn't send you anything! You either were newly assigned this year to your task, or I just missed your name in the past.

Any photos from the lodges that make it into the Viking magazine or into the Happenings area on the www.sofn.com website, have to be submitted to your publicity director. That is me! Usually, I need your input by the **20th** of each month so I can get my submissions up to the people who need them.

As you are well aware, we don't get as many photos published in the Viking as when there were 12 issues a year. Some that don't make it go into the Happenings area on the www.sofn.com website. You can go there to look at pictures from District 5, and from the other districts.

Still, I need your photos to submit. Many lodges are doing wonderful and exciting activities! I enjoy seeing the pictures you send my way. In the recent past, the submissions have not been arriving from many lodges, so I haven't had to agonize over which ones to send forward.

There is a guide for how to send photos on the www.sofn.com website. Once you are logged on, go to Member Resources, go to Lodge Leadership Resources, then go to Administrative Resources, then to Communications Tool Kit, then Happenings Guide....**OR** you can access it by clicking on the link below, which is a lot easier!

https://www.sofn.com/wp-content/uploads/2018/11/district_happenings_photo_guide_20181.pdf

One important thing to remember is to **not** edit the photos before you send them to me. The people at Headquarters will do any editing needed.

The other thing that is important is to include the Photo Submission Form. Yes, it takes a minute or two, but it is vital. If we get pictures with multiple people and we don't know who, what they are doing, and where, they don't mean much to someone who doesn't know them. Here is the Photo Submission Form to send with each photo:

If you have any questions about this process, contact me.

One more thing: There will be a D5 board meeting in November. If you have any questions or concerns you would like the board to discuss, let me or any board member know. You can see who is on the board and their contact information on the D5 website, which is www.sonsofnorway5.com.

Hope you are enjoying this beautiful autumn weather in your neck of the woods. It is absolutely ***gorgeous*** here in western Wisconsin.

I look forward to seeing your photos this month, and in the months ahead! Send them to this email address: 2nor1rus@gmail.com.

Fraternally,

LaVonne Wier
D5 Publicity Director

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:

Sons of Norway Membership Benefits you should try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having time at meetings to show them **how to log-in** is a big first step as that opens up so many resources for members! Here is the video on how to do that:

<https://youtu.be/4q-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

16. Idea Bank- Strong programming is a key to success for lodges. Not only does offering a variety of fun and informative programs positively impact on your lodge recruitment and retention efforts, it can also be a great community awareness tool.

Our Idea Bank is a great resource when it comes to providing fresh, fun and engaging activities for members of all ages.

Want to download an overview of this page and all the program ideas? Get it here-
https://www.sofn.com/member_resources/cultural_programming/idea_bank/

Awards and Honors

These ideas make it easy to acknowledge and honor the efforts of lodge members.

- #[3](#) Honor Your President – a successful social
- #[7](#) Honor Your Members – a “Miss/Mr. America” program for your members
- #[14](#) Tusen Takk Award – a program & certificate to award outstanding members
- #[16](#) Procedures for Welcoming New Members

Children and Youth

Look here for program ideas developed especially for youth.

- #[1](#) How to Start a Heritage Day Camp
- #[2](#) How to Start a Viking Oriented Youth Club
- #[23](#) Immigration Play for Children
- #[24](#) Preserving a Heritage – an interviewing project with children/adult interaction
- #[40](#) Manual for Planning a Barneløpet- Planning a children’s ski race
 - [Barneløpet Risk and Release Form](#)
 - [Barneløpet Supplies Order Form](#)
- #[59](#) Project Framtid – The Sons of Norway Project Framtid Program creates a partnership between lodges and schools. The objective is to enrich the scholastic, cultural and community experiences of school-aged children.

Festivals and Special Events

Looking to host a large-scale event that could become the highlight of the year? We’ve got ideas right here.

- #[5](#) A Heritage Festival
- #[6](#) Leif Erikson Day Celebration
- #[8](#) Norwegian Frokost/Brunch
- #[15](#) Santa Lucia Service
- #[27](#) Winter Games – weekend festival
- #[36](#) Planning a Major 17. Mai Event – May 17th, Norway’s Constitution Day
- #[37](#) How to Plan a Heritage Dinner
- #[44](#) How to Plan a Family Reunion
- #[46](#) Sons of Norway Viking Boats & Regatta

Foundation

Unique ways to promote the importance of the Foundation and fundraising programs for members.

- #[18](#) Scholarship Night Program
- #[28](#) Sons of Norway Foundation Skit, “A Coin A Day”
- #[49](#) A-Coin-A-Day the North Dakota Way – skit

Fundraisers

Program ideas for earning extra money for your lodge, scholarship funds and more.

#[13](#) Viking On A Stick Fundraiser (Revised 10/2010) – selling batter dipped meatballs

#[38](#) Norskies – selling fried dough with cinnamon

#[56](#) Hand-Knit Watch Cap and Scarf – selling hand-knitted items

Games

Gather around – these games are perfect as stand-alone activities or part of a larger lodge event.

#[12](#) Norwegian Bingo

#[17](#) American Heritage Game – identifying characters from American history

#[32](#) Tug of War

#[65](#) Hnefatafl

Stave Church Trivia

- [PowerPoint Quiz](#)
 - [Directions and answer key](#)
- [Non-PowerPoint Quiz](#)

Miscellaneous

Don't miss these ideas for promoting your lodge, informing members about modern Norway and more.

#[11](#) A Bouquet of Great, Little Ideas

#[20](#) How to Submit an Idea for the Idea Bank

#[21](#) How to be a Guest Speaker at a Local School

#[22](#) Press Release & Public Service Announcement (Revised 10/2010)

#[42](#) Norwegian Fortune Cookies & Basket Social

#[43](#) Ellis Island Evening – a social celebrating Norwegian immigration

#[52](#) Counties in Norway

#[53](#) Norge I Dag (Norway Today) Panel Discussion

#[55](#) Internet News From Norway for Lodge Newsletters

#[64](#) Dugnad: Workday

Organization

Ideas for strengthening relationships with lodge members.

#[9](#) How to Hold Cultural and Heritage Classes

#[10](#) Lodge Year Mini-Directory

#[45](#) New Member Interest Questionnaire

#[50](#) The Book that Blossomed – a pictorial lodge directory

Skits

Skits are a popular way to get your members actively involved in lodge programs –some of the options here were written by other Sons of Norway members.

#[4](#) This is Your Life Skit – a program to “star” one of your members

#[19](#) American Fever – an audience participation play

#[25](#) Skits for Fun & Learning – text using Norwegian & English

#[26](#) Christmas Memories – a lodge play

#[29](#) The Troll & the Leprechaun Skit

#[34](#) About Nisse & Other Matters Skit

#[35](#) Christmas in Norway – script & songs

#[39](#) The Unfinished Saga Skit

#[47](#) Viking Dinner Fantasy

#[51](#) About Norway's National Anthem

#[57](#) The Enemy of the People

Mystery Play

Promotion Materials

Promotion Guidance

- 1.
- 1. [About Promoting a Mystery Night Play at Your Lodge](#)

Posters

- 1.
- 1. [The Beginning of the End](#)
- 2. [Death Knocks Again](#)
- 3. [The Ambassadors Come to Dinner](#)

Flyers

- 1.
- 1. [The Beginning of the End](#)
- 2. [Death Knocks Again](#)
- 3. [The Ambassadors Come to Dinner](#)

Tickets

- 1.
- 1. [Save the Date / Guest Tickets](#)

The Play

Background & Guidance

- 1.
- 1. [Background & Guidance for Putting On a Mystery Night Play](#)

Scripts

- 1.
- 1. [The Beginning of the End](#)
- 2. [Death Knocks Again](#)
- 3. [The Ambassadors Come to Dinner](#)

Foundation Month- check out Sons of Norway Foundation Annual Reports!

https://www.sofn.com/foundation/oversight_governance/annual_reports/

We're making a difference – with donations from members, lodges and friends of the Sons of Norway Foundation. Our annual reports bear witness to your generosity as well as the resounding influence of every single donation, from the stories of students who studied in Norway, to the families attending a sponsored exhibit, and so much more.

The stories, facts and donors who made it possible are right here in our archive of annual reports.



Lodge Secretary (and others interested) Call

District Secretary Darlene Arneson will host a call for lodge secretaries and others interested to discuss the D63 Officer election reports, the volunteer tracking of hours and how they are reported, and how to complete the current Lodge Achievement and Family Lodge forms. Many of these are done by the Lodge Secretary but whoever is interested in jumping on the call can do so! We'll also discuss membership, the new profile page on the international website and where to find things, and share ideas to make your jobs easier!

Agenda- Lodge Secretary Call (and others interested) Wednesday, October 27, 2024 7:00 PM CST

D63 Reports- how to complete

International website-

- New membership profile
- Where to find information, run reports, download lists
- Where the LA and FLOY forms are

Volunteer reporting process and reporting

Membership- discuss membership ideas, concerns, and what your lodge does to recruit and retain

Other discussion and questions

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN D5 Lodge Secretary (and others interested) call
Time: Oct 27, 2024 07:00 PM Central Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/89403455797>

Meeting ID: 894 0345 5797

One tap mobile
+16469313860,,89403455797# US
+13017158592,,89403455797# US (Washington DC)

Dial by your location

- +1 646 931 3860 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US

- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US

Meeting ID: 894 0345 5797

Find your local number: <https://us02web.zoom.us/j/km8l3C3P>

Other Dates to Note (changes in red)

October 20- Viking Photos due to LaVonne Wier

October 24- Masse Moro Task Force Call- 7 PM CST

October 27- Lodge Secretary (and others interested) call- 7 PM CST

November 8-9- District 5 Board Meeting- northern IL (Chicago area)

November 15- Lodge Liability Payment Due

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

December 31- D63 Officer Election Reports Due

2025 Calendar

January 20- Viking Photos due to LaVonne Wier

February 20- Viking Photos due to LaVonne Wier

February 20- Barnebirkie Race in Hayward, WI

March 20- Viking Photos due to LaVonne Wier

April 20- Viking Photos due to LaVonne Wier

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 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: Michael Godbout**
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.