

Sons of Norway District 5 - Friendly Fifth Friday News
October 25, 2024
A District Weekly Newsletter to Keep Us Up to Date!

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)
Sunday, 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/89403455797>

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-7Mxuwv5Q?si=BNgdhKdlv2V687DT>

17.Information Bank- What exactly is a bunad and how did it come to be Norway's national costume? What is Syttende Mai and how is it celebrated today? What are some of the most popular Norwegian names, and what do they mean? These are just some of the cultural topics you can explore in these downloadable pdfs covering various aspects of Norwegian customs and culture. Satisfy your curiosity, incorporate the content into a lodge program or newsletter, or share these topics with children and grandchildren: there's more than one way to enjoy this Sons of Norway cultural resource.

Looking for even more lodge ideas? Be sure to visit [Lodge Programming](#) for mini-presentations, Just for Kids and more.

Children and Youth

- #[209](#) Some Norwegian First Names (Updated 2013)
- #[210](#) Information on Norway for Children (Updated 2013)
- #[211](#) Scandinavian Study in Norway and North America (Updated 2010)

General

- #[212](#) Genealogy Guide (Replacing #212 Basic Genealogy Information)
- #[213](#) A Summary of the Norwegian Almanac (Updated 2013)
- #[217](#) Norwegian Folklore (Updated 2013)
- #[222](#) The Family Tree-Viking Articles
- #[223](#) Summarized History of Norway
- #[224](#) Norwegians and Norwegian Americans of Importance (Updated 2012)
- #[225](#) A Brief History of Sons of Norway (Updated 2010)
- #[226](#) The Sons of Norway Logo (Updated 2013)
- #[227](#) Language in Norway (Updated 2013)
- #[228](#) Norwegian Immigration to the United States
- #[229](#) Informasjon på Norsk om Slektforskning
- #[230](#) The Saint and King, Olav of Norway (Updated 2013)
- #[231](#) WWII and Norway's Resistance (Updated 2014)
- #[232](#) Bersvend Ole Draxten – Sons of Norway's First Supreme President
- #[231](#) Viking Games

Holidays & Special Events

- #[201](#) Syttende Mai (Updated 2011)
- #[204](#) Norwegian Christmas (Updated 2013)
- #[216](#) Norwegian Christmas Carols
- #[218](#) Norwegian Wedding (Updated 2013)
- #[220](#) God Påske! Happy Easter! (Updated 2013)

Literature

#[208](#) Norwegian Proverbs (Revised 2011)

#[214](#) Norwegian Poetry and Poets

Traditional Art and Costumes

#[203](#) Bunads (Revised 2013)

#[205](#) Hardanger Embroidery (Updated 2011)

#[206](#) Woodcarving (Revised 2013)

#[207](#) Rosemaling (Revised 2011)

Foundation Month-

Your gift makes a difference! <https://www.sofn.com/foundation/donate/>

When you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come. Your generous donations will:

- Provide access to higher education for Sons of Norway members
- Showcase our unique Norwegian heritage and culture to wider audiences
- Support cross-cultural exchange programs with Norway
- Bring humanitarian support to Sons of Norway members affected by natural disasters

There's more than one way to give. You can make a difference today with:

Legacy Gifts

Maximize your impact by including a Legacy Gift as part of your estate plan. This can be as simple as naming the Foundation as a beneficiary of your will or life insurance policy, or as complex as creating a specialized trust or scholarship fund—with plenty of options in between. Whatever your preferences, we are happy to work with you and your estate planning team to help you accomplish your giving goals and make Sons of Norway part of your personal legacy.

Want to be remembered?

Where there's a will, there's a way.

You can make a gift today that will support our mission far into the future.

A bequest is a gift through your will or trust. It's simple to make, costs you nothing during your lifetime, and has flexibility so you can plan it to meet your personal objectives. For example, you can leave a certain dollar amount or a property. Or you can designate a percentage of what remains in your estate after your debts are paid and your heirs are cared for. (See the sample bequest language on the third panel.)

You can direct your gift to meet our greatest needs or to support a specific program that's meaningful to you. You can also use a bequest to make a tribute gift that honors someone special.

Benefits

- Your assets remain in your control during your lifetime.
- You can modify your gift to address changing circumstances.
- Gifts to the Foundation are not subject to estate tax.

How it works

- Include a bequest to Sons of Norway Foundation in your will or trust.
- Make your bequest unrestricted or direct it to a specific purpose.

- Indicate a specific amount or a percentage of the balance remaining in your estate or trust.

Sample Bequest Language Residual Gift Language

A residual bequest comes to us after your estate expenses and specific bequests are paid:

I give and devise to Sons of Norway Foundation (Tax ID #41-6054126), located in Minneapolis, MN, all (or state a percentage) of the rest, residue, and remainder of my estate, both real and personal, to be used for its general support (or for the support of a specific fund or program).

Specific Gift Language

Naming Sons of Norway Foundation as a beneficiary of a specific amount from your estate is easy:

I give and devise to Sons of Norway Foundation (Foundation (Tax ID #41-6054126), located in Minneapolis, MN, the sum of \$_____ (or asset) to be used for its general support (or for the support of a specific fund or program).

Contingent Gift Language

Sons of Norway Foundation or its affiliates can be names as a contingent beneficiary in your will or personal trust if one of more of your specific bequests cannot be fulfilled:

If (insert name) is not living at the time of my demise, I give and devise to Sons of Norway Foundation (Foundation (Tax ID #41-6054126), located in Minneapolis, MN, the sum of \$_____ (or all or a percentage of the residue of my estate) to be used for its general support (or for the support of a specific fund or program).

A bequest could be right for you if:

- Long-term planning is more important to you than an immediate income tax deduction.
- You want flexibility of a gift commitment that doesn't affect your current cash flow.
- You want us to continue what we are doing today for generations to come.

Interested?

Please contact your Financial Advisor to help you plan a bequest that will be satisfying, economical and effective in carrying out your wishes. If you do not have a Financial Advisor, Sons of Norway Foundation may be able to assist you with a referral.

The information on this website is not intended as legal or tax advice. For information on how any gift may affect your tax situation, please consult an attorney or tax advisor.

Specific Gift Language

Naming Sons of Norway Foundation as a beneficiary of a specific amount from your estate is easy:

I give and devise to Sons of Norway Foundation (Foundation (Tax ID #41-6054126), located in Minneapolis, MN, the sum of \$_____ (or asset) to be used for its general support (or for the support of a specific fund or program).

To designate your gift please contact foundation@sofn.com.

“Heritage of the Future” Naming Campaign



Sons of Norway is proud to announce the “Heritage of the Future” campaign to support the Sons of Norway Foundation. This naming campaign will offer the naming rights to different areas of our new home office for a wide range of donation amounts.

As the nonprofit branch of Sons of Norway, the Foundation has shared and preserved Nordic heritage since 1966. We rely on donations to maintain the scholarship and grant programs that positively affect our members’ lives and make Sons of Norway communities better places to live. Now, with the “Heritage of the Future” campaign, you can support our mission while leaving your mark on Sons of Norway’s physical building. Your philanthropic contribution will help us further our mission and inspire others to support their Sons of Norway community in the same way.

Your contributions can be designated to any existing grant or scholarship or be left in our undesignated fund to allow the foundation maximum flexibility in the future. Here are just a few examples of spaces that can be named. Contact Amy (Olson) Tuchenhagen at atuchenhagen@sofn.com or 612-821-4655 to reserve your place now!

Want a fun lodge activity? Make Christmas cards together!

<https://sonsofnorway5.com/gifts/stamps.php>

Check out the District stamp sets along with all the others offered by our District!

Gifts » Stamps



Norwegian Christmas Sets 1 & 2 Order Form

Translation Set 1:

God JuL! = Merry Christmas

God JuL til deg og dine = Merry Christmas to you and yours

Godt nytt or = Happy New Year

Translation Set 2:

Gladelig JuL = Merry Christmas

Cost per set \$16.00

[Order Form »](#)

Need items for gifts? Lodge member recognition? Thank yous?

District 5 Fundraising Items (updated: 10/23/2024)

Before sending your order, please contact Darlene Arneson to see if there are items left as we are liquidating this line of products. Once you confirm that you can get the desired items, Darlene will mail you the items. Return the invoice along with the postage that was used to send the items. Form to Darlene Arneson, 2056 Skaalen Road, Stoughton, WI 53589. DO NOT SEND PAYMENT UNTIL THE ORDER IS CONFIRMED OR FILLED AS INVENTORY IS BEING LIQUIDATED!

Darlene Arneson- arnesonfamily5@gmail.com or call 608-873-7209

Item	Information	Cost per item	Number wanted	Total due for that item
Norwegian Flags	3 x 5 flags	\$20		
Blue sweatshirts	Medium	\$25		
Flag pins	Sweden	\$2		
Flag pins	Denmark	\$2		
Flag pins	Iceland	\$2		
Flag pins	Finland	\$2		
Flag pins	Norway	\$2		
The First Norwegian Settlement book		\$20		
About Me Game	Packet and board	\$5		
		Total items		
		Total amount due		

Checks: Made to D5 Nordic Legacy Foundation.

Name _____ Lodge _____

Cell number _____ Email _____

Send products to: Street address (no PO Box Numbers) _____

City _____ State _____ Zip _____

For office use only:

Order received by _____ on _____ (date)

Order filled by _____ Sent on _____ Payment received on _____

Other Dates to Note (changes in red)

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@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.