

# Sons of Norway District 5 - Friendly Fifth Friday News September 20, 2024

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

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September 20-  
Viking Photos due  
to LaVonne Wier!

## It's time for photos!

The requirement for the Photo Submission Form still stands. It is much more interesting to know the participants and facts about a photo than to just admire it with no idea what was going on. Here's the Photo Submission Form- [https://sonsofnorway5.com/publicity\\_director\\_messages/](https://sonsofnorway5.com/publicity_director_messages/) . Please send your wonderful pictures to me by the 20<sup>th</sup> at [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com) . Fraternally, LaVonne Wier, D5 Publicity

## **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=BNqdhKdlv2V687DT>

**#12- Genealogy Guide-** As you dive into your research, you'll get to know your ancestors – who they were, where they came from and what they did with their lives.

The Sons of Norway Genealogy resources will help you through this process with insights to Norwegian society, names, language and more; while also providing lists of additional resources, organizations and websites. Enjoy the journey – we'd love to hear what you learn. Download your copy of the [Genealogy Cultural Skills Program](#).



**Genealogy Tips and Hints**  
Connecting with your family history



**Genealogy Guide** – Use this updated guide, as you begin to research your family roots. This handy 10-page guide will provide background on Norwegian-North American immigration along with information about Norwegian names and places. [https://www.sofn.com/member\\_resources/genealogy/](https://www.sofn.com/member_resources/genealogy/)

*Norwegian Ridge* **for Adults!**

**LANGUAGE & CULTURE CAMP**

at Giants of the Earth Heritage Center 163 W. Main, Spring Grove, MN

*Have some fun!*

**October 17-19, 2024**

With over ten years of experience with culture and language camps for children, we now are excited to offer our first ever **ADULT LANGUAGE and CULTURE CAMP!**  
*(open to ages 18 and older)*

Camp begins noon, Thursday, October 17 with a lunch and a meet and greet and will conclude Saturday evening after a delightful meal. Over the three days there will be large group and breakout sessions to choose from.

A sampling of the sessions are:  
Conversational Norwegian, Writing your Family Story, Norwegian for Travelers, Genealogical Research Techniques, Sacred Tree Traditions, Making Skinnfell Items, Beginning Card Weaving, Knitting, a variety of Norwegian Baking, Traditional Norwegian Music, Norwegian Architecture, Norwegian Clothing Traditions, & more!  
There will be something for everyone!

**\$275** before October 1, 2024  
After October 1 -- \$300

**Sign-up Today!!**  
payment required when signing up

go to Giants Website:  
[www.giantsoftheearth.org](http://www.giantsoftheearth.org)  
or call (507)498-5070 or stop in at Giants

Tuition includes class offerings for the three days, 2 meals per day (lunch & dinner), coffee and snacks.  
There may be an additional charge for some of the art classes. \*Does NOT include lodging.  
<https://forms.gle/zGkCtkS1AqmmVxAB>

The Giants of the Earth Heritage Center in Spring Grove, MN is offering a weekend camp for adults called Norwegian Ridge Language and Culture Camp for Adults on October 17-19, 2024. Attention District 5 Sons of Norway members: Here is a great opportunity to learn many things about Norway, Norwegian crafts and food! Giants of the Earth Heritage Center in Spring Grove, MN is the location of a fun weekend to absorb many Norwegian cultural ideas, crafts, music, Norwegian baking, genealogy, and much more. Spring Grove is the first Norwegian settlement in Minnesota (130 years ago). Sign up by October 1, 2024 to receive a discount price of \$275 for the 3-day workshop. After October 1 the fee is \$300. Tuition includes class offerings for three days, 2 meals per day (lunch, dinner), coffee and snacks. Camp begins at noon, Thursday, October 17 and ends Saturday evening after dinner.

As Cultural Director of District 5, Sons of Norway, I highly recommend taking advantage of this weekend Norwegian event. You will enjoy this Norwegian town, the friendly staff at Giants of the Earth Heritage Center, and meeting people interested in their Norwegian heritage. Lucy Ghastin, Cultural Director, District 5



# Leadership Resource

A Newsletter for Sons of Norway Lodge Leaders

September 2024

## 2024 International Board Vote -ONLY BENEFIT MEMBERS CAN VOTE

### Election Timeline:

- Voting period: September 1 – September 30, 2024
- Election results announced: Mid-October 2024
- Election of officers: November 2024
- Terms begin: January 2025

### Meet the Candidates

We are pleased to present the candidates for the 2024 Sons of Norway International Board of Directors election.

An official ballot containing voting instructions will be sent via mail on **September 1, 2024** and you will have until **September 30, 2024** to submit your vote electronically. Election results will be tabulated and certified by an independent company and approved by the Sons of Norway Board of Directors by **October 15, 2024**.

**Please review the information for each candidate below to help you determine the best candidates for the Sons of Norway Board.**



### **Mary Andersen**

Ms. Andersen's dynamic leadership in the employee benefits industry spans three decades across multiple disciplines including consulting, business strategy, financial performance, risk management, legal and accounting. She served as President of ERISAdiagnostics, Inc., an employee benefits consulting firm specializing in compliance, consulting and special projects. Prior to that role, she was a principal for Vanguard, a leading mutual fund company. Mary currently serves on the Board of Directors of Sons of Norway as Treasurer and is Chair of its finance and audit committees. While leading teams of actuaries and attorneys, she has learned how to effectively work with others and position teams for success. As a leader in District Three, Mary has served in many leadership roles including District President, Vice-President, Publicity Director and Counselor. As District President, Mary served as President of the District Presidents' Council and was a member of the governance and leadership committee. She received her B.S. in Mathematics from Western Michigan University in Kalamazoo, MI.

*"My track record of success both in the corporate/consulting world and within Sons of Norway demonstrates my ability to get the job done. I am no stranger to continual learning and hard work, both of which are key attributes of an effective Board member. As a Sons of Norway member. I*

*want to see our organization thrive and succeed as we move forward.” –  
Mary Andersen*



**Merv Eriksson**

Mr. Eriksson has led multiple engineering and volunteer organizations during difficult and challenging times. He has worked at the lodge and national level and has a thorough understanding of the fraternal side of Sons of Norway. Merv has served on a Thrivent board and understands the function and operation of a not-for-profit company.

Merv served on the Foundation Board of Governors for six years and has a good understanding of the Foundation’s investments and investment policy. He has managed an LLC Partnership and as well as a significant family investment portfolio. Merv earned his Bachelor of Science in Civil Engineering from the University of North Dakota.

*“I think preserving and highlighting the culture and heritage of Norway, and other Nordic countries is important for us and our communities. Sons of Norway is at a critical period in its history, and I think I have the skills, knowledge and abilities to help guide the organization through this critical time.”*

**–Merv Eriksson**



### **Luella Grangaard**

Ms. Grangaard holds extensive leadership experience in the medical industry spanning four decades across multiple roles within the field of occupational therapy. She has held leadership roles responsible for managing within the federal and state guidelines for staffing and hospital program management. Duties included adhering to regulations for staff licensing, training and patient care as required by guidelines set by insurers. Luella has held various leadership roles for both the State and National Occupational Therapy Association including both president and secretary. She was honored to be appointed by the Governor of California to serve on the first California Board of Occupational Therapy, responsible for the drafting of state regulations and hearings to set future policy. Her skills include but are not limited to strategic planning, governance, budgeting, legal, ethics and communications. Luella received her B.S. degree from Colorado State University, Fort Collins, CO. Luella also earned her M.S. degree from University of Puget Sound, Tacoma, WA.

*"I have been involved in several organizations and have participated in re-writes of governance documents. While serving on the Sons of Norway International Board I participated in the major revision of the Charter and Constitution to the Charter and Bylaws and the Policies and Procedures. With this revision came the change from a delegate assembly to a board-driven organization and voting from all product owners. I have been active in helping our district learn how to market and communicate to different generations and to take the different generational needs into consideration."*

**–Luella Grangaard**



**Chris Jenkins**

Chris Jenkins is a senior learning and marketing professional with experience in creating and implementing culture change management from the ground up. Cutting edge industry visionary and leader with a passion for developing team strengths resulting in bottom-line growth. Excellent interpersonal communication skills cultivated from an extensive history of directing learning cultures, performance management, sales and marketing, training, research and public presentation. Coach/mentor to financial advisors and growing leaders. Practice management programs geared to growth and effective teaming.

*“Helping organizations grow and live their mission is at my core as a leader. Alignment to that mission in all that I do for the organization is very important to me and my leadership behavior. Fraternal organizations are the best example I know of in the insurance world to live and support the mission of the organization and the members they serve.”*

**–Chris Jenkins**



### **Andrew Mathisen**

Mr. Mathisen is an accomplished professional with 30+ years of telecommunications industry experience. Throughout his career he demonstrated success in collaborating with cross-functional teams to drive projects to completion. In addition, Andy has served the Sons of Norway District 3 Board over the past eight years as Sports and Cultural Director. He also held the following leadership positions at his Noreg Lodge 3-466 over the years: President, Vice President, Treasurer, Social Director, Sports Director, Cultural Director and Counselor.

Andy has a desire to leverage his expertise in finding cost-cutting measures thereby improving profitability for Sons of Norway. Andy has traveled extensively within the U.S. and Brazil designing, planning and constructing telecommunications networks. In addition, he has served his Sons of Norway lodge as both a sports and cultural director. Andy holds both a Bachelor of Arts degree from Richmond College, NY and a Master of Science from Lesley College, MA.

*"I have over 40 years' experience creating company budgets, analyzing financial performance and making effective cost-cutting measures to gain profitability for companies. I believe my skills in these areas will be an asset for the Board of Directors."*

**–Andrew Mathisen**





### **Dean Stiller**

Mr. Stiller has been a member of Sons of Norway since 1998 and has served on the International Board since 2022 as an appointed board member, serving on the audit committee for the board. Mr. Stiller has in-depth knowledge and experience as an actuary focused on both life insurance and annuity pricing and product development. While serving as the lead actuary for Sons of Norway for over 20 years, he was responsible for financial reporting, analysis and product development. Dean is a member of the American Academy of Actuaries and a Fellow of the Society of Actuaries. These two organizations are the main professional and educational organizations for actuaries in the United States.

*"I have over 40 years of experience working as an actuary for life insurance companies, with increasing levels of responsibilities at each company. I believe my background in the industry can provide the board of directors with insights into the financial and insurance management for Sons of Norway."*

**–Dean Stiller**

## **Member Profile Updates**

We've updated the member profile page. Click here to learn more:

[https://docs.google.com/presentation/d/10dEO1Rk-D\\_Ofq3LJsKdNrP6zQSSItNo6L9cgmzcVyNg/edit#slide=id.g2f6b810afc0\\_5\\_0](https://docs.google.com/presentation/d/10dEO1Rk-D_Ofq3LJsKdNrP6zQSSItNo6L9cgmzcVyNg/edit#slide=id.g2f6b810afc0_5_0)

## **Annual Lodge Liability Insurance**

Invoices for 8/1/24 – 8/1/25 lodge liability coverage will be sent out to all lodge treasurers once we get them from our provider. The updated certificate can be found on the website: <https://www.sofn.com/wp-content/uploads/2024/08/Sons-of-Norway-Certificate-of-Liability-Coverage-effective-08-01-2024.pdf>

Please reach out to [fraternal@sofn.com](mailto:fraternal@sofn.com) with questions or if you don't receive your invoice by the end of October. All payments are due by November 15, 2024. If not received by that date, a \$25 late fee will be applied, and dues will be withheld until the amount owed has been satisfied.

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## **D63 Officer Updates for 2025**

Please refer to this guide about updating officers for the upcoming year:



## D63 Officer Updates for 2025

🔗 **Online:** Your Lodge Officer Roster and lodge meeting information must be updated online at [www.sonsofnorway.com](http://www.sonsofnorway.com). Detailed instructions are on the reverse of this sheet.

Both Sons of Norway Headquarters and your district secretary are able to access your information from the website.

😊 **No Changes?** Please still visit the Officer Update section on our website and confirm the no changes option.

📅 **Deadline - December 31st:** Timely reporting of this information to Fraternal assures that your lodge's information will be correct in the Sons of Norway Headquarters database and in the online directory. Also, lodges meeting this deadline will score points towards the Lodge of the Year and Gold/Silver/Bronze merit awards.

If the deadline is approaching and your lodge hasn't reported its new officer roster, please submit the information you have and/or contact Fraternal. Changes made after the 12/31 deadline should still be reported, though these updates may not be reflected in the new district directories.

👁️ **NOTE:** Your 2025 officer roster and lodge location changes will not appear in the online lodge directory or be active in the Sons of Norway Headquarters system until 1/15/2025. Year-end reports and forms from Headquarters will be sent to 2024 officers.

😊 **Questions:** Contact Fraternal at Sons of Norway Headquarters by phone at 1-800-945-8851 extension 4643 or by email at [fraternal@sofn.com](mailto:fraternal@sofn.com).



## Officer Updates Online

### To Update Your Officer Roster:

Sign on to [www.sofn.com](http://www.sofn.com) with your username and password.

Click "Lodge Officer Updates" on the menu to the left of your name on your Profile Page.

To register your 2025 Officer Roster, click on the "Officers" button.

- **No changes?** Click the "No Changes for Upcoming Year" button at the top of the page.
- Adding a completely **new officer position** in 2025? Click "Add a new position" and then enter the title and member number of the person filling the office. Hit "Submit." Then hit "Save the Changes."
- To record a **change in officer**, delete the member number of the outgoing officer and type in the member number of the incoming officer. (The names will NOT change on the screen at this point.)
- If your lodge is **eliminating a position**, click the "Remove this position" button for that entry.
- Once you have made ALL your changes, click the "SUBMIT CHANGES" button at the bottom of the page.
- You will see a list of your changes. If they are correct, click "Save the Changes." Both Sons of Norway Headquarters and the District Secretary will receive a notification email.
- Your 2025 roster of officers has been recorded!

### To Update Your Meeting Information:

Click "Lodge Officer Updates" from the menu to the left of your name on your Profile Page:

- Click the "Change Meeting Information" button.
- Make your changes and click the "Save" button.

All lodges should affirm or change their lodge officer rosters by December 31.

Please contact Fraternal at 612-821-4643 or [fraternal@sofn.com](mailto:fraternal@sofn.com) with any questions.

**\*Please note that changes will not be live on the website until 1/15/2025**

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## Why Be a Member?

Have you ever been asked by a prospective or current member, "Why should I be part of Sons of Norway?" We have a new printable resource that you can

email or print from the website by following this link: <https://www.sofn.com/wp-content/uploads/2024/09/2024-Member-Benefits-min-1.pdf>



## Member Benefits

### Financial

*Protect those you love with a financial safety net*

- **Life Insurance** – term and whole options
- **Annuities** – an investment designed for protection from market risk and guaranteed rate of return
- New products available
- Financial reviews and competitive insurance & annuity products



### Foundation

*Share your Nordic values by supporting community outreach and education*

- **Scholarships** – supports promising students in higher education around the world
- **Heritage & Culture Grants** – grants that provide funding for Norwegian-themed programming
- **Humanitarian Grants** – grants that support members facing medical or disaster relief needs
- **Philanthropic promotions and donations** – donating to the Sons of Norway Foundation, a 501(c)(3) organization, contributes to the positive impact we make through community, youth, educational, and cultural projects
- **Sharing our mission and core values** – engage others in the good work of the Sons of Norway Foundation



### Fellowship

*Connect with others as you explore Norwegian heritage and culture*

- Community of members in lodges, districts, nationally, and internationally
- Visit any lodge in the organization
- Participation in district events
- Free Heritage membership





## Heritage & Culture

Explore riches of Norwegian heritage and Nordic culture

- **Cultural Skills Program** – learn about and practice traditional and contemporary Norwegian cultural skills
- **Norwegian Language Lessons** – designed for beginners with written and audio components
- **Sports Medal Program** – maintain an active life
- **Recipes** – tickle your tastebuds with traditional and new favorites
- **Language & Heritage Camps** – youth, adult, and family opportunities
- **Genealogy Guide** – Get in touch with your Norwegian heritage
- **Lodge & District Cultural Events** – participate in local lodge events, classes, and fundraisers
- **Idea & Information Bank, Mini Presentations** – website resources for lodges and individuals to explore
- **Just for Kids** – engage your youth in Norwegian heritage and culture

## Publications

Enjoy award-winning content and useful information

- **Viking Magazine** – immerse yourself in the world of Scandinavian heritage, tastes, history, events and personalities with every new issue, archived issues found on the website as well
- **Newsletter Service** – content provided for lodges to include in their newsletters
- **E-post** – electronic newsletter to members and non-members with culture content, articles, recipes, and news

## Resources & Perks

Benefit from being a Sons of Norway member

- **PerkSpot** – save on products and services like travel, food, clothing, entertainment, and electronics
- **Films of Norway** – 1 free week and 25% off subscription rate for streamed Norwegian movies and TV series
- **Avis & Budget car rental** – 30% discount at participating locations worldwide
- **Best Western Hotels** – up to 10% at BW hotels in the US, Canada, and select properties in Scandinavia
- **Radisson Hotels** – 5% off the regular rate at Radisson Blu, Radisson®, Country Inns & Suites By Radisson, Park Inn by Radisson, and Park Plaza® hotels
- **Norwegian Map Service** – plan your travels in Norway using one or all of the detailed and useful road maps

## Insurance Product News

Are you prepared for the cost associated with a loved one's funeral?

- Casket

- Plot
- Flowers
- Funeral clothing
- Food and accommodations for guests

*Just to name a few...*

We often forget about the months or years that follow the loss of a loved one and how we will manage financially while moving forward with our lives. LegacySure can help you find the comfort in knowing that the celebration of life will be what their loved one desired but that life expenses leading up to and after the funeral are handled. Reach out to the agent assigned to your lodge or call our sales staff to talk about how LegacySure might fit in your financial future: [sonsofnorwaysales@sofn.com](mailto:sonsofnorwaysales@sofn.com) or (833) 707-0012 – option 2

View Financial products-

[https://www.sofn.com/financial\\_products/products\\_we\\_offer/](https://www.sofn.com/financial_products/products_we_offer/)

### **Together We Are the Future Campaign**

The Sons of Norway Foundation will hold the [Together We Are the Future](#) fundraising campaign October 1 – January 15 again this year. Though many of our grants, scholarships and camperships come from endowed funds, we do rely on support from our community. Please consider making a plan to participate with your fellow members, lodges, districts and communities by making a meaningful gift. Tusen takk! <https://www.sofn.com/foundation/>

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### **Grants and Scholarships**

Applications will open October 1 for both Sons of Norway Foundation grants and scholarships. This is a great time for your lodge to think about potential projects and for the students to think about paying those tuition bills! Deadline for grants remains 12/31. Deadlines for scholarships vary, so please check the description for each fund, but they are generally early 2025. The applications do take some time to complete, so be sure to allow ample time. Grants are issued spring 2025

and scholarships are issued summer 2025 for the 2025-26 academic year. Questions can be directed to [foundation@sofn.com](mailto:foundation@sofn.com).

<https://www.sofn.com/foundation/>

### **Membership Applications**

Please make sure to use the updated membership applications found on the website:

- [US Application](https://www.sofn.com/wp-content/uploads/2024/06/216W_US_web_062024.pdf) - [https://www.sofn.com/wp-content/uploads/2024/06/216W\\_US\\_web\\_062024.pdf](https://www.sofn.com/wp-content/uploads/2024/06/216W_US_web_062024.pdf)
- [Heritage Membership](#)
- [Norway Application](#)
- [Canada Application](#)

Encourage new potential members to join online for the quickest processing.

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### **Paying for Membership**

There are three options to pay for your membership:

- Check – annual payment, please put your membership number in the memo
  - Credit Card – annual payment, online only, does not auto renew yearly
  - ACH – monthly payment, automatically made withdrawn until you end it
- 

### **Charter & Bylaws and Policies & Procedures**

The most recent version of the CBPP and templates to use are always on the website:

[https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/governance/](https://www.sofn.com/member_resources/lodge_leadership_resources/governance/)

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## Leader Training Series

Available trainings:

- Intro to Sons of Norway – [Intro to Sons of Norway Training](#)
  - Sons of Norway Foundation – [Sons of Norway Foundation Training](#)
  - Local Lodge Leader Training – [Local Lodge Leader Training](#)
  - Publicity Training – [Publicity Training](#)
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## How to Contact Us



Wondering who to reach out to with your questions?

Foundation, Scholarships & Grants  
Amy Tuchenhagen  
[foundation@sofn.com](mailto:foundation@sofn.com)  
[atuchenhagen@sofn.com](mailto:atuchenhagen@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:  
Ryan Bernard

[sonsofnorwaysales@sofn.com](mailto:sonsofnorwaysales@sofn.com)  
(833) 707-0012 – option 2

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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](mailto:sonsofnorway@sofn.com).

Fraternally,

Sons of Norway

### **Other Dates to Note (changes in red)**

September 20- Viking Photos due to LaVonne Wier

September 30- Voting will close at 5:00 p.m. ET for International Directors

October 20- Viking Photos due to LaVonne Wier

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

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### **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 Tuchenhagen**  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhagen@sofn.com](mailto:atuchenhagen@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: Michael Godbout**  
[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@sonsofnorway.com](mailto: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.