

Activity Volunteer Hours Tracking Sheet - Polar Star Lodge 5-472

Member Name _____ Phone _____ Service Year _____

This data is used for mandatory reporting that maintains Sons of Norway tax-exempt status, and for National Sons of Norway to lobby on behalf of Fraternal benefit societies. Annually, by end of January, submit your completed form to the Polar Star Secretary. Tusen takk.

- **Membership Activities** – Volunteer time spent on preparing, running or supporting projects/programs organized by Sons of Norway at a lodge, district or international level that were devoted to lodge business affairs, recreational/social events, training seminars, cultural classes, officer duties, etc. **Include only volunteer time** spent organizing, planning or working at/for the events. Do **not** include lodge meeting attendance time.

Member Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Lodge Meetings <small>(prepare food for pot luck; set/clean up; kitchen duty)</small>													
Lodge Meeting Programs <small>(plan/prepare/lead)</small>													
Training/Seminar <small>(plan/prepare/lead)</small>													
Officer Duties													
Newsletter/Website													
Board/Committee Meetings													
District or National Meetings/Training													
Other <small>(describe)</small>													
TOTAL MEMBERSHIP HOURS:													

- **Community Activities** – Record time that **you volunteered in the name of / on behalf of** Polar Star lodge, another Sons of Norway lodge, or SON district or international level at events focusing on community involvement/interest. **Include only your volunteer time** working at, planning for, or traveling to/from the event. Do **not** include time just attending.

Community Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Høstfest <small>(prep/food/work)</small>													
Fox Valley Norwegian Choir													
Vasa Park <small>(prep/food/work)</small>													
Norsk Museum <small>(docent/manage/maintain)</small>													
Norsk Museum Fundraisers <small>breakfast/smorgasbord/etc (prep/food/work)</small>													
Syttende Mai Parade/Banquet <small>(prep/food/work)</small>													
How to be a Viking <small>(prep/food/work)</small>													
Norwegian National League <small>(plan/prepare/lead)</small>													
Viking Ship <small>(docent/manage/maintain)</small>													
Red Hat Knitting													
Tubfrim													
Barnebirke/Norge Ski <small>(prep/food/work)</small>													
MSI Christmas Tree													
Other <small>(describe)</small>													
TOTAL COMMUNITY HOURS:													