Sons of Norway Individual Support Hours Worksheet 2014

Track the amount of time you spend working on Sons of Norway business and activities outside of a group setting. This form is kept and maintained by each member of Sons of Norway and submitted to the lodge secretary.

<u>Fraternal</u> – Some examples of Fraternal activities are: working on the lodge website or newsletter, preparing a speech for a lodge meeting, typing up meeting minutes, and shopping for treats for the upcoming lodge meeting. Anything you do by yourself which supports your lodge and fellow members.

<u>Community</u> – Some examples of Community activities are: Cutting stamps for Tubfrim, volunteering by yourself at a local school as part of your lodge's Adopt a School program, or knitting hats for cancer patients on your own as part of a lodge organized charity group. Anything you do by yourself which has been organized by your lodge and supports the people outside the lodge.

Include any travel time associated with these activities in the time you record for them.

Do not record the time you spend at lodge meetings, celebrations or any other group event.

For each activity, write down the date (if available), a description of the activity and the length of time you spent on the activity.

Fraternal Individual Support Hours			Community Individual Support Hours				
Date	Name/Description	Hours	Date	Name/Description	Hours		

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Sons of Norway Individual Support Hours Continued. Make copies if necessary.

Fraternal Individual Support Hours			lours	Community Individual Support Hou			
Date	Name/Descri	iption	Hours	Date	Name/De	scription	
Count the number of lines filled in above. This is your Fraternal Ind Support Activity Total: Add up the to your Hours co Fraternal Ind Support Ho		column for Individual	Count the number of lines filled in above. This is your Community Ind Sup Activity Total:		Add up the time in yo column for Comm Individual Support H		