

Sons of Norway District 5 - Friendly Fifth Friday News

April 24, 2026

A District Weekly Newsletter to Keep Us Up to Date!

DEADLINE EXTENSION for D5 CULTURAL COMMITTEE

CHALLENGE (SUBMIT FORMS by MAY 31, 2026)

The District 5 Cultural Challenge for members to submit their entries for completing a current Cultural project has been extended to May 31, 2026. This will give District 5 members more time to complete their projects. Members follow the Sons of Norway Cultural Skills guidelines (on their website) for the chosen skill and complete their information on the form. After that have your lodge Cultural Director or another lodge officer sign and date this form. The form can either be emailed or mailed to the D5 Cultural Director Lucy Ghastin: legghastin@gmail.com or 7130 Century Ave., Middleton, WI 53562

Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge: Try some new Norwegian cultural skill that you've **never done before**. Complete any one Sons of Norway Cultural Skills project completed between May 1st 2025 and May 1st, 2026. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, this member would also be recognized by District 5 and receive a token of appreciation. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge (usually the Cultural Director) would sign the paper, and the member would sign. All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website: <https://www.sofn.com/>

Name & Signature of Member Submitting the Report

Email & phone number: _____

Lodge Officer name & signature: _____

Date signed by officer: _____

Cultural Skill Title	Level (1, 2, 3)	Lodge Name & #



Supporting Charter, Golden, and Senior Members in SofN Lodges

Recently, some older lodge members have raised concerns. They feel their worth and usefulness has ended due to the aging process. From their perspectives, they can no longer work large events or bake dozens of goods for fundraisers.

They miss their lodge friends who have passed away, and they have found the increase in dues to be a financial burden on a set budget. I ask that Individual lodges conduct a discussion with their boards to address this need. How can you help the people who formed your lodge and have supported it for many years?

It is often the love of heritage that these members want to retain, and it makes them sad that they can no longer take part. Receiving the *Viking* magazine, attending cultural dinners held at Syttende Mai or Christmastime hold great meaning. Learning about past or new traditions in Norway is the icing on the cake for them. Socializing is important, too. An Ole or Lena joke might bring a smile to a face or two!

If your seniors need a ride to your meetings, arrange these ahead of time so no one is left out. Driving also becomes a concern as a person ages.

Some reasonable solutions

- Remind your older members that they can pay their dues monthly, making the cost more affordable (\$7.00/mo. for an individual and \$12.00/mo. for a family).
- It is possible you have a benefactor who would pay the dues of an older member.
- Use the membership renewal stipends received from the International office to pay the dues. Save the monies in a separate account and line-item the amount for senior member dues.
- Pass a troll bank around during your meetings to generate dues money much like Pass the Piggy for the Foundation.
- Hold a special event to raise money for this purpose. Bake sales are a good option; traditional holiday cookies or cakes are two possibilities. This suggestion would also give you an opportunity to make others aware that your lodge exists! Promote what your lodge offers its members. Bring membership materials for display and distribution.
- Bake lefse for sale at one or two yearly events. The proceeds would be well-used for senior member dues.
- Hold a special game night at your lodge. Playing each game costs a minimal amount of coinage, and the amount raised could be deposited in your dues account.

- Plan a walk-a-thon for your members on the day of one of your meetings. Ahead of time, ask members to collect donations. It would be a great friluftsliv event, too!
- Ask donors to supply Norsk items for a lodge raffle and suggest minimum bids. Think of items that could be used by most people. The winning bids could be secured in your dues account.
- Hold a holiday Nordic raffle at a local hot spot! Earmark profits for dues fulfillment.

How to Keep Your Senior Members Involved in Your Lodge
(Choose less-taxing ways to use the talents of senior members.)

- Ask them to help select greeting cards for your Sunshine committee. Many lodges recognize special birthdays or anniversaries. Get well cards and sympathy cards are also sent. There are many places to find reasonably priced cards such as Dollar Tree, the Dollar Store, Walmart, or scan the selection at your neighborhood thrift stores. Hallmark offers free printable cards.

Ask someone in your lodge to make cards for your use. Your seniors can affix address labels and stamp the cards for sending. Take your senior out for lunch and stop for greeting cards afterward!

- Seniors would make great greeters at the doors before your lodge meeting. Chances are they know most members, and this task would give them a positive experience and sense of importance and worth.
- Does your lodge need something organized that can be done from a seated position? Organize materials for your storage cabinet or unit, wrap silverware for an upcoming meal, arrange floral bouquets for events, count supplies, or fold lodge literature are easier senior jobs.
- If your senior is money-savvy, they could help count funds after an event.
- Welcome them to decorate a serving table; the lodge can provide the monthly décor.
- Encourage them to wrap presents prior to your Juletre Fest or other holiday gathering. Decorating the Christmas tree is another option.
- If your lodge holds a cultural event for young people, your seniors are experts in many things. Ask them to participate in the field of expertise. Reading a children's book with a Norsk heritage theme would be a meaningful assignment.
- Do you need to know something about the history of your lodge or advice on how to make or do something in a traditional Norsk way? Ask your senior members; they are a wealth of information.

To Learn More...

Hold a conversation with your most senior members and ask them their thoughts on lodge operations. Members from your board could each choose one senior to visit. It is likely that you will learn important tidbits that will be helpful for the future. They will appreciate your visit.

Please know that these are just a few ideas that I want to share with Fifth District Lodges. The sky is the limit, and I ask that any additional ideas be shared with District 5 Secretary Darlene Arneson for publication in a future edition of the *Friendly Fifth Friday News*.

Cheryl

Please help promote Masse Moro

We had an update call with Masse Moro staff and some of the board members last night. The staff and Youth Director Lisa Rove-Williams are doing a great job recruiting staff, counselors, and volunteers for this year's camp! They are finalizing contracts and hope to have that part wrapped up soon!

We discussed needs of the camp, and they are working on a "Wish List" of what items cost that make camp successful or that might enhance camp activities. You can send a donation to the SN District 5 Nordic Legacy Foundation and earmark it for "Masse Moro" and staff can purchase items they need. https://sonsofnorway5.com/library/original/docman/Donationform-NordicLegacyFoundation_2.pdf Or there is an Amazon Wish List that was started before and they will be updating that.

https://www.amazon.com/hz/wishlist/ls/3NAOTGQ8AV5AQ?ref=wl_share

We also discussed ways to promote camp. Currently there are 28 who have submitted registrations, but we need more to make camp a financially sound activity. How can you help?

1. Have you shared information about Masse Moro with your own family members or friends' kids?
2. Have you put out information in your lodge's newsletter, emailed to members, shared the website link (www.massemoro.org) and had flyers out at meetings?
3. Can you contact your local schools and see if they would include information about camp in District newsletters, parent's newsletters, or summer activity information?
4. Can you post flyers around town or dropped them off at Youth Centers, sports venues, popular restaurants, athletic facilities, or other places that families go?
5. Are you a member of your Chamber so that you can promote it to other member groups?
6. If you have teacher contacts, can you make a presentation to a class or group? Or at a Scouts meeting or 4-H Club meeting?
7. Are there 4-H clubs near you? 4-H has an International Project area so a presentation might spark some interest!
8. Do you exhibit at community events? Have a Syttende Mai event? Or other events that you could make a small display or have handouts available?

It's a team effort in making Masse Moro work each year and we appreciate your help and support!



MASSE MORO NORWEIGIAN CULTURAL SUMMER CAMP!



- NORWEGIAN LANGUAGE •
- VIKING OLYMPICS •
- ROSEMALING •
- NORDIC MYTHOLOGY •
- VIKING RUNES •
- HISTORICAL GAMES •



MASSE MORO

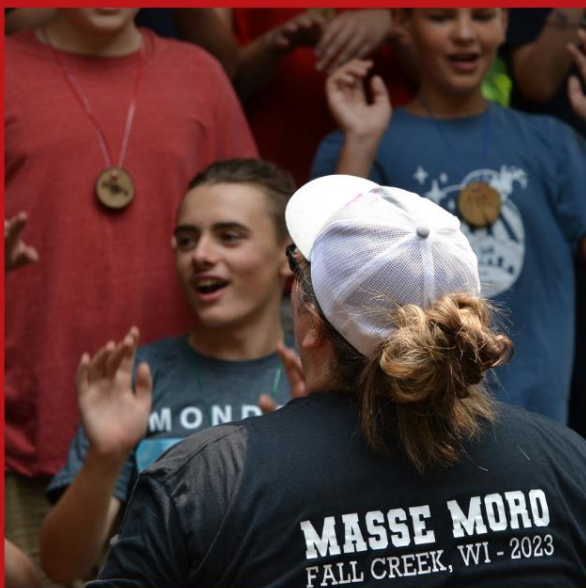


@MASSEMOROMEDIA



WWW.MASSEMORO.ORG

HELD AT BEAVER CREEK
NATURE RESERVE IN FALL
CREEK, WISCONSIN
12-25 JULY, 2026



SONS OF NORWAY DISTRICT 5

MASSE MORO 2026

**A Norwegian Heritage
Summer Camp** for all
children ages 9-15! Come to
learn language and
participate in activities based
on Norwegian culture!

July 12-25th, 2026
Beaver Creek Reserve
Fall Creek, WI



For more information :
www.massemoro.org

Camper registration now open!

MASSE MORO 2026



REGISTER BY MAY 17TH, 2026!

WWW.MASSEMORO.ORG

NORWEGIAN CULTURAL SUMMER CAMP

MASSE MORO

2026



**JULY
12-25**

VIKING SPORTS - NORWEGIAN LANGUAGE - FOLK ART
BEAVER CREEK NATURE RESERVE IN FALL CREEK, WISCONSIN

 **MASSE MORO**

 **@MASSEMOROMEDIA**

 **WWW.MASSEMORO.ORG**



**Masse Moro Norwegian Heritage Camp
July 12 - 25, 2026**

**** Local Lodge Supporting Grant Endorsement ****

THIS ENDORSEMENT MUST BE POSTMARKED BY: **May 17, 2026.**

Please Note: Local Lodges provide varying amounts of support for their Masse Moro campers.

District 5 will match the Local Lodge Supporting Grant up to \$250.00 per District 5 camper.

Contact your Lodge's president to determine requirements and Supporting Grant amount. Tusen Takk!

Camper or Sponsor complete this section (please print):

Camper Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sons of Norway Member/Sponsor Name: _____ Member# _____

Name and address of Sons of Norway Lodge of Sponsor

Relationship to Camper

E-mail: _____ Phone Number _____

Camper: complete the above information, then send this form to your sponsoring lodge for further processing.

LOCAL LODGE ENDORSEMENT

The members of _____ Lodge, 5-_____, have voted to endorse this applicant for Masse Moro – Sons of Norway District 5 Norwegian Heritage Camp for the 2025 session.

Enclosed is check number _____ in the amount of \$ _____ Date of Application: _____

Print Lodge President or Secretary

Signature

Phone Number of President/Secretary

- ❖ **Make checks payable to: Nordic Legacy Foundation**
- ❖ **Please include the camper's name on the memo line of the check.**
- ❖ **THE ENDORSEMENT MUST BE POSTMARKED BY May 17, 2026**
- ❖ **LODGES: Please send this completed form and the accompanying supporting check to:**

Lisa Rove-Williams
771 W. Dresser Rd
DeKalb, IL 60115
rovewilliams@comcast.net

2026 Calendar

May 1, 2025 – May 31, 2026- Cultural Challenge

May 15- 990 IRS forms due; D-18 Audit Reports due for lodges that own property

May 17- Deadline for Masse Moro Local Lodge Supporting Funds (Matching Grants)

May 20- Viking Photo submissions due to LaVonne Wier

May 31- Submit Throwing Challenge Activities to Clara Solak

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant applications

July 12-25- Masse Moro

July 20- Viking Photo submissions due to LaVonne Wier

August 2-6- District 5 Convention in Stoughton

November 1- Lodge Liability Insurance due

December 31- Lodge Officer Updates (D63) due

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:**
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.