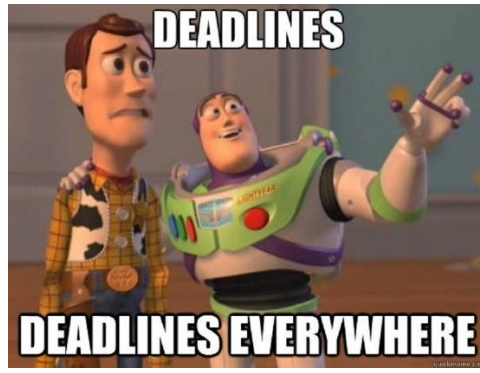


Sons of Norway District 5 - Friendly Fifth Friday News
April 4, 2025
A District Weekly Newsletter to Keep Us Up to Date!



Time to focus on 990's due May 15!

D-18 and 990

Lodges with property must complete a D-18 by **May 15**.
All US lodges must complete a 990 form by **May 15**.

New Leadership Programs!

International SofN Board Chair, Luella Grangaard, has called for participation in two new ventures, the Sons of Norway Leadership Academy and the Younger Member Focus group. **If you are a lodge leader and would like to attend on behalf of your lodge, please make me aware by emailed me cwschlessner200bc@gmail.com**. I need to confirm your attendance and willingness to participate in all sessions.

Thank you,

Cheryl

Attached is a cover letter and the curriculum for the Sons of Norway Leadership Academy. **We are focusing on Lodge Leaders**. We are asking **district presidents to identify 2 leaders** from your lodges, president, vice president, secretary, or treasurer that stands out.

There will be three sessions, and we would like you to confirm that they will actively participate. Please share the curriculum outline with them.

The last item is a focus group for younger members between the ages of 30-55. We want to hear what they have to say. **Please identify 2 members who are between 30-55** and confirm that they can attend the session.

Thank you for your support. I hope these events will help us grow future leaders.
Luella



1455 West Lake Street
Minneapolis, MN 55408
Toll-free: 800-945-8851
Fax: 612-827-0658
www.sonsofnorway.com

**Sons of Norway Leadership academy—Beta group dates May 8, 22 and June 5,
2:00 pm, Central Time. Meeting will be by Teams.**

Course foundation

- 60-90 minute sessions
- 20 limit attendees.
- Pre-meeting recommended videos from SON website. Pre-test.
- Need participates to commit to the 3 sessions.

Session format

- Pre-test
- Presentation on session topic
- Current resources that relate to the topic, on website
- Round table discussion facilitator
- Post-test

Foundation courses

May 8, How to Make Your Lodge Great

- Organization of meetings
- Communications—positive, welcoming, interesting, engaging
- Have a plan for the lodge: programs, socials, community outreach
- Understand governance
- Mentoring

May 22, Best Practices for Lodge Officers

- Succession planning
- Know your responsibilities
- Be competent with electronic communication, form submissions
- Know compliance responsibilities
- Know how to read a P&L
- Know how to read and access reports on your profile
- Know governance

June 5, Marketing your lodge and Sons of Norway

- How to promote your lodge in your community
- Programs & community outreach
- succession planning
- identifying future leaders in your lodge

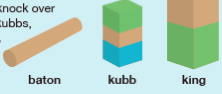
Has your lodge tried kubb?

Kubb

Kubb (rhymes with tube) is a lawn game where the object is to knock over wooden blocks, known as kubbs, by throwing wooden batons at them. Kubb originated in Scandinavia and was introduced commercially in the late 1980's. It can be described as a combination of bowling and bocce.

Object of the game:

Be the first team to knock over all the other team's kubbs, followed by the king, all in one turn.



6 batons — 44mm diameter x 300mm
Always tossed underarm. Sideways, horizontal tosses or "helicopter" spins are illegal throws.



Always tossed from behind the baseline (but this can be a temporary advantage line as seen in the example in turn #7).

One baton can topple several kubbs in the same toss. Combos are a great strategy!

10 kubbs — 70mm sq x 150mm
Kubbs always start on the baseline, and move to the field only after they have been toppled.

All field kubbs on your opponent's side must be toppled before any baseline kubbs can be overturned.

Kubbs can be thrown in any fashion, but must be underarm and from behind the permanent baseline (never a temporary advantage line).

1 king — 90mm sq x 300mm (crown optional)
The king is always the last to be toppled. If a team topples the king before they topple all their opponent's kubbs, they lose (it's sort of like an 8-ball in pool).

All king shots are taken from behind the permanent baseline.

Design and illustration by Bryan Jones, inspired by Scott Moshing. bryanjonesdesign.com




- 1. Set-up**
• 8m long x 5m wide pitch, divided into two fields (A & B)
• 5 kubbs on each baseline and 1 king in the middle of the pitch.
• 1 to 6 players per team.
- 2. King toss**
• A & B each toss one baton toward the king.
• Closest to the king without toppling it can choose to throw first or pick a side of the pitch to play from.
- 3. Team A wins toss and attacks first**
• A throws 2 batons underarm from behind their baseline.
• A topples as many of B's kubbs as they can.
- 4. Team B tosses (inkasts) all toppled kubbs**
• Kubbs must come to rest in A's field (across middle line).
• A sets the thrown kubbs upright (as though they were on a hinge) by choosing an end to stand them on.
If tossed kubb(s) land out of bounds
• B gets 1 rethrow for each out-of-bounds field kubb.
• If any field kubbs are out a second time, A can place them anywhere in their field, as long as they are at least one baton back from the baseline.
- 5. Team B attacks, aiming for field kubbs first**
• B throws 4 batons and must topple all A's field kubbs before going for baseline kubbs.
• Baseline kubbs toppled before all field kubbs are put back up.
- 6. Team A inkasts any toppled kubbs**
• Since B didn't topple all of A's field kubbs, a temporary advantage line is created.
- 7. Team A attacks**
• A can move up to attack from the temporary advantage line created by the closest remaining field kubb.
• A throws 6 batons (used the rest of the game), toppling B's field kubbs before baseline kubbs.
- 8. Team B tosses toppled kubbs**
• B tosses the kubbs close together to make it easier to topple several with a single baton.
- 9. Team B attacks**
• B topples three of A's field kubbs with a one baton combo shot (also known as blasting).
- 10. Team A inkasts**
• A inkasts the toppled kubbs close together.
- 11. Team A attacks**
• A blasts a couple combos, clearing the field kubbs, and then topples the last baseline kubb.
- 12. Team A slays the king and wins the game**
• King shots are always taken from behind the permanent baseline.
• 1 match is best of 3 games.

Note: if a kubb can be raised in-bounds it must be raised in-bounds

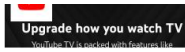
KUBB UNITED

How-to videos and tournament rules available at www.kubbunited.com

For more information or answers to questions contact unitedwekubb@gmail.com

@KubbUnited   

Learn all about it at Kubb On- <https://kubbon.com/>



Upgrade how you watch TV. Get the sports you love, all in one place.

Tournaments Lifestyle Strategy Rules Interviews Opinions

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APRIL KUBB PREVIEW

April 2025 Kubb Tournaments Preview

April 2, 2025

RECAPS

Loppet Kubb Tournament 2025 Recap

February 17, 2025

PREVIEWS

MARCH KUBB PREVIEW

March 2025 Kubb Tournaments Preview

February 11, 2025

RECAPS

The Biggest Throw of My Life

November 15, 2024

I took in the moment—my teammates, the crowd, my daughter's proud face on the sidelines."

Let's have a great Sons of Norway Team showing to kick off Syttende Mai! <https://www.facebook.com/events/1323701405574203/>



Kubb Like A Viking!!

Everyone is Welcome!

Saturday, May 10, 2025
@ 9 a.m.
"Rain-or-Shine"

Virgin Lake Park, 1901 Roby Road
Stoughton, WI 53589



The Stoughton Kubb Club is hosting the *Stoughton Kubb Invitational* at Virgin Lake Park on May 10th. Open to all ages and groups. A fun family event for people with all skill levels.



- Scan code to sign up and for details.
- Play starts promptly at 9:00 a.m.
- Entry fee is \$40 per team (2-6 players)
- Pay online, in person (cash or check made out to Sons of Norway)
- Kid teams 12 and younger play free!
- Non-Profit event with proceeds going to local charities.
- Trophies and cash prizes
- Grab your friends, grab your family, it promises to be a great time!

Upcoming Area Tournaments

- WI State Kubb Champ. 5/3/25
- Kettle Moraine (Sand) 6/21/25
- Beloit 8/9/25
- Cottage Grove (TBD)
- Batavia 8/30/25
- Kettle Moraine (Grass) 9/13/25

Sponsored by:

- King Oscar Seafoods
- Stoughton Parks & Recreation
- Sons of Norway – Mandt Lodge
- Stoughton Kubb Club



STOUGHTON KUBB CLUB
Stoughton, WI 53589
(608) 695-1336 | StoughtonKubb@gmail.com | Join Us on Facebook: <https://www.facebook.com/events/1570027859977959/>



SONS OF NORWAY

Mandt Lodge 5-314

2025 Calendar

April 20- Viking Photos due to LaVonne Wier

April 25-26- District 5 Board Meeting in Chicago

May 15

- D18 property association financial form is due from the lodges to Sons of Norway Headquarters.
- IRS filing deadline for tax form 990. Lodge treasurer needs to notify Sons of Norway Headquarters when 990 has been submitted.

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

June 30- SN District 5 NLF Project Grants Cycle 2 application deadline **June 30**; Grants awarded by mid-July

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 3-5- Adult Camp Heritage Weekend in Norway, IL

October 20- Viking Photos due to LaVonne Wier

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

December 31- SN District 5 NLF Project Grants Cycle 1 application deadline **December 31** ; Grants awarded by mid-January

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:** Lori Gubash
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@sonsofnorway5.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.