

Sons of Norway District 5 - Friendly Fifth Friday News
August 1, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!

Some thoughts from LaVonne Wier

Hei!

I was privileged to attend Masse Moro last Monday to teach a krumkake class. There were 10 children and assorted adults. Great bunch of kids.

While we were learning the basics of this delicacy and how to make it, I asked a few random questions. One question I asked was, "Who here has ever heard of or seen the Viking magazine?" *Only 2* of the children said they knew about it.

Goodness, gracious! These are the children who are interested enough in the Scandinavian culture and ancestry to go to a Norwegian camp. They should be more informed than the average Heritage member. That leads me to believe there are many Heritage members who don't have a clue about Sons of Norway and the Viking.

I'm writing today to ask you to encourage your lodge members to SHARE the Viking magazine with their children and grandchildren. They will see that Sons of Norway isn't just about traditional recipes and stories from the 1800's. The magazine gives current news and interesting information about what is happening in Norway.

We all (almost) love our lefse and lutefisk, and aren't about to give it up. The children, however, need more relevant information if we are to keep their interest...and have them continue as adults in the Sons of Norway.

I've found that in many cases, the Heritage members are not brought along to meetings with parents and grandparents. They might not know what is going on in a lodge, and might not understand what makes the organization important to Mom and Dad and Grandpa and Grandma. Are you taking the children along to meetings and events? Does your lodge have subjects/activities that will interest the children?

I felt the urge today to send this "heads-up" regarding our Heritage members. I hope you will address this with your lodge members. We want those young ones to continue with us after they age-out of the Heritage designation.

Alt for nå,

LaVonne Wier
D5 Publicity Director

More news from last Leadership Resource (July 2025)

In order to use the links, you must log in. The link to the archive for all past Leadership Resources is:

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership-resource-archive/

Our Mission

We have updated the website and put the Sons of Norway mission in the About Us section of the website. We encourage lodges to update any documents or online resources that have the mission listed so that it reflects the most up to date version:

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic countries.

Updated CB&PP

We recently updated our Charter and Bylaws and also recently revised our Policies and Procedures.

Please find both documents in the Leadership section of our website: [Governance – Sons of Norway](#)

Sons of Norway Foundation – Scholarship Announcements

One of the benefits of Sons of Norway is the access to Sons of Norway Foundation Scholarships. The complete slate of 2024-25 scholarship winners has been released to district and lodge leaders. There were 37 students awarded over \$148,000 in scholarships just this year. The collection of students are outstanding citizens in their schools and communities. Check out the complete list of students in the September/October issue of *Viking* magazine. Wishing them the best in their academic journeys. Applications will open again October 1, 2025, for the 2026-27 academic year.

A Conversation with Chris Jenkins

If you missed this video in a recent edition of [E-Post](#) take a moment to look at why others give:



Cultural News

International Chair Luella Grangaard recently visited Norway to witness the launch of the replica Restauration in Stavanger. See the [special edition of Newsletter Service](#) to hear about her experiences and involvement and add the story to your next lodge newsletter.

Leader Training & Member Resource

Take a few minutes to review resources for lodge leaders here: [Leader Training Series](#)

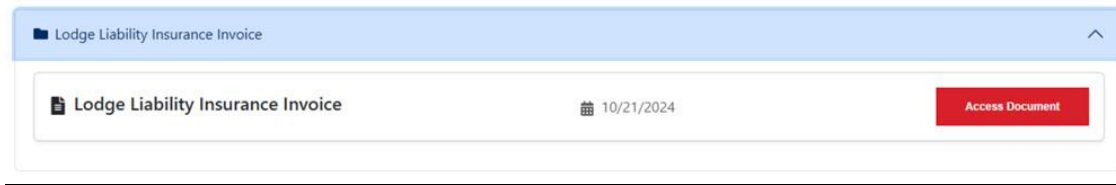
NEW! A troubleshooting help guide has been added to the log in page.

You can find it here: [Troubleshooting Help Guide](#)

Lodge Liability Insurance Invoices

These will only be available online this year. Watch for a notification alerting you as an officer that the invoice is ready for viewing.

To access the invoice, sign in and go to your Profile. Then click on *My Lodge Documents* and *Access Lodge Reports*. You will then see this screen to pull up the document:



How to Contact Us



Wondering who to reach out to with your questions?

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

Customer Service:

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.

Sons of Norway Members Meeting

Please join us for a Leader and Member Updates meeting to discuss the following topics on Wednesday, September 3rd at 11am – 12:30 pm Central time:

- How Our Fraternal Insurance Company Works
- Marketing
- Succession Planning
- Nominations, Elections and Officer Updates
- Lodge Liability Insurance
- Delegates and Conventions
- Grant and Scholarship Applications
- Lodge Foundation Fundraising
- Members Trip to Norway

Watch for a link to join the meeting on Teams!

2025 Calendar

August 20- Viking Photos due to LaVonne Wier

September 3- SN Member Call

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

October 24-25- District 5 Board Meeting in Stoughton, WI

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

December 31- District 5 Throwing Challenge ends

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@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.