

Sons of Norway District 5 - Friendly Fifth Friday News
August 15, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!

Have you signed up for the Adult Camp in October?!

https://sonsofnorway5.com/programs/leadership_workshop.php



Check out these ways to update your SN Financial Information!

Online Service Forms- <https://www.sofn.com/onlineforms/>

**Forms available
for download**

Please download and submit forms or use our
online applications.

Note: We are not able to make changes via phone
as your signature is required.

- [Change My Beneficiary](#)
- [Change Name or Address on Policy](#)
- [Apply for Certificate Change](#)
- [Make Payment Changes](#)
- [Make a Withdrawal](#)
- [File a Claim](#)
- [Transfer Ownership](#)
- [Traditional & Simple IRA Withdrawal Authorization](#)
- [Roth IRA Withdrawal Authorization](#)
- [Irrevocable Assignment of Benefits of Life Insurance/Annuity \(Funeral Homes\)](#)
- [GIWL Reinstatement Verification form](#)

Looking for a fun sports activity for all levels and abilities?

Sons of Norway's Virtual Pilgrimage-

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/ (must log in)

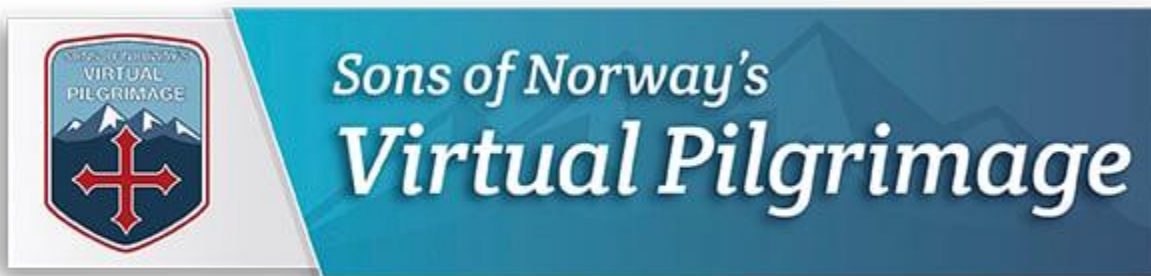
The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. On these pages members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway.

[Click here to access materials and start your journey!](#)

Virtual Pilgrimage Finishers

Sons of Norway is excited to celebrate our members who have completed the Virtual Pilgrimage on Norway's historic Kongsveien or Old Kings Way!

[Click here to see who has finished the Virtual Pilgrimage](#)



Sons of Norway created the Virtual Pilgrimage in 2013 to celebrate the 200th anniversary of the Norwegian constitution. Pilgrims could follow Norway's historic Kongsveien (Old Kings' Way) to Nidaros Cathedral to earn a commemorative pin. Members completing the Virtual Pilgrimage after December 2015 may earn pins through the Sons of Norway's Sports Medals program, which rewards members for living an active lifestyle.

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. This network is named after King Olav Harraldson (995-1030) who trekked these trails converting pagan Norway to Christianity. The Gudbrandsdalen route, upon which the Sons of Norway Virtual Pilgrimage is based, is the most popular section for pilgrims on the King's Way. The nearly 400 mile journey starts in Oslo and ends at Nidaros Cathedral in Trondheim, the burial ground of St. Olav. Members will keep track of their mileage and track their journey at home while following along with the journey in Norway. On this page members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway.

Gudbrandsdalen Route

Oslo to Trondheim (623 km or 387 miles)

One of the most popular routes on St. Olav's Ways is the Gudbrandsdalen route from Oslo to Trondheim. Pilgrims hike over grass, stone, cement, dirt and water following St. Olav's footsteps from the Medieval Park in Oslo, through Eidsvoll, Hamar, Lillehammer and Oppdal. They pass through many other towns and cities, and encounter various landscapes like farm fields and mountains. The goal is to reach historic Nidaros Cathedral in Trondheim where St. Olav was killed in the Battle of Stiklestad in 1030. With six National Pilgrim Centers along the route, pilgrims can receive help and support along their journey. The walk explores modern day sites and significant historic landmarks from start to finish.

[Click here](#) to learn more.

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/virtual_pilgrimage/ **(must log in to use all the links)**

How to get started

- Print out a [Pilgrimage record card](#) found on the Sons of Norway website or ask your lodge sports director for more information.
- Walk around your neighborhood, park, shopping mall or gym.
- Track your mileage on your record card.
- Learn about historical locations along the Pilgrimage route in Norway by clicking on the Legs to the right.
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- Please Note: The deadline for submission of materials has passed and we are no longer awarding Virtual Pilgrimage pins or certificates. Members are welcome to undertake the pilgrimage and use the activity toward earning other Sports Medals.

Get your record card:

[Click here](#) to download a copy of the Record Card.

For additional information:

YouTube video:

[Norway – A Pilgrimage Route goes ecumenical: European Journal](#)

For further reading:

[Pilegrimsleden.no](#): is a wonderful website that helps virtual pilgrims track their journey.

[Allemannsrett](#) (Every Man's Right): Norway's access to free roaming is a huge benefit of living and visiting this beautiful country.

[Kirkesøk Kirkebygdatabasen: Middle Ages](#): Church search in Norway includes geographic, historical and architectural information about the many churches in Norway.

[Pilgrim Road to Nidaros, St. Olav's Way: Oslo to Trondheim a Cicerone Guide](#) by Alison Raju: The Pilgrims' Route to Trondheim VisitNorway.



+ Leg A

+ Leg B

+ Leg C

+ Leg D

+ Leg E

+ Leg F

+ Leg G

+ Leg H

+ Leg I

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YouTube Search

Norway - A Pilgrimage Route goes ecumenical | European Journal

DW News 5.96M subscribers

44 44 Share Save Ask Download

DW is a German public broadcast service. Wikipedia

5,562 views Aug 6, 2012

There are several St Olav Ways and they all lead to the shrine of St Olav in Nidaros Cathedral in Trondheim. Taken together, the pilgrimage routes, which crisscross Scandinavia, are five thousand kilometers in length. St Olav was a king of Norway a thousand years ago who did much to Christianize the country. In the wake of the Reformation, pilgrimages to Trondheim in what was now a mainly Protestant country ceased, as they were considered a Catholic activity. Nowadays, more and more people, Norwegians and foreign visitors, are walking the trails. Some say it is a way to experience God, nature and themselves in a new way.

<https://youtu.be/KBdm96Rsxnw?si=rmBsQJ6RVwCMcxPI>

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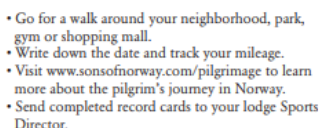
By visiting sonsofnorway.com/pilgrimage members will learn about historic landmarks and tourist destinations in Norway along the route. Simply by getting out and walking at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway. Members will receive recognition for their hard work from the Sons of Norway Headquarters.

King Olav (995-1030) was born a Viking and became a King with hopes of spreading Christianity across Norway. His death during the battle of Stiklestad in the year 1030 was followed by mysterious events near his grave. Soon after he was honored as a saint king and acknowledged as St. Olaf. Since then people have been making pilgrimages to his burial site at Nidaros Cathedral in Trondheim. During the Middle Ages people flocked to follow in St. Olav's footsteps. The networks of St. Olav's Ways consist of 5,000 km of trails that pass by historical landmarks that were once built or inspired by St. Olav himself.

NOTE: All strenuous sports activities should not be attempted without consulting your doctor first. Participation in the program may involve the risk of injury.

"The Participant (or the legal representative) agrees that he/she understand and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

The Pilgrimage program is an extension of the Sons of Norway Sports Medal Program. Members have the ability to earn Gangmerke and Idrettsmerke sports medals while participating in the Pilgrimage. Be sure to track your mileage separately on a Gangmerke or Idrettsmerke record card. Only walking, hiking or running can be counted towards the Pilgrimage mileage. All record cards must be turned in to your lodge Sports Director in order to receive recognition from Sons of Norway Headquarters.



Leg A:
Skjetten 20 km/12.4 mi
Klofta 21 km/13 mi
Dal 24 km/15 mi
Edsvold 13 km/8.1 mi

Leg B:
Finnshåen 19 km/11.8 mi
Espa 19 km/11.8 mi
Stange 20 km/12.4 mi
Hamar 13 km/8.1 mi

Leg C:
Gjovik-Biri 20 km/12.4 mi
Biristrand 15 km/9.3 mi
Lillehammer 12 km/7.5 mi

Leg D:
Skaden 23 km/14.3 mi
Tretten 15 km/9.3 mi
Ringebu 27 km/16.7 mi
Hundorp 16 km/10 mi

Leg E:
Harpefoss 6 km/3.7 mi
Kvam 27 km/16.7 mi
Sjøa 16 km/10 mi
Øtta 9 km/5.6 mi

Leg F:
Nord-Sel 14 km/8.7 mi
Vollheim 15 km/9.3 mi
Budjurg 13 km/8.1 mi
Fokstug 12 km/7.5 mi
Dovregrubben 12 km/7.5 mi

Leg G:
Hjerkinn 10 km/6.2 mi
Kongsvald 14 km/8.7 mi
Ryphusan 20 km/12.4 mi
Spegarden 16 km/10 mi
Imdal 11 km/6.8 mi

Leg H:
Haverstolen 24 km/15 mi
Meslo 20 km/12.4 mi
Segard Hoel 22 km/13.6 mi

Leg I:
Meddal 7 km/4.3 mi
Svorkmo 20 km/12.4 mi
Skaun 20 km/12.4 mi
Sundet 17 km/10.5 mi
Trondheim 20 km/12.4 mi



**Send your Viking photos to LaVonne Wier
(2nor1rus@gmail.com) so you can see them
in the Viking or the District 5 website!
<https://sonsofnorway5.com/galleries/details/51-2025-Viking-Magazine-Photo-Submissions>**

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 Tuchenhausen**
foundation@sofn.com, atuchenhausen@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.