

## Sons of Norway District 5 - Friendly Fifth Friday News

August 29, 2025 -

*A District Weekly Newsletter to Keep Us Up to Date!*

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### **Send in your Throwing Contest Updates!**



A fun way to “throw out” some fun during the year as we encourage lodges and SN members to be active! You can track any activities that involved throwing from June 1, 2025 to December 31, 2025. We encourage your Sports Directors (or other officer) to keep track of their lodges activities and then submit one report to District Sports Director Clara Solak. We will recognize lodges that participate with certificates and recognize those who are leaders in this challenge.

You should enter the minutes as a LODGE activity (i.e bowling event) with the minutes that activity or event happened. If you have individual members throwing things by themselves and not part of a lodge event, enter those as INDIVIDUAL activities and their total minutes.

What can be thrown? Darts, cards, bowling, softball, baseball, basketball, cornhole, ladder golf, disc golf, curling, broomball, pickleball, axe, kubb, football, badminton, tennis, dice, and more! Use your imagination!

We also encourage your members to track their individual activities to earn a Sports Medal!

**Please send in a preliminary report by September 1, 2025 so we have an idea of who is participating and to help us finalize the recognition.**

The reports can be emailed to District 5 Sports Director Clara Solak at [clara.solak23@gmail.com](mailto:clara.solak23@gmail.com) or hard copy at 836 Bennington Drive, Crystal Lake, IL 60014



## **From International SN**

Dear members,

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

To register for the meeting on September 3rd at 11 am Central time, click this button:

Register for Meeting Here- <https://events.teams.microsoft.com/event/36c0cf55-84f9-4487-86d8-b16792892f84@8b6c3bd4-9ee2-493c-b760-d2c85ef4f63f>

Due to the large number of people invited, please email questions by August 25 to [fraternal@sofn.com](mailto:fraternal@sofn.com).

**Just a reminder  
with the holidays  
coming  
up...Remember  
lefse is a  
gateway drug to  
lutefisk.**

Got my first lutefisk email recently so we might as well start the 2025 Lutefisk Dinner calendar. Just send me lutefisk dinners only- not other fundraising meals. I need the date, times, where it's at, address (include city and state), and how to make reservations or buy tickets. If there is a website, that link helps!

Thanks- Darlene

## Adult Camp Registrations are due September 1-

[https://sonsofnorway5.com/programs/leadership\\_workshop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)

### Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025 "Celebrating Norwegian Immigration - The Sloop 200<sup>th</sup> Anniversary"

#### **Weekend Registration Form**

*Please complete one form per person. Forms and fees are due by September 1, 2025.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Lodge Name and Location: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Make check out to: Polar Star Lodge 5-472*

*Mail with form to: Ken Johnson, Polar Star President, 501 West Ridge Street, Yorkville, IL 60560*

Questions: Contact Barb Johnson at [barb.johnsonB@aol.com](mailto:barb.johnsonB@aol.com) or 630-632-2329

The Weekend Registration Fee includes coffee and treats at the Norway community center, all on-site speakers, and Sons of Norway lodge expenses for hosting the event. Additional costs are listed below.

Activity	Cost	Amount Enclosed
Weekend Registration Fee <i>Circle each day attending: Fri Sat Sun</i>	- Only 1 day = \$25 /person - 2 or 3 days = \$50 /person	
Friday Night Torsk (Cod) Dinner	\$20 /person	
Saturday American Pulled Pork Lunch	\$20 /person	
Saturday Night Chicken/Pork Chop Dinner	\$20 /person	
Sunday Sloop Norwegian Luncheon	\$20 /person	
Sami Bracelet Class	\$45 /person	
Stamping Norwegian Christmas Cards	\$40 /person	
Immigration Textile Workshop at Esther's Place. (offsite activity: only available Friday morning 9-11:30 )	\$35 /person	
<b>Total Amount:</b>		

**NOTE: Saturday Morning Fun Walk:**

- Please use the separate "Sluppen" Registration form.
- We must receive the completed Sluppen form and Sluppen \$15 registration fee by June 30<sup>th</sup> to be eligible for medals.

The following off-site activities have a donation at the door, and are not part of this order form.

However, we do need to know if and when you plan to visit so that adequate staffing can be arranged.

Off-Site Activity	Day	Planning to visit? (yes or no)
Friends of the Viking Ship Museum Tour	Thursday, 11 to 12	
	Thursday, 2 to 3	
	Friday 10 to 11	
LaSalle County Genealogy Guild	Thursday, 9 to 4	
	Friday, 10 to 12	

**Office Use:**

Received on: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_ check? cash? \_\_\_\_\_ Confirmed on: \_\_\_\_\_

**Make sure your events are posted on the District calendar- send an E-mail with details directly to: [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)**



## District 5

*The Friendly Fifth*

*Wisconsin Illinois Indiana Michigan Ohio Tennessee*

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## Upcoming Events

View a list of events below or [switch to calendar view](#).

2025 **September**



### Weaving Exhibit

September 3rd - 12th, 2025

McIntyre Library, 4th Floor, UWEC - 103 Garfield Ave - Eau Claire, WI

[View details »](#)

## **2025 Calendar**

**September 1-** Registrations due for Adult Camp

**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](mailto:cbs@sofn.com) for any member updates that need to be made.
- **Foundation, Scholarships & Grants- Amy Tuchenhausen**  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhausen@sofn.com](mailto:atuchenhausen@sofn.com), (612) 821-4655
- **Fraternal & Membership- Connie O'Brien and Kirsten Lehman**  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643
- **Culture, Viking & Language: Jana Velo**  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- **Insurance Sales:**  
[SonsofNorwaySales@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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### **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](mailto: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](mailto: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.