

Sons of Norway District 5 - Friendly Fifth Friday News

August 6, 2026

A District Weekly Newsletter to Keep Us Up to Date!

What a week it has been and it's not over yet!

I always write the FFFN on Thursday so webmaster Christina has a day to post it. So right now we have one day left of the District Lodge Meeting and Convention. We had the banquet last night, installed the new board, awarded some of the Lodge of the Year awards, and heard from the Stoughton High School Norwegian Dancers!

Thank you to Ostestaden's President, Bradley Goplen, who is the convention photographer and has uploaded 100's of pictures to Facebook! He's doing daily albums at

<https://www.facebook.com/groups/1410575062591249/media/albums>

A few of the highlights and I'll have a full recap in next week's issue:

We elected the new District 5 Board with a few vacancies though:

No.	Position	Name	Alternate
1	President	Scott Wegner	xxxxxxxxxx
2	Vice President	Laurie Barrett	xxxxxxxxxx
3	Secretary	Darlene Arneson	
4	Treasurer	Corey Olson	Ken Johnson
5	Sports & Rec	Andrea Malouf	xxxxxxxxxx
6	Publicity	Christina Fairchild	xxxxxxxxxx
7	Cultural	Lucy Ghastin	xxxxxxxxxx
8	Youth	Lisa Rove-Williams	xxxxxxxxxx
9	At Large 1		
10	At Large 2		
11	At Large 3	Connie Kross	
12	At Large 4	Cheryl Will-Schlesser	
13	Webmaster	Christina Fairchild	xxxxxxxxxx

Foundation Fun Night

Darlene reported that Foundation Fun Night had \$475 for bingo, food and beverage \$406, and paddles- \$265. Total of \$1,146 raised with \$573 going to the Sons of Norway Foundation and \$573 going to the Sons of Norway District 5 Nordic Legacy Foundation.

We gave out some of the awards last night!

2024 and 2025 Lodge Achievement and Family Lodge of the Year Awards:

2024 Large- Family Lodge of the Year- Wergeland Lodge, LaCrosse, WI

2024 Small Lodge – Polar Star Lodge, Aurora, IL

2024 Large Lodge- Mandt Lodge, Stoughton, WI

2024 Large- International Lodge of the Year- Nordkap, Detroit, MI.

2025 Family Small Family Lodge of the Year- Circle City Lodge of Carmel, IN

2025 Large- Family Lodge of the Year- Nordkap Lodge, Detroit, MI

2025 Small Lodge – Polar Star Lodge, Aurora, IL

2025 Large Lodge- Mandt Lodge, Stoughton, WI

2025 Small- International Lodge of the Year- Polar Star, Aurora, IL

We welcomed BetterLife staff and learned about the new partnership!



More next week as I have to focus on today's prep!!

2026 Calendar

July 30- 7 PM CST Convention Update call

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@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.