

Sons of Norway District 5 - Friendly Fifth Friday News
December 26, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!



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 or hard copy at 836 Bennington Drive, Crystal Lake, IL 60014

District 5 Sports Throwing Challenge 2025 Report Form

Name of Lodge _____ Lodge number 5- _____

Person submitting the report _____

Role/Office _____ **Email** _____

Total Individual Minutes reported on this page _____

Total Lodge Activity Minutes reported on this page _____

[illegible]



Lodge & Property Officer Updates

📱 **Online:** Your Lodge Officer Roster and lodge meeting information must be updated online at www.sonsofnorway.com. Detailed instructions are on the reverse of this sheet.

Both Sons of Norway Headquarters and your district secretary are able to access your information from the website.

😊 **No Changes?** Please still visit the Officer Update section on our website and confirm the no changes option.

🔔 **Deadline - December 31st:** Timely reporting of this information to Fraternal assures that your lodge's information will be correct in the Sons of Norway Headquarters database and in the online directory.

If the deadline is approaching and your lodge hasn't reported its new officer roster, please submit the information you have and/or contact Fraternal. Changes made after the 12/31 deadline should still be reported, though these updates may not be reflected in the new district directories.

👁️ **NOTE:** Your updated officer roster and lodge location changes will not appear in the online lodge directory or be active in the Sons of Norway Headquarters system until 1/15. Year-end reports and forms from Headquarters will be sent to the previous year's officers.

😊 **Questions:** Contact Fraternal at Sons of Norway Headquarters by phone at 1-800-945-8851 extension 4643 or by email at fraternal@sofn.com.



Lodge & Property Officer Updates Online

To Update Your Officer Roster:

Sign on to www.sofn.com with your username and password.

Click "Lodge Officer Updates" on the menu to the left of your name on your Profile Page.

To register your new Officer Roster, click on the "Officers" button.

- **No changes?** Click the "No Changes for Upcoming Year" button at the top of the page.
- Adding a completely **new officer position** for next year? Click "Add a new position" and then enter the title and member number of the person filling the office. Hit "Submit." Then hit "Save the Changes."
- To record a **change in officer**, delete the member number of the outgoing officer and type in the member number of the incoming officer. (The names will NOT change on the screen at this point.)
- If your lodge is **eliminating a position**, click the "Remove this position" button for that entry.
- Once you have made ALL your changes, click the "SUBMIT CHANGES" button at the bottom of the page.
- You will see a list of your changes. If they are correct, click "Save the Changes." Both Sons of Norway Headquarters and the District Secretary will receive a notification email.
- Your updated roster of officers has been recorded!

To Update Your Meeting Information:

Click "Lodge Officer Updates" from the menu to the left of your name on your Profile Page:

- Click the "Change Meeting Information" button.
- Make your changes and click the "Save" button.

All lodges should affirm or change their lodge officer rosters by December 31.

Please contact Fraternal at 612-821-4643 or fraternal@sofn.com with any questions.

***Please note that changes will not be live on the website until January 15th.**

The Power of Grants

Our Sons of Norway community benefits from the access to grants offered by the Sons of Norway Foundation. These grants are an opportunity for lodges, members, districts and even others with Nordic interests to strengthen their communities in many ways.

Why apply?

- Support your lodge's mission with meaningful programming
- Celebrate Nordic culture and heritage
- Make a lasting impact in your local community

In 2025, the Sons of Norway Foundation awarded over **80 grants worth \$110,400**. This translates to camperships for our youngest members, *Crossings200* events on both sides of the ocean, maintenance for lodge buildings, cultural events and so much more.

The grant application season is from **October 1 – December 15, 2025** (please note new deadline this year). Grants are awarded in late spring after review by a panel of Sons of Norway members.

You're invited to learn more about our grants programs on the website, through the Foundation's Board of Governors, the District Foundation Directors, or the Foundation office. The application requires several components, so don't delay! Please see the Q&A section below for frequently asked questions.

Applications for our Helping Hands to Member grants are open year-round.

Please note, grant applications are due on December 15, 2025, a slightly earlier deadline than previous years.



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

Grants

In keeping with our values of commitment to life-long learning and service, and funding innovative individuals and opportunities. The Sons of Norway Foundation award grants to fund innovative individuals and opportunities in keeping with our values of commitment to lifelong learning and service.

Please go to www.sonsofnorway.com/grants for full guidelines. Applications open October 1 annually

Name of Grant	Purpose	Deadline	Project Timeline	Payment timeline	Lodge Requirement	Membership Requirement	Maximum Award	Other Requirements
Community Partnership	Projects that promote and preserve culture and heritage of Norway	Dec. 15	January 2026 – March 2027	Late Spring 2026	Applicant does not need to be part of a lodge	Applicant does not need to be part of a lodge	Up to \$5,000	Two letters of support and follow-up report required
Helping Hands to Children	Supports lodge member activities in local schools or venues	Dec. 15	January 2026 – March 2027	Late Spring 2026	Must be on behalf of a SON lodge	Applicant must be a current SON member in good standing	Up to \$1,500	One letter of support and follow-up report required
Lodge Culture & Heritage	Projects that promote and preserve culture and heritage of Norway	Dec. 15	January 2026 – March 2027	Late Spring 2026	Must be on behalf of a SON lodge	Applicant must be a current SON member in good standing	Up to \$1,500	Two letters of support and follow-up report required
Lodge Vitality	Give lodges a boost in their operating budget for membership, programming, maintenance, etc.	Dec. 15	January 2026 – March 2027	Late Spring 2026	Must be on behalf of a SON lodge	Applicant must be a current SON member in good standing	Up to \$1,500	Two letters of support and follow-up report required
Humanitarian Grants								
Helping Hands to Members – Medical	Assist members experiencing severe financial hardship due to illness or injury	Ongoing	Must apply within 24 months of illness/event	Varies	See membership requirement	Must be a current member for 1 year or more	Up to \$5,000	Follow-up report required
Helping Hands to Members – Disaster	Assist members whose home was significantly damaged and unlivable following a disaster	Ongoing	Must apply within 24 months of damage occurring	Varies	See membership requirement	Must be a current member for 1 year or more	Up to \$5,000	Follow-up report required

Updated September 2025

Q&A Section

How do I apply for a Sons of Norway grant?

Look for the “Click here to apply for Grants” button at the top of this page.

Can I submit a hard copy application?

The application process is 100% online from the Foundation’s Grants page. Once you click the apply button, you’ll land on the host page where you can either sign in as an existing user or create a new user account. There are tutorials posted on that page if you need instructions.

Who should submit the grant application?

Usually it is the project manager, a lodge leader or in the case of the Community Partnership grant, a representative of the organization requesting the funds.

What do I need to have ready to complete the application?

Please have a budget prepared for the budget section. Also, have handy the email address for any letter of recommendation writers.

What are some good grant ideas?

Great question! In cooperation with your lodge's leaders, you may want to review the list of grants awarded last year for some ideas to get you started brainstorming.

When are results announced?

Notices go out to the email listed on the application. Decisions are made in the Spring and checks are mailed late Spring (approximately late May).

How are funds delivered if our application is awarded?

Grants in the US are issued as a check. Grants outside of the US are issued as wire transfers. Typically, lodge treasurers receive the funds, if that applies to your application.

Tips:

- Be sure to save your username and password, as you'll use it throughout the process.
- You may want to have the following items in hand before you begin your application: project budget and contact information for your Letter(s) of Recommendation letter writer(s). The application will save should you need to come back to complete your work at a later time.
- Assuming you have the above items, it may take you about an hour to fill out the application.

Please contact foundation@sofn.com with any questions or for more information.

2025 Calendar

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

December 31- D63- Officer Election filings due

January 15- International Scholarships Due

March 16- District Scholarships Due

May 1, 2025 – May 1, 2026- Cultural Challenge

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.