

Sons of Norway District 5 - Friendly Fifth Friday News
February 13, 2026
A District Weekly Newsletter to Keep Us Up to Date!

It's that time again- Viking Photo Submission

I was happy to see there are new people stepping up to the leadership in several lodges. Congratulations for taking the helm! There is a great staff within the district board who can help you with questions and concerns. Just ask. District 5 really IS the Friendly Fifth, and we want every lodge to succeed.

As you "newbies" haven't received an email from me before, I will tell you some things, First, I am LaVonne Wier, the Publicity Director for District 5. A monthly thing I do is ask for photos from your lodge activities be sent to me. I look at them; send some up to Sons of Norway headquarters for inclusion in the Viking; and send ALL I receive to the D5 webmaster for inclusion in the D5 website. You all know how to get there, right? It is www.sonsofnorway5.com. Photos that don't make it into the Viking will still be posted on our website for all to enjoy.

Even though you know who are in the pictures, that isn't enough. Each photo should have a Photo Submission Form sent with it. You tell us the who, what, where, etc. of the photo. It's not real hard. You can send a photo and the submission form in one email. Make sure NOT to edit any photo you send. The people at the Viking will do any needed editing, but they need a photo that hasn't been edited.

You can send photos anytime, but my "cutoff" date is always the 20th of the month. If you send it later, it goes in the next month for consideration.

Send the photos and forms to my email, 2nor1rus@gmail.com. You can also contact me with questions at that address.

Maybe some lodges haven't been sending photos because I wasn't contacting the right individuals. Sorry if that was the case.

Here is the link to the Photo Submission Form-
https://sonsofnorway5.com/publicity_director_messages/. I look forward to seeing what all you guys have been up to at your lodges!

Alt for ná,

LaVonne Wier
D5 Publicity Director

Cookies needed this next week!

It's almost Birkie Week so the cookie migration to Hayward has begun! If your lodge has cookies to send up, I know of some who are going but I don't have a complete list. You can contact Sports Director Clara Solak for more details. But I know Judy Ghastin (Appleton, IL), Lucy Ghastin (Middleton, IL), Clara Solak (Crystal Lake, IL), Robin Fossum (Chetek, WI), and Carla Burkhardt (La Crosse, IL) are going. Clara's email is ClaraSolak23@gmail.com. Thank you!

Barnebirkie 2026

Supporting Sponsors of the Barnebirkie



Treats

Take a block of cookies and homemade cookies to the Sons of Norway event every participant in the celebration has their first choice.

Commemorative Gifts

All children will receive a Barnebirkie medal, a hat, and a participant hat!



<https://www.birkie.com/ski/events/barnebirkie/>

It's that time again! Barnebirkie will be held on Thursday, Feb 19th in downtown Hayward, WI. There are many ways to help us out! We have a cookie goal this year of 900 dozen! So we need those donations of nut-free, homemade cookies (preferred)! We also had an overwhelming amount of boughten cookies last year. The homemade ones are much more popular so please consider sending more homemade, nut-free cookies this year!

There are several drivers in southern Wisconsin heading up to Barnebirkie transporting cookies. If there are any donated cookies in Central Illinois or beyond they would have to make their way up to me in the northwest suburbs of Chicago. Too far away? Monetary donations for the D5 Legacy Foundation are greatly appreciated. Funding from this Foundation helps to support cultural activities, including Barnebirkie!

As always we need volunteer/workers in the cookie tent - please contact District Sports Directory, Clara Solak, if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner. Contact Clara at Clara.Solak23@gmail.com. Heading up to Hayward to help? Volunteers should make their reservations now.

The Sons of Norway Fifth District Nordic Legacy Foundation, Inc. is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation.

Enclosed is my contribution of \$ _____ to the "Sons of Norway Fifth District Nordic Legacy Foundation, Inc." Send to D5 Treasurer Corey Olson, W5907 Sweet William Drive, Appleton, WI 54915.

Please direct this donation to (check one): If unchecked, it will go to General

General - allows District Board to use it for District 5 NLF activities and expenses
 Barnebirkie Masse Moro District Scholarships Adult Heritage Camp

My/our name: _____ Lodge _____

Address _____ City _____, St _____ Zip _____

Phone _____ Email _____



Annual Compliance Requirements

| ITEM | DUE | NOTES |
|---|-------------|---|
| D-17 (All Lodges) | March 15* | <ul style="list-style-type: none"> This is the year-end lodge financial report for all lodges Filled out by Lodge Treasurer, signed by Lodge President and Chief Auditor (all three must sign) Completed online from profile page How to do the form: D17 Instructions |
| Lodge Achievement & Family Lodge of the Year Survey**** (All Lodges) | March 15 | <ul style="list-style-type: none"> One combined survey Draft version found in Lodge Forms section Helps qualify Lodge Achievement Award winners Available on the website via SurveyMonkey January |
| AFA Reporting**** (All Lodges) | March 15 | <ul style="list-style-type: none"> Data Sons of Norway is required to report to the American Fraternal Alliance annually Available on the website via SurveyMonkey January Draft version found in the Lodge Forms section |
| Lodge Officer Updates (D63) (All Lodges) | December 31 | <ul style="list-style-type: none"> To update lodge officers for the coming year Updated through officer profile Still go in and elect that there are no changes for upcoming year if officers are continuing in role Finalized in system by January 15 |
| Property Officer Updates (D64) (Lodges w/ Property) | March 15 | <ul style="list-style-type: none"> Updates lodge property officer information Updated through officer profile page Same process as lodge officer updates |
| D-18 (Lodges w/ Property) | May 15* | <ul style="list-style-type: none"> Year-end financial report for Lodge Property Association Access from the Lodge Treasurer's profile page |
| 990 Form (US lodges only; required by IRS to maintain non-profit status) | May 15** | <ul style="list-style-type: none"> Most lodges can complete the 990N postcard online on the IRS website. Lodges with an average income of \$50K or more will need to complete the 990E or 990 form. Send copy to taxinfo@sofn.com Refer to IRS website for assistance Additional information found here: 990-Instructions.pdf |
| Lodge Liability Insurance (US and Canada Lodges) | November 1* | <ul style="list-style-type: none"> Invoices uploaded to officer profiles end of Aug or Sept Can pay by credit card or check – instructions on invoice Late checks will incur a fee, and dues withheld |
| Record Retention | On-going | <ul style="list-style-type: none"> Lodge Record Retention Guidelines |

*Failure to submit these on time will result in dues beings withheld.

**Failure to file the 990 for three consecutive years will result in loss of non-profit status.

***Contact fraternal@sofn.com with questions or for assistance.

****Additional information about surveys found on the *Lodge Forms* section of the website.

Masse Moro Resources! Please them on Social Media, emails, newsletters...



WE'RE HIRING!

join us at **Masse Moro Norwegian Heritage Youth Camp**

July 10-25th, 2026

Masse Moro is a **2-week** Norwegian heritage camp run in connection with **Sons of Norway Fifth District** for children ages **9-15 years old**. Our camp has been running for over 40 years at Beaver Creek Reserve, located **right outside of Eau Claire, WI**. From various counseling staff positions to kitchen staff opportunities, we have a variety of options to fit your skill set. Spend part of your summer in beautiful western Wisconsin!



EMPLOYMENT OPPORTUNITIES

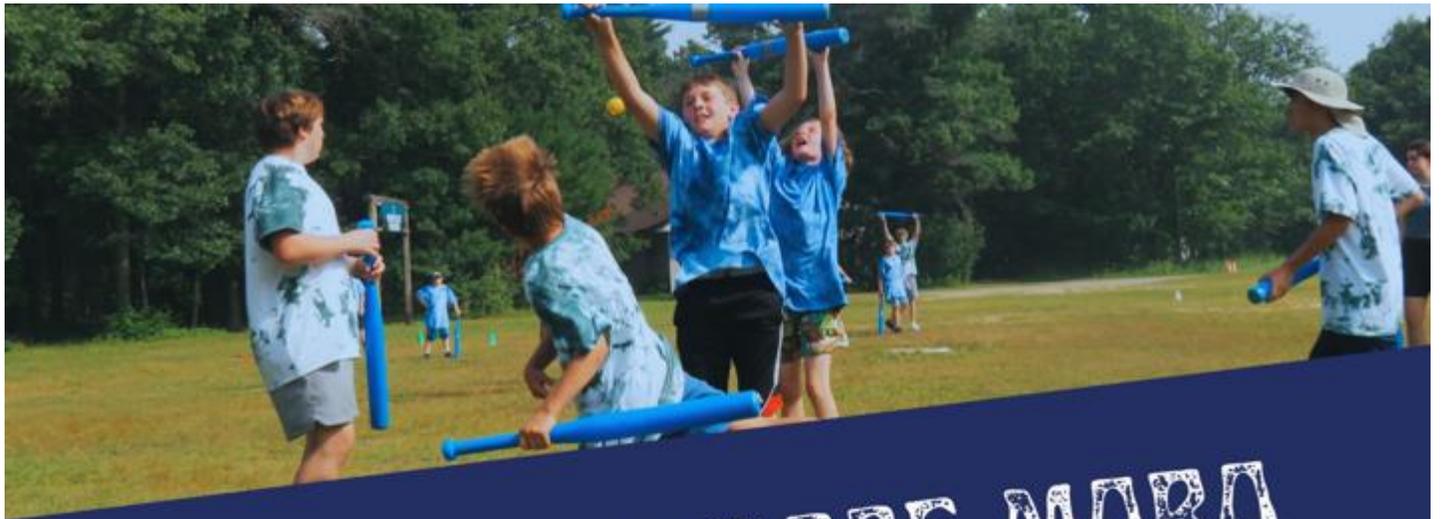
We are looking for passionate, energetic, and knowledgeable people to join our staff. Available positions include:

- Junior Counselor
- Counselor
- Senior Counselor
- Head Cook
- Kitchen Assistant
- Health Aide
- Activities Instructor

To learn about **position descriptions, qualifications, pay rates, and how to apply** scan the QR code or visit:
www.massemoro.org/employment



We happily welcome volunteers! Check out the volunteer application also on our employment page .



MASSE MORO NORWEGIAN CULTURAL SUMMER CAMP!



- NORWEGIAN LANGUAGE •
- VIKING OLYMPICS •
- ROSEMALING •
- NORDIC MYTHOLOGY •
- VIKING RUNES •
- HISTORICAL GAMES •



MASSE MORO



@MASSEMOROMEDIA



WWW.MASSEMORO.ORG

HELD AT BEAVER CREEK
NATURE RESERVE IN FALL
CREEK, WISCONSIN
12-25 JULY, 2026

**APPLY
TODAY!**



NOW HIRING FOR SUMMER 2026

Visit www.massemoro.org/employment to learn more!

APPLY TODAY!



Now Hiring for Summer 2026

Visit www.massemoro.org/employment to learn more!



SONS OF NORWAY DISTRICT 5

MASSE MORO 2026

**A Norwegian Heritage
Summer Camp** for all
children ages 9-15! Come to
learn language and
participate in activities based
on Norwegian culture!

July 12-25th, 2026
Beaver Creek Reserve
Fall Creek, WI



For more information :
www.massemoro.org

Camper registration now open!

MASSE MORO 2026



REGISTER BY MAY 17TH, 2026!

WWW.MASSEMORO.ORG

NORWEGIAN CULTURAL SUMMER CAMP

MASSE MORO

2026



**JULY
12-25**

VIKING SPORTS - NORWEGIAN LANGUAGE - FOLK ART
BEAVER CREEK NATURE RESERVE IN FALL CREEK, WISCONSIN



MASSE MORO



@MASSEMOROMEDIA



WWW.MASSEMORO.ORG



**Masse Moro Norwegian Heritage Camp
July 12 - 25, 2026**

**** Local Lodge Supporting Grant Endorsement ****

THIS ENDORSEMENT MUST BE POSTMARKED BY: **May 17, 2026.**

Please Note: Local Lodges provide varying amounts of support for their Masse Moro campers. District 5 will match the Local Lodge Supporting Grant up to \$250.00 per District 5 camper. Contact your Lodge's president to determine requirements and Supporting Grant amount. Tusen Takk!

Camper or Sponsor complete this section (please print):

Camper Name: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Sons of Norway Member/Sponsor Name: _____ Member# _____

 Name and address of Sons of Norway Lodge of Sponsor Relationship to Camper
 E-mail: _____ Phone Number _____

Camper: complete the above information, then send this form to your sponsoring lodge for further processing.

LOCAL LODGE ENDORSEMENT

The members of _____ Lodge, 5-_____, have voted to endorse this applicant for Masse Moro – Sons of Norway District 5 Norwegian Heritage Camp for the 2025 session.

Enclosed is check number _____ in the amount of \$ _____ Date of Application: _____

 Print Lodge President or Secretary Signature Phone Number of President/Secretary

- ❖ **Make checks payable to: Nordic Legacy Foundation**
- ❖ **Please include the camper's name on the memo line of the check.**
- ❖ **THE ENDORSEMENT MUST BE POSTMARKED BY May 17, 2026**
- ❖ **LODGES: Please send this completed form and the accompanying supporting check to:**

Lisa Rove-Williams
 771 W. Dresser Rd
 DeKalb, IL 60115
 rovewilliams@comcast.net

2026 Calendar

February 19- Barnebirkie in Hayward

February 20- Viking Photo submissions due to LaVonne Wier

March 5- Delegate election results due

March 10- Proposed bylaw and resolutions for the District Lodge Meeting Due

March 13-14- District 5 Board Meeting in Rockford, IL

March 15- Bids for 2028 Convention Due

March 16- District Scholarships Due

March 20- Viking Photo submissions due to LaVonne Wier

April 20- Viking Photo submissions due to LaVonne Wier

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

May 17- Deadline for Masse Moro Local Lodge Supporting Funds (Matching Grants)

May 20- Viking Photo submissions due to LaVonne Wier

June 20- Viking Photo submissions due to LaVonne Wier

July 12-25- Masse Moro

July 20- Viking Photo submissions due to LaVonne Wier

August 2-6- District 5 Convention in Stoughton

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@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.