

Sons of Norway District 5 - Friendly Fifth Friday News
February 27, 2026
A District Weekly Newsletter to Keep Us Up to Date!

District Resolution and Bylaw Proposals- please send them in!

If your lodge or lodge members have proposals for our District Convention in the form of a resolution or a bylaw change, please use the form that International has developed for all of us to use! This makes it easier to process them and have a consistent format. You can download the form at https://sonsofnorway5.com/conventions/convention_forms.php (right side, bottom file).

We have the deadline at March 10 as we'd love to have them by the March 13-14 District Board meeting so we can review them but if they come in a bit later, the board can have a conference call to review them. Sometimes we have questions or need clarity on the proposals.

Delegate Elections- Keep Darlene in the loop!

As we work to have local lodges elect delegates, we understand that some of your meetings might be past the March 5 date that I asked for the reports to be sent in. If your meeting is later in March, just reach out to Darlene to give her the date of when your election will be. We have a little more wiggle room with the convention moving to August. I really need those results though in by later March as we have to get convention committees in place and then we see who is a delegate.

Keep in mind that only delegates coming to Stoughton are the only ones that are eligible to run for the District Board or to be an alternate to the Board. And to run, they must be a benefit member. They don't have to be a benefit member to be a delegate though- just if they want to run for the board or an alternate position. But that is where our Nominating Committee struggles if there is a small number of benefit members in that pool. So it's something to keep in mind as you elect your delegates.

We are going to have a number of open positions this year as a number of current board members are not running again. Here is that list again- look at the benefit member column as that is how many benefit members you have in your lodge! We all have work to do to promote our benefit products.

A delegate can purchase a product when at the convention. I am hopeful that at least one of our Financial Benefit Counselors will be there one of the business meeting days.

Social members- members of Sons of Norway who do not have a product that qualifies them as a Benefit member

Benefit member- members of Sons of Norway who own a financial product that allows them to run for a District or International Board position or alternate position.

Lodge Number	Lodge Name	Insurance Members	Social Members	Total Adult Members	2 for each lodge	Add'l per 100	Elect Del and Alt.
5-000	Central	1,631	533	2,164	2	22	24
5-028	Wergeland	35	123	158	2	2	4
5-029	Løven	9	55	64	2	1	3
5-053	Valkyrien	6	42	48	2	0	2
5-074	Idun	19	64	83	2	1	3
5-082	Fosselyngen	13	124	137	2	1	3
5-100	Skjold	14	84	98	2	1	3
5-168	Valhall	16	53	69	2	1	3
5-183	Nordlyset	9	48	57	2	1	3
5-220	Trygvason	4	11	15	2	0	2
5-314	Mandt	24	227	251	2	3	5
5-353	Dovre	9	59	68	2	1	3
5-378	Nordkap	4	128	132	2	1	3
5-457	Solvang	6	90	96	2	1	3
5-472	Polar Star	11	56	67	2	1	3
5-491	Norse Valley	5	60	65	2	1	3
5-496	Rib Fjell	2	26	28	2	0	2
5-513	Vennelag	13	132	145	2	1	3
5-523	Sognefjord	3	49	52	2	1	3
5-525	Clengpeerson	9	40	49	2	0	2
5-544	Nordland	4	21	25	2	0	2
5-568	Christian Radich	1	26	27	2	0	2
5-580	Norskeland	1	25	26	2	0	2
5-600	Scandiana	4	36	40	2	0	2
5-610	Askeladden	5	82	87	2	1	3
5-614	Circle City	8	87	95	2	1	3
5-616	Fagernes	6	33	39	2	0	2

5-625	Viking	6	12	18	2	0	2
5-627	Vennligfolk	13	71	84	2	1	3
5-632	Grønnevik	9	60	69	2	1	3
5-642	Ostestaden	8	21	29	2	0	2
5-650	Norsemen Of	10	15	25	2	0	2
5-657	Edvard Grieg	4	84	88	2	1	3
5-670	Ulseth	1	17	18	2	0	2
5-677	Vikings Of The	5	49	54	2	1	3
5-681	Music City Vikings	1	41	42	2	0	2
5-689	Shawnee Skogen	2	14	16	2	0	2
5-999	Spirit New	12	344	356	2	4	6
	Total	1943	3046	4989			126

Consider being a delegate to the 2026 District 5 Lodge Meeting and Convention!

All across District 5, elections will be held in January, February, and early-mid March as lodges elect their delegates and alternates for the District 5 Lodge Meeting and Convention. Some of your members may be sharing their experiences as delegates at your meetings so members are more aware of what happens at conventions, what their role is, and the experience they have had. To help new members and those without experience, here are some things to consider and share with your membership:

Who can be a delegate or alternate?

- You do NOT have to be a benefit member to serve as a delegate to the District Lodge Meeting and Convention.
- Current District 5 Board members cannot serve as delegates for their local lodges. They are automatically delegates as they serve on the board. District alternates to the board (that were elected in Indianapolis) do need to be elected by their local lodge if they wish to be a 2026 delegate.
- The members must be in good standing and listed on your roster. That means their dues are paid and they aren't on the past due membership lists!

Why two names?

- District Lodge Meeting- that is the business part of the convention week. It includes the board meeting, District convention committees, and the two-day business session.
- District Convention- the “fun” part of the convention! The workshops, classes, field trips, banquet, social times, silent auction, Cultural Arts Display and other activities.

Time Requirements and when do they need to be there!

- The District 5 Convention is August 2-6, 2026 in Stoughton, Wisconsin. But read the materials as you don't have to be there the first few days unless you want to participate in those activities or have a role that requires you to be there by Tuesday.
- There will be classes, President's Reception, Day on the Prairie trip, and other activities on Sunday (starting in the afternoon) and Monday for those wanting to participate.
- Your delegates may be asked by the District President to serve on a committee. This would require them to attend committee meetings on Tuesday afternoon (or until committee work is done and the committee is dismissed). Many committees will meet virtually prior to coming to the convention so their in-person meeting time has been reduced.
- **The first official business and seating of the delegates is Wednesday morning, and all delegates need to be in all sessions Wednesday and Thursday.**
- As times and schedules are finalized, watch the District 5 website (www.sonsofnorway5.com) and future mailings for schedules and timelines.

What does a delegate do?

- Represents and speaks on behalf of your lodge on District business, resolutions, proposed changes
- Votes in the business session
- Review and act on the 2028 Convention Host Bids
- Might get asked to serve as marshals, greeters or in other roles during the meeting
- Accepts your lodge's recognition and awards
- Attends all delegate sessions and votes on behalf of your lodge
- May serve on a committee if asked to by the District President
- A delegate is the only member (along with current District 5 Board Members) that can run for the District Board (if a benefit member or if they purchase a benefit product at the convention).

- Learn about Sons of Norway by attending workshops, visiting displays and visiting with other members
- Bring back many ideas, activities and enthusiasm that will benefit your lodge
- Report to your lodge about what they learned, business conducted and report on elections held at the convention
- Have a wonderful time and go home ready to carry out the mission of Sons of Norway!
- They also serve throughout the biennium until the next group is seated in 2028.

What is a Benefit Member? Someone who owns a Sons of Norway insurance certificate. You can see if a member is a benefit member by looking at the membership list.

How do you pay for delegates? Each lodge handles this differently. Many will help the delegates with convention costs, registration, travel and hotel costs in varying amounts, paying it in full, or a portion. Some lodges will have a special fundraiser or event to raise money for delegate expenses.

Thank you for electing delegates and alternates and your consideration to serve as one!
If you have further questions, contact your lodge president, past delegates or a District Board member!

Barnebirkie Cookie Count

To help Clara with the cookie count, if you can send the number of dozen cookies your lodge sent up to Hayward to Clara, that will help in getting an accurate count. With cookies coming up in a variety of ways and going to several venues, it's hard to keep it all straight sometimes! Clara's email is ClaraSolak23.@gmail.com. Thank you!





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

District 5 Convention Bidding Guidelines for 2028

Updated April 26, 2025

Due March 15, 2026 for review at April District 5 Board Meeting so bids can be reviewed and then proposed to the delegates at the 2026 convention.

This proposal is to:

Host the convention independently

Co-host the convention with the District Board. Provide details of how the workload and profits/risk would be divided based on previous discussion with the District Board.

Information from the District Policies and Practices Book on Convention Bids

A. Convention Site: The convention site and facilities are of the utmost importance for the smooth operation of the District Lodge Meeting. The following shall aid in the site selection.

1. Convention Bids: Bids to host a District Lodge Meeting two years hence shall be submitted in writing to the District Five Board of Directors prior to the spring Board of Directors meeting of a convention year.

2. Site Review: The site review should be completed prior to the District Board of Directors meeting which precedes the District Lodge Meeting and a report prepared for delivery at that time to the District Lodge.

3. Site Criteria: The following shall be inspected to provide for the needs of a comfortable and efficient District Lodge Meeting:

a. Dining Facilities: They should be separate from the main meeting room and have banquet capability with an on-site kitchen or established catering service.

b. District Lodge Meeting Room: The District Lodge meeting room should be isolated from noise, have proper lighting, ample seating for delegates and guests, and an adequate sound system, large screens, and ample Wi-fi. There should be ample and safe seating safe.

c. Committee Rooms: Committees that need to meet in-person should have meeting spaces.

d. Sleeping Rooms: A sufficient number of sleeping rooms for delegates and guests should be available.

e. Parking: Ample parking is necessary.

f. Exhibit Space: Spacious comfortable areas are needed to exhibit the crafts of Sons of Norway members and guests demonstrating our culture and heritage. There should be places for displays for related organizations, associations and vendors space.

g. Air Conditioning: Air conditioning is required for an efficient meeting and relaxing rest for delegates and guests.

h. Public Transportation: Consideration should be given to the availability of public transportation. Air, rail, bus, taxi and limousine services should all be reviewed.

i. Host Lodge Activities: The host lodge Committee is responsible for arranging cultural, educational, recreational, shopping, dining, and entertainment opportunities that are available and accessible.

4. Set Costs: The Host Lodge Committee shall make available to the District Five Board of Directors a list of the set costs which those who attend the District Lodge meeting shall be responsible for paying. This shall be done by the Fall Board Meeting preceding the District Lodge Meeting.

5. Registration Fee: The assessment of a registration fee by the Host Lodge Committee must be approved by the District Five Board of Directors.

1. Credentials: The Host Lodge Committee shall verify the identity of delegates. A delegate packet shall be issued only upon presentation of a legal form of identification.

2. Host Lodge Committee Funding: During the month of January of the convention year, District Five will distribute to the host lodge monies collected and held in escrow the previous biennium. Action at June 2018 District Lodge Meeting- \$2500 shall be allocated for startup funds for the year 2026 District 5 Meeting and Convention

B. Progress Report: The Host Lodge Committee shall provide the District Five Board of Directors with a "progress report" on their work. This report shall be due at the spring Board Meeting in the year preceding the District Five Lodge meeting.

Other criteria a bidding lodge should consider:

Hotel needs for up to 120 delegates and additional guests (also refer to previous year's convention numbers)

- Traditional schedule: Wednesday- 25 rooms, Thursday- 100 rooms, Friday- 100 rooms, Saturday- 75 rooms
- Variation of days for the convention is allowed. Please work with the District Board on this to determine when the business meetings will be.

Sufficient break-out rooms - Committee meetings – up to 7 committees that might need meeting space- they can share rooms; Workshops- dependent on planning committee; Classes that might be offered.

Thursday noon luncheon- 60 people (committee and spouses, board and spouses, convention committee and spouses)

Friday noon luncheon- can be up to 150 people

Saturday noon lunch - can be up to 150 people

Room for business sessions:

- Classroom seating for delegates- up to 120 delegates
- Seating in back of room for 30-40 guests and visitors
- Tables around room for Silent Auction
- Head table for board, Parliamentarian, and International Director
- Microphones for delegates, front table, podium

Hallway space and rooms for:

- Displays and exhibits
- Convention registration
- Vendors

Bids should include the following information plus any supporting information:

- This proposal is to:
 - ___ Host the convention independently
 - ___ Co-host the convention with the District Board. Provide details of how the workload and profits/risk would be divided based on previous discussion with the District Board.
- Price of rooms: \$ _____
- Hotel name, location and features:
- Contact person (from bidding lodge/committee)

Bids need to be sent to Darlene Arneson, District Secretary, 2056 Skaalen Rd., Stoughton, WI 53589 by March 15, 2026. For more information, contact Darlene at arnesonfamily5@gmail.com or 608-873-7209

2026 Calendar

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

June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant applications

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.