

Sons of Norway District 5 - Friendly Fifth Friday News
February 6, 2026
A District Weekly Newsletter to Keep Us Up to Date!

Change in date for District Call

I guess there is a football game on Sunday, February 8, so have had a few asking to change the date. Now you know what kind of football fan I am! 😊

Darlene will host a ZOOM call on Monday, February 9 at 7:00 PM CST to cover the delegate election process, convention updates, how to report volunteer hours, Lodge Achievement and Family Lodge of the Year forms. I will have the link in next week's FFFN and email it out as well closer to the meeting.

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN D5 Convention, Delegate, Volunteer Hours, LA and FLOY Call

Time: Feb 9, 2026 07:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82038823891>

Meeting ID: 820 3882 3891

One tap mobile

+16469313860,,82038823891# US

+13017158592,,82038823891# US (Washington DC)

Join instructions

https://us02web.zoom.us/join/82038823891/invitations?signature=Z3n-m_iHuGv0ZKUrNrA8RMGLWLccbnW9E0YELRivOlk

Change in District Youth Director

The District 5 Board met this past week and accepted the resignation of Youth Director Robert Schuck. We want to thank Robert for his service to the District.

The board also appointed Lisa Rove-Williams to fill out the remaining term (until August 2026) of Robert's term as Youth Director. We are in the process of updating the scholarship forms and Masse Moro contact information. The board also hired Keir Kristiansen and Zach Garner as the co-administrators of Masse Moro 2026.

As you know, the District Directories were mailed out this past week so here is Lisa's contact information: Lisa Rove-Williams, 771 W. Dresser Rd, DeKalb, IL 60115. Phone: 815-751-8447. Email: rovewilliams@comcast.net

We welcome Lisa back to the board and congratulation Keir and Zach!

Norsk Høstfest Announces End of Annual Festival

by Norsk Høstfest | Jan 29, 2026 | Updates- <https://hostfest.com/>

Rising costs and declining attendance lead to the difficult decision to end the historic Scandinavian tradition after 2025. The Board of Directors of Norsk Høstfest Association today announced that the annual Norsk Høstfest festival, long recognized as North America's largest Scandinavian festival, will no longer continue after the conclusion of the 2025 event.

For more than four decades, Norsk Høstfest brought together millions of attendees to celebrate Nordic culture through community, music, art, food, and education. The festival was founded in 1978 by the late Chester Reiten and a group of friends who shared his interest in celebrating their Nordic heritage. The decision to end the festival was not made lightly. After careful evaluation, the Board determined that rising operational costs combined with declining attendance have made it financially unsustainable to continue the event at the scale and quality expected by patrons, artists, and partners.

"In recent years, the festival has faced significant increases in the cost of nationally recognized performers, as well as insurance, facilities, labor, and logistics," said festival leadership. "At the same time, attendance levels have not rebounded to pre-pandemic levels, creating ongoing financial challenges that cannot be responsibly overcome."

While the festival, as we know it, is ending, its spirit lives on in Minot through the Scandinavian Heritage Association (SHA). As the creator and steward of the Scandinavian Heritage Park, the SHA remains committed to this legacy through ongoing education and community engagement. We invite the community to help shape this future by volunteering, joining a society, or contributing their time and talents; to learn more or get involved, please visit scandinavianheritage.org.

Norsk Høstfest has been made possible through generations of volunteers, staff, performers, donors, vendors, sponsors, and supporters whose passion and dedication built the festival into a beloved international tradition. The organization extends its deepest gratitude to the community of Minot and to the people of North Dakota, as well as to supporters across the United States, Canada, and the Nordic region. We also offer special appreciation to Minot's sister city, Skien, Norway; to the many dignitaries who have joined us over the years; and to the Royal Family of Norway, whom we were honored to host. Together, these individuals and communities were instrumental in making Norsk Høstfest a cherished and enduring success.

Notice: Beyond this formal announcement, the Board of Directors and Staff will not be conducting interviews or providing further comment at this time. All relevant information regarding the conclusion of the festival is contained within this release.

The Norsk Høstfest Association is a private, nonprofit 501(c)(3) organization.



Norwegian Language Class

Wednesday, February 11th at 10:30 am EST

Askeladden Lodge warmly thanks all who participated in the fun language January 14th!

Class will continue with chapter 3 on Wednesday, February 11th via Zoom. Once again, the class uses the 3rd edition of *Sett i gang* textbook by Kari Lie Dorer and Nancy Aarsvold. The book's subtitle is, "An Introductory Norwegian Curriculum".

Please see Øving f, page 35: Familie – the class will explore family relationships. Review chapter 2's pronouns and your verbs!

Askeladden is thrilled that so many from the District are engaged with this opportunity!

The Zoom link will be sent to you either the day of or the day before the class.

Please RSVP your interest to askeladden.lodge@gmail.com . For questions, please email astutekaren@gmail.com. Giddy already!

SN Home Office All Member Meeting

Please plan to join us for an All Member Meeting on Monday, February 9, from 11 am – 12:30 pm Central Time. CEO & President Dan Seyfried and International Board Chair Luella Grangaard will present important information you need to know and answer your questions. Topics will include: 2026 District conventions, How to become a delegate, Membership survey results, Changes in membership numbers, and Getting involved in your lodge and district.

If you have not done so yet, please register for this meeting using this link:

Register for Meeting Here - <https://events.teams.microsoft.com/event/a5d1dfc7-f13d-4f1c-ba89-214996b5ee02@8b6c3bd4-9ee2-493c-b760-d2c85ef4f63f>

Email questions by Tuesday, February 3 to fraternal@sofn.com.

Barnebirkie 2026

Supporting Sponsors of the Barnebirkie



Treats

Each child has chocolate and homemade cookies courtesy of the Sons of Norway and every participant in the celebration gets their first-aid kit.

Commemorative Gifts

All children will receive a Barnebirkie medal, race bib, 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 _____

Leadership Resource – January 2026 from SN Home Office

How to- We get many inquiries from members on how to do things like log in and change their password. We have instructions on the website. Please make sure to share with your lodge members that these are available.

- Email my username? [Click Here.](#)
 - Change my password? [Click Here.](#)
 - First-time Portal User? [Click Here.](#)
 - How to Log in/Sign up [Click Here.](#)
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2026 Compliance Requirements

Here is a summary of tasks that lodges need to complete each year for compliance:

- [Annual Compliance Requirements](#)
-

D-17

This form is to report the year-end finances of your lodge. Failure to complete it on time will result in lodge dues being withheld. The lodge treasurer/financial secretary and president can access these through their profile page. This is due March 15.

- [D-17 Q&A](#)
 - [D-17 Instructions](#)
 - [D-17 Draft](#)
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Lodge Achievement Form

We ask that all lodges complete this. Lodge Secretaries complete this online in the forms section by March 15. Lodges that need help with this should reach out to fraternal@sofn.com.

- [Lodge Achievement Draft](#)
 - [Lodge Achievement Survey Link](#)
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American Fraternal Alliance (AFA)

Reporting 2025 hours for the AFA will use Survey Monkey this year. This is due March 15.

- [AFA Draft](#)
- [AFA Survey Link](#)

Lodge Officer Updates (D-63)

If you haven't yet made your updates, please do so. Directions are found here: [Officer Update Instructions](#).

It's very important that updates are made so that the correct people in your lodge have access to the tools and information they need and receive communication from headquarters. Updates on the website went into effect January 15.

2026 Conventions

We will be adding convention information as it gets updated to our website. Use this link to find out about your district's upcoming convention: [2026 District Conventions – Sons of Norway](#)

Information is subject to change, so check back often for new updates as they become available.

Property Officer Updates (D-64)

If your lodge owns property, please make sure you update your officers by March 15. This can be updated through the profile page, using the same process as Lodge Officer Updates.

D-18 and 990

Lodges with property must complete a D-18 by May 15.
All US lodges must complete a 990 form by May 15 and provide proof of submission to taxinfo@sofn.com.

- [990 Instructions](#)
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Sons of Norway Foundation

How to make a tax-deductible gift to our 501(c)3 organization:

- Send a check made out to Sons of Norway Foundation to:
Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN 55408
- Make a credit card gift by [clicking here](#)
- Utilize your RMD distribution as a gift to the Foundation

If you have included Sons of Norway Foundation in your will, please inform us of that by emailing: foundation@sofn.com.
Thank you for your support! It means so much to our community.

Sons of Norway Foundation Scholarships & Grants

Our applications for both scholarships and grant applications have closed. If you have applied for a grant or know someone that has applied for a scholarship, the next step is judging. Applicants will be notified of results in late spring.

The Sons of Norway Foundation Celebrates 60th Anniversary

We are excited to celebrate the Foundation's 60th anniversary in 2026. We are pleased to have provided grants and scholarships to our members and communities over all these years. Tusen takk for supporting the Foundation's legacy. Watch for anniversary celebrations throughout the year!

Happenings Deadlines for 2026

Our District Publicity Directors are great at submitting photos for Viking Happenings. Here are the due dates to get them to headquarters. Please remind members of deadlines so that we can get our submissions in.

- February 26, 2026 for *May/June 2026* Issue
 - April 23, 2026 for *July/Aug 2026* Issue
 - June 26, 2026 for *Sept/Oct 2026* Issue
 - August 27, 2026 for *Nov/Dec 2026* Issue
 - October 23, 2026 for *Jan/Feb 2027* Issue
 - December 18, 2026 for *Mar/April 2027* Issue
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Leader Training

Start the New Year with learning, especially if you are a newly elected officer, check out trainings available on the website by following this link: [Leader Training Series](#).

Topics Include:

- Generational Differences
- Product Information
- Local Lodge Information
- Foundation
- Publicity

Leadership Resource Archive

Want to catch up on previous updates and announcements? Check out the archive here: [Leadership Resource Archive](#)

Paperless Options & Online Documents

Please remind and encourage lodge members that they can access and print a number of documents straight from the website including their membership cards, renewal notices, and policy-related documents.

Membership Renewals & Payments

If renewing your family membership online, please know that the primary account holder needs to sign in to complete the transaction. Otherwise, you will receive an error message that says the account is already paid.

Our Mission

Please make sure that your lodge documents and other resources have the most up to date version of the mission posted:

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic countries.

How to Contact Us



Wondering who to reach out to with your questions?

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

Customer Service:

cbs@sofn.com

(800) 945-8851

If you have questions about any of the topics in this issue, or if you would like to share a programming/recruitment tool that your lodge uses, contact us at sonsofnorway@sofn.com.

Fraternally,

Sons of Norway

Stay connected with Sons of Norway



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.

February 9- All Member Call- SN International Hosting- 11 AM CST

February 9- District 5 Call on convention, delegates, volunteer hours, LA and FLOY- 7 PM CST

February 19- Barnebirkie in Hayward

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

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

July 12-25- Masse Moro

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@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.