

Sons of Norway District 5 - Friendly Fifth Friday News

January 2, 2026

A District Weekly Newsletter to Keep Us Up to Date!

Officer Election Reports

As of January 1 (morning), I have 8 lodges that need to file their D63 Officer Election report. I am hopeful that during today, I can reach those lodges and that by the time I send the FFFN email, all lodges in D63 have filed!

A reminder that the International won't roll over the officer lists on the website until all lodges report- so we hope by the second week of January. Then I will get the master list and will update my FFFN email group and get the 2026 District Directory done. Until then, if you are done being an officer, just delete my email or forward it to your replacement!

Send in Throwing Challenge Totals to Clara!



Please send your results in with any activities that involved throwing from **June 1, 2025** to **December 31, 2025**. 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!

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 _____

Cultural Committee Challenge to D5 Members

Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge:

Try some new Norwegian cultural skill that you've never done before. Complete any one Sons of Norway Cultural Skills project completed between May 1st 2025 and May 1st 2026. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, this member would also be recognized by District 5 and receive a token of appreciation. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge (usually the Cultural Director) would sign the paper, and the member would sign. All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website: <https://www.sofn.com/>

Name & Signature of Member Submitting the Report

Email & phone number: _____

Lodge Officer name & signature: _____

Date signed by officer: _____

Cultural Skill Title	Level (1, 2, 3)	Lodge Name & #

Calendar Updates

I am working on the 2026 calendar trying to get all the International, District and other deadlines compiled before I do the District 5 Directory! Lots of places to look!

Want to make something new?

<https://sonsofnorway5.com/programs/cooking.php>

Cooking



Learn to make Lapskaus with Connie Aiello

Learn to make Lapskaus Video

Lapskaus Recipe by Connie Aiello- Pdf

Learn to bake Kvæfjordkake - Verdens Beste Kake Pdf



Learn to bake Kvæfjordkake - Verdens Beste Kake with Connie Aiello

Learn to bake Kvæfjordkake
Video <https://www.youtube.com/watch?v=KQ-PeeR88eM&t=2s>

SAVE the **DATE**

DISTRICT 5 CONVENTION
AUGUST 2 - 6, 2026
MØNDT LODGE 5-314
STOUGHTON, WI



District 5

2026



Barnebirkie Cookies will be needed!

Barnebirkie 2026

Supporting Sponsors of the Barnebirkie



Treats

Indulge in hot chocolate and homemade cookies courtesy of the Sons of Norway, where every participant in the celebration gets a free treat!

Commemorative Gifts

All children will receive a Barnebirkie medal, race bib, and a participant's photo.



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

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)!

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 _____

2026 Calendar

January 15- International Scholarships Due

February 19- Barnebirkie in Hayward

March 16- District Scholarships Due

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

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.