

# Sons of Norway District 5 - Friendly Fifth Friday News

January 30, 2026

*A District Weekly Newsletter to Keep Us Up to Date!*

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## **Convention and Delegate Election Information!**

- Darlene will be sending the hard copy of the delegate election information to the Lodge Presidents and Secretaries in the mailing with the District directory. That should go out by early next week but all the documents in that mailing are in this FFFN issue.
- Thank you to Christina Fairchild for getting the website's convention section all updated so the documents are there as well.
- Darlene set up a new google survey that can be used to report your delegates if you don't want to use the paper form. See how it works and let her know if there are any hiccups as this is our first time doing it. <https://forms.gle/6XCZMXFZT3P6vjuU6>
- The basics of the convention are shared by Mandt Lodge. We will be sending out the links to make hotel reservations soon so PLEASE don't call the hotel yet- use the links when we share them.
- Darlene will host a ZOOM call on Sunday, February 8, at 6:00 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.
- I received the new officer lists so will be using that to send out this week's FFFN and to complete the directory. I will get those lists to the District Board to use as well. The officers have been rolled over on the International website.



## **January 2026 Update to the District as you elect delegates**

### **Tentative Schedule of Events**

#### **Sunday, August 2**

- Afternoon- Possible Farm/Agriculture tours
- Afternoon- Possible Classes
- President's reception/gathering at Arneson's Farm Shed- late afternoon/evening

#### **Monday, August 3**

- Cultural Classes
- ***Day on the Prairie*** – a full day of touring the Koshkonong venues via a charter bus (all day- limit of 55 people) or drive on your own for part of the day. Schedule is being finalized.

**Tuesday, August 4- If asked to serve on a District Convention Committee, the delegate needs to be there on Tuesday mid-morning. The District 5 Board Members must be there for a morning meeting.**

- Cultural Classes and workshops
- **District 5 Board meeting**- morning
- Downtown Stoughton activities
- **District Convention Committee meetings**- mid-morning (if asked to serve by President Cheryl). Some committees may complete most of their work virtually before the convention.
- District sponsored lunch at Sons of Norway- Mandt Lodge (invited guests only)
- Evening social gathering/meal

**Wednesday, August 5- DELEGATES REQUIRED TO BE AT DISTRICT LODGE MEETING**

- Classes and downtown Stoughton activities for non-delegates
- **District Lodge Meeting for delegates**- catered lunch
- Banquet in evening

**Thursday, August 6- DELEGATES REQUIRED TO BE AT DISTRICT LODGE MEETING**

- **District Lodge Meeting for delegates**- catered lunch
- Board installation
- Board re-organizational meeting after conclusion of the District Lodge Meeting
- Afternoon tour/activity activities for non-delegates

**The hotel block is through the Tru Hilton in Stoughton.** If we fill their hotel, then we have a convention rate at their partner hotels in Madison. Rooms must be booked by July 4. **The direct links will be sent out in future emails so DON'T CALL THE HOTELS YET! We will send out the links soon as well as addresses and other details.**

- Tru Hilton in Stoughton- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon.
- Courtyard East in Madison- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon.
- Fairfield Inn & Suites- Madison East- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon.
- Hampton Inn Madison East- \$125/night for Sunday through Thursday. All rates are net, non-commissionable, and do not include any applicable taxes unless otherwise noted and agreed upon.

## **Our area has other options for lodging (not a block- on your own)!**

Quality Inn and Suites (in Stoughton)- <https://www.choicehotels.com/wisconsin/stoughton/quality-inn-hotels/wi075>

Air BnB's- we have a number of properties in the area- <https://www.airbnb.com/>

Sleep Inn and Suites- Oregon, WI (8 miles away)-  
<https://www.choicehotels.com/wisconsin/oregon/sleep-inn-hotels/wi288>

Comfort Inn and Suites- Monona- (12 miles away)  
<https://www.choicehotels.com/wisconsin/madison/comfort-inn-hotels/wi205>

Quality Inn- Edgerton (Newville – 13 miles) - <https://www.choicehotels.com/wisconsin/edgerton/quality-inn-hotels/wi072>

**Delegate Fee-** \$90 (lunch on Wednesday and Thursday, coffee breaks, and convention registration bag).

There will be a non-delegate fee as well as other options for the various classes, events and tours.

## **Theme: Wagons Forward**

This reflects the Mandt Wagon Factory owned by T.G. Mandt – who our lodge was named after. It also highlights Stoughton Trailers who is the largest employer in Stoughton producing Dry Vans, Refrigerated Trailers, Grain Trailers, and Intermodal Chassis.

## **Timelines as of now!**

- March 5 – ideally the deadline for lodges to elect delegates and alternates and report to Secretary Darlene Arneson. We definitely need this to be completed in March!
- March 10- District By-Law and Resolutions should be submitted by the lodges
- March 15- Bids for hosting the 2028 Convention should be sent in
- April 1- President Cheryl Wille-Schlesser will identify delegates to be invited to serve on convention committees
- May 1- Darlene's goal to send the Report's Books to the delegates
- July 1- Convention registrations are due (meals, registrations, classes, trips...)
- July 1- Ads, sponsorships, and well-wishers are due
- July 4- Hotel block rates end

## **A few unique things about this District Convention and Lodge Meeting**

- When we made our bid in Indianapolis, we discussed with the delegates that Stoughton doesn't have a convention hotel with meeting spaces. So they knew that we'd get a hotel block and

then there are other area hotels members will be at. So you can't walk down the hall to meetings!

- Because the International no longer has the International Conventions, the timelines for the District Conventions were extended. Mandt has a huge Syttende Mai weekend and going to August gives us time to recuperate and prepare. We also have a stevne using our lodge in July so we had to coordinate between hotel availability, our lodge calendar and meeting space.
- The business meetings on Wednesday and Thursday will be held at the Stoughton Area School District's Administration Building. The silent auction, meetings, and lunches will be there. Sons of Norway Lodge Building- we will have registration, banner displays, Cultural displays, the Tuesday board meeting and convention committee's meetings and lunches. There might be more there as well. Monday there will be some cultural classes in Stoughton. And the highlight will be exploring the Koshkonong Prairie as we have a full day of stops, presentations, meals and will have one charter bus for the first 55 signing up- the rest can drive. Some cultural/workshop classes will be at the venue's business. We won't have a vendor area since we have a downtown area full of shops and businesses. We are developing activities for you to get to meet them!
- This is a test to see how this kind of convention might work as it would allow opportunities for lodges who also might not have convention space close to them to consider hosting the convention.

Thank you!

Darlene Arneson, SN Mandt Lodge President and District 5 Secretary

## **Sons of Norway – District Lodge 5 – “The Friendly Fifth”**

**Darlene Arneson, District 5 Secretary**

[www.sonsofnorway5.com](http://www.sonsofnorway5.com)

**Delegate Election Information!!**

January 25, 2026

Dear District 5 Lodge Presidents and Secretaries:

The District 5 Lodge Meeting and Convention are being hosted by Sons of Norway- Mandt Lodge 5-314 on August 2-6, 2026 in Stoughton, Wisconsin. This convention is testing a few new alternatives that we discussed with the delegates in Indy. It will be a Sunday-Thursday convention to help with reduce hotel rates which go up on the weekend. It is later as we don't have to be within a timeline since there no longer are International Conventions. And because Stoughton doesn't have a hotel with a convention center, the meetings and activities will be in various parts of Stoughton. Delegates must

be there for the District Lodge Meeting on Wednesday-Thursday, August 5-6. If asked to be on a convention committee, they need to be there on Tuesday, August 4.

The hotel block is with Tru Hilton in Stoughton and the overflow is with their partner hotels in Madison. The block of guest rooms for the Sons of Norway Convention links will be available soon. The convention rate of \$125 is in effect for Sunday-Thursday for a standard king or queen room.

The delegate fee is \$90 and covers two lunches (Friday and Saturday), goodie bag, access to speakers and classes, and beverages (coffee, water, lemonade) during coffee breaks.

We will be populating the District 5 website with information: <https://sonsofnorway5.com/conventions/>

We also have information on ads, sponsorships, well-wishers, registration and other items for your delegates and members to review and take part in. **Please share the sponsorship and advertising opportunities with groups and businesses in your area and have your lodge consider them as well as it becomes available!**

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The Sons of Norway District 5 By-Laws, Article 111, Paragraph 2 states: *Every local lodge in the District shall be entitled to two representatives for the lodge, and one representative for every 100 members or major fraction thereof, based on the last Semi-Annual Report prior to the election of delegates. All members in good standing are eligible representatives.*

Delegates should be elected using the formula above based on December 31, 2025 membership figures. You should also elect a corresponding number of alternates, on a priority basis, that will serve should any of your delegates be unable to attend. These elections should take place so you can report ideally by March 5, 2026. A Report of Election included with this letter, **which is to be completed and returned to the District Secretary immediately following the election**. These will be emailed to both the lodge president and secretary and hard copy mailed to the president. The Sons of Norway Constitution reads: "The Secretary of the Local Lodge shall prepare a report of election giving names and addresses of the duly elected Delegates and Alternates. This report shall be signed by the Local Lodge President and Local Lodge Secretary and forwarded to the District Secretary no later than five days after the election." Please be sure the names are written plainly and spelled correctly! I am asking that you include their membership number, address, city, state, zip, phone and email address on the form and return it to me postmarked **preferably by March 5, 2026**. Please send it to me at: Darlene Arneson, 2056 Skaalen Rd, Stoughton, WI 53589 or email a scanned copy to [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com). ***I have set up an electronic reporting method which I hope is easier for both you and me!*** <https://forms.gle/6XCZMXFZT3P6vjuU6>

**Keep in mind as you elect delegates** that they are the only ones that can be candidates for the District Board or alternates to the Board. You do NOT have to be a benefit member to be a delegate to the District Lodge Meeting, but in order to run for any of these positions just mentioned, the delegate must be a benefit member or buy product at the convention.

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Your lodge may wish to propose resolutions or by-law changes to be considered at the District Lodge Meeting. These resolutions, along with any proposed changes to the District 5 By-Laws, must be submitted to the District Secretary no later than March 10, 2026. **Please note that we are using the template approved and recommended by the International Board. Find it at** [https://sonsofnorway5.com/conventions/convention\\_forms.php](https://sonsofnorway5.com/conventions/convention_forms.php)

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If your lodge is interested in hosting the 2028 District Lodge Meeting, you are asked to send a written notice of your intention to the District Secretary prior to March 15, 2026. Should your lodge wish to present a bid, we ask that you make arrangements for a "walk through" of the facilities by a District 5 Board Member. This should be done prior to the June convention in order to identify proposal merits as well as needed additions or changes.

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We will use email and the website as much as we can to post documents and keep everyone updated. Hard copies of the Reports Book will be sent to the delegates. **Your 2024 delegates have received a copy of the approved 2024 District Lodge Meeting minutes.** Once I get the Delegate Election Forms back, then I give the lists to the Convention Committee and they will send out information to the delegates about registration and other convention news. I also give a list to President Wille-Schlesser who will appoint convention committees. Members who serve on committees will be notified and given the specifics of their tasks.

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Please contact me if you have any questions or need assistance. You should be electing the number of people listed in the highlighted column that is titled "Elect Del. and Alt." For example, Mandt Lodge has a number 5 in that column so we need to elect 5 delegates and 5 alternates. Thank you for your prompt attention to this convention call! My home email is arnesonfamily5@gmail.com and cell number is 608-514-4951 if you need to contact me!

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Fraternally,



Darlene Arneson, District Secretary

Lodge Number	Lodge Name	Insurance Members	Social Members	Total Adult Members			Elect Del and Alt.
					2 for each lodge	Add'l per 100	
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	Fosselynge	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	Grønnvik	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

**Sons of Norway District Lodge No. 5- Report of Election of 2026 Convention Delegates and Alternates**  
New! You can fill out this form or report electronically! <https://forms.gle/6XCZMZFZT3P6vivU6>

Lodge # \_\_\_\_\_ Lodge Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Date of Election \_\_\_\_\_

Your lodge had \_\_\_\_\_ adult members as of 12/31/2025. Elect \_\_\_\_\_ delegates and \_\_\_\_\_ alternates.

**Delegates**

Name	Member Number	Street Address	City	State	Zip	Phone (include area code)	Email address

**Alternates**

Name	Member Number	Street Address	City	State	Zip	Phone (include area code)	Email address

\_\_\_\_\_ Our Lodge is NOT sending delegates. If not, please list why you won't be represented:

If you want an electronic version of this form, please email Darlene at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) or follow this link-  
<https://forms.gle/6XCZMZFZT3P6vivU6>.

Return this form five days after your election (and preferably by March 5, 2026 or shortly after) to **Darlene Arneson, 2056 Skaalen Rd, Stoughton, WI 53589** or email [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com). Thank you!

\_\_\_\_\_ (Lodge President signs)

\_\_\_\_\_ (Lodge Secretary signs)

# 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](http://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!

# 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.

- 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.
- 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.

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#### **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](mailto:arnesonfamily5@gmail.com) or 608-873-7209

## Guidelines for Sons of Norway Resolutions

### Overview

One of the real benefits of participating in the democratic process is the opportunity to have a voice regarding the public policy issues that affect our lives. Since Sons of Norway formalizes its business policies and decisions using the resolution process, it is important that members and lodge, and district committees and boards follow a consistent format or template in preparing, presenting and adopting resolutions.

### What is a resolution?

- A resolution is a main motion, phrased formally. It addresses a specific topic or issue, using concise language, and presenting an identifiable action.
- Resolutions consist of two essential elements:
  1. The “**whereas**” clauses, which contain the rationale for the resolution and any additional pertinent information.
  2. The “**resolves**” or the action thus recommended.
- Each resolution addresses a single issue.
- A resolution must be implementable.
- If a resolution calls for a program with a timetable, the timetable shall be clear and achievable.
- The intent, objective or goal of the resolution should be clear and purposeful so that upon passage it will accurately represent the will of the assembly.

### How to write a “whereas” clause

The **whereas** clause is the first half of the resolution that sets up the problem to be solved. It explains why the action in the **resolved** clause should be taken. Every issue brought up in a **whereas** clause should be dealt with in a **resolved** clause.

*Example:*

**WHEREAS** we have only been serving cake, jellied and glazed donuts at our lodge meetings; and  
**WHEREAS** some members also like chocolate donuts; and  
**WHEREAS** the price for chocolate donuts is the same price as cake, jellied and glazed donuts;  
**THEREFORE, be it resolved** that chocolate donuts shall be added to the list of acceptable donuts to be served at lodge meetings.

### Think before you submit

Some issues may be resolved without sending resolutions to district lodge meetings. Attempt a first route of resolution – ask someone at Headquarters, inquire about the history or status of a program, ask your International Director, District President, District or International Secretary, etc., before submitting a resolution.

### Know the financial impact

If a resolution involves a financial impact, either by reduced revenue or by additional or new expenses, include such information in a *whereas* clause if it furthers your rationale for the resolution, i.e. the implementation of the proposed resolution would have minimal costs. If such financial impacts do not fit within a *whereas* clause, add a separate explanatory note. Try to help your financial committee by providing specific data projecting future financial impact.

**Sons of Norway Resolutions Worksheet**

<b>Title of Resolution:</b>	
<b>Submitted by:</b>	<input type="checkbox"/> Lodge (name _____)
<b>Date approved by the above entity:</b> <i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>	Date: _____  Lodge Officer Signatures: _____ _____
<b>Resolution falls into this category (document you wish to change):</b>	<input type="checkbox"/> District Bylaws <input type="checkbox"/> District Policies & Procedures
<b>CURRENT STATE:</b>  State specific chapter, sub-chapter and paragraph numbers as applicable.  Write out current language of the law or policy.  <b>Example:</b> <b>1.2.3. DONUT POLICY</b> <b>1.2.3.1.</b> The only donuts to be served at lodge meetings shall be cake, glazed, or jellied.	

**Sons of Norway Resolutions Worksheet**

<p><b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more “WHEREAS” statements.</p> <p><i>Example:</i></p> <ul style="list-style-type: none"><li>• WHEREAS chocolate donuts are also delicious; and</li><li>• WHEREAS chocolate donuts are the same price as the other donuts; and</li><li>• WHEREAS younger members prefer chocolate donuts;</li></ul>	
<p><b>Follow the request for change as a “THEREFORE” statement.</b></p> <p>This is a statement of the action you wish to happen.</p> <p><i>Example:</i></p> <p>THEREFORE, be it resolved that chocolate donuts shall be added to the list of acceptable donuts at lodge meetings.</p>	
<p><b>DESIRED STATE:</b></p> <p>Follow with the actual proposed change:</p> <p><i>Example:</i></p> <p><b>1.2.3. DONUT POLICY</b></p> <p><b>1.2.3.1.</b> The only donuts to be served at lodge meetings shall be cake, glazed, <del>or</del> jellied, <u>or chocolate</u>.</p> <p>Use a <del>strikeout</del> font to indicate suggested deletions, and <u>underline</u> proposed new additions.</p>	
<p>If there is a known, quantifiable <b>financial impact</b>, state it here:</p>	

### Sons of Norway Resolutions Worksheet

<b>Title of Resolution:</b>	
<b>Submitted by:</b>	<input type="checkbox"/> Lodge (name _____)
<b>Date approved by the above entity:</b> <i>(If from a lodge, need 2 lodge officer signatures – Pres, VP, Secretary, Treasurer)</i>	Date: _____  Lodge Officer Signatures: _____ _____
<b>State reasons for making a change</b> from present policies and written directives, or for creating a new policy or procedure, in one or more “ <b>WHEREAS</b> ” statements	
<b>Follow the request for change as a “THEREFORE” statement.</b> This is a statement of the action you wish to happen.	
If there is a known, quantifiable <b>financial impact</b> , state here:	

## **2026 Calendar**

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

**August 2-6- District 5 Convention in Stoughton**

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### **Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- Foundation, Scholarships & Grants- Amy Tuchenhagen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhagen@sofn.com](mailto:atuchenhagen@sofn.com), (612) 821-4655
- Fraternal & Membership- Connie O'Brien and Kirsten Lehman  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643
- Culture, *Viking* & Language: Jana Velo  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- Insurance Sales:  
[SonsofNorwaySales@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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### **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](mailto: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](mailto: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.