

Sons of Norway District 5 - Friendly Fifth Friday News

July 11, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Updated Adult Camp Registration Form- day only option!

Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025
"Celebrating Norwegian Immigration - The Sloop 200th Anniversary"

Weekend Registration Form

Please complete one form per person. Forms and fees are due by September 1, 2025.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Lodge Name and Location: _____

Cell Phone: _____ Email: _____

Make check out to: Polar Star Lodge 5-472

Mail with form to: Ken Johnson, Polar Star President, 501 West Ridge Street, Yorkville, IL 60560

Questions: Contact Barb Johnson at barb.WJohnsonB@aol.com or 630-632-2329

The Weekend Registration Fee includes coffee and treats at the Norway community center, all on-site speakers, and Sons of Norway lodge expenses for hosting the event. Additional costs are listed below.

| Activity | Cost | Amount Enclosed |
|---|---|-----------------|
| Weekend Registration Fee <i>Circle each day attending: Fri Sat Sun</i> | - Only 1 day = \$25 /person - 2 or 3 days = \$50 /person | |
| Friday Night Torsk (Cod) Dinner | \$20 /person | |
| Saturday American Pulled Pork Lunch | \$20 /person | |
| Saturday Night Chicken/Pork Chop Dinner | \$20 /person | |
| Sunday Sloop Norwegian Luncheon | \$20 /person | |
| Sami Bracelet Class | \$45 /person | |
| Stamping Norwegian Christmas Cards | \$40 /person | |
| Immigration Textile Workshop at Esther's Place. (offsite activity: only available Friday morning 9-11:30) | \$35 /person | |
| Total Amount: | | |

NOTE: Saturday Morning Fun Walk:

- Please use the separate "Sluppen" Registration form.
- We must receive the completed Sluppen form and Sluppen \$15 registration fee by June 30th to be eligible for medals.

The following off-site activities have a donation at the door, and are not part of this order form.

However, we do need to know if and when you plan to visit so that adequate staffing can be arranged.

| Off-Site Activity | Day | Planning to visit? (yes or no) |
|--|--------------------|-----------------------------------|
| Friends of the Viking Ship Museum Tour | Thursday, 11 to 12 | |
| | Thursday, 2 to 3 | |
| | Friday 10 to 11 | |
| LaSalle County Genealogy Guild | Thursday, 9 to 4 | |
| | Friday, 10 to 12 | |

Office Use:

Received on: _____ Amount enclosed: _____ check? cash? _____ Confirmed on: _____



A fun way to “throw out” some fun during the year as we encourage lodges and SN members to be active! You can track any activities that involved throwing from June 1, 2025 to December 31, 2025. We encourage your Sports Directors (or other officer) to keep track of their lodges activities and then submit one report to District Sports Director Clara Solak. 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!

Please send in a preliminary report by September 1, 2025 so we have an idea of who is participating and to help us finalize the recognition.

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 _____

| Date | Individual activity | Lodge Activity | Activity | Minutes involved |
|------|---------------------|----------------|----------|------------------|
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The fun starts Sunday- Masse Moro 2025



Masse Moro

Norwegian Heritage Youth Camp

[HOME](#)[START HERE](#)[ABOUT](#)[REGISTER FOR CAMP](#)[WORK AT CAMP](#)[DONATE](#)[TOOLS FOR LODGES](#)



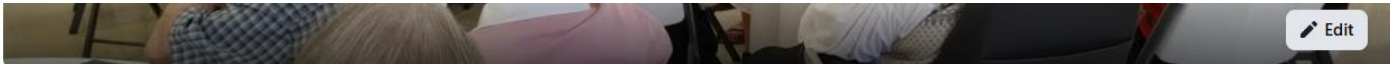
JOIN US FOR 2025: JULY 13th - 26th

Masse Moro is a Norwegian heritage camp for youth ages 9-15 years old sponsored by




SONS of NORWAY
District 5

Watch for photos on the District 5 Facebook page and if you are a member of the Masse Moro page (private group)! Have a fun and safe camp to all!



Sons of Norway District 5

Public group · 826 members



[+ Invite](#)[Share](#)

[Discussion](#)[Your Items](#)[Events](#)[Media](#)[Files](#)[People](#)



*Sisters of the
Holy Cross*

Join our Stamp Ministry

The canceled stamps on your incoming mail can help the Sisters of the Holy Cross Ministry With the Poor.

To donate stamps, send to:

Stamp Ministry, 200 Rosary Hall, Notre Dame, IN 46556-5053
Questions? Call 574-284-5675 or email : stamproom@cscsisters.org

Examples

Here are examples of the types of stamps that are the most beneficial.
Thank you for helping our Ministry With the Poor by saving your stamps.

U.S. off or on paper,
especially commemorative
stamps



Foreign mint stamp
sheets and blocks



U.S. mint strips
and plate blocks



Foreign off or on
paper



U.S. mint stamp
sheets



Album collections



Tourist Postcards



First-day covers



Guidelines

DO:

Send stamps that:

- Have perforations intact,
- Are not too heavily canceled
- Are not torn, cut or stained.

Leave at least ¼-inch on each side of the stamp when cutting it from the envelope-- it will save you money when you send them

If you require a receipt for your stamp donation, enclose an inventory and we will confirm that we received it. *We cannot assign a dollar value to your inkind donation.*

DON'T:

Waste your time, effort or money by sending stamps that are plentiful and have little or no resale value such as:

U.S. small flags, star ribbon, liberty bell



U.S. nonprofit and first class presort



Recent low-denomination stamps from fundraising appeals



The District is encouraging lodges to do the following:

- Continue to collect and trim stamps but to send them directly to the cause they want to support. We encourage the lodges to only send properly trimmed stamps that were the same criteria TUBFRIM had – a ½” border, one layer of stamp, and not torn/ripped. Some do not want the generic stamps.
- Lodges should count the stamp trimming hours as community service hours.

The options that we explored and recommend lodges consider:

- **Sisters at St. Mary's College in Nortre Dame, South Bend, Indiana**

<https://www.cscsisters.org/big-dividends-little-stamp/>

If you have any questions about buying or donating stamps, please address them to:

stamproom@cscsisters.org. **Mail stamps to: Mail stamps to:** Sisters of the Holy Cross Stamp Room, 200 Rosary Hall, Notre Dame, IN 46556-5053

- **Stamps for the Wounded**

<https://www.stampsforthewounded.org/>

Stamps for the Wounded (SFTW) is a service organization dedicated to providing comfort and stimulating activity to U.S. veterans through stamp collecting. SFTW sends donated postage stamps and other philatelic material and supplies to wounded, ill, and isolated veterans.

If you have any questions, please feel free to Contact Us through the web form, by email, or via postal mail. The following kinds of donations are needed: Used postage stamps saved from the mail; Stamps, covers and other items from stamp collections; New and gently used philatelic supplies (album pages, mounts, hinges, stock books, perforation gauges, tongs, etc.); Philatelic literature (catalogues and reference books but not philatelic magazines or newspapers); and cash donations to help with operating costs.

How To Send Donations to Us by U.S. Postal Service: Stamps for the Wounded, P.O. Box 297, Dunn Loring, VA 22027-0297

#3- New Option in Norway

STAMP COLLECTION FOR CHILDREN AND YOUNG PEOPLE CONTINUES. 😊

After 01/01/2023. everything will be sent directly to:

Skanfil Auctions AS, Postbox 2030, 5504 Haugesund. Take note of the package with "TUBFRIM".

We hope that everyone will continue the good fundraising work that is made as income for the TUBFRIM Fund and the National Association for Public Health.

Skanfil Auksjoner AS is part of the Skanfil group, with headquarters in Haugesund and branch offices in, among other things, Oslo, Bergen, Sarpsborg and Trondheim. Skanfil is the country's largest collector's company with stamps as their main product. But not only that - the company also turns coins, banknotes, postcards, art and most of the items worth taking care of. This also allows for donations of such objects for income for the TUBFRIM fund.

<https://skanfil.no/tubfrim/>

- **TUBFRIM and Skanfil Auction**

<https://skanfil.no/tubfrim/>

Send stamps to: Skanfil Auctions AS, TUBFRIM-fondet, P.O. Box 2030, 5504 Haugesund, Norway. Feel free to contact us by tubfrim@skanfil.no or call us on tel. [52 70 39 40](tel:52703940) / [924 90 761](tel:92490761) if you have any questions.

Skanfil Auctions AS is part of the Skanfil Group, with headquarters in Haugesund and branch offices in Oslo, Bergen, Sarpsborg and Trondheim, among others. Skanfil is the country's largest collector's company with stamps as its main product. But not only that – the company also sells coins, banknotes, postcards, art, and most items worth preserving.



It's almost the 20th!

Send your Viking photos to LaVonne Wier (2nor1rus@gmail.com) so you can see them in the Viking or the District 5 website!

<https://sonsofnorway5.com/galleries/details/51-2025-Viking-Magazine-Photo-Submissions>

2025 Calendar

July 13-26- Masse Moro- Youth Heritage Camp in Fall Creek, WI

July 20- Viking Photos due to LaVonne Wier

August 20- Viking Photos due to LaVonne Wier

September 20- Viking Photos due to LaVonne Wier

October 3-5- Adult Camp Heritage Weekend in Norway, IL

October 20- Viking Photos due to LaVonne Wier

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

December 31- SN District 5 NLF Project Grants Cycle 1 application deadline **December 31** ; Grants awarded by mid-January

December 31- District 5 Throwing Challenge ends

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 Tuchenhausen**
foundation@sofn.com, atuchenhausen@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.