

**Sons of Norway District 5 - Friendly Fifth Friday News**  
**July 18, 2025 -**  
***A District Weekly Newsletter to Keep Us Up to Date!***

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**Viking Photo Time!**

Hei!

I am emailing you, as you are listed as either the editor or publicity director for your lodge in 2025. Some of you have received my emails in the past. I procured your names from the listing of D5 officers. I just updated my email listing.

I am the Publicity Director for District 5. One of my duties is to receive and submit photos to the Viking magazine and to our D5 webmaster. Your photo might make it into the Viking. It will make it to the D5 website. Richard and Christina Fairchild post them so everyone in D5 can see your great photos.

If you haven't submitted photos from your lodge before, there is a couple things you should know:

First, do NOT edit the photo that you submit. The people Up North will do any editing. Obviously, you only want to submit a good photo.

Second, the photo submissions should be sent to me by the 20th of each month.

Third, you need to send a Photo Submission Form with EACH photo. A photo by itself means nothing to others if we don't know who, what, and where. I can't send any photo forward for publication that arrives without the form.

Photo submissions and the forms should be sent to my email address, [2nor1rus@gmail.com](mailto:2nor1rus@gmail.com).

The influx of photos has gotten really s-l-o-w. In fact, I received *NO* photos from anyone in the month of April! Yikes! I hope this summer, with your fun activities, changes that, and I receive a lot of photos.

Here is the Photo Submission Form that is needed with each photo:

[https://sonsofnorway5.com/publicity\\_director\\_messages/](https://sonsofnorway5.com/publicity_director_messages/)

Thanks for your work to share the interesting pictures of activities in your neck of the woods (or city). I hope to see what you all have been doing at your lodge!

If you have any questions, please email me, and I will get back to you. You can also call my home phone, 608-539-3243 and leave a message.

Mange takk!

LaVonne Wier  
D5 Publicity Director

## The fun continues- Masse Moro 2025- 39 campers reported for Camp!



# Masse Moro

Norwegian Heritage Youth Camp

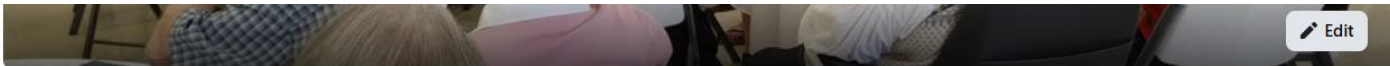
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**JOIN US FOR 2025: JULY 13th - 26th**


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

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



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**CROSSINGS**  
200 YRS OF NORWAY  
IN NORTH AMERICA

1828 • 2028

## **The Voyage of the Restauration – Crossings 200**

Welcome to our Virtual Voyage as we journey along with the replica of the Restauration that sets sail from Stavanger to New York. Each week we will add a stop on our way. Be sure to check back weekly to learn more.

**Click on the ship to learn about the 200<sup>th</sup> anniversary voyage!**



<https://www.sofn.com/virtual-voyage/>

## **Life Insurance for the New Family**



**Meet Andy and Beth**

Andy 27 and Beth 26 have been married for 3 years they just bought their first home and are expecting their first child in May. Andy is finishing up his MBA and has a great job working at a



local company. Beth is a kindergarten teacher and will be off work for 2 working months. All benefits are through Andy's job.

#### Their Goal

Andy and Beth wisely took the time to do a "Policy Review" with the FBC assigned to their lodge and uncovered a life insurance gap. While Andy had some coverage from his employer it was not close to the recommended amount for the family's situation. Beth did have a term policy that her family purchased when she was young, so she could qualify to apply for a Sons of Norway scholarship. Thankfully, with the advice from their FBC, they were able to determine the best products to fill this gap and ensure they had mitigated the possible life risks to their financial future.

#### The Takeaway

Life insurance isn't for you—it's for those you leave behind. Without it, your loved ones could be left with not just emotional devastation, but also financial disaster. A small monthly premium now can mean everything later. Be sure to reach out to your lodge FBC or contact [sonsofnorwaysales@sofn.com](mailto:sonsofnorwaysales@sofn.com).

## Vigeland's Legacy



Norway's most famous sculptor, Gustav Vigeland was born as Adolf Gustav Thorsen in 1869 on the outskirts of Mandal, in southern Norway. With other craftsmen in the family, Gustav followed in his cabinetmaker father's footsteps, developing his talent at an early age in the wood workshop. He left home at 15 years old to further learn wood carving at a school in Oslo and work as an apprentice. The sudden death of his father from tuberculosis prompted him to return to southern Norway to help support the family. During this time, he lived with his grandparents on

their farm in the Valle parish of Lindesnes municipality. Gustav would return to Oslo a couple of years later, and it was in his twenties that he would adopt the name he became known by – Vigeland, the name of the village where his grandparents' farm was located.

In pursuing his ambitions to be a sculptor, Vigeland traveled to Copenhagen, Berlin, Paris, and Florence to hone his skills, find inspiration, and rub elbows with other artists. To pay the bills once he returned to Norway, Vigeland accepted a commission for sculpture decoration of the Nidaros Cathedral in Trondheim. In total, he created about 44 sculptures for that project.

With this commission behind him, Vigeland would move on to the next defining phase of his career in Oslo. He began work on designing sculptures that would be placed in various spots around the city. However, a dispute with the city would alter those plans and lead Vigeland to arrange with the city a place to work and live, in exchange for all his works to be donated to the city of Oslo. With this arrangement in place, Vigeland devoted the next twenty years to planning and creating the open exhibition of his works. Today it is known as Vigelandsanlegget in Frogner Park.



The park features 212 bronze and granite sculptures, which all symbolize every aspect of human life from birth to death. Perhaps the most well-known sculpture in the park is the Monolith, that intertwines 121 human figures reaching up toward heaven. While the collection took twenty years to complete, Vigeland never got to see the finished park by the time he died in 1943. It wasn't until four years later that the sculpture park and museum was ready and opened to the public, where it remains a testament to the life and legacy of Gustav Vigeland.

## **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

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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@sonsofnorway5.com](mailto: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.