

Sons of Norway District 5 - Friendly Fifth Friday News

July 25, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

From President Cheryl

I hope all of you are having a busy and energizing summer. Nordic Fest 2025 launches in Decorah, IA, tomorrow evening with its opening ceremony. Although the weather is going to be touch and go this coming weekend, we hearty descendants of the Vikings know how to rumble! Bring an umbrella, a hat, suntan lotion, and a water bottle, and you will be set. There are numerous places to cool off.

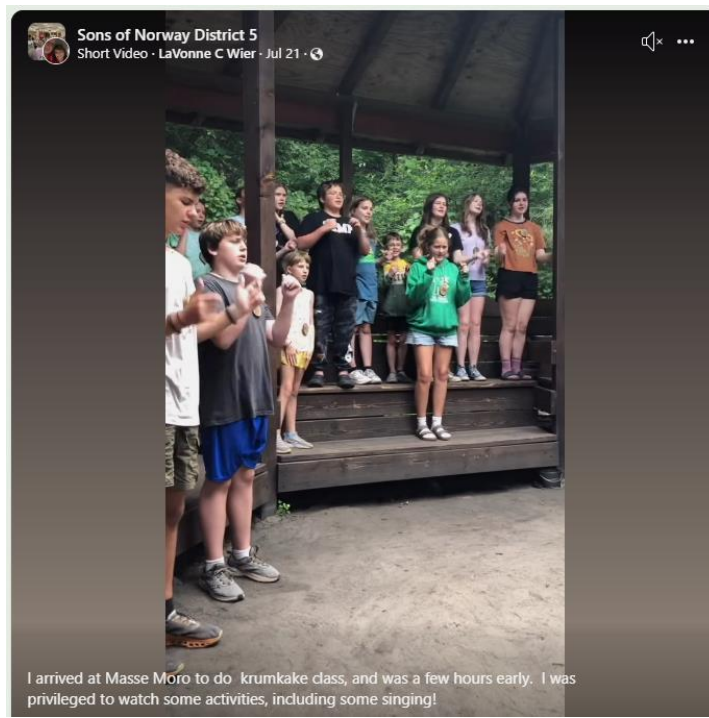
There are many exhibits inside and outside of the Vesterheim Norwegian American Museum, as well as along Water Street. Crafters will have booths behind the museum, and some of their articles are available for purchase. Kiosks in the street sell many Scandinavian treats-come hungry!

One can access the Nordic Fest schedule, Commemorating Crossings, by visiting its website: <https://nordicfest.com>. I will be volunteering at the Sons of Norway table and for the Norwegian American Genealogy Center and Naeseth Library. You can reach me by text if you are in town, 608-219-4464. There are several options for coffee and a Norsk treat scattered throughout Decorah. I hope we can connect!

Alt for Norge,

Cheryl

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

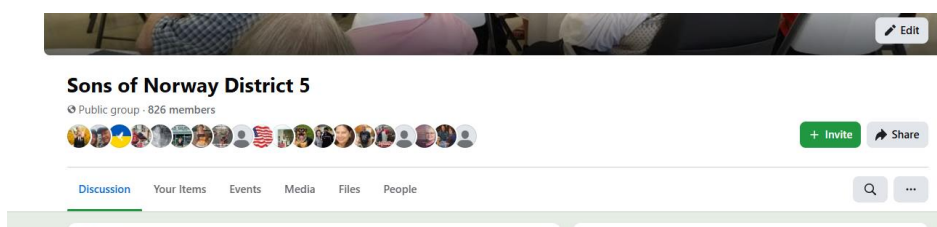


I arrived at Masse Moro to do krumkake class, and was a few hours early. I was privileged to watch some activities, including some singing!

A wonderful time teaching the campers at the Norwegian Heritage Camp - Masse Moro how to make Kransekake!



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!





Coming to Eau Claire- info from Deb Jarvar

A fantastic opportunity has been offered from a friend of a friend of mine who lives in Lillehammer, Norway. Anne T-J Møller is a weaver of tapestries that depict the ship the Restauration and the history of Norway in 13 tapestries and 2 friezes. She is arranging a trip to Eau Claire, WI with her weavings for an exhibit September 3 through 13 at the University of Wisconsin, Eau Claire, McIntyre Library fourth floor.

I am a member of Sons of Norway, Løven Lodge, Eau Claire and am partnering with the Waldemar Ager Association and Midwest Institute of Scandinavian Culture, two Scandinavian organizations also in Eau Claire, to bring Anne here to give a presentation on the construction of the tapestries and a brief history of Norway as depicted in her weavings.

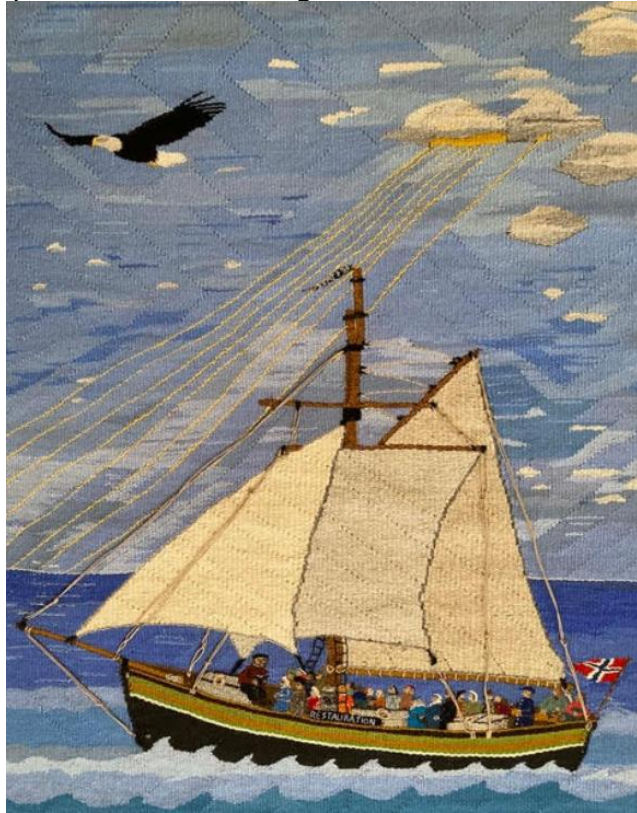
**FROM LILLEHAMMER, NORWAY
ARTIST ANNE T-J MØLLER**

**WEAVING EXHIBIT
"THIS IS NORWAY"
SEPTEMBER 3 - 13
13 PANELS & 2 FRIEZES**



McIntyre Library, 4th Floor, UWEC
103 Garfield Ave, Eau Claire, WI
Mon-Thu: 8 am - 11 pm
Fri: 8 am - 6 pm
Sat: 11 am - 6 pm
Sun: 11 am - 11 pm

SPONSORED BY: WALDEMAR AGER ASSOCIATION,
MIDWEST INSTITUTE OF SCANDINAVIAN CULTURE,
SONS OF NORWAY LØVEN LODGE - EAU CLAIRE.



News from last Leadership Resource (July 2025)

Sons of Norway Members Meeting

Please join us for a Leader and Member Updates meeting to discuss the following topics on Wednesday, September 3rd at 11am – 12:30 pm Central time:

- How Our Fraternal Insurance Company Works
- Marketing
- Succession Planning
- Nominations, Elections and Officer Updates
- Lodge Liability Insurance
- Delegates and Conventions
- Grant and Scholarship Applications
- Lodge Foundation Fundraising
- Members Trip to Norway

Watch for a link to join the meeting on Teams!

Going Paperless

Beginning September 1, new member and renewal letters, which include membership cards, will no longer be mailed. Members can print their card from the website under their profile or save a digital copy to their phone to show proof of membership. For members who belong to a lodge with property, card mailings will stop December 1.

This change is being made due to the ongoing rising costs of postage and our desire to continue to be good stewards of our resources. Please encourage members to create a profile so that they can access the card and print it from their computer.

Members can also access their renewal notices and policy-related documents from their online profile.

Opting Out

Please remind members that if they opt out of one type of email for Sons of Norway, they will not receive any emails from us. This means they may miss out on important information.

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 the account is already paid.

Also, if your membership lapses, you will not be able to renew online and will receive an error message. Please reach out to customer service if you experience this so they can

adjust the account, enabling you to pay online.

Lastly, please remember that if your membership lapses, it could affect your subscription to Viking magazine, as the mailing timeline for that can vary.

Missed Something?

You can reference previous Leadership Resources on the website: [Leadership Resource Archive](#)

Cultural News

International Chair Luella Grangaard recently visited Norway to witness the launch of the replica Restauration in Stavanger. See the [special edition of Newsletter Service](#) to hear about her experiences and involvement and add the story to your next lodge newsletter.

Anniversary Logo

For lodges interested in having the bicentennial logo from Viking for use in their newsletters, here is the image: [Bicentennial Logo](#)

Puzzles

If you haven't yet had the chance to check out our new puzzles, you're missing out! Sign in and use this link to find crossword, word search, and word scramble puzzles on the website: [Idea Bank](#)

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 3- SN Member Call

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.