

Friendly Fifth Friday News July 28, 2023

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com. Feel free to share this with your lodge members!

Hello to you District 5 Lodges!

This photo submission reminder is being sent early for the **August 5th** deadline to get photos sent to me for consideration in the Viking.

I was pleased to see two District 5 photos that were submitted **DID** make it into the latest Viking magazine. Yes, it is too bad not more were published, but they had to let the other districts have some space, also.

I just went to the Happenings area on the www.sofn.com website. There, under District 5, are some of the photos that were submitted, but didn't make it into the magazine. Maybe the photo you sent in is in the Happenings! I get great pictures of lodge activities. Lucky me!

Please remember to include the **Photo Submission Form** for each photo so the information on who, what, where is provided. I've already received a few photos for my August submission. Please get yours in by August 5th. The form can be found at:
https://sonsofnorway5.com/publicity_director_messages/

Also, remember that it may take awhile for your photo to show up in the magazine or in Happenings, as they work on it way ahead of when it is printed.

I hope you all are enjoying your summer!

Fraternally,

LaVonne Wier

Publicity Director

Task Force Resources!

https://sonsofnorway5.com/board_of_directors/directors_messages.php . If questions, contact Task Force Acting Chair Darlene Arneson at arnesonfamily5@gmail.com

Two survey options- deadline extended to August 1!

Fill out form and send to Darlene (scan and email or send hard copy)-

<https://sonsofnorway5.com/library/original/docman/TaskForceSurveyMay2023.pdf>

Fill out online form- **via Google Survey!**

I've invited you to fill out a form:

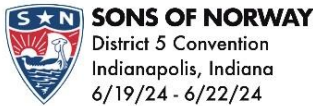
SN D5 Task Force May Survey

Please send your thoughts on zones so the District 5 Task Force and Board can review them. Please input your responses by using this survey for discussion at our next meeting. The online, email and hard copies surveys will close on August 1. The District 5 Task Force will use your responses in their report to the Board. Send them to arnesonfamily5@gmail.com.

ANNOUNCING

Sons of Norway District 5 Convention 2024

RACING TO THE FUTURE



RACING TO THE FUTURE

Indianapolis Crowne Plaza Airport Hotel

June 19-22, 2024

Indianapolis, Indiana

Mark your calendar now!

The 2024 Sons of Norway District 5 Convention is coming in June 2024!

Plan your vacation so you can enjoy the many attractions in the Indianapolis area before and after the convention. You asked for classes and activities that delegates could enjoy, so classes and speakers will begin on Wednesday, June 19, and continue through Saturday morning, June 22. A survey will be sent out to help the Convention Committee choose classes to offer. Please respond to the survey as soon as you see it. Your help is very important.

Delegates who are not on a committee can take part in a class or enjoy speakers on Wednesday and Thursday. Everyone will be able to enjoy the evening programs on Wednesday, Thursday, and Friday besides the banquet on Saturday evening.

Those who are not delegates can attend all three-and one-half days of their class of choice or learn from the presentations offered during that time or take a local trip.

THERE IS SO MUCH TO DO THAT EVERYONE WILL NEED TO MAKE CHOICES!

Watch for more details coming soon!

Judy Ghastin
District 5 Cultural Director
D5 Convention Chair

Do you submit your newsletters to the website?

Send to: inputd5@sonsofnorway.com



District 5

The Friendly Fifth

Wisconsin Illinois Indiana Michigan Ohio Tennessee

SEARCH: ENHANCED BY Google



Home About Us ▾ Lodges ▾ Programs ▾ News & Events ▾ District Conventions ▾ Benefits ▾ Photo Galleries Links Gifts ▾

Local Lodge Newsletters

There are currently 513 newsletters. Displaying 50 per page.

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Lodge	Date Added	Newsletter
Circle City 614	JUL 17, 2023	Circle City "Luren" Newsletter July- August 2023 pdf
Myrmarken 609	JUL 05, 2023	Myrmarken "Myravisan" Newsletter - July 2023 pdf
Vennligfolk 627	JUL 05, 2023	Vennligfolk "Vennigblad" Newsletter July - August 2023 pdf
Vennelag 513	JUL 01, 2023	Vennelag Newsletter July-August 2023 Pdf
Fosselyngen 82	JUN 29, 2023	Fosselyngen "Runespeak" Newsletter - July - August 2023 - Pdf
Valhall 168	JUN 29, 2023	Valhall Newsletter July 2023 pdf
Gronnvik 632	JUN 28, 2023	Gronnvik Newsletter - July - August 2023 pdf
Norsemen of the Lakes 650	JUN 28, 2023	Norsemen of the Lakes Newsletter June 2023 pdf

Sports Medals- are you promoting them? (must log in to access these files!)

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/

Submit completed Sports Medal cards to your lodge Sports Director, who may place an order for your medals via the Lodge Leader Supply Store.

New sports medals – August 2020



If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher.

First, **Idrettshelt** [*ee-dretts-hellt*] –the sports hero pin– is the 5th level within any sports medal category.

Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the *Idrettshelt*.

Earn double the point or mileage value of the **enamel** level to qualify for an *Idrettshelt* pin. Tracking cards for this medal may be requested from your lodge sports director. Record your mileage or minutes and return the card to your sports director to receive your pin.



Next is **Hederspris** [*hay-dersh-prees*], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any **three** sports medal categories.

Thanks to our members who have requested new challenges- we've made these updates based on your suggestions!

Fitness rewards that fit your lifestyle.

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

It's actually quite simple – and naturally rewarding!

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

Get Started Today!

[Click here to download tracking cards, levels, and requirements](#)

Each pin offers four different areas of achievement, giving you the opportunity to earn your way to Bronze, Silver, Gold and finally Enamel. Learn more about each of these levels and the requirements for earning them.

As with any activity or exercise, we encourage you to consult your physician for advice and recommendations before getting started.

Sons of Norway's Virtual Pilgrimage

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. On these pages members will learn about

historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway.

[Click here to access materials and start your journey!](#)

Virtual Pilgrimage Finishers

Sons of Norway is excited to celebrate our members who have completed the Virtual Pilgrimage on Norway's historic Kongsveien or Old Kings Way!

[Click here to see who has finished the Virtual Pilgrimage](#)

Check out the FAQs on the International Website-

Frequently Asked Questions

<https://www.sofn.com/faq/> (must log in to use the links)

Have questions? We have answers.

Membership

- [How do I become a Sons of Norway member?](#)***
- [How do I renew my Sons of Norway Membership?](#)***
- [How do I add a family member?](#)***
- [How do I find a lodge?](#)***
- [What is my member number?](#)***
- [How do I log in to Sons of Norway website?](#)***
- [How do I update my contact information?](#)***

Insurance

- [How do I find an agent?](#)***
- [How do I change insurance beneficiary?](#)***
- [How do I change name and address on insurance policy?](#)***
- [How do I make payment changes?](#)***
- [How do I request a withdrawal?](#)***
- [How do I file a claim?](#)***
- [How do I apply for transfer of ownership](#)***

Cultural Skills

- [Where do I send my paperwork?](#)***
- [How do lodge officers order pins?](#)***
- [Does Sons of Norway headquarters need to receive my report?](#)***
- [Is there a charge for pins?](#)***
- [Which officer orders pins?](#)***
- [Where do I find Cultural Skills units?](#)***

Sports Medals

Where do I submit my tracking cards?

Does Sons of Norway headquarters need to receive my miles/points?

How do lodge officers order pins?

Is there a charge for sports medals?

Is there a substitute for receiving a medal?

Which officer orders pins?

Where do I find Sports Medal tracking cards?

Viking Magazine

How do I place an ad in Viking Magazine?

How do I request a replacement copy?

How do I change Viking Magazine mailing address?

Miscellaneous

Can I donate Norwegian books and cultural items to Sons of Norway?

Tubfrim program

How do I order Sons of Norway gear?

How do I order the Sons of Norway Christmas ornament?

How do I sign up to receive E-Post newsletter?

How do I learn more about genealogy research?

Deadlines and Dates! **Changes in red!**

- July 16-29- Masse Moro Camp
- **August 1- October 31- District Membership Drive**
- **August 1- Extended deadline to fill out the task force survey**
- **August 5- Task Force Call 9:00 AM CST**
- August 13- Zone 3 picnic at John and Darlene Arneson's farm in Stoughton
- **October 7- Zone 2 Meeting in Blair**
- October 13-14- District 5 Board Meeting in Mt. Horeb, WI
- October 27-29- District 5 Adult Heritage Camp and Destination Stoughton Weekend in Stoughton, WI

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.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhagen (ATuchenhagen@sofn.com). Sherry Gorse is no longer employed at Sons of Norway.
- For matters like submitting a death, a change to a member's 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
- If you need something related to sales, you can use sales@sofn.com

Viking Chest / Immigrant Trunk Schedule

Apr 2023 to Oct 2023:

Chest--zone 4 – Contact Connie Aiello and Judy Ghastin to reserve them

Trunk--zone 3 – Contact Scott Wegner and Cheryl Wille-Schlesser to reserve them

Oct 2023 to Apr 2024:
Chest--zone 6
Trunk--zone 5

Apr 2024 to Oct 2024
Chest--zone 2
Trunk--zone 1

Oct 2024 to April 2025
Chest--zone 3
Trunk--zone 4

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 and International 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.

Darlene Arneson – arnesonfamily5@gmail.com