

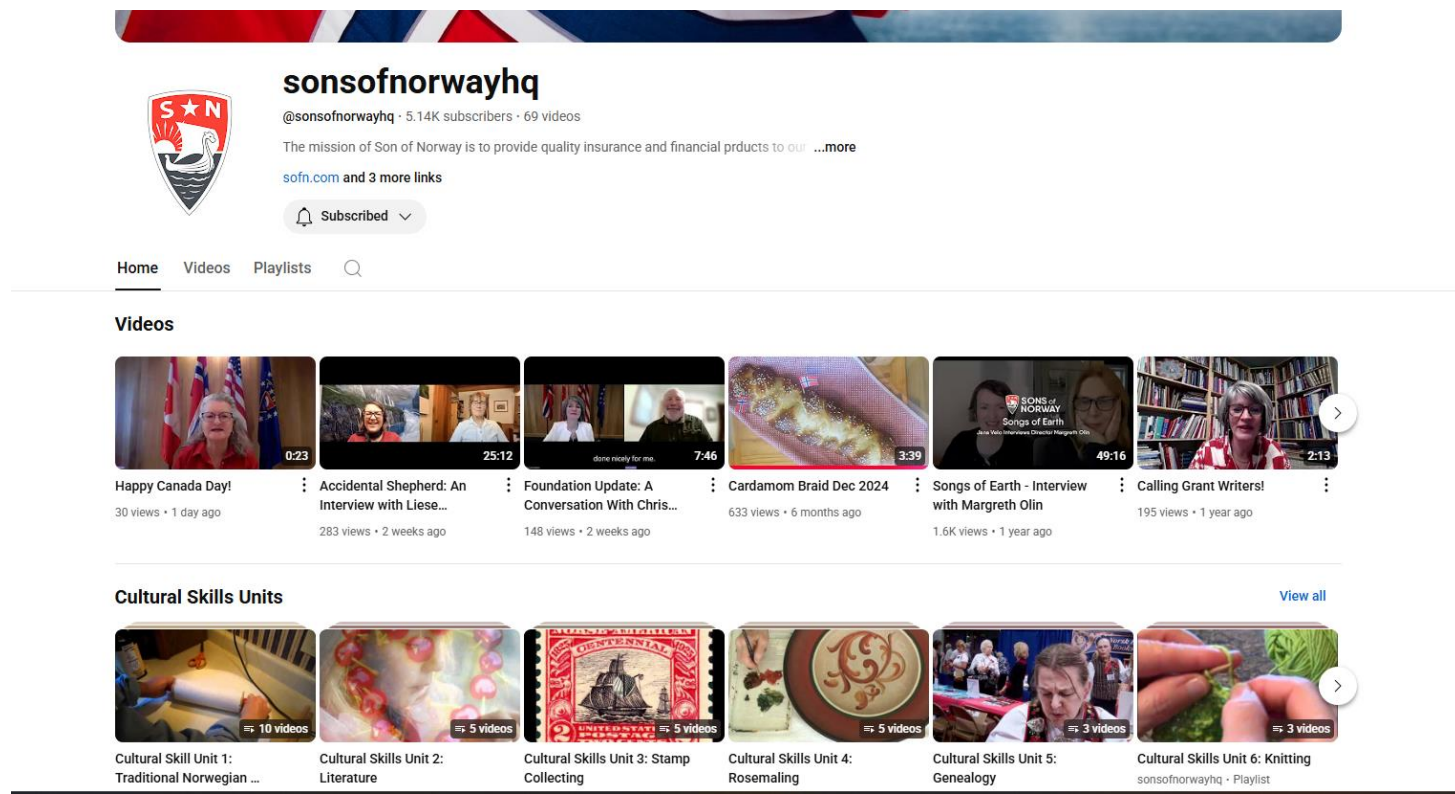
Sons of Norway District 5 - Friendly Fifth Friday News

July 4, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Check out the SN YouTube Channel-

<https://www.youtube.com/@sonsofnorwayhq>



sonsofnorwayhq
@sonsofnorwayhq · 5.14K subscribers · 69 videos

The mission of Son of Norway is to provide quality insurance and financial products to our members. [...more](#)
[sofn.com](#) and 3 more links

Subscribed

Home Videos Playlists

Videos

Video Title	Duration	Views	Time Ago
Happy Canada Day!	0:23	30 views	1 day ago
Accidental Shepherd: An Interview with Liese...	25:12	283 views	2 weeks ago
Foundation Update: A Conversation With Chris...	7:46	148 views	2 weeks ago
Cardamom Braid Dec 2024	3:39	633 views	6 months ago
Songs of Earth - Interview with Margreth Olin	49:16	1.6K views	1 year ago
Calling Grant Writers!	2:13	195 views	1 year ago

Cultural Skills Units

Cultural Skill Unit	Duration	Views	Time Ago
Cultural Skill Unit 1: Traditional Norwegian ...	10 videos		
Cultural Skills Unit 2: Literature	5 videos		
Cultural Skills Unit 3: Stamp Collecting	5 videos		
Cultural Skills Unit 4: Rosemaling	5 videos		
Cultural Skills Unit 5: Genealogy	3 videos		
Cultural Skills Unit 6: Knitting	3 videos		

Leadership Resource Videos (must log in)

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership-resource-videos/

Sons of Norway Foundation Update Fall 2023

Fraternal Membership Engagement Manager Kirsten Lehman sits down with Foundation Director Amy Olson Tuchenhausen to discuss the "Together We Are The Future" campaign and the opening of scholarships and grants.

[Watch video](#)

Logging onto sof.n.com

This step-by-step video will help users log on to the Sons of Norway website and access a leader's Profile page. You can also download a [PDF](#) and [Powerpoint](#) presentation to use at your convenience.

[Watch video](#)



Membership Materials Update

There are two parts to this video. In the first part Amy talks about February Friluftsliv, and the second part includes an important message about membership materials.

[Watch video](#)



Navigating the Sons of Norway Website

Tips and tricks for navigating the Sons of Norway website from Angie Eckel, our Digital Strategist.

[Watch video](#)

Sons of Norway Update Fall 2022

Tune in for several newsworthy updates for Fall 2022 including an update on the Christmas ornament.

[Watch video](#)



Sons of Norway Foundation Update Fall 2022

Emily Stark gives an update on the Foundation.

[Watch video](#)

FAQs with Customer Service

A conversation with Amy Jones, one of our friendly customer service representatives. She answers some of the most-asked questions that come to our hard-working team.

[Watch video](#)



Lodge Record Retention Guidelines

The following Leadership Video intends to help you decide which documents to keep or toss, and how long each document should be kept. Video recap PDF also available [here](#).

[Watch video](#)

Sons of Norway Foundation Update Spring 2022

An update about grants awarded from our Sons of Norway Foundation. These grants are a direct result of the generosity of lodges and donors that support the Foundation's mission.

[Watch video](#)



Liability Insurance

In this video, Amy chats with Sons of Norway Chief Financial Officer Erica Oberg about Lodge Liability Insurance.

[Watch video](#)



A Conversation With Draxten Lodge President, Linnea Henning

In the video, Linnea shares about her experience in the leadership role.

[Watch video](#)



Amy (Olson) Tuchenhausen discusses the D17 financial statement in this 2 part video

An important message about the D17 financial statement, which is due March 15th. Note: there are two parts to this video. The first part includes general information regarding the D17, and the second part includes screenshots and descriptions on how to complete the form.

[Watch video](#)



Viking Magazine: District Happenings Photo Guide



Submitting Your Photos to the District Happenings Section

Viking's District Happenings section is the perfect place to showcase your lodge. Here are some helpful guidelines for the submission process to get you started.

Send your photographs to your lodge publicity director who will forward them to your district publicity director. If your lodge does not have a lodge publicity director, please send submissions directly to the district publicity director via mail or email. Contact information for the district publicity directors can be found on the corresponding district page of *Viking Magazine*.

Each month, the district publicity director selects four of the best photos and submits them to Sons of Norway Headquarters so that they may be edited and sent to the magazine publisher. Since *Viking* is assembled two months in advance, please email photo submissions and caption information to ensure more timely publication. Emailed photo submissions should be sent as attachments. Photos may also be submitted in hard copy via postal mail as long as they **reflect the same quality as professionally processed photos**. Downloadable photo submission forms can be found in the member resources section of the Sons of Norway website, or they may be requested from your District Publicity Director.

Photo Criteria

- Digital photos must have a resolution of 300 dpi (dots per inch) or greater with no visible pixelation or blur and be at least 3"x 5" in physical size. High resolution images will always be a larger file size, often several hundred kilobytes (KB) or from one to 10 megabytes (MB) and up.
- Printed photos must be a minimum of 3"x 5" in physical size and reflect the same quality as professionally processed photos. There can be no visible ink dots, stripes or patterns in the image from the printing process. Please do not write caption information on the back of the photograph as the pen pressure can damage the print. Photos should be crisp and clear; a blurry or grainy photo cannot be used. If you are unsure about the quality of your print, email the original digital file to your district publicity director, as it is possible the digital file can be used instead.
- The photo must contain Sons of Norway members and caption information must relate directly to the content of the photograph.
- Photos of inanimate objects (handicrafts, food items, murals, etc.) will not be used.
- Photos must be visually interesting, well lit, and of good composition. It is best to avoid photos containing distracting items in the foreground.
- Composite or digitally altered images will not be used.

Best Practices

- Always be sure to set your digital camera to the highest possible photo quality setting.

High resolution photos will use more space on your memory card, but adjusting this setting will help ensure that the photo will be of sufficient resolution for publication. The camera's settings as well as photographic conditions at the time the photo was taken determine the quality of the photo. Consult your camera's user guide for further details on how to change these settings.

- Photos obtained from the Internet or social media sites like Facebook usually do not reflect the image quality needed for printing in the magazine.

Images obtained from the Internet are often smaller in physical size and resolution in order to allow for faster web page loading. These images typically do not meet the size and resolution criteria for Viking. If you can, try to locate the original unaltered digital file from the camera on your computer and submit that image instead.

- When emailing a photo from a tablet or smart phone, be sure to send the largest possible file size offered.

Be advised that sending a larger image file will likely require additional bandwidth/data.

- To send digital photos, manually attach them to your email draft via the attachment button (often denoted by a paperclip icon) in your email program.

- Scanning and emailing a printed photo will not improve the quality or resolution.

Scanners can only replicate the detail that is already present in your original image, not improve upon it. A high resolution scan of a low quality image will yield deceptive results since pixel dimensions will improve but the actual quality of the photograph will not.

Resolution

Resolution refers to the electronic pixels or dots of ink that comprise a picture, whether in printed format or viewed on screen. Much like colored tiles in a large mosaic, pixels are the individual pieces of information that create a larger digital image. The greater the number of pixels present in a photograph, the higher quality the image will be. Computer monitors display significantly fewer of these “dots” per inch than a printer, for this reason, a low resolution photo may look good on screen, but grainy and pixelated once printed. The resolution quality of photos taken with an iPhone and submitted via email is generally acceptable.

Measuring Resolution

Without using photo-editing software, the easiest way to gauge the resolution of your image is to determine the pixel dimensions of your photo.

PC users: Locate where the image file is stored on your computer hard drive (desktop, my pictures, etc.) Once you see the icon representing the image file, right-click on it and select “Properties” and then “Summary.” The information that you are looking for are the pixel dimensions. As a general rule, the larger the pixel dimensions, the better the quality of the photo. The chart below includes some sample pixel dimensions as well as their corresponding print sizes at the required resolution for Viking Magazine.

MAC users: Locate the stored image on your computer (desktop, pictures, etc.). Select/highlight the image file and hit the command key and “I” key. An information box with drop down menus will pop up that contains details about the image. Select the “More Info” tab and note the values given for “dimensions.” These numbers indicate the pixel dimensions of the photo. Ideally, a photo’s pixel dimensions will be a minimum of 1500 x 900 and larger.

For example, if a photo has pixel dimensions of 253 x 360 it will yield only a .84” x 1.2” photo at the required 300 dpi (dots per inch) resolution required for Viking magazine. Dividing each of the pixel dimensions by 300 (the desired minimum resolution) will determine the maximum print size of the photo. In this case, the example photo falls well below Viking magazine criteria.

Sample Pixel Dimensions

Pixel Dimensions	Megapixels	Maximum Print Size at 300 dpi	Can it be used in the magazine?
640 x 480	.3	2.1” x 1.6”	no
1020 x 750	.7	3.4” x 2.5”	no
1500 x 900	1.3	5.0” x 3.0”	yes
2048 x 1536	3.1	6.8” x 5.1”	yes
2464 x 1632	4	8.2” x 5.4”	yes

• It is possible for an image to have large pixel dimensions but still be of insufficient quality for the publication due to poor photographic conditions at the time the image was taken or due to modifications made by editing software or scanning.



Low resolution image example: Photo is pixelated and details are unclear



High resolution image example: No visible pixelation or blur and details are crisp and clear.

Photography Tips Using a Smart Phone



• Shoot the same object a few times

The great thing about digital photography is its speed and ease. It also allows for multiple attempts to achieve a good photo. Be sure to take a few shots so at least one of them will be good.

• Consider your light source

Avoid taking photos with direct sunlight on faces, which will cause harsh shadows and a lot of squinting. Keep in mind that, for portraits, light from a window will provide a soft and pleasing look. The light source should be behind the photographer's back so the subject is not silhouetted.

• Do not color correct

This will be done during the magazine's production process to ensure standards for print and color quality.

• Do not use filters or effects

Effects and filters will cause a photo to look different than others around it causing it to stand out unnecessarily. They are also irreversible. We cannot include images that use them.

Specific to iPhones

• Snap photos with the volume button, avoid blurred photos

Because the iPhone is so thin, tapping the digital shutter button can cause camera shake and a blurred photo may result. Instead, you can use the volume-up button when in the camera app to snap a photo – and avoid camera shake entirely.

• Refrain from using the zoom feature

Your iPhone (with the exception of the iPhone 7 Plus, with its twin-lens rear-facing camera) cannot magnify the image by using an optical zoom, the way many compact or professional cameras can. Instead, it uses a digital zoom, which merely makes the pixels big and blocky, obliterating fine detail. Zooming in digitally also makes it even harder to take a steady photo. To fill the frame, simply move closer to your subject.

• Turn off your flash

Recent generations of the iPhone flash are much improved over their predecessors, but the flash is actually just an LED light. Because it's not that powerful and causes unnatural and overly stark photos, try shooting in natural light sources instead.

Branded Materials for Download

Please Note: Questions about proper usage of the logo as well as requests for district or lodge logo artwork may be directed to Sons of Norway Headquarters at 800-945-8851.

[Sons of Norway Brand Guidelines](#)

[Sons of Norway Logo](#)

[Sons of Norway Letterhead](#)

[Customizable PowerPoint Template](#)

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/communications_tool_kit/

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2025 Calendar

July 6- Summer Sons of Norway Picnic- 1 PM at Arneson's in Stoughton

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.