

Sons of Norway District 5 - Friendly Fifth Friday News March 13, 2026

A District Weekly Newsletter to Keep Us Up to Date!

Well, spring is almost here...at least Daylight Savings Time is right around the corner!

I looked and looked at my emails in February, anticipating photos coming my way. Oh-oh. Only ONE lodge sent any pictures. Not a good response to my request for photos.

There must be more great photos out there waiting to be submitted for the kiViking and the District 5 website. Can I get a better response for March?

The Photo Submission Report is attached. Just fill it out and send it in the same email that you put a photo. One for each photo, please.

I think most lodges have a challenge with getting publicity out about Sons of Norway and the lodge. I find people in my area who have never heard of us, even with several methods of creating publicity.

I'm doing an experiment. People say paper flyers are "old school". Yes, but it is possible some people actually read them! I added a "new school" bit to the flyer for those who don't want to stand and read a paper flyer. After encouragement from Connie Aiello, I learned how to make a QR code. I added the QR code for Sons of Norway to the paper flyer. They just have to "click" on it, and can access Sons of Norway later at home.

You can do whatever you want to make the flyer noticeable. I put a red paper border on the top and side to help the flyer stand out on those bulletin boards. You decide what you put on the flyer. Here is ours:



Hey, you! Yes, YOU!

There is a group that meets in this area that would love to have you join them! It is the Sons of Norway Fagernes Lodge in Blair, Wisconsin. You don't have to be Scandinavian to join. We meet at the Blair Lutheran Church. We are in parades and have picnics, etc.

Sons of Norway helps you learn more about your heritage and get involved with cultural skills, genealogy, language skills, and just have fun! There are also life insurance and investment opportunities through Sons of Norway.

It's not just for old folks!

We encourage families and young adults to come be a part of our group. We have events for children, and 9 - 15 year olds can even go to a Norwegian camp!

You are welcome to come visit a meeting to see if this is something for you. We meet on one Saturday a month at 1:00... and there is always LUNCH!

Got questions? Call 608-539-3243 and leave a message. We'll get back to you. You can also go to www.sofn.com to learn more about the organization. Or, click the QR code.



Will we have people contact us and want to visit our lodge? Time will tell. With so many other activities available nowadays, it is not easy to compete with what is out there. We need to keep trying...and might reach people who are interested in Sons of Norway. Old school or new school...publicity of some kind is better than none at all.

Please send the March photo submissions to me by March 20th. I'm waiting to hear from you!

Here is the Photo Submission form:
https://sonsofnorway5.com/publicity_director_messages/

LaVonne Wier
D5 Publicity Director



**TIME IS
RUNNING
OUT**

On those March deadlines....

March 15- D-17 Audit Reports due; Lodge Achievement/Family Lodge of the Year Survey due;
Property Officer Updates due; AFA Report (Volunteer Hours)

Some updates from last week on where lodges are:

From Kirsten Lehmen on Wednesday-

Good morning,

I've had a couple of questions come in as lodges are working to get their D17's done. Please see below definitions and the attached spreadsheet updated as of 10am today. Thank you for getting the word out, lodges are being quite responsive and working hard to get things in!

Complete - data entered, all signatures in, nothing further to do (137! 😊)

Submitted *need sig* - data was entered, they might have missed the step to go back in and sign, or are in process of final signatures

Incomplete - need 1 or 2 signatures added to be complete

Not started - no data entered yet into the system

Hilsen, Kirsten

Kirsten is going to send out another update on where lodges are on the various reports so watch for emails from myself or other board members reminding you!

Where to find the forms and get help!

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

— D-17 Lodge Financial Statement (REQUIRED)

We are no longer offering a PDF version of the D-17. You must complete it via the link on your [profile page](#). If you do not know how to access your profile page, please see this [video](#). (4:27 mark)

[D-17 Q & A](#)

[D-17 Instructions](#)

[D-17 DRAFT](#)

Lodge Achievement/Family Lodge section

— Lodge Achievement & Family Lodge of the Year Form

This form is necessary to determine lodge achievement awards. You must complete it via SurveyMonkey by March 15. If you need assistance, please contact fraternal@sofn.com.

- [Survey DRAFT](#)
- [2025 Lodge Achievement & Family Lodge of the Year Survey](#)



2025 American Fraternal Alliance (AFA) Survey

Purpose and Instructions

Sons of Norway is required as a fraternal organization to report volunteer hours and other key data to the American Fraternal Alliance (AFA) each year. Please answer all questions so that we can submit the most accurate information.

The below questions are information that is included in that report. Please take a few minutes to complete the survey. Data on financial contributions will be taken from the lodge D17 for the same year.

Completion of this survey is worth 10 points. An extra 5 points will be awarded for submissions by or on **March 15**.

QUESTIONS? Contact Sons of Norway headquarters at (612) 821-4643 or fraternal@sofn.com.



Where to find District 5 Scholarships!

https://sonsofnorway5.com/financial/district_scholarships.php



The Friendly Fifth
Wisconsin Illinois Indiana Michigan Ohio Tennessee

District 5

SEARCH: ENHANCED BY Google

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

Scholarships from District 5



2025 Cyril K. Wittrock Scholarship (Funded by the Skjold Lodge 5-100)

Takk for alt

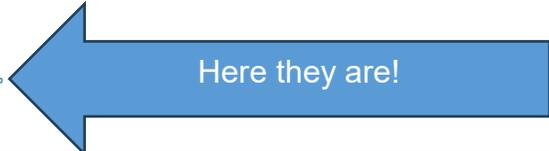
Dear Sons of Norway District 5 / Nordic Legacy Foundation and the Foselyngen Lodge 5-082,

I am writing to express my gratitude for being awarded the District 5 Wittrock scholarship this year.

As you know, I am at McHenry County College, pursuing my Associates Degree. I hope to transfer to a four year university to study Political science and international relations to become a diplomat. This scholarship will allow me to focus more on my studies as well as help cover some of the cost of tuition. Thank you again for your generosity, I am committed to making the most of this opportunity and will strive to make a positive impact in my field.

Sincerely,
Clara Solak
Skjold Lodge (D5-100) member and MCC student

- 2026 Application for International Summer School Scholarship
- 2026 Norwegian Folk High School Scholarship Application
- 2026 District 5 Lodge Academic Scholarship Application pdf



Application must be postmarked by: **March 16, 2026**

Mail to:

Lisa Rove-Williams
Sons of Norway District 5 Youth Director
771 W. Dresser Rd.
DeKalb, IL 60115

or rovewilliams@comcast.net



Have you?

- Sent in your delegate election form?
- Filed your D17 Audit Form?
- Filed your LA/FLOY form?
- Filed your AFA Hours?
- Sent in a bid for hosting the 2028 District Convention?
- Sent in any resolutions or bylaw proposals for the 2026 District Convention?
- Shared the District Scholarship Forms?
- Started on your 990 IRS filing?
- Found an item (or two) for the District's Silent Auction?
- Worked on the District Cultural Skills-New Skill Challenge?
- If you didn't send in your Throwing Challenge activities, send them to Clara!

Did you forget to send in your Sports Throwing Challenge Activities?

Clara Solak shared on our Sports & Recreation Committee call that **only one lodge sent in activities for the Throwing Challenge**. We know many lodges had members who did something to qualify! Please send those into Clara by May 31! It's still the activities from June 1, 2025-December 31, 2025 but you have a little extra time to compile the activities!



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

2026 Calendar

March 13-14- District 5 Board Meeting in Rockford, IL

March 15- Bids for 2028 Convention Due

March 15- D-17 Audit Reports due; Lodge Achievement/Family Lodge of the Year Survey due;
Property Officer Updates due; AFA Report (Volunteer Hours)

March 16- District Scholarships Due

March 20- Viking Photo submissions due to LaVonne Wier

April 20- Viking Photo submissions due to LaVonne Wier

May 1, 2025 – May 1, 2026- Cultural Challenge

May 15- 990 IRS forms due; D-18 Audit Reports due for lodges that own property

May 17- Deadline for Masse Moro Local Lodge Supporting Funds (Matching Grants)

May 20- Viking Photo submissions due to LaVonne Wier

May 31- Submit Throwing Challenge Activities to Clara Solak

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2nd cycle deadline for D5 Nordic Legacy Foundation Cultural and Matching Grant
applications

July 12-25- Masse Moro

July 20- Viking Photo submissions due to LaVonne Wier

August 2-6- District 5 Convention in Stoughton

November 1- Lodge Liability Insurance due

December 31- Lodge Officer Updates (D63) due

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 Tuchenhagen**
foundation@sofn.com, atuchenhagen@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@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.