

**Sons of Norway District 5 - Friendly Fifth Friday News**  
**May 15, 2026**  
*A District Weekly Newsletter to Keep Us Up to Date!*

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**It's Syttende Mai Month! Send in your photos from your lodge's celebration.**

Photos should arrive in my email by May 20, 2026. Please include the Photo Submission Form with each photo.

[https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946\\_1.pdf](https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946_1.pdf)

Thank you.  
LaVonne Wier  
D5 Publicity Director

**990's- Don't delay on filing!** All US lodges must complete a 990 form by May 15. Send verification copy to [taxinfo@sofn.com](mailto:taxinfo@sofn.com) once it has been submitted. Questions about the 990 are best answered through the IRS website. It should not cost anything to file the 990. Refer to their website for more information: [Annual electronic notice \(Form 990-N\) for small organizations FAQs: How to file | Internal Revenue Service.](#)



Don't miss the May 17 Deadline for Local Lodge Support that the District Matches! It's \$500 savings for the campers!



**Masse Moro Norwegian Heritage Camp  
July 12 - 25, 2026**

**\*\* Local Lodge Supporting Grant Endorsement \*\***

THIS ENDORSEMENT MUST BE POSTMARKED BY: **May 17, 2026.**

**Please Note:** Local Lodges provide varying amounts of support for their Masse Moro campers.

District 5 will match the Local Lodge Supporting Grant up to \$250.00 per District 5 camper.

Contact your Lodge's president to determine requirements and Supporting Grant amount. Tusen Takkl!

**Camper or Sponsor complete this section (please print):**

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Sons of Norway Member/Sponsor Name: \_\_\_\_\_ Member# \_\_\_\_\_

\_\_\_\_\_  
Name and address of Sons of Norway Lodge of Sponsor                      Relationship to Camper

E-mail: \_\_\_\_\_ Phone Number \_\_\_\_\_

**Camper: complete the above information, then send this form to your sponsoring lodge for further processing.**

**LOCAL LODGE ENDORSEMENT**

The members of \_\_\_\_\_ Lodge, 5-\_\_\_\_\_, have voted to endorse this applicant for Masse Moro - Sons of Norway District 5 Norwegian Heritage Camp for the 2025 session.

Enclosed is check number \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ Date of Application: \_\_\_\_\_

\_\_\_\_\_  
Print Lodge President or Secretary                      Signature                      Phone Number of President/Secretary

- ❖ **Make checks payable to: Nordic Legacy Foundation**
- ❖ **Please include the camper's name on the memo line of the check.**
- ❖ **THE ENDORSEMENT MUST BE POSTMARKED BY May 17, 2026**
- ❖ **LODGES: Please send this completed form and the accompanying supporting check to:**

Lisa Rove-Williams  
771 W. Dresser Rd  
DeKalb, IL 60115  
rovetwilliams@comcast.net

New deadline for Well wishers,  
ads and sponsors- June 15

Sons of Norway District 5 Convention 2026  
August 2-6, 2026, Stoughton, WI  
Sponsor Form



Deadline: June 15, 2026

**NORWAY**  
**District 5**

Booklet Ad Size	Price	#	Cost
Front inside, Back Inside, or Back outside Cover 5.5" x 8.5" with .125" bleed (circle preferred)	\$150		\$
Full Page Interior 5.25" x 8.25"	\$125		\$
Half Page : 5.25" x 4.125"	\$75		\$
Quarter Page (horizontal or vertical) 2.625" x 4.125"	\$35		\$
Well Wishes	\$2		\$
Total Ad			\$
Sponsorships	Price	#	Cost
All 4 levels includes signage to be displayed on the coffee table, recognition on the daily schedule and in the booklet			
MANGE TUSEN TAKK(many thousand thanks) Includes opportunity to speak to delegates and have signage in delegate hall	\$500+		\$
MANGE TAKK (MANY THANKS) Includes opportunity to have signage in delegate hall.	\$250		\$
PRESENTER/COFFEE BREAK	\$200		
TAKK (THANK YOU)	\$100		\$
Total Sponsorship		Total	\$

Name of Sponsor:\_\_\_\_\_

Name of Contact:\_\_\_\_\_

Phone:\_\_\_\_\_

Email:\_\_\_\_\_

When mailing your check, please include a copy of this form. Make checks payable to:

**SONS OF NORWAY – MANDT LODGE**

Send to: Sons of Norway - Mandt Lodge Attn: Jane Conner, 317 S Page St, Stoughton, WI 53589

If there are any questions or concerns, please contact Callie LaPoint at (952)380-7851 (call/text) or email [calliejo06@gmail.com](mailto:calliejo06@gmail.com) . Sponsor information should be submitted electronically in final format via email. If this is an issue, please contact Callie to make other arrangements.



## **Test Your Syttende Mai Knowledge-**

<https://www.sofn.com/blog/test-your-syttende-mai-knowledge/>

### **By Sofia Haan**

May 17 (*Syttende Mai*) is Norway's national day. The day marks the signing of the Norwegian Constitution in 1814, making Norway an independent country. As you prepare for the holiday, check out the past [May issue of Viking magazine](#) to test your knowledge with our fun and festive quiz. Here are some bonus questions.

1. The Syttende Mai children's parade (*barnetog*) has always allowed both boys and girls to participate.

- a. True
- b. False

2. It's common to wear a Norwegian folk costume (*bunad*) to Syttende Mai celebrations. What is the primary function of a person's *bunad*?

- a. To look nice
- b. To pay homage to your hometown
- c. To show the world you are Norwegian
- d. There's no real purpose to the *bunad*

3. For over 140 years, participants in the Syttende Mai children's parade have sung the national anthem, "Ja, vi elsker dette landet," as they walk. What does this translate to in English?

- a. "Yes, we are a nation"
- b. "Yeah, today is a celebration"
- c. "Yes, we love this country"
- d. "Yes, see our beautiful land"

4. There were several years in the 1820s where the King banned the celebration of Syttende Mai. What was the name of the king who briefly prohibited the holiday?

- a. King Karl Johan
- b. King Harald Halfdansson
- c. King Harald Haakon
- d. King Olav Tryggvason

5. Food and drink are at the heart of Syttende Mai, and Norwegians often raise a cocktail made with aquavit in celebration. Aquavit is a signature Scandinavian spice-infused spirit distilled from what produce?

- a. Barley and wheat
- b. Cane sugar and fruit
- c. Rye and corn
- d. Potatoes and grains

### Answers

1. False. When the first children's parades began in Oslo in 1869, only boys were allowed to participate. It wasn't until 1899 that girls were allowed to join in the parade festivities. Today, thousands of children join local Norwegian parades to celebrate "The Children's Day."

2. B. While it's true that the bunad is a symbol of Norwegian pride and heritage, bunad designs vary massively between regions. It's customary to wear an outfit from an area to which you have a genetic or residential connection because a bunad's designs and the colors should be a representation of your hometown or family's region of Norway. It's also a great way to connect with others from similar regions.

3. C. The National anthem (*nasjonalsangen*) is officially called *Ja, vi elsker dette landet*, but is often referred to simply as *Ja vi elsker*. The song has long been a Norwegian anthem of nationalism and protest and was performed in public for the first time on the 50<sup>th</sup> anniversary of Syttende Mai in 1864. Despite this history and deep connection to the country, the song wasn't adopted as the official national anthem until December 2019.

4. A. At the time, Norway was in a union with Sweden and King Karl Johan was hesitant to allow celebrations. His banning of the holiday sparked public anger and even led to the Battle of the Square in 1829, where Norwegian demonstrators fought against forces from the United Kingdoms of Sweden and Norway. Eventually, King Charles XIV John lifted the ban on Syttende Mai celebrations, and the holiday became what it is today by 1864.

5. D. A drink similar to vodka or gin, aquavit is a distilled spirit that comes almost exclusively from Scandinavian countries. To be designated as "Norwegian aquavit," the drink must be made with potato spirits distilled in Norway from a minimum 95% Norwegian potatoes, aged in oak barrels for at least six months and must contain caraway or dill seeds. Other Scandi countries also have their own specific spice flavoring and barreling traditions. The drink is intended to be shared with others as a social activity and cultural celebration so be sure to say "skål" (cheers) before drinking!

## **2026 Calendar**

### **May 1, 2025 – May 31, 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 15- Extended Deadline for Convention Well-wishers, Ads, and Sponsorships**

June 20- Viking Photo submissions due to LaVonne Wier

June 30- 2<sup>nd</sup> 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

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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.