

Sons of Norway District 5 - Friendly Fifth Friday News
May 24, 2024
A District Weekly Newsletter to Keep Us Up to Date!

HELLO, MEMBERS!

We did it; another 5th District sports challenge is in the books! I have included a template for lodges to use with their participants. Please download it, or design a template with your spin, if desired. I envision local lodge sports directors or presidents disseminating the recognition sheets to their members. Write each participant's name on the line provided.

At the convention in June, I would like to acknowledge those lodges with participants. Remember, it doesn't matter whether one finished the challenge or not, but whether s/he is better for trying. Improved stamina, cardiovascular health, strengthened muscular systems, a more positive attitude, and gaining better balance are some of the realized perks.

Please notify me if your lodge had participating members.

Thank you,

Cheryl Wille-Schlesser

Interim Sports Director/District 5 President

cwschlesser200bc@gmail.com

Download the template at:

https://sonsofnorway5.com/programs/sports_and_recreation.php

GRATULERER til deg, _____.

Keeping our members on the move is one of the goals of the district. By participating in this year's health challenge, you not only improved your physical condition, but you brought glory, laud, and honor to your lodge!

The district 5 leadership team acknowledges your participation and wishes you many happy trails to walk, rivers to cross, fjords to swim, and paths to bike over the course of the summer months.

Godt gjort, min venn (Well done, my friend),

Cheryl Wille-Schlesser

**Cheryl Wille-Schlesser
District 5 President
2022-2024**



Hi District leaders,

Good news, we have just added golf shirts to our store. It's on the public facing one, so anyone can order. Spread the word!

[OGIO - Jewel Polo. \(logoshop.com\)](https://logoshop.com) – Women's

[OGIO - Caliber2.0 Polo \(logoshop.com\)](https://logoshop.com) – Men's

Thanks!

Kirsten Lehman

Fraternal Membership Engagement Manager

klehman@sofn.com




OGIO - Jewel Polo.

Tradename: OGIO

SOFN-LOG101

OGIO - Jewel Polo. Impeccably designed for women everywhere, the Jewel has a contoured fit and streamlined style. 5-ounce, 100% poly pique with stay-cool wicking technology Self-fabric collar Flat knit cuffs Arm seaming accent Set-in, open hem sleeves OGIO heat transfer label for tag-free comfort 6-button placket with dyed-to-match OGIO buttons OGIO badge on left sleeve

 Request Info

 More from this line

Configure Product

^ Pricing

XS, S, M, L, XL

Size: XS, S, M, L, XL

Quantity	1
Price	\$47.00

Price Includes: Embroidered - SOFN Logo - Left Chest

ADD TO SHOPPING CART

2XL

Size: 2XL

Quantity	1
Price	\$48.00


[Back To Results](#) | [Next Product >](#)


OGIO - Caliber2.0 Polo

Tradename: OGIO

SOFN-OG101

OGIO - Caliber2.0 Polo Accelerate beyond the limits in this high-performance polo that pays tribute to your favorite jeans with its rounded, bartacked placket. 5-ounce, 100% poly pique with stay-cool wicking technology OGIO jacquard neck tape Flat knit collar Rib knit cuffs OGIO heat transfer label for tag-free comfort Triple-needle shoulders and hem 3-button placket with OGIO dyed-to-match buttons Set-in, open hem sleeves OGIO badge on left sleeve Side vents

 Request Info

 More from this line

Configure Product

^ Pricing

XS, S, M, L, XL

Size: XS, S, M, L, XL

Quantity	1
Price	\$47.00

Price Includes: Embroidered - SOFN Logo - Left Chest

ADD TO SHOPPING CART

2XL

Size: 2XL

Quantity	1
Price	\$48.00

Price Includes: Embroidered - SOFN Logo - Left Chest

ADD TO SHOPPING CART

3XL

Size: 3XL

Summer Fun- Is Kubb a part of your lodge sports program?

Learn more about Kubb at: <https://kubbon.com/>

Find kubb clubs that can assist you: <https://kubbon.com/kubb-clubs/>

Find tournaments for your members to play in: <https://kubbon.com/schedule/>

Want to learn the basics about kubb: <https://kubbon.com/category/new-to-kubb/>

Where to get kubb sets: <https://kubbon.com/2024/03/06/where-can-i-buy-a-quality-kubb-set/>

Why we don't encourage you to buy kubb sets at stores as they usually ARE NOT regulation size! Why these and not others?

You might find cheaper sets advertised online, or at a big box store, but buyer beware—you get what you pay for. These cheap sets almost always use smaller dimensions, cheaper wood, and inconsistent weights. The tournament sized sets above will give you a much better playing experience. Bonus: they also teach you how to play with sizes that will translate to a league or [tournament](#) when you're ready for the next step (don't be afraid, try it!).

Kubb

Kubb (rhymes with tube) is a lawn game where the object is to knock over all the other team's kubbs, followed by the king, all in one turn.

Object of the game:

Be the first team to knock over all the other team's kubbs, followed by the king, all in one turn.

baton kubb king

6 batons— 44mm diameter x 300mm
Always tossed underarm. Sideways, horizontal tosses or "helicopter" spins are illegal throws.

legal throw illegal throw

Always tossed from behind the baseline (but this can be a temporary advantage line as seen in the example in turn #7).

One baton can topple several kubbs in the same toss. Combos are a great strategy!

10 kubbs— 70mm sq x 150mm
Kubbs always start on the baseline, and move to the field only after they have been toppled.

All field kubbs on your opponent's side must be toppled before any baseline kubbs can be overturned.

Kubbs can be thrown in any fashion, but must be underarm and from behind the permanent baseline (never a temporary advantage line).

1 king— 90mm sq x 300mm (crown optional)
The king is always the last to be toppled. If a team topples the king before they topple all their opponent's kubbs, they lose (it's sort of like an 8-ball in pool).

All king shots are taken from behind the permanent baseline.

Design and illustration by Bryan Jones, inspired by Scott Moehring. bryanjonesdesign.com

1. Set-up
• 8m long x 5m wide pitch, divided into two fields (A & B)
• 5 kubbs on each baseline and 1 king in the middle of the pitch.
• 1 to 6 players per team.

2. King toss
• A & B each toss one baton toward the king.
• Closest to the king without toppling it can choose to throw first or pick a side of the pitch to play from.

3. Team A wins toss and attacks first
• A throws 2 batons underarm from behind their baseline.
• A topples as many of B's kubbs as they can.

4. Team B tosses (inkasts) all toppled kubbs
• Kubbs must come to rest in A's field (across middle line).
• A sets the thrown kubbs upright (as though they were on a hinge) by choosing an end to stand them on.

5. Team B attacks, aiming for field kubbs first
• B throws 4 batons and must topple all A's field kubbs before going for baseline kubbs.
• Baseline kubbs toppled before all field kubbs are put back up.

6. Team A inkasts any toppled kubbs
• Since B didn't topple all of A's field kubbs, a temporary advantage line is created.

7. Team A attacks
• A can move up to attack from the temporary advantage line created by the closest remaining field kubb.
• A throws 6 batons (used the rest of the game), toppling B's field kubb before baseline kubbs.

8. Team B tosses (inkasts) all toppled kubbs
• B tosses the kubbs close together to make it easier to topple several with a single baton.

9. Team B attacks
• B topples three of A's field kubbs with a one baton combo shot (also known as blasting).

10. Team A inkasts
• A inkasts the toppled kubbs close together.

11. Team A attacks
• A blasts a couple combos, clearing the field kubbs, and then topples the last baseline kubb.

12. Team A slays the king and wins the game
• King shots are always taken from behind the permanent baseline.
• 1 match is best of 3 games.




Note: If a kubb can be raised in-bounds it must be raised in-bounds

legal raise

KUBB UNITED

How-to videos and tournament rules available at www.kubbunited.com

For more information or answers to questions contact unitedwekubb@gmail.com

@KubbUnited   

Wonder how to:

- Change your beneficiary?
- Change your name and address?
- Make payment changes....

The screenshot shows the top navigation bar of the Sons of Norway website. The logo is on the left, and navigation links include Shop, Donate, File a Claim, Events, AGENT PORTAL, LOG IN, and JOIN/RENEW. Below this is a secondary menu with links for About Us, Financial Products, Member Benefits, Norwegian Culture, Foundation, Blog, My Account, and FAQ. A search icon is also present. A large blue arrow points from the 'How Do I?' dropdown menu to the 'Make Payment Changes' option. The dropdown menu includes options: Change Beneficiary, Change Name and Address, Apply for Certificate Change, Make Payment Changes, Request a Withdrawal, File a Claim, and Transfer Ownership. A search bar is visible below the dropdown menu.

Calendar of Events, Deadlines, and Other Dates to Note (changes in red)

June 19-22- District Five Lodge Meeting and Convention in Indianapolis

June 20- Viking photos due to LaVonne Wier

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).
- 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
- If you need something related to sales, you can use sales@sofn.com

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.

Darlene Arneson – arnesonfamily5@gmail.com