## 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

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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 District 5 President 2022-2024

Cheryl Wille-Schlesser

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) - Women's

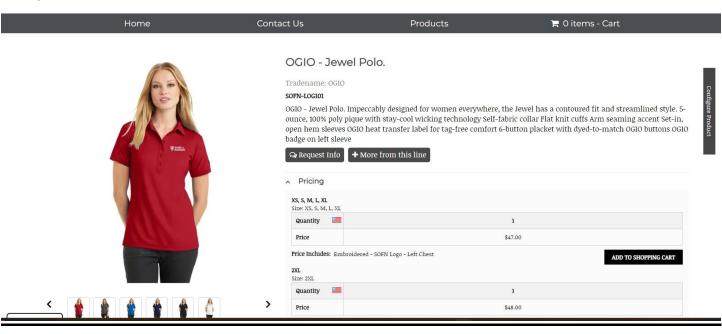
OGIO - Caliber2.0 Polo (logoshop.com) - Men's

Thanks!

Kírsten Lehman

Fraternal Membership Engagement Manager

klehman@sofn.com



Back To Results | Next Product >



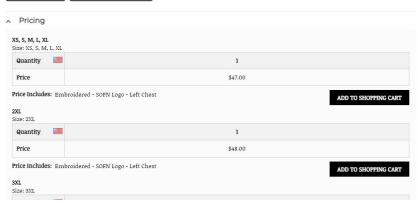
OGIO - Caliber2.0 Polo

Request Info + More from this line

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



## 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/

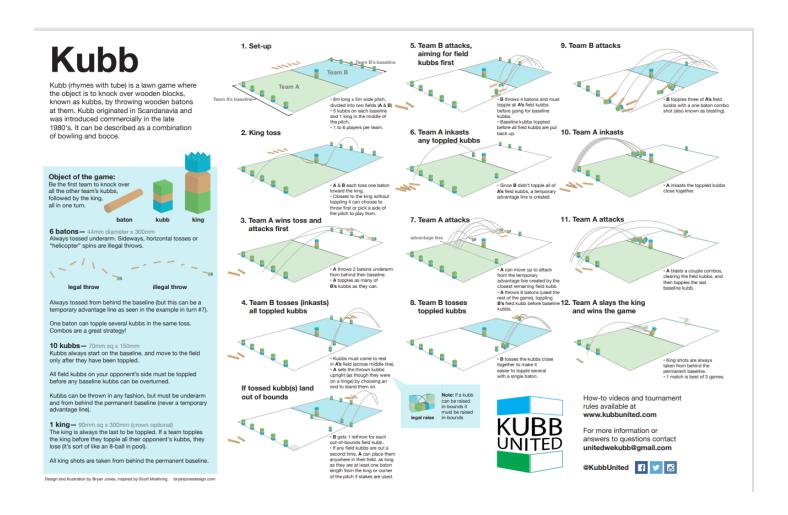
Find tournaments for your members to play in: <a href="https://kubbon.com/schedule/">https://kubbon.com/schedule/</a>

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

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

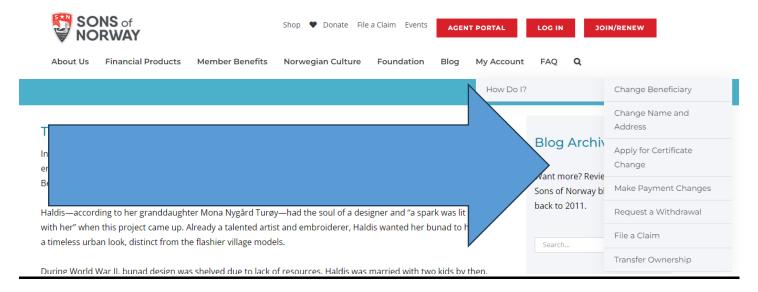
# Why we don't encourage you to buy kubb sets at stores as they usually ARE NOT regulation size! Why these and not others?

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!).



## Wonder how to:

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



## 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 <a href="mailto:cbs@sofn.com">cbs@sofn.com</a> 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)

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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 <a href="inputd5@sonsofnorway5.com">inputd5@sonsofnorway5.com</a> 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 <a href="inputd5@sonsofnorway.com">inputd5@sonsofnorway.com</a> 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