

Sons of Norway District 5 - Friendly Fifth Friday News

May 30, 2025

A District Weekly Newsletter to Keep Us Up to Date!

To tease you for this fall's Adult Weekend...

Norsk Museum Kicks Off 2025 Season with Taste of Norway Breakfast and Cultural Celebration
The Norsk Museum in Norway, Illinois, will launch its 2025 season with the Annual Taste of Norway Breakfast and Opening Day Cultural Events on Saturday, June 7, inviting the community to celebrate Norwegian heritage with food, crafts, and festivities.

From 8:00 to 11:00 a.m., the Norway Community Building, located at 3656 E 2631st Rd, Sheridan, IL 60551 (just off Rt. 71 across from the Norway Store), will host a hearty, home-cooked Norwegian breakfast. The menu features traditional favorites like fried Kumla, ham, scrambled eggs with chives, fruit cups, and fresh coffee. No tickets or reservations are required, with donations supporting the restoration of the historic Norway Temperance Hall.

Following breakfast, the Norsk Museum opens its doors from 1:00 to 5:00 p.m. for a vibrant showcase of Norwegian culture. Visitors can admire the Skagerrak Viking Ship on the front lawn, watch Rosemaling demonstrations by artists Lynn Sove Maxson and Kathy "Kass" Mufich, and explore stitchwork by Harriet Anderson Bower. Myrtle Duvick will demonstrate the art of making Krumkake, while children can enjoy a "How to Be a Viking" craft activity. The day also includes a lively Viking game of Kubb on the lawn and Norwegian pastries by members of the Polar Star and Cleng Peerson lodges.

The Norsk Museum, a non-profit staffed entirely by volunteers, operates without tax support, relying on fundraising events and donations to preserve Norwegian heritage. Open Saturdays and Sundays from 1:00 to 5:00 p.m., June through October, the museum also offers group tours by request during off-hours.

"We're excited to share our culture through food, crafts, and community," said Dave Johnson, President of the Norsk Museum Board. "We welcome stories, photos, artifacts, or volunteers to help keep our heritage alive."



For more information, visit www.NorskMuseum.org or call Dave Johnson at (815) 343-5070. Join the Norsk Museum on June 7 for a day of tradition, connection, and Norwegian pride.



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

District 5 Sports Throwing Challenge 2025 Report Form

Name of Lodge _____ **Lodge number 5-** _____

Person submitting the report _____

Role/Office _____ **Email** _____

Total Individual Minutes reported on this page _____

Total Lodge Activity Minutes reported on this page _____

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Sports medal PowerPoint- https://sonsofnorway5.com/programs/sports_and_recreation.php (right column)

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2025 Calendar

June 1- District 5 Throwing Challenge begins

June 20- Viking Photos due to LaVonne Wier

June 30- SN District 5 NLF Project Grants Cycle 2 application deadline **June 30**; Grants awarded by mid-July

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.