# Sons of Norway District 5 - Friendly Fifth Friday News May 30, 2025

A District Weekly Newsletter to Keep Us Up to Date!

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## 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 offhours.

"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







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 <a href="mailto:clara.solak23@gmail.com">clara.solak23@gmail.com</a> 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 rep	ort
Role/Office	Email
Total Individual Minutes re	ported on this page
Total Lodge Activity Minut	es reported on this page

Date	Individual activity	Lodge Activity	Activity	Minutes involved

## Participate in the Throwing Challenge and earn some sports medals!

Sports medal PowerPoint- <a href="https://sonsofnorway5.com/programs/sports\_and\_recreation.php">https://sonsofnorway5.com/programs/sports\_and\_recreation.php</a> (right column)

#### IDRETTSMERKE (SPORTS & FITNESS) IDRETTSMERKE IDRETTSMERKE The Idrettsmerke (EE-dretts-merk-ch) Sports & Fitness Medal Program rewards Sons of Norway members for living an active lifestyle. While participating in a wide range of fin, athletic activities, members cam points towards bronze, silver, gold and enamel medals. Here's how the program worker. ADDRESS : SPORTS & FITNESS All strenuous sports activities should not be attempted without consulting your doctor first. DISTRICT/LODGE: SPORTS MEDAL PROGRAM "Participation in the Sports Medal Program may involve how the program works: randopation in the sports Needa registantinaly involve the risk of injury. The Participant (or their legal represen-tative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, BIRTH DATE: INSTRUCTIONS Find your age group and medal level, starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you I have completed the requirements for the (circle one): BRONZE SILVER GOLD ENAMEL PIN personal, bodily, or mental injury, economic loss, etc." will start over with zero points towards the next one. HOW OFTEN CAN YOU EARN A PIN? You can earn more than one pin each year, but they must be earned in consecutive order. You must first you spend doing any of the activities listed. Each point reward is based on 10-minute segments of earn the bronze pin, next the silver, then the gold, and finally the enamel. Signature of Participant activity, and calculated according to how strenuous the activity is. For example, if you play a game of soccer for 30 minutes, you will earn 45 points. If you play for 20 minutes the next day, you will earn Signature of Lodge Sports Director BEGIN EARNING POINTS FOR YOUR NEXT PIN. MEMBERS MUST COMPLETE THE REQUIREan additional 30 points, for a total of 75. MENTS FOR EACH PIN WITHIN 365 DAYS. 3. Get your record card initialed showing your efforts. List of previous pins earned: \_ NORWAY 4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters. FORM # 811R www.sonsofnorway.com

ACTIVITY POINTS REQUIREMENTS FOR IDRETTSMERKE			1.						1.										
Activity	Points	Duration	Age	Bronze	Silver	Gold	Enamel	i	Date	Activity	Duration	Points	Initials		Date	Activity	Duration	Points	Initials
Aerobics (Land)	10	10	0-7	600	700	800	900	- 1			l		ll	-11			1		
Aerobics (Water)	12	10	8-10	700	800	900	1000	1			_		$\vdash$				_		$\vdash$
Backpacking/Hiking	6	10	11-13	900	1200	1560	1980	1						1					
Badminton	5	10	14-40	1200	1500	2700	3600	1											
Baseball	8	10	41-55	1275	1800	2400	3300				_	_	-				-		-
Basketball	15	10	56-70	1050	1500	1890	2400	1		l	l .		1 1			l	1		
Bowling	5	10	71+	900	1200	1560	1980	1					$\overline{}$				-		$\overline{}$
Broombal	12	10						1					$\vdash$	1					
Curling	5	10	1	Units are	in points	(see lef	)	- 3		l	l .		1 1	3.1		l	1		
Dancing	6	10	_		_	_		- 1			_		-	3			<del>                                     </del>		$\vdash$
Football	12	10	Date	Activity	Duratio	n Points	Initials	1		l				- 1			l .		
Golf	5	10					$\Box$	1											
Handball	8	10	1		_	-	+	1					-					_	$\vdash$
Jogging	10	10	1	1			1 1	- 1		l			1 1	1		l			
Kayaking	12	10		+	$\overline{}$	$\overline{}$	-	1					-				_		-
Rollerblading	8	10	1					1					$\Box$	1					
Jumping Rope	12	10						1											
Rowing	12	10	:	+	-	-	+	i			_	_	$\vdash$				-		$\vdash$
Soccer	15	10					1	1			I		i I	1			1		I
Tennis	12	10		1	$\neg$	$\overline{}$	$\overline{}$	1					$\Box$	3.1					
Volleyball	8	10					$\bot$	1					$\sqcup$	1					$\Box$
Walking	4	10	1					- Î						1					
Weightlifting	15	10		4				- Î					$\vdash$						_
Wrestling	15	10	Subtota					1	Subtotal						Total				
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You can modify the activities to whatever you are throwing! Find a comparable activity and adjust. Remember, turn in your sports medal cards to your lodge sports director- <u>don't send to International</u>. Your lodge can then order sports medals (<a href="https://sofnlodge.logoshop.com/">https://sofnlodge.logoshop.com/</a>) and also get shipping costs refunded by the District

(https://sonsofnorway5.com/library/original/docman/SND5NLFCulturalandSportGrants20253.pdf)!

### 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

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#### 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.
- 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 ivelo@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)

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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.