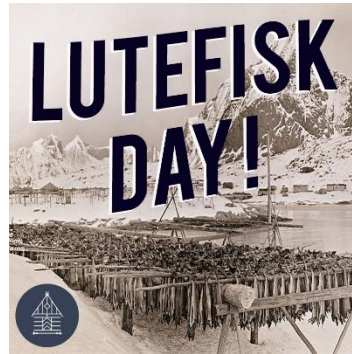


# Sons of Norway District 5 - Friendly Fifth Friday News

## October 2, 2025 -

### *A District Weekly Newsletter to Keep Us Up to Date!*

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## Lutefisk dinner information needed!

Emails and inquiries about the 2025 lutefisk dinner season so if you can help me update my annual list of lutefisk dinners, that would be great! I only want lutefisk dinners (no other dinners or updates- use the District calendar to promote them). I need the name, date, location (address and please include the state!), costs, if reservations are needed, flyers if you have them! I'll start compiling the list and share it as it becomes complete. Thanks! Darlene

## NAGC & NL Brewing Webinar-

<https://www.nagcnl.org/event/traditional-norwegian-farmhouse-brewing-webinar/>

How did the Norwegians brew beer in the old country? What did it taste like? What happened to their brewing tradition when the immigrants arrived in North America? If these questions have captured your interest, join NAGC for a webinar to discover the answers. This lecture will begin with an overview of traditional brewing in Norway, and then follow the Norwegians and their ale bowls to their new homes in the Upper Midwest. Along the way, we will learn how climate, region, economics, technology, traditional knowledge transfer, and social norms all interact to yield a remarkable range of beers.

Amanda Thorstad hails from the edges of the Koshkonong Prairie settlement in Wisconsin, from a family that is deeply immersed in its Norwegian heritage. She grew up with stories of her Norwegian ancestors, and made her way to St. Olaf College as a music major. Amanda initially learned how to brew beer from her dad, and then expanded her skill through books and experimentation, as well as attending brewing classes and festivals in western Norway. She is especially interested in beer's long history as a hyper-local agricultural product. Amanda's ancestral roots inform her study of traditional Norwegian brewing. Accordingly, much of her research focuses on the brewing traditions from Voss, Sogn & Fjordane, and Southern Wisconsin.

Price: \$10 (members)/\$15 (non-members)

Please call us at 608-255-2224 or email [genealogy@nagcnl.org](mailto:genealogy@nagcnl.org) if you have any questions. You will receive a Zoom link with your receipt email upon purchase.

Time: 10 am Central Time. The webinar will be recorded and sent to ticket holders after the event.

### EVENT DETAILS

Date:  
Nov 15

Time:  
10:00 am - 11:00 am

Cost:  
\$15.00

### TICKETS

Norwegian Brewing \$ 15.00 - 1 +  
Please log in to receive your Unlimited member discount

Quantity: 1 Total: \$ 15.00

[Get Tickets](#)



# SONS of NORWAY

*Celebrating 130 Years*  
**1895-2025**

Dear Sons of Norway Member,  
Sons of Norway is conducting research and would like to get your input. We'd love to hear from you about what aspects of Sons of Norway you use the most and what you want to get out of your member experience. This will help us learn how to best serve our members.

By giving a bit of your time, you can provide Sons of Norway with information that will help us make decisions of great importance in the future. The survey should take 15-20 minutes, and your responses are completely anonymous.

By clicking the button below you can help Sons of Norway as we determine the level of interest in various aspects of Sons of Norway. Please answer each question as fully and honestly as possible.

If you have any questions about this survey, please contact Sons of Norway at [fraternal@sofn.com](mailto:fraternal@sofn.com) or 612-827-3611.

We appreciate your input!

Fraternally,

**Luella Grangaard**

International Chair

**Click Here to take the Member Survey-**

<https://www.surveymonkey.com/r/sept-2025-member-survey>

***Please note: The survey will close on October 17, 2025 at 11:59 pm Central time.***

## Changes in SN Districts (no change for us in the Friendly Fifth)

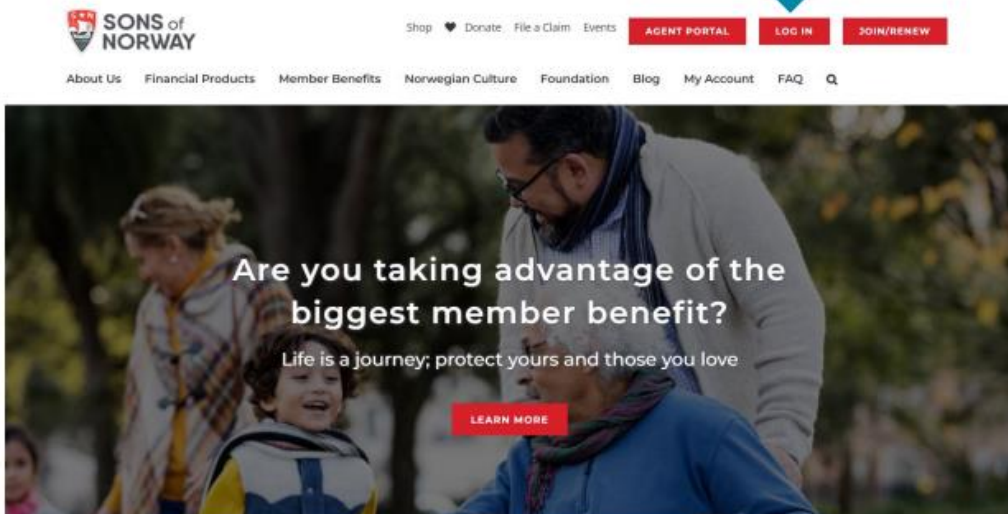
Dear Sons of Norway Leader,

We would like to announce a change that has been made regarding District 4 and District 7. In May 2025, a resolution to realign the districts according to country was taken up and approved by the Sons of Norway International Board (IBOD).

This means that District 7 now consists of all Canadian lodges – for a total of twenty (20), and District 4 has thirty-two (32) lodges across North Dakota and Montana. The names and numbers of the lodges remained the same for the lodges affected and the update will be finalized November 2025.

## Hard to Log in? Here is a new guide to share with your members!

1. Navigate to [www.sofn.com](http://www.sofn.com) in your internet browser.
2. Next, click the red "Log-In" button at the top of the page



3. If you have already established a Sons of Norway account, you may use your username/email and password to log-in.
  - a. If you do not remember your username or password, you may use the **Email my username** or **Change my Password** links underneath the log-in button to help access your account.

**SONS OF NORWAY**

**Log In**

Username or email

Password

☐

**LOG IN**

Email my username? [Click Here.](#)

Change my password? [Click Here.](#)

First-time Portal User? [Click Here.](#)

4. For either link, simply enter the email address associated with your Sons of Norway account and press submit.



## Send me my username

Enter your email in the form below and press submit.

An email with your username will be sent to your email.

Email Address:

## Reset Password

Enter your email in the form below and press submit.

An email with a link will be sent to your email. Click on that link to change your password

Email Address:

5. If you have not created a Sons of Norway online account, you may do so by clicking the link: ***First-time Portal User?***

### SONS OF NORWAY

#### Log In

Username or email

Password



LOG IN

Email my username? [Click Here.](#)

Change my password? [Click Here.](#)

First-time Portal User? [Click Here.](#)

6. Upon clicking the link, you will be brought to the "Member Activation" page.
- a. If you are an active member without an insurance policy, enter your First Name, Last Name, Birth Date, and Member #.
  - b. If you are an active member with an insurance policy, enter your First Name, Last Name, Birth Date, and Member # **OR** SSN.
  - c. If you are not an active member but have an insurance policy, enter your First Name, Last Name, Birth Date, and SSN.



## Member Activate

Please enter the following information so that we access the correct account:

### Name and Member Number

First Name:

Last Name:

Birth Date:

Member #:

SSN:

You may activate your account with your member number or your full SSN if you own an insurance product. Enter one only please.

Your member number may be found on your Sons of Norway membership card, invoice or statement. Your member number is a seven-digit number beginning with 9.

**SUBMIT**

7. Once you have entered the above information and have clicked "Submit", you will be prompted to enter your email address and setup a username/password.
- a. Please note: the username and password must contain 6 to 10 characters.



## Member Activate

Complete the information below to activate a new login account.

<b>Name and Email</b>	
Test Member	
<input type="text" value="Email"/>	
<b>Username and Password</b>	
<input type="text" value="Username"/>	Must contain 6 to 10 characters
<input type="text" value="Confirm Username"/>	
<input type="text" value="Password"/>	Must contain 6 to 10 characters
<input type="text" value="Confirm password"/>	
Please pick your own username and password above.	

**SUBMIT**

8. Upon successful completion, you will receive the following confirmation.



## Confirm Member Activation

**Your portal account has been successfully activated!**

Now you will be able to access the wealth of services and information provided on the Sons of Norway membership portal.

**LOG IN**

9. When you log-in, your profile page will be the main landing page for accessing information or documents related to your membership and/or policies.



[My Account](#) [Review](#) [Revert to Previous Profile Layout](#) [Log Out](#)



[Help Sons of Norway Go Paperless!](#)  
[Click here to choose your preferences](#)

## Velkommen, Test Member!

Member Number: 9514766

Lodge: 6-000 Central

### Membership:



Member Benefits



Add Household Members



Membership Card



My Member Documents

### Policy Resources:



My Policies



Service Forms



File a Claim



My Assigned Agent



Products We Offer

10. Enjoy all that the Sons of Norway website has to offer and thank you for your being a valued member/policy holder!

11. Should you experience any technical difficulties during the log-in process, please email: [webmaster@sofn.com](mailto:webmaster@sofn.com)



## **Bunad for Sale!**

Barb Ogne, Norseman of the Lakes near Williams Bay/Lake Geneva, WI, has her Hallingdal bunad for sale. Its sizing is 14 to 16 (adjustable) and she bought it at a Sons convention about 20 years ago. She was hoping to get \$2,000 or so. Please contact Barb directly at 262-441-0135 and/or [barbogne@hotmail.com](mailto:barbogne@hotmail.com).



Watch for pictures on the District Facebook page of the Adult Camp activities down in Norway, IL this weekend. Rumor has it they have over 200 registered for activities over the weekend! A huge thank you to all working on this event!



## **2025 Calendar**

**October 3-5-** Adult Camp Heritage Weekend in Norway, IL

**October 17-** Sons of Norway Survey Closes

**October 20-** Viking Photos due to LaVonne Wier

**October 24-25-** District 5 Board Meeting in Stoughton, WI

**November 1-** Lodge Liability Payment Due

**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 [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- **Foundation, Scholarships & Grants-** Amy Tuchenhausen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhausen@sofn.com](mailto:atuchenhausen@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.