

Sons of Norway District 5 - Friendly Fifth Friday News

October 24, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

District Secretary Darlene Arneson will host a call for anyone wanting to discuss local lodge officer elections. It's a roundtable discussion so we'll cover some of the basics and then open it up to share ideas of what works, what doesn't, where to find resources and assistance, completing the D63 and more! Anyone is welcome to join the discussion!

Agenda-Lodge Officer Election Roundtable (and others interested)

Sunday, October 26, 2025

7:00 PM CST

Review what's in our CCPP on officer elections and minimum officers needed

How is everyone doing?

- How do you recruit and use your nominating committee?
- When are elections held and when are officers installed?
- One- or two-year officer terms?
- Training and transition- what happens at your lodge
- How do your officer meetings work?
- What else do you want to cover?

International website-

- Guide to Leadership
- Where to find information, run reports, download lists
- Where trainings are

Installation of officers – how we can assist!

How to complete the D63 Officer Election Report process

Other discussion and questions

Darlene Arneson is inviting you to a scheduled Zoom meeting. Contact her at arnesonfamily5@gmail.com for the link.

Topic: SN D5 Lodge Officer Election Roundtable
Time: Nov 24, 2024 07:00 PM Central Time (US and Canada)

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: SN D5 Lodge Secretary and Lodge Elections Call
Time: Oct 26, 2025 07:00 PM Central Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/83836824046>

Meeting ID: 838 3682 4046

One tap mobile
+13092053325,,83836824046# US
+13126266799,,83836824046# US (Chicago)

Join instructions
https://us02web.zoom.us/join/83836824046/invitations?signature=vR4yZ4vrer5uHMT3XxN4jCeU54FRMjFPxcFmMKoAj_I

From D5 Cultural Director, Lucy Ghastin:

Attention all D5 Sons of Norway lodges: This past spring the Cultural Committee announced a challenge for all D5 Sons of Norway members to "try a new Norwegian cultural skill that you have never done before..." This challenge runs from May 1, 2025 to May 1, 2026. See the attached announcement with the application. This form is also available on the D5 Sons of Norway website under programs/cultural arts. Your completed cultural skill project could be submitted for the people's choice display of cultural items at the coming District 5 Sons of Norway Convention in August 2026. Your completed form or any questions can be emailed to Lucy Ghastin at leghastin@gmail.com.

Cultural Committee Challenge to D5 Members

Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge:

Try some new Norwegian cultural skill that you've **never done before**. Complete any one Sons of Norway Cultural Skills project completed between May 1st 2025 and May 1st 2026. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, this member would also be recognized by District 5 and receive a token of appreciation. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge (usually the Cultural Director) would sign the paper, and the member would sign. All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website:

<https://www.sofn.com/>

Name & Signature of Member Submitting the Report

Email & phone number: _____

Lodge Officer name & signature: _____

Date signed by officer: _____

Cultural Skill Title	Level (1, 2, 3)	Lodge Name & #



Norwegian Language Class

November 12th 10:30 am EST

Askeladden Lodge warmly re-invites you to attend an informal language class on Wednesday, November 12th via Zoom. The class will review chapter 2, forming negative sentences (Page 24 in the 3rd edition) of the *Sett i gang* textbook by Kari Lie Dorer and Nancy Aarsvold. The book's subtitle is, "An Introductory Norwegian Curriculum".

Askeladden is thrilled that so many from the District are engaged with this opportunity!

The Zoom link will be sent to you either the day of or the day before the class.

Please RSVP your interest to askeladden.lodge@gmail.com . For questions, please email astutekaren@gmail.com. Giddy already!

It's Foundation Month!

SN District 5 Nordic Legacy Foundation Grants

In an effort to support lodges as they are printing more materials they download from the International website, **the District is offering up to \$100/calendar year/lodge to help offset printing costs**. This will enable lodges to print promotional, membership, and other materials needed for their meetings, events and membership work.

The **District's NLF will continue to offer the shipping grants (up to \$30/year)** to help offset the shipping costs when they order membership, sports and cultural pins from the supply store.

The **District is also continuing the Small Project Grants and Matching Grants** to help lodges with cultural, membership, and other activities. All the details for these grants are included on the application forms.

The purpose of the Sons of Norway Fifth District Nordic Legacy Foundation (NLF) is to support youth, heritage, culture, and education through presentations, programs, and foundation grants. It is a 501(c)(3).

Masse Moro, District 5's youth camp, is a primary project which the Nordic Legacy Foundation supports. Persons interested in making donations to support this youth camp's heritage activities can donate through NLF. Donations have been used to support this summer camp's curriculum, purchase needed equipment and provide tuition assistance. Tuition assistance is provided through campership programs conducted by the D5 Youth Director.

NLF supports other Fifth District heritage, culture, and education programs, recommended by the

Sons of Norway Fifth District board of directors.

For more information on the Nordic Legacy Foundation, contact Darlene Arneson
email: arnesonfamily5@gmail.com

To view the merchandise that supports the Nordic Legacy Foundation - [Click here](#)



**Sons of Norway District 5 Nordic Legacy Foundation
Printing Grant**

With the changes of SN International not providing many of the printed materials they have in the past, the District 5 Board and the SN D5 NLF would like to help lodges with their printing needs. This grant will continue to be in effect for successive years until revoked. Lodges can use this to print brochures, membership forms, insurance product promotional materials, and other items related to the mission of Sons of Norway and the operations of the local lodge. The funds should not be used to print fundraising items (i.e. Christmas cards).

A total of \$100 will be reimbursed per lodge each calendar year. We prefer that the number of requests be limited to two requests but the sum of the two requests cannot exceed \$100 in reimbursement.

Please fill out the form below and submit it via standard U.S. Mail or by Email.
Attach the receipt for your printing expenses with this form.
Send this form and receipt to Darlene Arneson, 2056 Skaalen Road, Stoughton, WI 53589

Name of Lodge: _____

Lodge Number 5- _____ Amount Requested- \$ _____

Name of the lodge officer requesting reimbursement.

Please indicate the position held in your lodge.

Provide the name and address of the Lodge Treasurer who will receive the reimbursement check.

Name of the Lodge Treasurer _____

Street Address _____

City, State, Zip _____

Please explain how you are using the printing funds:

The District 5 Board thanks you for acknowledging your members in this way.

Thank you,

Darlene Arneson, District 5 Secretary

Approved: November 9, 2024

Sons of Norway District 5 Nordic Legacy Foundation Pins/Medals, Cultural and Sports Grants 2025

Purpose:

To promote and celebrate the culture of Norway and Nordic countries, grants are offered to District 5 Lodges to:

- increase and maintain membership
- expand programs to include all age groups
- reach out to members who can no longer attend meetings
- encourage participation in the cultural arts and sports programs

Categories:

1. **Cultural, Membership and Sports Pins/Medals Shipping Grant** award limit \$30 per District 5 Lodge per calendar year.
2. **Small Project Grants** award limit up to \$200 per Grant (up to 5 awarded semi-annually)
3. **Matching Funds Grant** award limit up to \$500 (up to 3 awarded semi-annually)

Guidelines:

- Grants are offered **only to Sons of Norway District 5 Lodges semi-annually.**
- Lodges may apply for a Shipping Grant and either the Small Project or Matching Fund Grant in the same year.
- Awards are dependent on available funds.
- Grants are judged by members of the District 5 Board; including members of the Cultural & Sports Committees.
- Checks will be payable to the lodge making the application.
- **Applications and required paperwork must be submitted to the District 5 Cultural Director.**

Application Deadlines and Awarding of Grants:

- Cycle 1 application deadline **December 31** ; Grants awarded by mid-January
- Cycle 2 application deadline **June 30**; Grants awarded by mid-July
- Grants should be used in the calendar year they are issued.

Cultural, Membership and Sports Pins Shipping Grant Description

- Grant is awarded to District 5 Lodges to help with the shipping cost of cultural, membership and/or sports pins/medals
- Up to \$30 per year per lodge can be awarded for the Shipping Grant.
- A copy of the shipping receipt (shipping cost circled) must be submitted with the application.
- Lodges may receive a Shipping Grant and apply for one of the other grants within the same year.

Small Projects Grant Description

- Up to \$200 each may be awarded to assist with Cultural, Membership or Sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.
- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts

Matching Funds Grant Description

- Up to \$500 in matching funds may be granted for assistance with large Cultural, Membership, or Sports projects.
- Lodges must submit a budget and detailed description of the project.
- Projects must take place during the time period described in the application.

- A follow-up report is due upon completion of the project, within a month of completion:
 - a. describe the outcome of the project,
 - b. include pictures and include receipts showing how funds were matched

Grants will be judged by members of the Sons of Norway District 5 Board or their committees.

Sons of Norway District 5 Cultural and Sports Grants Application Form - Small Projects & Matching Funds

Lodge Name and Number: _____

Contact Person: _____

Email: _____ Phone: _____

Contact Address: _____

Grant Request: Small Projects Grant _____ Matching Funds Grant _____

Title of Project: _____ Dates of Project: _____

Matching Funds Grant only:

Name of Matching Fund Source: _____

Contact: _____ Email: _____ Phone: _____

Description and Budget:

- Attach a detailed description of the project written in less than 500 words.
- Include the budget for the project
- Explain how this grant will help promote Nordic culture, especially Norwegian culture.

Report: Upon completion of your project, you must send a report describing the outcome of the project. Include pictures which may be posted and receipts to show how the grant was spent and/or matched. If there are youth in pictures, please make sure a photo release has been signed. Captions for the photos will be appreciated.

Submit applications and reports to:

**Lucy Ghastin, Sons of Norway District 5 Cultural Director
7130 Century Avenue, Middleton, WI 53562**



**PINS AND MEDALS SHIPPING GRANT
FOR ALL DISTRICT 5 LODGES**

On October 9, 2021, the District 5 Board of Directors approved a shipping grant for any lodges that had ordered membership pins for their members. This grant will continue to be in effect for successive years until revoked. The board has added cultural and sports medals as well.

A total of \$30 will be reimbursed per lodge each calendar year. The number of requests is limited to two and the total reimbursement may not exceed \$30 in one calendar year.

Please fill out the form below and submit it via standard U.S. Mail or by Email.
Attach the receipt for the pin order, which shows the shipping fee circled.

Send this form and receipt to Lucy Ghastin, 7130 Century Avenue, Middleton, WI 53562.

Name of Lodge: _____

Lodge Number 5- _____

Name of the lodge officer requesting reimbursement.

Please indicate the position held in your lodge.

Provide the name and address of the Lodge Treasurer who will receive the reimbursement check.

Name of the Lodge Treasurer _____

Street Address _____

City, State, Zip _____

Type of pins/medals you purchased: _____ Membership _____ Sports _____ Cultural

The District 5 Board thanks you for acknowledging your members in this way. The success of a lodge is directly proportionate to the longevity of its members and their willingness to serve the greater good.

Thank you,

Lucy Ghastin
District 5 Cultural Director

DON'T FORGET TO ATTACH YOUR RECEIPTS!

Donation Form

Enclosed is my contribution of \$_____ to the **Sons of Norway Fifth District Nordic Legacy Foundation, Inc.**

Send to: Corey Olson, W5907 Sweet William Drive, Appleton, WI 54915.

My/our name: _____

Lodge _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Please designate the donation to:

_____ General - allows District Board to use it for District 5 NLF activities and expenses

_____ Barnbirkie _____ Masse Moro
_____ District Scholarships
_____ Adult Heritage Camp

If given in memory or honor of someone:

Name of person _____

How and when can you give?

- When a lodge member passes away.
- Keep brochures out in your lodge or put in newsletter so individuals can give.
- When your lodge wants to support Masse Moro, Barnbirkie, District Scholarships. This is the form to send in the donation along with your check.
- When your lodge wants to honor someone who "doesn't want a plaque, trophy or something sitting around!"
- Anytime!

Need more information?

If you have questions, contact District Secretary, Darlene Arneson, at arnesonfamily5@gmail.com or 608-873-7209.



SONS OF NORWAY

District 5



**Sons of Norway
Fifth District
Nordic Legacy
Foundation, Inc.**

The purpose of this Foundation is to support youth, heritage, culture, and education through presentations, programs, and foundation grants.



The Foundation is a 501(c)(3) and donations given are tax deductible (minus any costs/services received) for the donation.



We welcome donations given to help support District 5 activities such as Masse Moro, District Scholarships, and other activities and programs that may come forth.



Leadership training, board support and Nordic Heritage projects are projects of the Foundation.





District 5

Sons of Norway Fifth District Nordic Legacy Foundation, Inc. Donation Form

The purpose of this Foundation is to support youth, heritage, culture, and education through presentations, programs, and foundation grants. The Foundation is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation. We welcome donations given to help support District 5 activities such as Masse Moro, District Scholarships, and other activities and programs that may come forth. If you have questions, contact District Secretary, Darlene Arneson, at arnesonfamily5@gmail.com or 608-873-7209.

The Sons of Norway Fifth District Nordic Legacy Foundation, Inc. is a 501(c) (3) and donations given are tax deductible (minus any costs/services received) for the donation.

Enclosed is my contribution of \$_____ to the "Sons of Norway Fifth District Nordic Legacy Foundation, Inc." Send to D5 Treasurer Corey Olson, W5907 Sweet William Drive, Appleton, WI 54915.

Please direct this donation to (check one): If unchecked, it will go to General

____ General - allows District Board to use it for District 5 NLF activities and expenses

___ Barnbirkie ___ Masse Moro ___ District Scholarships ___ Adult Heritage Camp

My/our name: _____ Lodge _____

Address _____ City _____, St _____ Zip _____

Phone _____ Email _____

If this gift is in Memory or Honor of someone, please send notification of this gift (amount not stated in letter) to:

In Memory/Honor (circle which) of _____

Send notification to: Name _____ Address _____

City _____ State _____ Zip _____

2025 Calendar

October 20- Viking Photos due to LaVonne Wier

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

October 26- Lodge Secretary/Officer Election ZOOM call- 7:00 PM CST- hosted by Darlene

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

May 1, 2025 – May 1, 2026- Cultural Challenge

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 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
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.