

Sons of Norway District 5 - Friendly Fifth Friday News

August 8, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Updates from the SN Foundation!

Did you know that one of the benefits of the Sons of Norway membership is the mission work of the **Sons of Norway Foundation** for our members, lodges and communities? What does that look like?

- A scholarship to a member's grandchild to study abroad in Norway for a semester.
- A grant for a lodge to make an improvement to a lodge building or meeting room.
- A grant to record a Nordic themed event that can be shared with lodges for future programming.
- Funding to help children learn to plant, grow and tend a garden, with cooking lessons to enjoy their harvest.
- Our Helping Hands to Members grants aim to support our members in times of need.

All members, all lodges and all districts can participate in the good work of the Foundation all year long. To learn more, [visit sofn.com](https://sofn.com) and click on the Foundation tab.



**SONS of
NORWAY
FOUNDATION**

Thank you for considering a
gift to the Foundation



Tusen Takk!

Grants have been awarded and checks mailed out. The mission is hard at work in our lodges and communities right now. We issued \$110,400 in grants this year.

- 27 Community Partnership grants to organizations in the US, Canada and Norway totaling \$66,300.
- 13 Helping Hands to Children grants for \$10,670 to worthy groups assisting children in our communities.
- \$13,550 in Lodge Culture & Heritage grants to 13 lodges and \$13,950 for 15 Lodge Vitality grants.
- The Board of Governors recently awarded a \$5,000 Helping Hands Disaster Assistance grant to a longtime member whose house flooded.
- Here's the link to the Humanitarian Funds [Grants – Sons of Norway](#)
 - Helping Hands to Members – Disaster Relief Grants
 - Helping Hands to Members – Medical Relief Grants
 - Suggestion for application - paint a picture of the financial hardship encountered

Scholarships – Our 2024-25 slate of scholarship winners has been announced with over \$148,000 to 37 students.



The Sons of Norway Foundation is proud to announce the grants awarded for the 2024-25 grant cycle. With \$110,400 in awards, each of these grants brings an opportunity to deliver the Foundation's mission directly to our members and communities. *Congratulations to our award winners in 2025!*

Community Partnership Grant | Total Funding Support: \$72,230

- **Elizabeth Bucheit** | Hand of the Huldra2 Norwegian Filigree Jewelry Exhibition
- **Northwest Edvard Grieg Society** | Leif Erikson Opera and Norwegian-American Centennial Cantata
- **Steven Luksan** | Musical Migration Concerts and Presentations
- **Sunnyside Farms, Inc.** | Sunnyside Seniors
- **Amy Sands** | Exhibition of Art Inspired by the Bunad Folk Costume and Related Programming
- **Aase Haugen Homes, Inc.** | Honoring the Legacy of Aase Haugen
- **Brumunddal Fotball** | USA Cup 2025 / Brumunddal Fotball Girls 15
- **Polar Star Lodge 5-472** | "Celebrating Norwegian Immigration" Culture Weekend
- **American Swedish Historical Museum** | Exhibition: Across the Atlantic: Sloopers and the First Organized Emigration from Norway to America
- **Concordia Language Villages** | Skogfjorden Language Village Program Support
- **Scandinavian American Cultural and Historical Foundation** | Scandinavian Festival
- **Jennifer Fergesen** | Polarlit: The Svalbard Literary Journal
- **The American College of Norway** | Study Abroad Experiences
- **Henning Public School** | Norwegian Culture Classes for All Ages
- **Restauration Lodge 1-548** | Joint Road Trip Celebrating 200 Years of Norwegians in America
- **Nordic Center** | Restauration: The Norwegian Mayflower
- **Norwegian American Historical Association** | Creating Video Resources from the Crossings and Connections Conference
- **Elias L. Ellefson** | Norges Speidernes Landsleir Attendance
- **Nordic Artists of New York** | True North by Nordic Artists of New York
- **Storfjell 6-169** | Cultural Cooperative Outreach Grand County Libraries
- **Nate Kramer** | Crossings 2025 in Utah
- **CP Farm** | Bicentennial Commemoration for the first organized emigration from Norway to America
- **Offerdal Film** | Film about Emigration from Western-Norway
- **Gro Svendsen Lodge 1-689** | Norwegian American Historic Farmhouse Interior Restoration
- **Nordic Fiddles and Feet** | Hardingfele tradition bearer to teach at Scandinavian-focused folk music and dance summer camp
- **Edvard Grieg Society of Minnesota** | 150th Anniversary Celebration performance of Henrik Ibsen's Peer Gynt with Edvard Grieg's Music

Helping Hands to Children Grant | Total Funding Support: \$10,670

- **Elvedalen Lodge 2-129** | Holiday Help for Food Insecure Children
- **Gro Svendsen Lodge 1-689** | Nordic Story Hour
- **Gyda-Varden Lodge 4-021** | Barnehome - Children's Corner
- **Harald Haarfager Lodge 2-011** | Local Kids Camp
- **Møllargutten Lodge 4-478** | Chromebooks for Students
- **Normanna Lodge 2-003** | Playground Safety Upgrades

- **Poulsbo Lodge 2-044** | Norwegian Skills and Traditions for Youth
- **Solheim Lodge 6-069** | Camp Trollfjell Tents and Cots
- **Sonja Lodge 2-038** | Kidsports Team Sponsorship
- **Steinfjell Lodge 6-114** | Children's Camp
- **Vesterdalen Lodge 2-131** | Little League Baseball Team Support
- **Viking Lodge 7-081** | Adopt-A-School
- **Whidbey Island Lodge 2-164** | Coupeville 2025 Farm to Children

Lodge Culture & Heritage Grant | Total Funding Support: \$13,550

- **Aspelund Lodge 4-571** | Presenter on 200 Crossings
- **Columbia Basin Lodge 2-080** | Parade Float Activities
- **Gateway to Florida Lodge 3-541** | Syttende Mai Concert with Norwegian Composers
- **Gyda-Varden Lodge 4-021** | Beginner Norwegian Class
- **Hamar Lodge 8-017** | Historical play about Norwegians as immigrants in the US
- **Harald Haarfager Lodge 2-011** | Lunch & Musical Migration Concert
- **Henrik Ibsen Lodge 4-565** | New beginnings for a New President in the Twin Towns
- **Nordlyset Lodge 4-488** | SON Park Wood Carving
- **Norsota Lodge 1-602** | Norwegian Folk Music & Dance
- **Snorre Lodge 1-070** | Historic Wooden Nordic Instruments
- **Vegas Viking Lodge 6-152** | Save our Ship
- **Victory Lodge 6-043** | Ship Restoration Bicentennial arrival Celebration.
- **Vidda Lodge 4-663** | Hosting a Scandinavian Visiting Performing Group

Lodge Vitality Grant | Total Funding Support: \$13,950

- **Scandia Lodge 1-680** | "Looney Lutherans" Performance
- **Normanden Lodge 4-424** | Furnace Replacement
- **Washington Lodge 3-428** | Tree Removal & Yard Repair
- **Fjellidal Lodge 4-543** | Lodge 50th Anniversary
- **Gateway to Florida Lodge 3-541** | Replica Viking Boat Program
- **Helgeland Lodge 2-030** | Drainage Trench
- **Steinfjell Lodge 6-114** | Wood Working Group
- **Nordahl Grieg Lodge 6-052** | New Entry Floor
- **Restaurasjon Lodge 1-548** | Smart TV for Programming
- **Norse Valley Lodge, 5-491** | Parade Banner and Poles
- **Vennelag Lodge 5-513** | Meeting Hall Exterior Painting
- **Hudson Valley Lodge 3-432** | Lodge Repairs & Renovation
- **Leif Erikson Lodge 2-001** | Elevator Repair and Maintenance
- **Scandia Lodge 1-680** | Lodge Lefse Sale
- **Music City Vikings Lodge 5-681** | Celebrate Nashville Heritage Festival Participation

Total grant awards by the Sons of Norway Foundation for the 2024-25 cycle: \$110,400





The Sons of Norway Foundation is proud to announce the scholarships awarded for the 2024-25 cycle. With over \$148,000 in scholarship awards, each of these scholarships brings an opportunity to deliver the Foundation's mission directly to our members and communities. *Congratulations to our award winners in 2025!*

2024-25 Beinhauer/Espeland Scholarship

- **Camilla BrattebergNorth** | Carolina Vikings 3-675
- **Emerson Jehle** | Nordkap 5-378
- **Laila Heigre** | Nordahl Grieg 6-052

2024-25 Bernt Anker Scholarship

- **Espen Fenstad** | No Lodge Affiliation
- **James Kraatz** | Askeladden 5-610
- **Nathan Albrecht** | Vennelag 5-513
- **Annika Berry** | Cascade Lodge 2-001
- **Jack Nielsen** | Mandt 5-314

2024-25 Dan & Betty Rude Scholarship

- **Kaylynn Olson** | Norsemen of the Lakes 5-650
- **Terese Buhr** | No Lodge Affiliation

2024-25 Desert Fjord Scholarship – Agnes Stieler Endowment Fund

- **Markus Seza Gokan** | Desert Fjord 6-133
- **Jackson Bjorn Loomis** | Desert Fjord 6-133

2024-25 District 4 Scholarship

- **Abby Kallenbach** | Mollargutten 4-478
- **Jonah Kragness** | Kringen 4-025

2024-25 District 6 Educational Fund Scholarship

- **Charles Martin** | Trollheim 6-110
- **Siri Martin** | Trollheim 6-110
- **Stefan Moe** | Fjellidalen 6-162

2024-25 Doug Warne – Rolf & Wenche Eng Scholarship

- **Casey Hagen** | Norskfodt 1-590

2024-25 Elaine Nelson Scholarship

- **Colton Green** | Mollargutten 4-478
- **Hadley Fallang** | Fjellidal 4-543

2024-25 King Olav V Norwegian-American Heritage Scholarship

- **Bi Dje Benjamin Zamble** | No Lodge Affiliation
- **Erika Haugen** | No Lodge Affiliation
- **Annika Utsogn** | Spirit New Century 3-999
- **Brynn Burlon** | Grieg 2-015
- **Christine Longenecker** | No Lodge Affiliation
- **Martine Redshaw** | Terje Viken 1-017

2024-25 Nancy Lorraine Jensen Memorial Scholarship

- **Abigail Bjork** | Fosselyngen 5-082
- **Lauren Albrecht** | Vennelag 5-513
- **Madeline Maier** | Grieg 2-015
- **Jenna Becker** | Vegas Vikings 6-152
- **Piper Westhead** | Grieg 2-015

2024-25 Nordkap Lodge 3-215 Scholarship

- **Isaac Stutesman** | Wergeland 5-028
- **Josh Nielsen** | Mandt 5-314
- **Laila Heigre** | Nordahl Grieg 6-052
- **Ryah Hogberg** | Ueland 4-149

2024-25 Orel and Marie Winjum Memorial Scholarship

- **Lydia Repnow** | Thor 4-067
- **Nora Ramstad** | Oslo 2-035

Other updates from International

One is the new Telemark Ornament for Christmas will be available in the September /October Viking. The trip to Norway planned for 2026 will be offered in the September/ October Viking, e-post and blog.

If having an event for Crossings 200 share on SON event calendar. SON's newsletter service has a letter from Stavanger from Luella. A virtual voyage put together in the fraternal department is on social media following the historical voyage and also following the current journey. History of the past and modern Restauration Sloops.

2025 marks the 200th Anniversary of the first organized emigration of Norwegians to the United States.

<https://www.sofn.com/blog/crossings-200th-anniversary-of-norwegian-migration/>

The single mast sloop, Restauration, left Stavanger on July 4, 1825, with 52 people on board. Often referred to as the “Sloopers,” they arrived in New York City harbor on October 9, 1825. The coordinated undertaking for the 200th anniversary has been identified as Crossings, Norway & North America, 1825 – 2025. The Crossings Bicentennial in North America is managed by a group of dedicated professionals representing numerous organizations that include the Norwegian American Historical Association (NAHA), Vesterheim Norwegian-American Museum, Norway House, *The Norwegian American* newspaper, with representation from Sons of Norway and the Sons of Norway Foundation.

Sons of Norway Involvement

Sons of Norway lodges and other cultural organizations and educational institutions have an opportunity to partner to create exceptional, entertaining and memorable programming in recognition of this anniversary. It should be noted that 2025 is being referred to as a commemoration, not a celebration: immigration brought opportunities to new arrivals, but also negatively affected existing nations.

Sons of Norway Foundation

The Sons of Norway Foundation has made a financial contribution to assist in the communication efforts for Crossings as this milestone is likely beneficial to many of our lodges. Now is the time for Sons of Norway lodges to consider their options, potential partners, and begin planning for 2025.

The Sons of Norway Foundation grants and scholarships program is a funding resource for lodge projects and programs. Grants reach grassroots communities across the country and Norway, and scholarships bolster education and cultural exploration domestically and internationally. 2025 projects related to the 200th anniversary will be given preference for grants. There are also grants available to non-Sons of Norway groups. Find out more at [sofn.com/foundation/grants](https://www.sofn.com/foundation/grants).

Crossings Website

The Crossings website crossings.norwegianamerican.com is continually being updated. Recent additions include a [Planning Guide](#) and [Style Guide](#). The [Resources](#) tab has a growing number of resources. The [Calendar](#) tab has a button to Register an Event and lodges are encouraged to add their events.

Enduring Value

The Crossings Executive Committee encourages projects and initiatives that will have enduring value and long-term use. Can our 200th Anniversary in 2025 become part of the discussion that will unfold in 2026 as part of America’s 250th anniversary? The 250th has been in the planning stages for several years and will engage communities across the country and historical organizations in every state. These are potential partnerships that could yield visibility and credibility to external audiences for Sons of Norway lodges.

References: [America250.org](https://america250.org) and aaslh.org/programs/250th

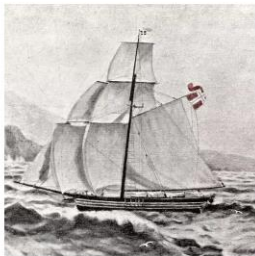


200 years of Norwegian-American history.

[Home](#) > [About the anniversary](#)

About the anniversary

Through new perspectives, the 200th anniversary of the first organized emigration from Norway will bring the country's emigration history to the forefront, and contribute to increased inclusion and understanding of today's multicultural society. One country's emigrant is another country's immigrant, then as now. How can we compare the two? What are the similarities and differences?



Recent research on Norwegian emigration history offers interesting insights into myths

What's going on?

During 2025, you will be able to secure many pleasant and interesting experiences related to the emigrant anniversary. Across the country, large and small institutions, organizations and associations are well underway with planning exciting events, exhibitions, seminars, publications and much more.

[Events →](#)
[Anniversary projects →](#)
[Exhibitions →](#)

[Register your own event here](#)

Newsroom

[Press contacts](#)


Press releases



Young on the run - A project about young



Will mark 200 years of emigration from and

Migration

Here you will find useful links to more information about migration, i.e. both emigration and immigration. Researchers at home and abroad are constantly presenting new knowledge about these topics. To learn more about migration, a visit to a museum, library or archive can be useful. And you can find a lot online.



The National Anniversary Committee

The anniversary committee consists of a national network of large and small players who are in full swing with their anniversary projects.



You can celebrate by attending the Adult Camp in October!!

https://sonsofnorway5.com/programs/leadership_workshop.php

Don't forget to register for...

Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025

**[https://sonsofnorway5.com
/programs/leadership_work
shop.php](https://sonsofnorway5.com/programs/leadership_workshop.php)**

2025 Calendar

August 20- Viking Photos due to LaVonne Wier

September 3- SN Member Call

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

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

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 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.