

Sons of Norway District 5 - Friendly Fifth Friday News

December 12, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Our sympathy- John Lund has passed away

We just learned of John Lund's passing. John was a former CEO of Sons of Norway and led the organization for many years. His dad had been the legal counsel as well and they have a scholarship in their name. I tried to find the article when they announced the scholarship and obit but no luck yet.

Our deepest sympathy to his family. He was always fun to visit with and had this little dog along with him and his wife, Evelyn, at many events.



Lund Fund Scholarship

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Overview

The Sons of Norway International Board of Directors established the Lund Fund of the Sons of Norway Foundation in 2010 as a tribute to former Chief Executive Officer, John Lund and former Legal Counsel of Sons of Norway, Allan Lund, for their combined forty years of outstanding service and dedication.

The Lund families have chosen to use this scholarship fund for study abroad experiences through accredited, post high school, educational institutions. No preference shall be given based on the country selected for the study abroad experience. Special consideration shall be given to military veterans.

"We of Norwegian heritage value education. Travel and cross-cultural learning has been integral to Norway since Viking times. In our modern era we see the importance of living and studying in a foreign country as an opportunity to meet and understand peoples of different cultures that provides benefit throughout a student's life." - John Lund

Need a gift or stocking stuffer for that favorite Norsk friend or relative?

We got one last order of Slooper shirts in. People can text me or call me for details!



Dawn Gunderson
Cleng Peerson Lodge
815-878-8891

Order your SN Ornament today!

<https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>



SOFN Limited Edition 2025 Rosemaled Ornament

SOFN2025ORN

Show your Norwegian pride this holiday season by adding the 2025 Sons of Norway commemorative ornament to your Christmas traditions. With its Telemark-style design, this elegant ornament will be a treasured addition to your holiday decor. Packaged in a silver-stamped gift box containing a Christmas greeting from Sons of Norway and an informative description of the Telemark style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do. This limited-edition ornament is bound to sell out quickly, so order yours now! This special keepsake is only \$25 plus tax, shipping and hand! **** YOUR CREDIT CARD WILL REFLECT PHUSION LLC - NOT SONS OF NORWAY **** Additional Information ALL ORDERS MUST BE PLACED ONLINE - WE DO NOT ACCEPT PHONE ORDERS

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[Request Info](#) [+ More from this line](#)

^ Pricing

SOFN2025ORN

Other Sons of Norway Products you can buy!

From SN International

<https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>



OGIO - Jewel Polo.
OGIO - Jewel Polo. Imperfectly designed for women everywhere, the Jewel has a contoured fit and streamlined style. 8-ounce, 100% poly pique with
SOFN-LOGIO1
\$47.00 and up
Favorite



SOFN Limited Edition 2025 Rosemaled Ornament
Show your Norwegian pride this holiday season by adding the 2025 Sons of Norway commemorative ornament to your Christmas traditions. With
SOFN2025ORN
\$25.00 and up
Favorite



OGIO - Caliber2.0 Polo
OGIO - Caliber2.0 Polo Accelerate beyond the limits in this high-performance polo that pays tribute to your favorite jeans with its
SOFN-OGIO1
\$47.00 and up
Favorite



Spirit of the Season CD - Christmas with Sissel K...
Spirit of the Season: Christmas with Sissel Kyrkjebø and The Mormon Tabernacle Choir Fill your home with over 60 minutes of delightful
SOFN-7168



SOFN - Honeycomb Sling Pack.
Port Authority - Honeycomb Sling Pack. Honeycomb texture adds interest to this budget-minded sling pack that includes an audio pocket with
SOFN-222



SOFN - OGIO - Metro Pack.
OGIO - Metro Pack. Stocked with options, this impressive bag organizes gadgetry and belongings for quick access. 420D dobby poly/600D poly 600D
SOFN-222



SOFN - 12 Oz. Two-ToneAmericano Mug
Two-toneAmericano mug! It holds up to 12 oz. of coffee and comes in a stylish combination of black with a blue color accent. It meets FDA
SOFN-7168
\$6.00 and up
Favorite



SOFN - Port Authority® Women's Pique Fleece Jac...
An intriguing pique texture and a cozy fleece interior make this jacket a perfect choice around the office or paired with jeans on the weekend. \$7-
SOFN1222
\$55.00 and up
Favorite



SOFN - Port Authority® Pique Fleece Jacket
An intriguing pique texture and a cozy fleece interior make this jacket a perfect choice around the office or paired with jeans on the weekend. \$7-
SOFNF222
\$55.00 and up
Favorite

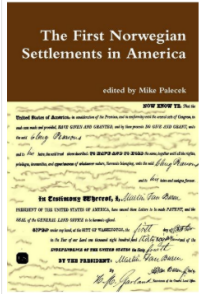


SOFN Anniversary Lapel Pin (ON SALE!!!)
Show your Nordic pride wherever you go with our 125th Anniversary pin! This gold-plated, enameled pin features our commemorative emblem

From SN D5 Nordic Legacy Foundation!

<https://sonsofnorway5.com/gifts/books.php>

Gifts » Books



The Norwegian Settlement Book

This book is based on The First Chapter of Norwegian Immigration, written by Rasmus Anderson in 1895. He was spellbound by tales his neighbors told about their pioneer life. He was the first professor of Scandinavian Studies anywhere in the United States. As old pioneers were dying off, he began a letter writing campaign to ask them to write down their memories. Anderson added excerpts of old interviews of pioneers from Billet-Magazin. This book, The First Norwegian Settlements in America is an abridged version of Anderson's book. The sequence has completely changed. Additional research has been added. Photos from the Library of Congress, the New York Public Library and public domain sources have added to more richly illustrate and add meaning to this work. If we want to understand our Norwegian-American roots, it is important to learn about our immigrant ancestors. Hopefully, this book will help broaden your understanding of your Nordic heritage.

Gifts » Clothing



Sweatshirt

The sweatshirt looks black in the photo but it comes in blue.

[Available in Medium only](#)

Books are \$20 and the Medium Sweatshirts are \$25. There are a limited number available so email Darlene Arneson if interested!

Gifts » Stamps



Norwegian Christmas Sets 1 & 2 Order Form

Translation Set 1:
God JuL! = Merry Christmas
God JuL til deg og dine = Merry Christmas to you and yours
Godt nytt or = Happy New Year

Translation Set 2:
Gladelig JuL = Merry Christmas

Cost per set \$16.00

[Order Form »](#)



Norwegian Paske Set - order Form pdf

Translation:
God Paske = Happy Easter
Påskekrim = Easter Crime novel reading

Cost per set \$16.00

[Order Form »](#)



Nordic Sympathy Stamp set Order Form pdf

Translation:
God bedring = Get Well
Tenker pa deg = Thinking of you

Cost per set \$16.00

[Order Form »](#)



Nordic Wishes Stamp set Order Form pdf

Translation:
 Beste Hilsenger -Best Wishes
 Skål! - Cheers

Cost per set \$16.00

[Order Form »](#)



Nordic Thanks Stamp Set order Form pdf

TRANSLATIONS

hei = Hi
 takk = thanks
 tussem takk = many thanks
 Kosling (NO) Hygge (DK & SE) = warm cozy feeling
 alt for Norge = all for Norway
 God bedring = Get well
 Tenker på deg = Thinking of you
 Beste Hilsener = Best Wishes
 Gratulerer med dagen = Congratulations on your day / Happy Birthday



Nordic Alphabet Stamps Order Form pdf

Nordic Alphabet 1 is a set of uppercase letters with spring vines, tiny hearts, and flowers. Perfect for creating your Påske (Easter) or Syttende Mai cards, gift tags, table decorations, etc. They look beautiful stamped alone or can be colored with pencils or pens.

Nordic Alphabet 2 is full alphabet set including a specialty stamp that says "gratulerer med dagen." What a wonderful way to personalize your cards, envelopes, tags, and other craft projects.

Cost per set \$16.

District 5 Nordic Legacy Foundation

Stamp Sets Order Form

Stamp Set	Cost* (S&H included)	Quantity	Total
Nordic Alphabet 1 (Decorative block)	\$16		
Nordic Alphabet 2	\$16		
Nordic Thanks (Syttende Mai)	\$16		
Nordic Sympathy (Rosemaling)	\$16		
Nordic Wishes (Animals/Troll)	\$16		
Nordic Christmas 1 (St Lucia)	\$16		
Nordic Christmas 2	\$16		
Nordic Easter	\$16		
		TOTAL	

*Shipping is only available in the U.S. and Canada

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Lodge: _____

Email: _____

Phone: _____

Interested in a stamping class: YES NO

Make check out to: **Nordic Legacy Foundation**

Mail to: Connie Aiello
 Nordic Legacy Foundation
 6237 Hilltop Drive
 Mt Pleasant, WI 53406

If you have any questions, contact Connie at NLFstamps@gmail.com or at 623-252-8861.

For stamping ideas please visit

<https://sonsofnorway5.com/> or on Facebook @sonsofnorwaydistrict5

2025 Calendar

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

December 31- D63- Officer Election filings due

January 15- International Scholarships Due

March 16- District Scholarships Due

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 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.