

Sons of Norway District 5 - Friendly Fifth Friday News
December 5, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!

Cultural Challenge!

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 & #

Cultural Program Overview

- Each unit consists of three levels of skill-specific activities that can be completed on your own, or as part of a lodge group or class.
- For each level, you'll complete a few activities, submit them to your lodge Cultural Director, and have the option to order a pin in recognition of your accomplishments.
- When you complete part 1 of your first unit your lodge Cultural Director may order you a Cultural Skills pin, a skill bar and a level 1 bar. When you complete parts 2 and 3 of that skill, or level 1 of a new skill, your Cultural Director may order the additional bars.

Go Further with Your Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition:

A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.

A Cultural Skills Mentor earns his/her Mentor Pin by assisting others in a given activity: five members for Part one, three members for Part two and one member for Part three. Note that these members must show the Cultural Director their reports for the mentor to be awarded the Mentor Pin. ([download the Mentor Tracking Report pdf form](#))

Access the Cultural Skills Units

The Cultural Skills Units are available by downloading the documents below. For most, there is a pdf unit overview as well as a link to YouTube videos. Each part of the unit also requires its own separate report form unless otherwise noted. Questions? You can always ask your lodge's Cultural Director.

Unit 1:

Traditional Norwegian Cooking



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Your Favorites

[Download Level 1 report form](#)

Part 2: Baked Goods and Desserts

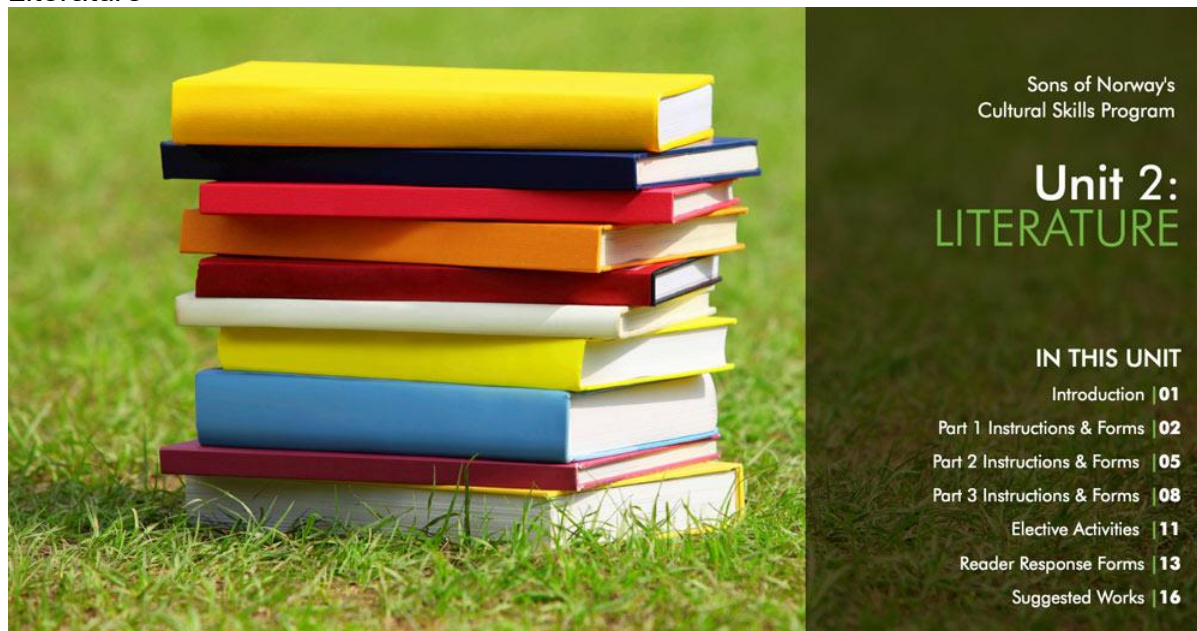
[Download Level 2 report form](#)

Part 3: Meat or Fish Dishes

[Download Level 3 report form](#)

Unit 2:

Literature



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: A Survey of Norwegian Literature

[Download Level 1 Report Form](#)

Part 2: Fiction, Poetry and Drama

[Download Level 2 report form](#)

Part 3: Nonfiction

[Download Level 3 report form](#)

Reader Response Forms:

Complete One Reader Response Form for each part of this unit.

[Download form for Fiction or Drama](#)

[Download form for Poetry](#)

[Download form for Nonfiction](#)

Unit 3:

Collecting Norwegian and North American Stamps



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Commemorative Stamps

[Download Level 1 report form](#)

Part 2: Definitive Stamps

[Download Level 2 report form](#)

Part 3: Special Stamps

[Download Level 3 report form](#)

Unit 4:

Norwegian Rosemaling



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Basic Strokes, Flower Form, and Scroll

[Download Level 1 report form](#)

Part 2: Completed Design

[Download Level 2 report form](#)

Part 3: Create an Original Design

[Download Level 3 report form](#)

Unit 5: Genealogy – Family History



[Get the unit PDF](#)

Part 1: Part 1 Getting Started

[Download Level 1 report form](#)

Part 2: Expanding Your Ancestor Chart

[Download Level 2 report form](#)

Part 3: Finishing Your Ancestor Chart and Family Group Sheets

[Download Level 3 report form](#)

[Ancestor Chart](#)

[Family Groups Chart](#)

[Sources Citation Sheet](#)

[Additional Resources](#)

Unit 6:

Knitting



[Get the unit PDF](#) | [Go to the YouTube playlist](#) | [Knitting Links and Resources](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Knitting in the Round with Two Colors

[Download Level 2 report form](#)

Part 3: Knitting in the Norwegian Way

[Download Level 3 report form](#)

Unit 7:

Norwegian Language and Culture

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics of Norwegian Language

Part 2: A Sampling of Norwegian Culture

Part 3: A Topic from Norwegian Language or Norwegian Culture

Unit 8:

Hardanger Embroidery



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Increasing Your Skills

[Download Level 2 report form](#)

Part 3: Creating an Heirloom

[Download Level 3 report form](#)

Unit 9:

Figure Carving



Unit 9: FIGURE CARVING

IN THIS UNIT

Introduction | 1-3

Part 1 Instructions & Sample Patterns | 4-10

Part 2 Instructions & Sample Patterns | 11-15

Part 3 Instructions & Sample Patterns | 16-19

Learning Activities for Parts 1, 2 & 3 | 20

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

Part 2: Complete a Detailed Carving

Part 3: Complete an Original Carving

Unit 10:

Weaving

[Get the unit PDF](#)

Track 1

Part 1: The Basics – Make a Sampler

Part 2: Inkle or Card Weaving or Rigid Heddle – Complete a Project

Part 3: Create an Original Design

Track 2: Floor or Table Loom Weaving

Part 1: Produce a Sampler

Part 2: Make a Finished Project

Part 3: Create an Original Design

Unit 11:

Ornamental Woodcarving

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

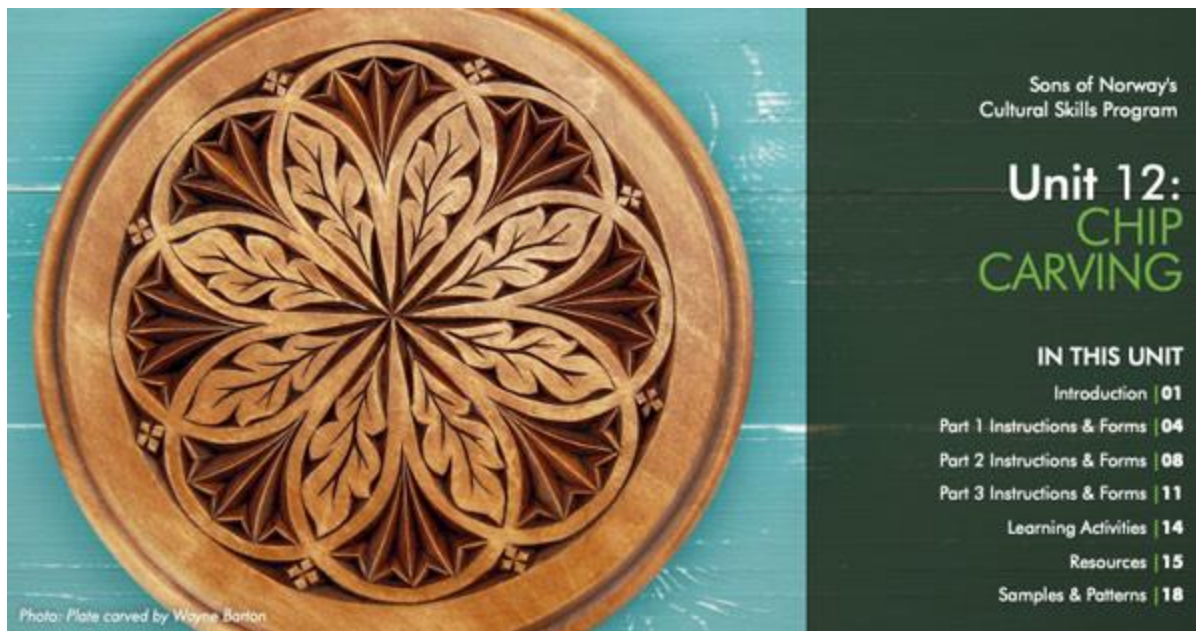
Part 1: The Basics

Part 2: Flatskurd

Part 3: Carve the Acanthus

Unit 12:

Chip Carving



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Carve Borders

[Download Level 2 report form](#)

Part 3: Carve Rosettes

[Download Level 3 report form](#)

[Online Resources](#)

Unit 13:

Folk Dancing



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Easy Dances

[Download Part 1 report form](#)

Part 2: Intermediate Dances

[Download Part 2 report form](#)

Part 3: Advanced Dances

[Download Part 3 report form](#)

Music and Musicians of Norway

[Elective Activities](#) | [Go to the YouTube playlists](#)

Part 1: Folk Music: Roots of Norwegian Music

[Download Level 1 report form](#) | [Download Level 1 YouTube playlist](#)

Part 2: The Nineteenth Century: Edvard Grieg & Contemporaries

[Download Level 2 report form](#) | [Download Level 2 YouTube playlist](#)

Part 3: The Twentieth Century: Composers, Performers, Conductors

[Download Level 3 report form](#) | [Download Level 3 YouTube playlist](#)

Unit 14:

Youth Cultural Skills

Figure Carving [Get the unit PDF](#)

Folk Dancing [Get the unit PDF](#)

Handknitting [Get the unit PDF](#)

Hardanger Embroidery [Get the unit PDF](#)

Norwegian and North American Stamps [Get the unit PDF](#)

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 handling! **** 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

Additional Information ALL ORDERS MUST BE PLACED ONLINE - WE DO NOT ACCEPT PHONE ORDERS **

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

^ Pricing

SOFN2025ORN

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 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.