

Sons of Norway District 5 - Friendly Fifth Friday News

January 9, 2026

A District Weekly Newsletter to Keep Us Up to Date!



Norwegian Language Class

Wednesday, January 14th at 10:30 am EST

Askeladden Lodge warmly thanks all who participated in the fun language class in 2025. The class thoroughly reviewed chapters 1 and 2 for a strong footing in vocabulary, listening and speaking skills.

Class will resume with chapter 3 on Wednesday, January 14th via Zoom. Once again, the class uses the 3rd edition of *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!

And language classes at NAGCNL- <https://www.nagcnl.org/events/>



Classes

JAN 8

CONTINUING NORWEGIAN (In-Person) Winter 2026 Session – Morning

[Learn More](#)



Classes

JAN 8

CONTINUING NORWEGIAN (In-Person) Winter 2026 Session – Afternoon

[Learn More](#)

Learn Norwegian through the SN website!

Learn Norwegian in 5 Minutes a Month!

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us.

Visitors to “Norwegian in 5 Minutes a Month” have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!

Notice to Members: **You can access language lessons with sound in the [Members Login area](#).**

- [The Norwegian Alphabet](#)
- [Lesson 1](#)—When meeting people, small talk, and counting 1 to 10
- [Lesson 2](#)—When leaving people, small talk, and counting 11 to 20
- [Lesson 3](#)—Useful phrases and more numbers
- [Lesson 4](#)—Days, months, and seasons and greetings
- [Lesson 5](#)—Weather
- [Lesson 6](#)—Activities
- [Lesson 7](#)—Let’s Go Shopping, Part 1
- [Lesson 8](#)—Let’s Go Shopping, Part 2
- [Lesson 9](#)—Genealogy Terms
- [Lesson 10](#)—Travel Plans, Part 1
- [Lesson 11](#)—Travel Plans, Part 2
- [Lesson 12](#)—Travel Plans, Part 3
- [Lesson 13](#)—Sports Activities, Part 1
- [Lesson 14](#)—Sports—Equipment and More Sports Vocabulary, Part 2
- [Lesson 15](#)—Christmas Words
- [Lesson 16](#)—Winter Words
- [Lesson 17](#)—Exploring the House
- [Lesson 18](#)—Inside the House
- [Lesson 19](#)—Other Rooms in the House
- [Lesson 20](#)—Wander Out into the Community
- [Lesson 21](#)—Hiking
- [Lesson 22](#)—Fishing
- [Lesson 23](#)—Visit a Museum
- [Lesson 24](#)—A Walk through Trondheim, Part 1
- [Lesson 25](#)—A Walk through Trondheim, Part 2
- [Lesson 26](#)—Christmas Ideas
- [Lesson 27](#)—We Go Skiing
- [Lesson 28](#)—We Bake a Cake
- [Lesson 29](#)—Seventeenth of May in Oslo
- [Lesson 30](#)—Midsummer (St. John’s Eve)
- [Lesson 31](#)—Word List of Professions
- [Lesson 32](#)—Go to the Kristiansand Zoo
- [Lesson 33](#)—Visit Finnmark
- [Lesson 34](#)—Visit the County of Rogaland
- [Lesson 35](#)—Visit the County of Telemark
- [Lesson 36](#)—Visit the County of Hordaland
- [Lesson 37](#)—Sailing with Japanese TV and Thor Heyerdahl

Sons of Norway Foundation Scholarships

The Sons of Norway Foundation awards scholarships to promising students each year. These seventeen scholarship funds support education to help students prepare for their career and journey in life. They also help bring our Foundation mission to fruition by promoting cultural exchanges and the importance of lifelong learning.

The Foundation is grateful to all who help make this scholarship program possible, including:

- Donors that establish these scholarship funds
- Judges that review applications
- The Foundation's Board of Governors that administers the scholarships
- Donors like you who help continue to grow the scholarship funds

A note to students:

Want to live in Norway and attend a Norwegian university or folk high school? Could you appreciate help paying for tuition at your US academic institution? The Sons of Norway Foundation offers seventeen different scholarships to both members and non-members of Sons of Norway. It is another benefit of Sons of Norway membership!

Take some time to orient yourself with the different requirements for each of the scholarships, <https://www.sofn.com/foundation/scholarships/>. The platform will walk you through the process.

Please note scholarships have a new deadline this year of January 15, 2026.

The scholarship application takes some time and thought, so please do allow ample time. You may save drafts of your application and return to it when ready.



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Toll-free: 800-945-9851
Fax: 612-627-0658
www.sonsofnorway.com

Scholarships

In keeping with our values of commitment to life-long learning and service, and funding innovative individuals and opportunities, the Sons of Norway Foundation awards approximately 35+ scholarships to promising students each year. Please go to www.sonsofnorway.com/scholarships for full guidelines. Applications open October 1 annually and are due January 15.

Name of Scholarship	Country of Study	Age Range	College Credit Needed	Gender	Field of Study	Sons of Norway Membership	Length of Award	Maximum Award	Level	Applicant Citizenship
Astrid G Cates	USA	17-26	None	N/A	Any	Member or Child/Grandchild of Member for 1 year	1 year	\$1,500	TV	USA
Bernt Anker	USA	18-25	None	N/A	Any	N/A	4 years	\$3,000/year	U, TV	USA
Dan & Betty Rude Scholarship	USA	17-26	One full year	N/A	Elementary Education	N/A	1 year	\$3,000	U	USA
Desert Fjord	USA	17+	None	N/A	Any	Member or Child/Grandchild of Desert Fjord Member for 1 year	1 year	\$2,000	U	USA Norway
District 4	USA Canada Norway	17+	None	N/A	Any	Member of District 4	1 year	\$1,000	U, FHS, OISS, TV	USA Canada
District Six	USA	18-23	1 semester or 1 quarter	N/A	Any	Member or Child/Grandchild of District Six for 1 year	1 year	\$1,500	U, TV	USA
Douglas Warner-Rolf & Wenche Eng	Norway	Any	One full year	N/A	Any	Current Member or Child/Grandchild of Member	Up to 1 year	\$3,000	U, FHS, OISS	USA Canada
Elaine Nelson	USA Canada Norway	Any	None	N/A	Education, Agriculture, or Business	Member or Child/Grandchild of Member for 1 year	1 year	\$3,000	U, G	USA Canada Norway
Helen Tronvold Folk High School	Norway	17-26	None	N/A	Folk High School	Member or Child/Grandchild of Member for 1 year	1 year	\$3,000	FHS	USA
King Olav V Norwegian-American Heritage	USA Norway	18+	None	N/A	Scandinavian studies in USA or program in Norway	N/A	1 year	\$3,000	U, G, FHS	USA
King Olav V for Norwegian Citizens	USA	18+	None	N/A	Any	N/A	1 year	\$3,000	U, G	Norway
Lund Fund	Any Country	17+	None	N/A	Any	N/A	1 year	\$3,000	U, FHS, OISS	USA
Myrtle Beinhauer	USA	17-26	None	N/A	Any	Member or Child/Grandchild of Member for 1 year	1 year	\$4,000	U, TV	USA
Nancy Lorraine Jensen Memorial	USA	17-35	One term	Female	Science or Engineering	Member or Child/Grandchild of Member for 3 years	1 year	100% tuition	U	USA
Nordkap Lodge 3-215	USA	17+	None	N/A	Preference to medical field	Member or Child/Grandchild of Member for 1 year	1 year	\$2,000	U, G	USA
Orel & Marie Winjum Memorial	USA	17+	None	N/A	Any	N/A	1 year	\$2,000	U	USA
Sissel and Roger Espeland Memorial	USA	17-26	None	N/A	Any	Member or Child/Grandchild of Member for 1 year	1 year	\$4,000	U, TV	USA

FHS: Folk High School, TV: Technical/Vocational, U: Undergraduate, G: Grad School, OISS: Oslo International Summer School

Updated September 2025

Barnebirkie Cookies will be needed!

Barnebirkie 2026

Supporting Sponsors of the Barnebirkie



Treats

Make Miso hot chocolate and homemade cookies courtesy of the Sons of Norway and every participant in the celebration. Treat your friends and

Commemorative Gifts

All children will receive a Barnebirkie medal, new bib, and a participant hat.



<https://www.birkie.com/ski/events/barnebirkie/>

It's that time again! Barnebirkie will be held on Thursday, Feb 19th in downtown Hayward, WI. There are many ways to help us out! We have a cookie goal this year of 900 dozen! So we need those donations of nut-free, homemade cookies (preferred)!

There are several drivers in southern Wisconsin heading up to Barnebirkie transporting cookies. If there are any donated cookies in Central Illinois or beyond they would have to make their way up to me in the northwest suburbs of Chicago. Too far away? Monetary donations for the D5 Legacy Foundation are greatly appreciated. Funding from this Foundation helps to support cultural activities, including Barnebirkie!

As always we need volunteer/workers in the cookie tent - please contact District Sports Directory, Clara Solak, if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner. Contact Clara at Clara.Solak23@gmail.com Heading up to Hayward to help? Volunteers should make their reservations now.

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 _____



Norwegian Recipe Box

Hearty main dishes. Delectable baked goods. Delicious soups, salads and side dishes. Check out the delights of Norwegian cooking by visiting our online recipe box.

Popular Recipes:

- Gløgg
- Lefse
- Rømmegrøt

[VIEW RECIPES](#)

https://www.sofn.com/norwegian_culture/recipe_box/

Home > Norwegian Culture > Recipe Box

NORWEGIAN CULTURE

[Featured Recipes >](#)

[Norwegian Language Lessons >](#)

[Recipe Box >](#)

[Appetizers >](#)

[Fried Brunost with Cloudberry and Parsley](#)

[Gravlaks](#)

[Hors D'oeuvre from Dugard](#)

[Jarlsberg Filled Peppers](#)

[Marinated Edam Cheese \(Marinert Edamerost\)](#)

[Meatball Snacks Kjøttkakepinnemat](#)

[Norwegian Stick Bread](#)

[Tea & Bubbles Cocktail](#)

[Stuffed Eggs](#)

[Warm Lobster Salad](#)

[Walnut and Cheese \(Valnøtter og ost\)](#)

[Baked Goods, Breads and Desserts >](#)

Vær så god! (Bon Appetit!)

Gløgg

The most important part of this recipe? Plan ahead – you want the mixture to stand for at least 12 hours before enjoying!

[VIEW RECIPE](#)



Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and still considered that today.

[VIEW RECIPE](#)



Lefse

A holiday tradition that fires up appetites any time of year – how about some lefse today?

[VIEW RECIPE](#)



2026 Calendar

January 15- International Scholarships Due

February 19- Barnebirkie in Hayward

March 16- District Scholarships Due

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

August 2-6- District 5 Convention in Stoughton

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.