

Sons of Norway District 5 - Friendly Fifth Friday News
June 6, 2025 - Ten Year Anniversary of doing the FFFN!!
A District Weekly Newsletter to Keep Us Up to Date!

Snakker du Norsk? NAGC & NL Online Norwegian Class

Mondays from June 23 – August 25 – 10:00 AM – 11:00 AM Central, \$150 member/\$175 non-member (ONLINE)

Are you interested in traveling to Norway one day? Do you have family or friends you wish to connect with using the Norwegian language? Do you live outside of Wisconsin and haven't been able to take our in-person Beginning Norwegian class?

If so, NAGC is here to help you with your journey to speaking Norwegian! We are offering a ten-week class for beginning Norwegian. During the class, you will learn the basics of the language, including grammar and vocabulary.

Classes will be held online starting at 10 AM each Monday. Class size will be limited to fifteen participants to maximize conversation.

This class is online and available for anyone.

Instructor: Johanne Grinde

Contact us at genealogy@nagcnl.org with any questions or for more details about the classes.

<https://www.nagcnl.org/event/beginning-norwegian-online-summer-2025/>

And they have in-person Norsk Classes too!

Wednesdays from June 18 – August 20, 2025 – 9:00 AM-11:00 AM Central, \$150 member/\$175 non-member (in-person)- <https://www.nagcnl.org/event/beginning-norwegian-in-person-summer-2025-session/>

Are you interested in traveling to Norway one day? Do you have family or friends you wish to connect with using the Norwegian language?

If so, NAGC is here to help you with your journey to speaking Norwegian! We are offering a ten-week class for beginning Norwegian. During the class, you will learn the basics of the language, including grammar and vocabulary. All class materials will be provided and are included.

Coffee and social time will begin at 9:00, class will follow at 9:30. Class size will be limited to ten participants to maximize conversation. NAGC doors opens at 9:00 and will not be open before that.

Free off-street parking is available onsite.

Instructor: Marcia Lund

Contact us at genealogy@nagcnl.org with any questions or for more details about the classes.

CONTINUING NORWEGIAN (In-Person) Summer 2025 Session

Thursdays from June 19 – August 21, 2025 – 9:00 AM-11:00 AM Central, \$150 member/\$175 non-member (in-person)- <https://www.nagcnl.org/event/continuing-norwegian-in-person-summer-2025-session/>

This continuing Norwegian language class builds on the fundamentals taught in our beginning Norwegian class. This is only open to those who have previously taken beginning Norwegian language at NAGC. If you're interested in that class please sign up [here](#).

Coffee and social time will begin at 9:00, class will follow at 9:30. Class size will be limited to ten participants to maximize conversation. NAGC doors opens at 9:00 and will not be open before that. Free off-street parking is available onsite.

Instructor: Marcia Lund

Contact us at genealogy@nagcnl.org with any questions or for more details about the classes.

Jul 30

Poetry and Art from the National Romanticism in Norway 1850 to 1905

The constitution was written in 1814, with the agreement with Sweden that Norway would be under their king, after Denmark lost a war with Napoleon. After several hundred years under Denmark, the Norwegian population wanted to find their own identity as a nation. The longing to be free from Sweden developed into an unrest in the country, and from that came a strong love for the land and the language. This was the time where large personalities were expressing loudly what the people wanted to hear. I will present how the Norwegians were inspired through art, writing and music and grew into a nation.

Join NAGC's Wencke Braathen for this webinar exploring Norwegian sovereignty.

Price: \$10 (members)/\$15 (non-members)

Please call us at 608-255-2224 or email genealogy@nagcnl.org if you have any questions.

Time: 10 am – 12 pm Central Time. The webinar will be recorded and sent to ticket holders after the event.

<https://www.nagcnl.org/event/poetry-and-art-from-the-national-romanticism-in-norway-1850-to-1905/>

Sons of Norway Summer Picnic for all lodges!

Sunday, July 6, 2025 at 1:00 PM

John and Darlene Arneson's, 2056 Skaalen Road, Stoughton, WI 53589

Join neighboring Sons of Norway- Mandt Lodge and our neighboring lodge members for a good time of fellowship and a preview of what is to come this fall. All are welcome to join us for an afternoon of visiting, fellowship, games, and then we'll play kubb at 4 PM for the usual Sunday Night Kubb at the Arneson pitch. Please bring a dish to pass. Tableware, coffee, juice, and other beverages will be provided.



**SONS OF
NORWAY**

District 5



District 5 NLF Grants are due June 30 for this cycle!

https://sonsofnorway5.com/financial/district_5_sofn_nordic_legacy_foundation.php

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.

2025 D5 NLF Cultural and Sports Pin and Shipping Grants pdf

NLF Printing Grant Form pdf

Donation Form Nordic Legacy Foundation PDF

Brochure - Nordic Legacy Foundation - bw PDF

Brochure - Nordic Legacy Foundation PDF

2025 Calendar

June 1- District 5 Throwing Challenge begins

June 20- Viking Photos due to LaVonne Wier

June 30- SN District 5 NLF Project Grants Cycle 2 application deadline **June 30**; Grants awarded by mid-July

July 6- Summer Sons of Norway Picnic- 1 PM at Arneson's in Stoughton

July 13-26- Masse Moro- Youth Heritage Camp in Fall Creek, WI

July 20- Viking Photos due to LaVonne Wier

August 20- Viking Photos due to LaVonne Wier

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

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.