

Sons of Norway District 5 - Friendly Fifth Friday News
November 21, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!

**Idun Lodge's Dee Grimsrud's travel to Stavanger in July to see the
send off of the replica ship Restauration.**

"The Restauration Leaves Stavanger Again...200 Years After Its First Voyage" Thanks to Idun Lodge's Travel Grant of \$1,200, Dee Grimsrud -- longtime Idun Lodge treasurer -- was able to be in Stavanger, Norway on July 4th at the much-anticipated departure of the replica sloop Restauration. Dee will share why and how this once-in-a-lifetime experience came about, showing highlights of her trip. Bring a dish to pass and arrive between 5:30 and 6:00. Plan to arrive at Trinity about 30 minutes early in order to navigate the new gated parking system. Enter the parking lot at 1936 Winnebago Street (GPS setting), push the blue button, and pull the ticket from the machine; the gate will go up. Park and enter the church by the front door ramp and look for signs directing you to the validation kiosk (just outside the elevator on the sanctuary level). Then take the elevator or stairs to the basement Fellowship Hall. If you have trouble getting into the building, call Lucy at 608-225-1412.

And it's beginning to look like Christmas- what does your lodge do?

Idun in Madison:

Saturday, December 6, noon- Jultrefest featuring Food, Music, and Traditions

Celebrate the holidays with Idun Lodge at its annual Juletrefest on Saturday, December 6, at Trinity Lutheran Church. The fun begins with a noon meal of traditional yellow Swedish split pea soup and ham furnished by the lodge. Beverages and table settings will also be provided. Please bring a salad or dessert to share. Friends and family members are very welcome to join us! **There is no charge, but you must make reservations by Monday, December 1st by contacting Lucy Ghastin at leghastin@gmail.com or 608-225-1412. Please give her the number of adults and names for name tags.**

After the meal, The Mad City Jug Band will have great fun playing music from the 1920s to the 1960s on a unique group of instruments, including the fiddle, a washboard, a ukulele, banjo, harmonica, kazoo, and -- of course - the jug. You can listen, sing along, and/or dance to their old-timey music, which will include Christmas tunes. The popular group has won awards performing at many events in and around Madison. To contribute to the celebration, bring a favorite Christmas ornament to share its story with the group. The afternoon will also include special activities and door prizes.

Plan to arrive at Trinity about 30 minutes early in order to navigate the new gated parking system. Enter the parking lot at 1936 Winnebago Street (GPS setting), push the blue button, and pull the ticket from the machine; the gate will go up. Park and enter the church by the front door ramp and look for signs directing you to the validation kiosk (just outside the elevator on the sanctuary level). Then take the elevator or stairs to the basement Fellowship Hall. If you have trouble getting into the building, call Lucy at 608-225-1412.

Mandt in Stoughton

Join Sons of Norway- Mandt Lodge for a...

Norwegian Family Christmas **317 South Page Street, Stoughton** **Saturday, December 13**



8:30-11:30

- Lefse, Donut & Bake Sale- stock up on your baked goods before the holidays arrive!
- Children's Craft Demonstrations and Take Home Kits
- "Kid's Only" shopping area for kids to buy \$1 gifts they can purchase for family members!

Free photos with Santa from 9-11 am

We'll take pictures and you can bring along your camera and take photos with Santa! Or you can take your own photos too!

Donations

We ask that you bring items for the Stoughton Food Pantry and make the holidays brighter for others in need!

Mandt Lodge is handicapped accessible with a lift located on the south side of the building. There is parking on the street or a public parking lot behind the Stoughton Senior Center. **PLEASE DO NOT park in the Livsreise parking lot that day as they are open.** Call 608-873-7209 or email arnesonfamily5@gmail.com for more information!

Christmas Resources and Ideas!

Viking for Kids Pages: <https://www.sofn.com/wp-content/uploads/2019/01/justforkids-022019.pdf>



JUST FOR KIDS



COLOR THE REINDEER




WINTER FUN CHECKLIST

- * GO SLEDDING
- * BAKE COOKIES
- * MAKE A SNOWMAN
- * READ A BOOK
- * DO A CRAFT

DID YOU KNOW?



National Sámi Day is Feb. 6. The Sámi are an indigenous people who have been living in northern Norway, Sweden, Finland and Russia for thousands of years. They are known for their colorful clothes and reindeer herding.



Find the answers for the word search on page 36.

WINTER WORD SEARCH

Read the words in the list below, then find and circle them in the puzzle. They could be diagonal and backwards, too!

	L	E	C	V	D	Z	D	D	Q	N	S	D	U	U	N
	F	G	L	Y	R	O	C	L	V	A	N	O	H	I	D
	T	E	W	G	G	E	A	O	B	I	O	Y	K	W	X
COLD	X	E	B	S	R	J	T	C	E	R	W	S	L	L	Y
DOG SLED	R	W	L	R	E	X	N	N	F	X	S	V	R	I	Y
FEBRUARY	P	E	X	H	U	J	W	T	I	U	H	Z	X	F	E
MITTENS	D	W	J	R	N	A	U	U	D	W	O	D	C	Z	T
NORTHERN LIGHTS	Z	R	V	J	V	O	R	J	S	N	E	T	T	I	M
SKI	N	D	E	X	V	S	L	Y	R	E	B	Q	O	N	N
SNOWSHOE	N	O	R	T	H	E	R	N	L	I	G	H	T	S	W
WINTER															

For more Just for Kids pages from previous issues, go to [sofn.com/justforkids](https://www.sofn.com/justforkids). The "Family Matters" archive is available on the Just for Kids webpage.

November 2022

Digital Download

Print-ready PDF



The November 2022 issue of Viking for Kids features holiday kos (coziness), Norwegian forest cats, a Northern Lights coloring page, a word find and a Christmas mouse song! You can also learn how to make festive and easy baked apples!

Christmas Skits!

https://www.sofn.com/member_resources/cultural_programming/idea_bank/

— Skits

Skits are a popular way to get your members actively involved in lodge programs –some of the options here were written by other Sons of Norway members.

4 – This is Your Life Skit – a program to “star” one of your members

19 – American Fever – an audience participation play

25 – Skits for Fun & Learning – text using Norwegian & English

26 – Christmas Memories – a lodge play

29 – The Troll & the Leprechaun Skit

34 – About Nisse & Other Matters Skit

35 – Christmas in Norway – script & songs

39 – The Unfinished Saga Skit

47 – Viking Dinner Fantasy

51 – About Norway's National Anthem

57 – The Enemy of the People

Christmas plays and skits! 26-30

Information Bank Ideas- 204 and 216

https://www.sofn.com/member_resources/cultural_programming/information_bank/

Holidays & Special Events

#201 Syttende Mai (Updated 2011)

#204 Norwegian Christmas (Updated 2013)

#216 Norwegian Christmas Carols

#218 Norwegian Wedding (Updated 2013)

#220 God Påske! Happy Easter! (Updated 2013)

Blog article- <https://www.sofn.com/blog/updated-christmas-tradition/>

Seven Kinds of Cookies- <https://www.sofn.com/seven-kinds-of-christmas-cookies/>

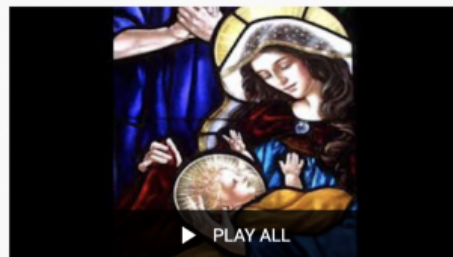


Christmas Carols and Cultural Skills

With Christmas right around the corner, why not take time to enjoy some seasonal music? Here are a few selections you might enjoy on your own, in your lodge, or with your family:

Juletid – Kirsten Bråten Berg/Hallvard T. Bjørgum/Eilert Hægeland

A unique collection of classic Christmas songs rearranged as traditional Norwegian folk tunes for voice, organ and Hardanger fiddle.



Julesanger / Christmas Carols

Jul i Nidarosdomen – Nidarsdomens Guttekor

The boy choir of Nidaros Cathedral in Trondheim present Christmas classics.

Deilig er Jorden – Oslo Domkor

Known in English as Beautiful Savior, this hymn is a Norwegian Christmas favorite. This spine-tingling version was recorded by the Oslo Cathedral Choir.

Northern Lights – Sissel Kyrkjebø

In this assortment of both contemporary and traditional songs for the season, Norwegian pop icon Sissel presents 12 songs, also featuring opera legend Jose Carreras.

Sølvguttene Synger Julen Inn – Sølvguttene [The Silver Boys] A live concert with Oslo's renowned boy choir, Sølvguttene, founded in 1940 by Torstein Grythe, who remained the conductor for 64 years.

Mitt Hjerte Alltid Vanker – Morten Harket with Sølvguttene

a-ha front man Morten Harket belts Mitt Hjerte Alltid Vanker with Sølvguttene, showing he's got chops that reach beyond the pop sphere.

Members can listen to these tunes in a [convenient playlist](#) and record their responses to earn a pin for the **Sons of Norway Cultural Skills Music unit**. To view requirements, log in at sonsofnorway.com and find the Music unit under Member Resources – Cultural Programming. Find other Cultural Skills playlists on the [Sons of Norway YouTube Channel](#).

16 page interactive Christmas guide!

Christmas Traditions

Sons of Norway has created guides to help you get in touch with your Norwegian heritage. We believe the history of a nation and the nature of its culture are best described through the stories of its people.

Home > Member Resources > Christmas Traditions

[Lodge Leadership Resources >](#)

[Governance](#)

[Cultural Programming >](#)

[Events and Community >](#)

[Genealogy](#)



Learn more about Norway's captivating Christmas customs with this 16-page guide, exclusively for members.

This is a large, interactive pdf file, it may take a while to download depending on your internet service.

[Download Christmas Traditions of Norway](#)

<https://www.sofn.com/blog/5-norwegian-christmas-traditions/>

5 Norwegian Christmas Traditions

It's Christmastime! Are you looking for some Scandinavian-inspired food gifts make for loved ones on your list? Check out the [December issue of Viking magazine](#), which features sweet treats from Brontë Aurell.

To keep the festivities rolling, here are some quick facts about Christmas traditions in Norway.



Homemade
Christmas

- *Julaften* (Christmas Eve) is main day Norwegians celebrate. The whole family gets together to eat and exchange gifts. Christmas Day is a much quieter affair.
- Norwegians have their own version of Santa Claus, called *Julenisse*. In Scandinavian folklore, a *nisse* is a short, mythological gnome-like creature with a long white beard and a red cap. Though mischievous, he is responsible for the protection and welfare of the farmstead and its buildings. The modern-day version of the *Julenisse* is a bit different from the legends of the domestic *nisse*. He also has a long white beard and red hat, but carries a sack of toys on his back, visiting children on Christmas Eve.
- Norwegian Christmas trees are often decorated with *julekurver*, small paper baskets made woven into the shape of a heart. The idea is often attributed to Hans Christian Andersen.
- While American Christmases may be filled with a big turkey or ham dinner, Norwegians have different food traditions. The two most common Christmas dishes are *ribbe* (roasted pork rib) and *pinnekjøtt* (cured mutton or lamb ribs). Other popular food includes sausages, sauerkraut, lutefisk, cod, rice pudding, nuts and marzipan.
- As for the libations, *juleøl* is a common drink of choice. It's a seasonal beer that's dark and malty, with notes of spice. For a non-alcoholic option, *julebrus* is a festive twist on soda. It's a sweet, creamy soft drink, usually red or pale brown in color.

For more Norwegian Christmas ideas and inspiration, check out the [December 2018 issue of Viking magazine](#).

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.