

Sons of Norway District 5 - Friendly Fifth Friday News

November 28, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

Lodge Programming-

https://www.sofn.com/member_resources/lodge_leadership_resources/lodge_programming/

Get the resources you need to plan entire programs as well as shorter, more focused segments, with ideas and activities that appeal to members of all ages.

Your next lodge program starts here. Give your members every opportunity to explore and enjoy the Sons of Norway lodge experience. The resources in this section will help you plan entire programs as well as shorter, more focused segments, with ideas and activities that appeal to members of all ages.

Just for Kids

As featured in *Viking* Magazine, Just for Kids is a quarterly section that offers engaging projects for youth and family programming.

Learn More- https://www.sofn.com/member_resources/cultural_programming/just_for_kids/

Just for Kids

When it comes to the future of Sons of Norway, we can't think of a more vital resource than our own young people. Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.

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Just for Kids is a section of our award-winning *Viking* magazine dedicated to family programming. Every quarter, we share new projects that have been purposefully created for families to enjoy. This multi-generational, family-centered content and activities might also be the perfect addition to your next lodge event. We're excited to share the complete archive of Just for Kids here. Look for the original content in *Viking* magazine, or grab the PDFs from this page to share with friends and family!



February 2019

Color the reindeer, winter word search, winter fun checklist.

[Download the February Just for Kids \(PDF\)](#)

+ 2018

Let the Games Begin



Share culture and fun with the young people in your life. It's time to play some Norwegian games!

What games do you play with your children or grandchildren? Maybe you've tried the classics, such as Bingo or chess. But have you ever played Norwegian Bingo? How about Hnefatafl? Or Kubb? Not only are these Norwegian games fun for all ages, they also provide a great opportunity to teach children about Norwegian culture. With three different games or spill to choose from, you're sure to find something everyone will enjoy.

[Download the August 2014 Family Matters \(pdf\)](#)

Fun with Flags



Celebrate this year's Syttende Mai – and the bicentennial of Norway's constitution – with flag arts and crafts fit for all ages. A symbol of national pride, the Norwegian flag will fly high and bright for this year's Syttende Mai, also the 200th anniversary of the Norwegian constitution, at celebrations in Norway and around the world. Norwegians wave flags in Syttende Mai parades, fly them above their homes and wear decorative ribbons bearing the flag's colors.

[Download the May 2014 Family Matters \(pdf\)](#)

Kids in the Great Outdoors



Spending time outside is a great way to inspire a love of nature and share your Nordic heritage with the young people in your life. This winter, embrace the Norwegian concept of *friluftsliv* (the outdoor life) and plan a family outdoor adventure.

[Download the February 2014 Family Matters \(pdf\)](#)

Idea Bank

Start here for the creative ideas and instructions you need to plan a lodge program or special event.

Learn More- https://www.sofn.com/member_resources/cultural_programming/idea_bank/

Idea Bank

Strong programming is a key to success for lodges. Not only does offering a variety of fun and informative programs positively impact on your lodge recruitment and retention efforts, it can also be a great community awareness tool.

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Sports Medal Program >

Our Idea Bank is a great resource when it comes to providing fresh, fun and engaging activities for members of all ages.

Want to download an overview of this page and all the program ideas? Get it here.

+ Awards and Honors

+ Children and Youth

+ Festivals and Special Events

+ Foundation

+ Fundraisers

+ Games and Trivia

+ Awards and Honors

+ Children and Youth

+ Festivals and Special Events

+ Foundation

+ Fundraisers

— Games and Trivia

Gather around - these games are perfect as stand-alone activities or part of a larger lodge event.

12 - Norwegian Bingo

17 - American Heritage Game - identifying characters from American history

32 - Tug of War

65 - Hnefatafl

Stave Church Trivia:

PowerPoint Quiz

- Directions and answer key

Non-PowerPoint Quiz

Mini Presentations

Just right for program segments during lodge meetings, these 3-minute presentations focus on more than 60 Norwegian topics.

Learn More- https://www.sofn.com/member_resources/cultural_programming/mini_presentations/

Mini Presentations

Enhance your next Sons of Norway event, lodge meeting or speaking engagement with one of our mini-presentations. Each script is specifically designed to convey interesting information about a Norwegian topic in just three minutes.

[Home](#) > [Member Resources](#) > [Cultural Programming](#) > [Mini Presentations](#)

MEMBER RESOURCES

Want to download an overview of this page and the mini presentations available? [Get it here.](#)

MINI-PRESENTATIONS

These short scripts containing interesting information about Norwegian culture, history and geography are a great resource to have on hand. There are nearly 60 in all and each one has been designed specifically to be used at lodge meetings or other speaking engagements. Each mini-presentation is approximately three minutes long and can greatly enhance any event.

Vikings

- #305 Viking Customs
- #306 Viking Women
- #307 Viking Navigation
- #310 First Viking Child in America
- #320 Viking Dress

Holidays

- #311 Easter Vacation
- #312 Syttende Mai
- #313 Olsok - St. Olav's Day
- #321 Valentine's Day
- #322 St. Patrick's Day
- #324 Midsummer Fest
- #328 Summer Vacation
- #358 Romjula - The days between Christmas and New Year

Literature

- #330 Kristen Lavransdaughter
- #341 Giants in the Earth
- #352 Johan Wessel

Food

- #336 Lutefisk
- #337 Lefse
- #339 Favorite Norwegian Foods

Traditions

- #301 Trolls
- #303 Bunads
- #304 Lucia
- #340 The Nisse

Stories

- #343 Hunting
- #344 April Poetry
- #351 Dale Gudbrand

History & Geography

- #302 Maihaugen
- #309 1905--Norway's Independence
- #314 The Battle of Kringen - A story of the heroine Guri
- #317 Norwegian-Danish Union
- #319 The Black Death
- #327 The Norwegian Flag
- #334 Kon-Tiki
- #338 The Great Maelstrom
- #342 Hardanger Fiddle
- #346 Russ
- #347 Salmon Fishing
- #348 The Tall Ships
- #349 The Statue of Liberty
- #350 An Emigrant Story
- #353 Svalbard
- #354 Nobel Prize
- #355 Stave Church
- #357 Dompap

Famous People

- #308 Leonhard Seppala - Dog-sled champion
- #315 Snorre Sturlason - Author of Sagas
- #316 Princess Kristina of Tunsberg
- #318 Myllarguten - A master fiddler
- #323 Birger Ruud - Ski Jumper
- #325 Snowshoe Thompson
- #326 Edvard Grieg
- #329 King Olav V
- #331 Edvard Munch
- #332 Vilhelm Bjerknes
- #333 Fridtjof Nansen
- #335 Ole Bull
- #356 Kirsten Flagstad
- #359 Ben Eielson

Cover Image: Terje Rakke/Nordic life/Innovation Norway (Rev 08/2010)



Looking for great programming ideas? Check out the Sons of Norway Information Bank & Mini-Presentations.

Download materials from the members' section of sonsofnorway.com for immediate use.

Email a list of selections (program names and ID numbers) to culture@sofn.com.

Call (800) 945-8851 to request titles by phone.

Mail a selection request to Sons of Norway,
1455 West Lake St, Minneapolis, MN 55308
using the following order form:

Name: _____
Member Number: _____
Address: _____
City: _____
State: _____ Zip: _____
Telephone number: _____
Email: _____

Program name

Program Number

- | | |
|-----------|-------|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |
| 4) _____ | _____ |
| 5) _____ | _____ |
| 6) _____ | _____ |
| 7) _____ | _____ |
| 8) _____ | _____ |
| 9) _____ | _____ |
| 10) _____ | _____ |

INFORMATION BANK

The Fraternal Department has developed the Information Bank to educate members about various aspects of Norwegian customs and culture. It is designed to answer some of the most commonly asked questions about the subjects covered and provide further information and resources for continued study. Whether you use them to satisfy your curiosity or to incorporate them into a lodge program or newsletter, the Information Bank is a great place to start learning about Norway.

We have Information Bank units in the following categories:

Holidays & Special Events

- #201 Syttende Mai
- #204 Norwegian Christmas
- #216 Norwegian Christmas Carols
- #218 Norwegian Wedding
- #220 Shrovetide, Easter & Midsummer Eve

Traditional Art & Costumes

- #203 About the Folk Costumes of Norway
- #205 Hardanger Embroidery/Hardangersøm
- #206 Woodcarving
- #207 Rosemaling

Literature

- #208 Some Norwegian Proverbs and Literary Quotes
- #214 Norwegian Poetry in English

Children & Youth

- #209 Some Norwegian First Names
- #210 Information on Norway for Children
- #211 Scandinavian Study in Norway and North America

General

- #212 Basic Genealogy Information
- #213 A Summary of the Norwegian Almanac
- #217 Trolls and Other "Norwegians"
- #222 The Family Tree-Viking Articles
- #223 Summarized History of Norway
- #224 Norwegians and Norwegian Americans of Importance in American History
- #225 A Brief History of Sons of Norway
- #226 The Sons of Norway Emblem
- #227 Language in Norway
- #228 Norwegian Immigration to the United States
- #229 Informasjon på Norsk om Slektsforskning

Games

Encourage members to be involved in lodge meetings and interact with each other with games. The games listed here are specifically designed to educate about Norway.

- #12 Norwegian Bingo
- #17 American Heritage Game
- #32 Tug of War

Organization

When planning an event or activity, pulling things together in an organized fashion is often a struggle. These ideas will help with the planning stages of your lodge activities.

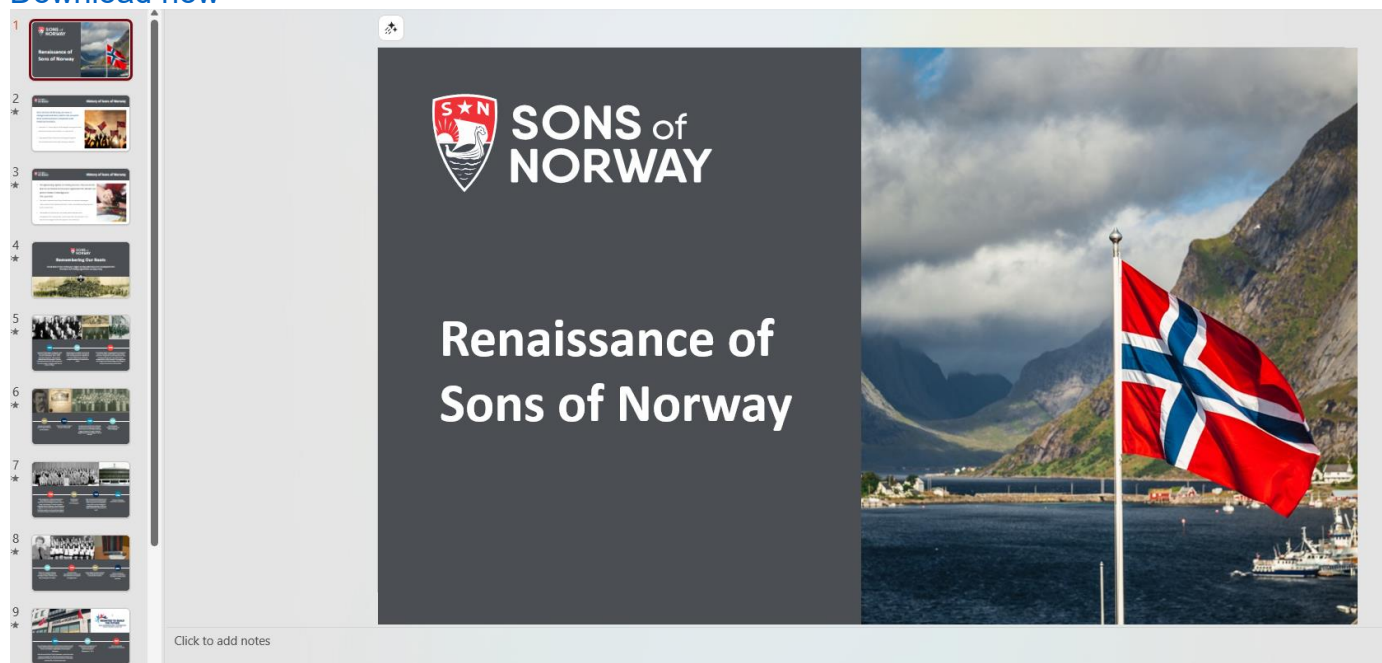
- #9 How to Hold Cultural and Heritage Classes
- #10 Lodge Year Mini-Directory
- #45 New Member Interest Questionnaire
- #50 The Book that Blossomed

New programs are continually being added. For a complete list of all programs, please visit the members' section of sonsofnorway.com.

Sons of Norway History Presentation

Short PowerPoint presentation to inform members new and old about the history of Sons of Norway.

[Download now](#)



Echoes of Our Ancestors

Jana Velo presents a trip to Norway.

Learn More- https://www.sofn.com/member_resources/cultural_programming/echoes-of-our-ancestors/

Echoes of Our Ancestors

Lodge Leadership Resources >

Governance

Cultural Programming >

Events and Community >

Genealogy

Click to view Google Presentation

ECHOES OF OUR ANCESTORS

Echoes of Our Ancestors

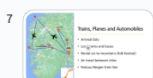
Jana Velo



Echoes of Our Ancestors ☆ 🔍 ☁
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🕒 🖨️ ⌵ Slideshow ⌵

🔍 Menus 🖨️ 🔍 Fit ⌵ 🖱️ 👁 View only



1. Turn your speakers on (there is audio).
2. Click "Slideshow" in the upper right corner of your screen to start the slideshow.
3. Use the arrows on your keyboard to move from one slide to the next.
4. Enjoy!

These slides will work best when using Google Chrome or Microsoft Edge.
Thank you!

National Anthems

United States, Canada and Norway National Anthems recorded by Susan Stow (piano) and Jana Velo (voice).

Download Lyrics Here- <https://www.sofn.com/wp-content/uploads/2022/07/National-Anthems-opt.pdf>

National Anthems



United States

O say, can you see
By the dawn's early light
What so proudly we hailed
At the twilight's last gleaming?

Whose broad stripes and bright stars
Through the perilous fight
O'er the ramparts we watched
Were so gallantly streaming?

And the rocket's red glare
The bombs bursting in air
Gave proof through the night
That our flag was still there

O say, does that star-spangled banner yet wave
O'er the land of the free
And the home of the brave?



Norway

Ja, vi elsker dette landet,
som det stiger frem,
furet, værbitt over vannet,
med de tusen hjem, –
elsker, elsker det og tenker
på vår far og mor
og den saganatt som senker
drømmer på vår jord,
og den saganatt som senker,
senker drømmer på vår jord.



Canada

(English Version)

O Canada! Our home and native land!
True patriot love in all of us command.

With glowing hearts we see thee rise,
The True North strong and free!

From far and wide,
O Canada, we stand on guard for thee.

God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.



Watch Video- https://youtu.be/aK-2uWrUSs8?si=TzYon5Y2rU1z_60o

Want to download these files on your device?

mp3's available for download:

Norway – Ja Vi Elsker

United States – Star Spangled Banner

Canada – O Canada

m4a's available for download:

Norway – Ja Vi Elsker

United States – Star Spangled Banner

Canada – O Canada

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.

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.