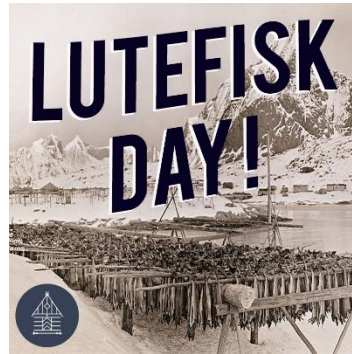


Sons of Norway District 5 - Friendly Fifth Friday News
October 10, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!



Lutefisk dinner information needed!

Emails and inquiries about the 2025 lutefisk dinner season so if you can help me update my annual list of lutefisk dinners, that would be great! I only want lutefisk dinners (no other dinners or updates- use the District calendar to promote them). I need the name, date, location (address and please include the state!), costs, if reservations are needed, flyers if you have them! I'll start compiling the list and share it as it becomes complete. Thanks! Darlene

Ibsen Course- University of Oslo

We have the pleasure to announce that from the autumn semester 2026, our master program in Ibsen Studies will also be offered in a fully online version, as an alternative to our in-class program that we've been running since 2004. This will enable students to attend our program also from home, in a flexible and stimulating way. More information is available at the following link: <https://www.hf.uio.no/is/english/research/news-and-events/news/2025/ibsen-studies-goes-online.html>

Ibsen Studies Goes Online - Centre
for Ibsen Studies
[hf.uio.no](https://www.hf.uio.no)

<https://www.hf.uio.no/is/english/research/news-and-events/news/2025/ibsen-studies-goes-online.html>

The application deadlines are the same as for our in-class program, i.e.:

non-EEA applicants: 1 December

EEA applicants: 1 March

Nordic applicants: 15 April

Please get in touch if you have any questions. We're counting on your help to spread the word - please circulate widely!

Best wishes, on behalf of the Centre for Ibsen Studies

Giuliano D'Amico
Professor of Scandinavian literature
Director of the Centre for Ibsen Studies

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Centre for Ibsen Studies
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giuliano.damico@ibsen.uio.no

<http://www.hf.uio.no/is/personer/vit/giuliad/index.html>
<http://www.facebook.com/IbsenCentre>

From LaVonne because it's almost the 20th!

We've been having summer weather up until today, and lots of crops have been taken off the fields. I hope you are enjoying the fall season as much as I do.

Photos for submission to the Viking and D5 webmaster are due to me by October 20th. Contact me if you have any questions. Here is the Photo Submission Form:

https://sonsofnorway5.com/library/original/docman/NewPhoto-submission-202159946_1.pdf

You should be able to upload both the photo and the form into one email to send my way. My apologies for not sending the form last month.

Here's another thing for your lodge to consider. I have visited a few lodges recently. I don't know what the source of the music for the national anthems was for them. All I know is that the arrangements were in MUCH too high a key for the average person to sing with the accompaniment. It isn't as enjoyable if you have to change octaves to sing a song!

The Sons of Norway website has recordings of all three national anthems. Besides being in a better range for singing, there is a person singing the songs. Susan Stow provides the accompaniment, and Jana Velo sings. No problem! You all just sing along with her!

To get to these arrangements, sign in to Sons of Norway.

- Go to Member Resources
- Select Leadership Resources Read more
- Select Lodge Programming Learn more
- On the National Anthems link, go to: “Want to download these files on your device?”

You can download each song onto your Downloads. In my old fashioned way, I opened my Download Folder on my computer; inserted a blank CD; selected the 3 songs; chose “copy to disc”. Your computer might be different. If you are *completely confused*, ask a child or grandchild to help you.

If someone knows an easier way to download the songs, please let everyone know by “*replying to all*” so everyone gets the information. I don’t always keep up with the latest technology.

On the same page is a link to print all three national anthems on paper. A gal from our lodge had them printed up and laminated so we could use them over and over. (On the reverse side, the Table Prayer in Norwegian and English are printed.)

There are *oodles and oodles* of good information on the www.sofn.com website. As an officer in your lodge, you should be utilizing those resources. It is super easy to get signed up once you go to the link I just gave you.

I had very few photo submissions in September. I’m hoping to see more of your great photos this month!

Alt for ná,

LaVonne Wier
D5 Publicity Director

A great weekend in Norway, IL

A huge thank you to Polar Star, Cleeng Peerson, and the Sloopers as they hosted one amazing weekend last weekend. So many great presenters, a fun walk, great food, fun workshops, amazing displays, great food, super tours and venues to visit, and did I mention great food! It really was a well planned and well executed weekend and thank you to all involved!

200 Years and the Prince Visited too!



St. Olaf visit- https://wp.stolaf.edu/news/crown-prince-haakon-magnus-of-norway-visits-st-olaf?fbclid=IwY2xjawNUhM1leHRuA2FibQlxMABicmlkETFOTjVFdXQ1M3NsVk14YnJuAR7Cjrrup9rvQjqTjiWes40b-HUz7zUt48KTK4F2rCFhqjnQE3hoSkEuUdmlTg_aem_m6L6JaP23V68gSiHe-EPCQ

Luther College Visit

Norwegian Royalty is in Decorah!

In honor of the 200th anniversary of the first organized Norwegian emigration to the United States, we are pleased to share that His Royal Highness Crown Prince Haakon of Norway is visiting Decorah, Iowa, today.

For those unable to make it back to Decorah, you can watch the Celebration Convocation live on YouTube by clicking the button below.

WATCH THE LIVESTREAM-

<https://www.youtube.com/live/KNjTs31LWAM?si=Jsn-L5QhZJ6fISBm>

This will be a memorable day of celebration and reflection as we honor the deep [cultural, historical, and educational connections](#) shared between Norway and Luther College.

<https://www.facebook.com/share/r/1BNeEVH2rb/>

Follow it at all at Crossings 200 -

<https://crossings.norwegianamerican.com/>

<https://www.facebook.com/Crossings2025>

Take the SN Survey Please!

Dear Sons of Norway Member,

Sons of Norway is conducting research and would like to get your input. We'd love to hear from you about what aspects of Sons of Norway you use the most and what you want to get out of your member experience. This will help us learn how to best serve our members.

By giving a bit of your time, you can provide Sons of Norway with information that will help us make decisions of great importance in the future. The survey should take 15-20 minutes, and your responses are completely anonymous.

By clicking the button below you can help Sons of Norway as we determine the level of interest in various aspects of Sons of Norway. Please answer each question as fully and honestly as possible.

If you have any questions about this survey, please contact Sons of Norway at fraternal@sofn.com or 612-827-3611.

We appreciate your input!

Fraternally,

Luella Grangaard

International Chair

Click Here to take the Member Survey-

<https://www.surveymonkey.com/r/sept-2025-member-survey>

Please note: The survey will close on October 17, 2025 at 11:59 pm Central time.

2025 Calendar

October 17- Sons of Norway Survey Closes

October 20- Viking Photos due to LaVonne Wier

October 24-25- District 5 Board Meeting in Stoughton, WI

November 1- Lodge Liability Payment Due

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 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.