

# **Sons of Norway District 5 - Friendly Fifth Friday News**

## **October 17, 2025 -**

### ***A District Weekly Newsletter to Keep Us Up to Date!***

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## **It's Foundation Month!**

Faithful to Our Mission and Members

At the Sons of Norway Foundation, we are driven by a sense of purpose: to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

A donation to the Sons of Norway Foundation, a 501(c)(3) organization, is a contribution to the positive impact we make through community, youth, educational, and cultural projects.

Our Core Values

1. Building Nordic culture and heritage for the future
2. Committing to life-long learning and service
3. Demonstrating compassion for our members in need
4. Sustaining the link to contemporary Norway
5. Fostering a community of generosity

## **Scholarships**

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. These programs promote cultural exchange and support higher education to help students follow their dreams.

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, then click on the red "Click here to apply for scholarships" button below. 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.

## [CLICK HERE TO APPLY FOR SCHOLARSHIPS](#)

### Scholarship Overview

[Click here to view full list of scholarships](#) available through the Sons of Norway Foundation.



1455 West Lake Street  
Minneapolis, MN 55408  
Toll-free: 800-945-8851  
Fax: 612-827-0658  
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](http://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

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### Domestic Scholarships

[Astrid G. Cates Vocational School Scholarship](#)

[Bernt Anker Scholarship](#)

[Dan and Betty Rude Scholarship](#)

[Desert Fjord Lodge/Agnes Stieler Education Fund](#)

[District Four Scholarship](#)

[District Six Scholarship](#)

[Elaine Nelson Scholarship](#)

[King Olav V Norwegian-American Heritage Scholarship](#)

[Myrtle Beinhauer Scholarship](#)

[Nancy Lorraine Jensen Memorial Scholarship](#)

[Nordkap Lodge 3-215 Scholarship](#)

## [Orel & Marie Winjum Memorial Scholarship](#) [The Sissel and Roger Espeland Memorial Scholarship](#)

International Scholarships

[Douglas Warne – Rolf & Wenche Eng Scholarship](#)

[Helen Tronvold Norwegian Folk High School Scholarship](#)

[Lund Fund Scholarship](#)

Q&A

**Do you have to be a member to apply for the scholarships?**

For some scholarships, yes, but there are some scholarships that do not require membership. There is an eligibility quiz that will tell you all the scholarships you qualify for.

**Who should fill out the application?**

The student should fill out the application please, not family members.

**What should I have ready before I start the application?**

You could prepare thoughts around the essay questions about why you are applying and your connection to Sons of Norway. You will want to have the email address for two people who would write a letter of recommendation.

**Can I use AI to write my application?**

We hope you don't! The application judges love to read what your activities and experiences have been to bring you to this point of your journey. You already know all the content; you just need to take a moment and collect your thoughts.

**What if I haven't decided on my academic institution?**

We understand. Please list the schools to which you have applied. If you have been accepted by some, note which ones. No worries!

**What makes Sons of Norway Foundation scholarships possible?**

Generous donors create endowments, in other words financial gifts, that are invested and each year the Foundation awards scholarships based on the earnings of each scholarship fund. Pretty neat, right?!? Donors enjoy hearing gratitude from the students.

Tip

- Be sure to save your username and password, as you will use them through the entire process.

Please contact [foundation@sofn.com](mailto:foundation@sofn.com) with any questions or for more information.

## **Grants**

The Sons of Norway Foundation offers six categories of grants that provide funding for Norwegian themed programming. Learn more about these opportunities, as well as how we partner with lodges in their community efforts.

The Power of Grants

Our Sons of Norway community benefits from the access to grants offered by the Sons of Norway Foundation. These grants are an opportunity for lodges, members, districts and even others with Nordic interests to strengthen their communities in many ways.

**Why apply?**

- Support your lodge's mission with meaningful programming
- Celebrate Nordic culture and heritage
- Make a lasting impact in your local community

In 2025, the Sons of Norway Foundation awarded over **80 grants worth \$110,400**. This translates to camperships for our youngest members, *Crossings200* events on both sides of the ocean, maintenance for lodge buildings, cultural events and so much more. The grant application season is from **October 1 – December 15, 2025** (please note new deadline this year). Grants are awarded in late spring after review by a panel of Sons of Norway members.

You're invited to learn more about our grants programs on the website, through the Foundation's Board of Governors, the District Foundation Directors, or the Foundation office. The application requires several components, so don't delay! Please see the Q&A section below for frequently asked questions.

Applications for our Helping Hands to Member grants are open year-round.

**Please note, grant applications are due on December 15, 2025, a slightly earlier deadline than previous years.**

[click here to apply for grants](#)

## Grant Overview

[Click here to view full list of grants](#) available through the Sons of Norway Foundation.



1455 West Lake Street  
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Fax: 612-827-0658  
www.sonsofnorway.com

## Grants

In keeping with our values of commitment to life-long learning and service, and funding innovative individuals and opportunities. The Sons of Norway Foundation award grants to fund innovative individuals and opportunities in keeping with our values of commitment to lifelong learning and service.  
Please go to [www.sonsofnorway.com/grants](http://www.sonsofnorway.com/grants) for full guidelines. **Applications open October 1 annually**

| Name of Grant             | Purpose                                                                                      | Deadline | Project Timeline          | Payment timeline | Lodge Requirement                             | Membership Requirement                                  | Maximum Award | Other Requirements                                   |
|---------------------------|----------------------------------------------------------------------------------------------|----------|---------------------------|------------------|-----------------------------------------------|---------------------------------------------------------|---------------|------------------------------------------------------|
| Community Partnership     | Projects that promote and preserve culture and heritage of Norway                            | Dec. 15  | January 2026 – March 2027 | Late Spring 2026 | Applicant does not need to be part of a lodge | Applicant does not need to be part of a lodge           | Up to \$5,000 | Two letters of support and follow-up report required |
| Helping Hands to Children | Supports lodge member activities in local schools or venues                                  | Dec. 15  | January 2026 – March 2027 | Late Spring 2026 | Must be on behalf of a SON lodge              | Applicant must be a current SON member in good standing | Up to \$1,500 | One letter of support and follow-up report required  |
| Lodge Culture & Heritage  | Projects that promote and preserve culture and heritage of Norway                            | Dec. 15  | January 2026 – March 2027 | Late Spring 2026 | Must be on behalf of a SON lodge              | Applicant must be a current SON member in good standing | Up to \$1,500 | Two letters of support and follow-up report required |
| Lodge Vitality            | Give lodges a boost in their operating budget for membership, programming, maintenance, etc. | Dec. 15  | January 2026 – March 2027 | Late Spring 2026 | Must be on behalf of a SON lodge              | Applicant must be a current SON member in good standing | Up to \$1,500 | Two letters of support and follow-up report required |

### Humanitarian Grants

|                                     |                                                                                        |         |                                                 |        |                            |                                             |               |                           |
|-------------------------------------|----------------------------------------------------------------------------------------|---------|-------------------------------------------------|--------|----------------------------|---------------------------------------------|---------------|---------------------------|
| Helping Hands to Members – Medical  | Assist members experiencing severe financial hardship due to illness or injury         | Ongoing | Must apply within 24 months of illness/event    | Varies | See membership requirement | Must be a current member for 1 year or more | Up to \$5,000 | Follow-up report required |
| Helping Hands to Members – Disaster | Assist members whose home was significantly damaged and unlivable following a disaster | Ongoing | Must apply within 24 months of damage occurring | Varies | See membership requirement | Must be a current member for 1 year or more | Up to \$5,000 | Follow-up report required |

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Heritage and Culture Fund

[Community Partnership Grant](#)

[Lodge Heritage and Culture Grant](#)

[Lodge Vitality Grant](#)

Humanitarian Fund

[Helping Hands to Children Grant](#)

[Helping Hands to Members – Disaster Relief Grants](#)

[Helping Hands to Members – Medical Relief Grants](#)

Q&A Section

**How do I apply for a Sons of Norway grant?**

Look for the “**Click here to apply for Grants**” button at the top of this page.

**Can I submit a hard copy application?**

The application process is 100% online from the Foundation’s Grants page. Once you click the apply button, you’ll land on the host page where you can either sign in as an existing user or create a new user account. There are tutorials posted on that page if you need instructions.

**Who should submit the grant application?**

Usually it is the project manager, a lodge leader or in the case of the Community Partnership grant, a representative of the organization requesting the funds.

**What do I need to have ready to complete the application?**

Please have a budget prepared for the budget section. Also, have handy the email address for any letter of recommendation writers.

**What are some good grant ideas?**

Great question! In cooperation with your lodge’s leaders, you may want to review the list of grants awarded last year for some ideas to get you started brainstorming.

[View the 2025 grant winners by clicking here.](#)

**When are results announced?**

Notices go out to the email listed on the application. Decisions are made in the Spring and checks are mailed late Spring (approximately late May).

**How are funds delivered if our application is awarded?**

Grants in the US are issued as a check. Grants outside of the US are issued as wire transfers. Typically, lodge treasurers receive the funds, if that applies to your application.

Tips:

- Be sure to save your username and password, as you’ll use it throughout the process.
- You may want to have the following items in hand before you begin your application: project budget and contact information for your Letter(s) of Recommendation letter writer(s). The application will save should you need to come back to complete your work at a later time.
- Assuming you have the above items, it may take you about an hour to fill out the application.

Please contact [foundation@sofn.com](mailto:foundation@sofn.com) with any questions or for more information.

## **Ways to Give**

When you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come.

Your gift makes a difference

When you donate to the Sons of Norway Foundation, you are helping to strengthen our Nordic legacy and keep our vibrant communities thriving for generations to come. Your generous donations will:

- Provide access to higher education for Sons of Norway members
- Showcase our unique Norwegian heritage and culture to wider audiences
- Support cross-cultural exchange programs with Norway
- Bring humanitarian support to Sons of Norway members affected by natural disasters

### **[Donate Now](#)**

There's more than one way to give. You can make a difference today with:

#### **Legacy Gifts**

Maximize your impact by including a Legacy Gift as part of your estate plan. This can be as simple as naming the Foundation as a beneficiary of your will or life insurance policy, or as complex as creating a specialized trust or scholarship fund—with plenty of options in between. Whatever your preferences, we are happy to work with you and your estate planning team to help you accomplish your giving goals and make Sons of Norway part of your personal legacy.

#### **Specific Gift Language**

Naming Sons of Norway Foundation as a beneficiary of a specific amount from your estate is easy:

I give and devise to Sons of Norway Foundation (Foundation (Tax ID #41-6054126), located in Minneapolis, MN, the sum of \$\_\_\_\_\_ (or asset) to be used for its general support (or for the support of a specific fund or program).

**To designate your gift please contact [foundation@sofn.com](mailto:foundation@sofn.com).**

**[Learn More about legacy gifts](#)**

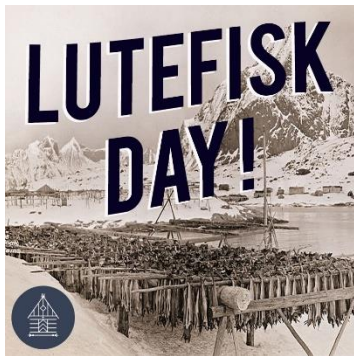
#### **“Heritage of the Future” Naming Campaign**



This naming campaign will offer the naming rights to different areas of our new home office for a wide range of donation amounts. Learn more about how you can support our mission while leaving your mark on Sons of Norway’s physical building.

**[Click here to learn more](#)**





## **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

## **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 like 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 better serve our members. By giving a bit of your time, you can provide Sons of Norway with valuable 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 areas of interest in various aspects of Sons of Norway. Please answer each question fully and honestly as possible. If you have any questions about this survey, please contact Sons of Norway at [fraternal@sofn.com](mailto: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)  
<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

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**Who to contact at the home office when you need help**

- You can email [cbs@sofn.com](mailto:cbs@sofn.com) for any member updates that need to be made.
- **Foundation, Scholarships & Grants-** Amy Tuchenhausen  
[foundation@sofn.com](mailto:foundation@sofn.com), [atuchenhausen@sofn.com](mailto:atuchenhausen@sofn.com), (612) 821-4655
- **Fraternal & Membership-** Connie O'Brien and Kirsten Lehman  
[fraternal@sofn.com](mailto:fraternal@sofn.com), (612) 821-4643
- **Culture, Viking & Language:** Jana Velo  
[jvelo@sofn.com](mailto:jvelo@sofn.com)
- **Insurance Sales:**  
[SonsofNorwaySales@sofn.com](mailto: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](mailto:cbs@sofn.com)
- For issues with passwords or website use [ithelp@sofn.com](mailto: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](http://www.sofn.com)) and District ([www.sonsofnorway5.com](http://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](mailto:arnesonfamily5@gmail.com) or 608-873-7209)

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**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](mailto: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](mailto: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.