

Sons of Norway District 5 - Friendly Fifth Friday News

October 4, 2024

A District Weekly Newsletter to Keep Us Up to Date!

Why Foundation Month?

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members and make Sons of Norway communities a more vibrant place to live. Be it through a student's scholarship for study, a cultural exchange experience, or assisting lodges to provide quality programs and community events – the Sons of Norway Foundation is true to its mission. Established in 1966, our focus and offerings have grown to include several categories of scholarships and four categories of grants.

Our passion is focused on the following areas- creating opportunities for higher education as a means for success, showcasing our unique Norwegian heritage to wider audiences, exploring cross-cultural exchanges, providing humanitarian support to Sons of Norway members who are victims of natural disasters. In 2023, the Sons of Norway Foundation distributed over \$241,000 in awards. \$160,000 In Scholarships for students to study in the United States, Canada, and Norway. \$67,336 In Grants for Norwegian culture and heritage programs. \$14,000 In Camperships for kids across the United States to attend Norwegian cultural camps

Take a closer look at our efforts, the results, and opportunities to get involved by visiting <https://www.sofn.com/foundation/>

Take along the handouts on the grants and scholarships! Do you have someone in school who might qualify for a scholarship? Are you involved in a lodge or other group activity that may want to apply for a grant?

Sons of Norway Foundation Scholarships

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year and promotes cultural exchange and support education to help students prepare the next generation of workers.

All scholarships are open for application starting October 1. Deadlines vary so please check the information on each scholarship.

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.



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 Minneapolis, MN 55408
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 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 25 scholarships to promising students each year. Please go to www.sonsofnorway.com/scholarships for full guidelines. Applications open October 1 annually.

Name of Scholarship	Deadline	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	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$1,500	T/V	USA
Bernt Anker	2/15	USA	17-25	None	N/A	Any	N/A	4 years	\$3,000/year	U	USA
Dan & Betty Rude Scholarship	2/15	USA	17-26	One full year	N/A	Elementary Education	N/A	1 year	\$3,000	U	USA
District 4	1/15	USA, Canada or Norway	18+	None	N/A	Any	Must be D4 adult member	1 year	\$1,000	FHS/OISS/U	Canada or USA
District 6	2/15	USA	16-23	1 semester or 1 quarter	N/A	Any	Member for 1 year or Child/Grandchild of Member	1 year	\$1,500	U or T/V	USA
Douglas Warne-Rolf & Wenche Eng	1/15	Norway	Any	One full year	N/A	Any	Member or Child/Grandchild of Member for 1 year	Up to 1 year	\$3,000	FHS/OISS/U	Canada or USA
Elaine Nelson	2/15	USA	17-26	None	N/A	Education, Agriculture, or Business	Member or Child/Grandchild of Member for 1 year	1 year	\$3,000	U/G	USA, Canada, or Norway
Helen Tronvoid Folk High School	1/15	Norway	17-26	None	N/A	Folk High School	1 year	1 year	\$3,000	FHS	USA
King Olav V Norwegian-American Heritage	1/15	Norway or USA	17+	None	N/A	Scandinavian studies in USA or program in Norway	N/A	1 year	\$5,000	U/G	USA
King Olav V for Norwegian Citizens	1/15	USA	17+	None	N/A	Any	N/A	1 year	\$3,000	U/G	Norway
Lund Fund	1/15	Any Country	17+	None	N/A	Any	1 year	1 year	\$3,000	U/FHS	USA
Myrtle Beinhauer	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA
Nancy Lorraine Jensen Memorial	2/15	USA	17-35	One term	Female	Science or Engineering	3 years	1 year	100% tuition	U	USA
Nordkap Lodge 3-215	2/15	USA	17+	None	N/A	Preference to medical field	Member or Child/Grandchild of Member for 1 year	1 year	\$2,000	U	USA
Orel & Marie Winjum Memorial	2/15	USA	17+	None	N/A	Any	N/A	1 year	\$2,500	U	USA
Oslo International Summer School	1/15	Norway	17-26	None	N/A	Any at Oslo International Summer School	1 year	1 term	\$2,500	OISS	USA
Sissel and Roger Espeland Memorial	2/15	USA	17-26	None	N/A	Any	1 year	1 year	\$4,000	T/V, U	USA

FHS: Folk High School, T/V: Technical/Vocational, U: Undergraduate, G: Grad School, OISS: Oslo International Summer School

Updated September 2024

Domestic Scholarships

- [Astrid G. Cates Vocational School Scholarship](#)
- [Bernt Anker Scholarship](#)
- [Dan and Betty Rude Scholarship](#)
- [District 4 Scholarship](#)
- [District 6 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](#)
[Oslo International Summer School Scholarship](#)

Please contact foundation@sofn.com with any questions or for more information.

We'd love to hear from you!

Find us

**1455 W. Lake Street
Minneapolis, MN 55408**

Contact us

Mon-Th: 8 am – 5 pm Central time

Fri: 8 am – Noon

Email:

Foundation@sofn.com

Scholarship@sofn.com

Grants@sofn.com

Phone:

612-821-4655

Toll-free:

800-945-8851

***If sending a check, please make it payable to “Sons of Norway Foundation”**

[Like the Sons of Norway Foundation on Facebook!](#)

Sons of Norway Membership Benefits you should try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having time at meetings to show them **how to log-in** is a big first step as that opens up so many resources for members! Here is the video on how to do that:

<https://youtu.be/4q-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

14.Sports Medal Program- Sports Medal program for maintaining an active life.

New guidelines for Sports Medals- Submit completed Sports Medal cards to your lodge Sports Director, who may place an order for your medals via the Lodge Leader Supply Store.

New sports medals – August 2020



If you've been craving new fitness goals, help is here! The following two medals have been added for anyone who aims to set the bar a little higher.

First, **Idrettshelt** [ee-dretts-hellt] –the sports hero pin– is the 5th level within any sports medal category.

Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the *Idrettshelt*.

Earn double the point or mileage value of the **enamel** level to qualify for an *Idrettshelt* pin. Tracking cards for this medal may be requested from your lodge sports director. Record your mileage or minutes and return the card to your sports director to receive your pin.



Next is **Hederspris** [*hay-dersh-prees*], the outstanding achievement award. This pin is for members who've earned bronze, silver, gold and enamel medals in any **three** sports medal categories.

Thanks to our members who have requested new challenges- we've made these updates based on your suggestions!

Fitness rewards that fit your lifestyle.

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

It's actually quite simple – and naturally rewarding!

- Choose the pin you want to focus on: general fitness, skiing, swimming, biking or walking.
- Choose your goal within the program.
- Work towards pre-determined requirements to earn your way to the sports medals, earning each level in sequence.
- When your record card is complete, submit it to your lodge's Sports Director, who will order your pins and present them to you at a lodge meeting.

Get Started Today!

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/levels__requirements/

Each pin offers four different areas of achievement, giving you the opportunity to earn your way to Bronze, Silver, Gold and finally Enamel. Learn more about each of these levels and the requirements for earning them.

As with any activity or exercise, we encourage you to consult your physician for advice and recommendations before getting started.

The Sons of Norway Sports Medal Program rewards you for four different levels of achievement: Bronze, Silver, Gold and Enamel. Here's how to earn your pins:

- Work through the Sports Medal Program of your choice in a sequence, beginning with the bronze pin.

- The requirements for each level should be met within 365 days.
- As you engage in your selected activity, log the time or distance on your record card.
- If you achieve a level in less time, you can immediately begin working on the requirements for the next level of the sequence.
- You must start at zero every time you begin earning points for your next pin.

Get Started Today – download support materials

Download the [Sports Medal Brochure](#)

Download the [Pin Display Sheet](#)

Idrettshelt – Sports Hero Medal

(ee-dretts-hellt)

The Idrettshelt Sports Hero Medal rewards Sons of Norway members for living an active lifestyle. Once a member has earned the bronze, silver, gold and enamel medals in any of the main sports medal categories, they may move on to become an Idrettshelt, or Sports Hero.

[Download the Idrettshelt \(Sports Hero Medal\) Record Form](#)

Idrettsmerke – General Fitness

(ee-dretts-merk-eh)

The idrettsmerke is the Sports Medal Program’s general sports and fitness pin that rewards a variety of activities. Any activity can count towards an idrettsmerke, so if you don’t see your activity of choice on the card, contact your Sports Director to create a program that accommodates to your activity.

Download the [“Idrettsmerke” \(Sports and Fitness\) Record](#) – Form 811 (37K)

Skimerke – Skiing

(shee-merk-eh)

The skimerke is the Sports Medal Program’s cross-country skiing pin. Cross-country skiing, a sport introduced to North America by Nordic immigrants, is a way to enjoy the outdoors during the cold winter months.

Download the [“Skimerke” \(Skiing\) Record](#) – Form 804 (30K)

Svømmemerke – Swimming

(svum-uh-merk-eh)

The svømmemerke is the Sports Medal program’s swimming pin. Flutter kick, freestyle, back crawl and breaststroke can all propel you through the water and towards a bronze, silver, gold or enamel pin.

Download the [“Svømmemerke” \(Swimming\) Record](#) – Form 810 (33K)

Sykkelmerke – Biking

(sick-el-merk-eh)

The sykkelmerke is the Sports Medal Program’s bicycling pin. If you cycle indoors or outdoors for recreation, transportation or competition, use that effort over the year to earn a pin.

Download the [“Sykkelmerke” \(Bicycling\) Record](#) – Form 810 (33K)

Gangmerke – Walking

(gahng-merk-eh)

The gangmerke is the Sports Medal Program’s walking pin. On average it takes 2000 steps to walk a mile – log every mile you walk because each step brings you closer to earning a pin.

Download the [“Gangmerke” \(Walking\) Record](#) – Form 813 (30K)

Sons of Norway’s Virtual Pilgrimage

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav’s Ways. On these pages members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway.

[Click here to access materials and start your journey!](#)

Virtual Pilgrimage Finishers

Sons of Norway is excited to celebrate our members who have completed the Virtual Pilgrimage on Norway’s historic Kongsveien or Old Kings Way!

[Click here to see who has finished the Virtual Pilgrimage-](#)

https://www.sofn.com/member_resources/cultural_programming/sports_medal_program/virtual_pilgrimage_finishers/

How many District 5 people do you see?!

Sons of Norway is excited to celebrate our members who have completed the Virtual Pilgrimage on Norway’s historic Kongsveien or Old Kings Way!

Sigrid Paddock Framingham, MA	Solveig Lindstrom Bothell, WA	Luanne Lemberg Ramsey, MN
Karen Lein Newton Highlands, MA	Sue Ames Seattle, WA	Dave Belz Winona, MN
Christine Loken-Kim Watertown, MA	Tap Ames Seattle, WA	Barbara E. Smith Bend, OR

Sandra J. Santas Champaign, IL	Terry Larsen Hawthorne, CA	Robin Aamodt East Wenatchee, WA
Laura Rotegard Grand Canyon, AZ	Susan Newsom Hawthorne, CA	Eric Anderson East Wenatchee, WA
Sandi Walsh Poulsbo, WA	Alan Lokensgard Watertown, MA	Krishun Stanton Boulder City, NV
John G. Baker Zionsville, IN	Sharon Aamot Richland, WA	Rolfe Johnstad Henderson, NV
Gerald (Jerry) Paulson Madison, WI	Richard Deininger Port St. Lucie, FL	Jerri Lynn Baker Oswego, IL
Richard Dahl Winona, MN	Judy Johnson Woodville, WI	Ken Johnson Yorkville, IL
Brian Larson Cassville, WI	Claudia Bomier Anoka, MN	Alvin Bergh Aurora, IL
Beatrice Heath Lewistown, MT	Rodney Halvorson Brooklyn Park, MN	Barb Johnson Yorkville, IL
James A. Hanson Lewistown, MT	Jeanne Engelsmeier Cedar, MN	Phoebe Bergh Aurora, IL
Harvey Nyberg Lewistown, MT	Gerald Erickson Bremerton, WA	Carol Devito Lombard, IL
David Rice Poulsbo, WA	Russell Wiigs Calgary, AB	Betty Landorf Naperville, IL
Donna Rice Poulsbo, WA	Kathy Secora Hoffman Estates, IL	Carole Johnson Ottawa, IL
Thelmor Birkland Lewistown, MT	Ellen Beck Seattle, WA	Connie Kross Sandwich, IL

Karen Bosworth Moorpark, CA	Judy Gray Seattle, WA	Norman Olson Glen Ellyn, IL
David Bosworth Moorpark, CA	Andrea Torland Kirkland, WA	Judith Earle Seahurst, WA
Lise Thorsen Henderson, NV	Kathleen Lange Seattle, WA	Tim Roberts Oakland, CA
Barb Stoebner Henderson, NV	Vikki Rennekar Henderson, NV	Judy Wick Oakland, CA
Robert Kodalen Poulsbo, WA	Clarissa Peterson Calgary, AB	Eleanor Weintraub Chestnut Hill, MA
Donna Kodalen Poulsbo, WA	Laurie Sorman Hoffman Estates, IL	Marian Rud Ham Lake, MN
Vicki Nelson Edmonds, WA	James Secora Hoffman Estates, IL	Nichelle Nagle Rogers, MN
Helga Staffan Yakima, WA	James Aakre Fergus Falls, MN	David Steichen Dilworth, MN
John Staffan Yakima, WA	John Halvorson Dalton, MN	Sharon Anderson Wauwaukee, WI
Joyce Hagen Yakima, WA	Christine Meloni Springfield, VA	Larry M Olson Detroit Lakes, MN
Jeff Hagen Yakima, WA	Geraldine Jurisson Sun City, AZ	Cheryl Olson Detroit Lakes, MN
David Amdahl Decorah, IA	Talleiv Vollen St. Cloud, MN	Dorothy Johnson Detroit Lakes, MN
Shelene Reno Lewistown, MT	Jeanne Addison York, PA	Willard A Johnson Detroit Lakes, MN

Louis Milsted Sheboygan, WI	Teresa Broadhead Lomita, CA	Joseph Merseth Detroit Lakes, MN
Luana Josvold Mattapoisett, MA	Hans Stokken Lewistown, MT	Carol Turner Detroit Lakes, MN
Ron Lechnyr Eugene, OR	Norman Johnson Chesterton, IN	Delroy Mathison Detroit Lakes, MN
Kirsten Solberg Boulder City, NV	Esther Fox Michigan City, IN	Emma Hoover Pelican Rapids, MN
Patricia Ehrlich Keizer, OR	Darlene Henderson Michigan City, IN	Adam Hoover Pelican Rapids, MN
Charles Kuehl Missoula, MT	Paul Sams Chesterton, IN	Robert R Hoover Detroit Lakes, MN
Jennae Kuehl Missoula, MT	Dennis Will Salem, OR	Beverly Melgaard Audubon, MN
Lori Anderson Lynnwood, WA	Christina Fairchild Rockton, IL	Duane Allison Brookings, SD
David Williams Kenmore, WA	Jessielyn Barsi Kamloops, BC	Rosanne Graef Portland, ME
Ellie Fife Seattle, WA	Lorilyn Barsi Kamloops, BC	Jeannette Lively Greeneville, TN
Chris Hicks Lynnwood, WA	Lorna Hutchinson Kamloops, BC	Wendy Wight Kenmore, WA
Sam Brogger Lakeville, MN	Ivar Thompson Kirkland, WA	Ken Howard Lynnwood, WA
Kerri Howley Rock Hill, SC	Keren Thompson Kirkland, WA	Joanne Graves Kingston, WA

Christine Anderson Tacoma, WA	Julie Hacker Kirkland, WA	Susan Dabinett Poulsbo, WA
Agnes Brekhus Bozeman, MT	Rosvel K (Pete) Brekhus Bozeman, MT	Kathleen Rogers Detroit Lakes, MN

2024 International Board Vote – this is for benefit members only!

Election Timeline:

- Voting period: September 1 – September 30, 2024
- Election results announced: Mid-October 2024
- Election of officers: November 2024
- Terms begin: January 2025

Other Dates to Note (changes in red)

September 30- Voting will close at 5:00 p.m. ET for International Directors

October 20- Viking Photos due to LaVonne Wier

November 8-9- District 5 Board Meeting- northern IL (Chicago area)

November 15- Lodge Liability Payment Due

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

December 31- D63 Officer Election Reports Due

2025 Calendar

January 20- Viking Photos due to LaVonne Wier

February 20- Viking Photos due to LaVonne Wier

February 20- Barnebirkie Race in Hayward, WI

March 20- Viking Photos due to LaVonne Wier

April 20- Viking Photos due to LaVonne Wier

May 17- Masse Moro Lodge Supporting Grants Due

May 17- Masse Moro Registrations Due

May 20- Viking Photos due to LaVonne Wier

June 20- Viking Photos due to LaVonne Wier

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 20- Viking Photos due to LaVonne Wier

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

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: Michael Godbout**
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.