

Sons of Norway District 5 - Friendly Fifth Friday News

September 12, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

At Vasa Park last weekend- Masse Moro campers Aurora Malouf handled the majority of communications with the visitors to the booth for the day, Titan Malouf handled most of the booth prep and set-up. Adults Janis Wegner & Scott Wegner provided transportation to and from Vasa Park and some logistical support to Titan and Aurora. D5 Youth director Robert Schuck coordinated all the booth registration details, staffed the booth and also visited with many of the attendees that had other questions about working or volunteering at the camp. He also had 3 of his nephews along for the day ages 6 yrs and pair of 5yr old twins. Past Youth Director Lisa Roe-Williams visited the booth a couple of times during the day while visiting Vasa Park event wearing a Masse Moro T-shirt advertising the camp.



From Jerry Rud- Circle City Lodge

Here is a working link for folks to use if they want to register for the October 9 arrival of Restauration. At this website look for the link (in blue) labeled "the attached link".

<https://crossings.norwegianamerican.com/event/public-gathering-arrival-of-the-sloop-restauration-october-9th-folkefest/>

 **Announcing**

Stoughton High School Norwegian Dancers

**Sunday, October 19 @ 2 PM
Woodlands Church
190 Hoover Avenue, Plover, WI**



**Hosted by Sons of Norway
Vennligfolk Lodge of Central Wisconsin
Celebrating our 30th Anniversary**

Plus:



**Celebrating 200 years of Norway
in North America!**

Now in their 70th year, the Stoughton High School Norwegian Dancers will entertain, enlighten, and culturally educate with traditional Scandinavian folk dancing and their authentic Norwegian bunad attire.

A "family friendly" event. Invite your family and friends!

Light refreshments served

Freewill donations accepted - doors to the gym open 1:30 PM

For information email: Vennligblad@gmail.com

<https://www.stoughtonnorwegiandancers.com/>

How can you schedule the famous Stoughton High School Norwegian Dancers?

Bring the Dancers to Your Community



The Stoughton Norwegian Dancers is a group made up of Stoughton High School students who perform various, authentic Scandinavian dances. The group began in 1953, performing for their home community at Syttende Mai (Norwegian Constitution Day). Today, they share their talents all across the United States, entertaining young and old and leaving all with a warm appreciation for their Norwegian heritage.

Performances are scheduled each year from late September through May.

For scheduling questions or to book a performance, please email stoughtonnorwegiandancers@gmail.com.

How do the students become a Stoughton Norwegian Dancer?



Each year the seniors in the group graduate and their vacancies need to be filled for the following year. Every April, tryouts are held for current Stoughton High School students that are interested in being part of next year's group as a Dancer.

One week is set aside for interested freshman and another week for interested sophomores and juniors. During the lunch period on Monday and Tuesday of their designated week, the interested students learn three simple dances from the current dancers. On Thursday they return to perform these dances in groups of 5-6 couples at a time, in front of a panel of eight judges.

Current dancers are paired with prospective dancers to assist them. In addition to their dancing scores, the students are also required to obtain five confidential recommendations from teachers or coaches, and they need to have their school counselor sign a form verifying their current grade point average.

Students interested in playing the keyboard for the Norwegian Dancers should also attend the noon practices. They may choose to try out as a dancer and a keyboardist or only a keyboardist. At this noon practice they will receive the music for one dance and be given a week to practice it. A time will be set up with the Director to audition for a keyboardist position. At the audition, the student will be asked to play the piece they were given, a piece of their choice that they have worked on and also to sight read music for another dance. The director and a current keyboardist will be judging the students. Prospective keyboardists also turn in teacher recommendations and gpa verification.

Students who play the violin or viola may also audition to play for the group, but would need to make it on the group as a dancer or keyboardist as well.

Once the three areas are considered (dancing/music scores, teacher recommendations and gpa), as well as the needs of the group, the new dancers and keyboardists are chosen and announced after Stoughton's Syttende Mai Celebration, the third weekend in May. With only 8-12 vacancies each year and many qualified students trying for these spots, it is indeed an honor to be chosen as a Stoughton Norwegian Dancer.

Students are not required to be Norwegian. Students of all nationalities and ethnicities are welcome and encouraged to tryout. Dancers are students of high character, have excellent work ethic, are not in violation of the school's athletic/activities code, are good students and generally know how to get along well with others. Dancers are expected to have a 3.0 gpa or higher due to the fact that they miss a fair amount of school due to performances in area schools.

Similar to athletics, there are some out of pocket expenses and fees, however, no student will be turned away due to lack of financial resources. Parents of Dancers are expected to contribute their time and talents to the parent group. It is because of this highly dedicated group of parents that the Dancers continue to function in the capacity that they do.

If you have the dancers coming, here's a promo you can use:

<https://www.stoughtonnorwegiandancers.com/educational-resources>

Educational Resources

Need some help introducing the Norwegian Dancers to your classroom before a performance? We've got you covered! Feel free to share the Google Slide deck below to kick off a conversation with your students about Norwegian culture and get the kids excited to meet the dancers and watch them perform in person!



2025 Calendar

September 20- Viking Photos due to LaVonne Wier

October 3-5- Adult Camp Heritage Weekend in Norway, IL

October 20- Viking Photos due to LaVonne Wier

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

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.