

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

## **September 19, 2025 -**

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

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#### **Norwegian Language Class**

**September 24<sup>th</sup> 10:30 am EST**

Askeladden Lodge warmly re-invites you to attend an informal language class on Wednesday, September 24<sup>th</sup> via Zoom. The class will review chapters 1 and 2 of the *Sett i gang* 3<sup>rd</sup> edition textbook by Kari Lie Dorer and Nancy Aarsvold. The book's subtitle is, "An Introductory Norwegian Curriculum".

Askeladden is thrilled that so many from the District are engaged with this opportunity!

**The Zoom link will be sent to you either the day of or the day before the class.**

Please RSVP your interest to [askeladden.lodge@gmail.com](mailto:askeladden.lodge@gmail.com) . For questions, please email [astutekaren@gmail.com](mailto:astutekaren@gmail.com). See you there!

## **It's almost the 20<sup>th</sup>!**

The trees are turning those beautiful colors of fall. We like to take a ride to just take it all in. We don't need to go to Vermont when we have such beauty right here in Wisconsin.

My apologies. I was sent messages about changing who gets these emails from me for the photo submission reminder. I have been up to my eyes in several projects and family issues, so I haven't made the changes. I won't be upset if you send the changes to me again. I will really try to get them taken care of before next month.

Some are having issues sending the photo submission form (found at [https://sonsofnorway5.com/publicity\\_director\\_messages/](https://sonsofnorway5.com/publicity_director_messages/)) and the photo to me in the same email. When you send them, try this:

1. Attach the photo by itself to the email you are sending.
2. Fill out the Photo Submission Form separately and save it.
3. Then, make that another attachment to the email.

That works slick, and is not as complicated as trying to put the photo in the middle of the photo submission form. Make sure your submission gets to me by the 20<sup>th</sup>.

Please remember not to edit your photo before sending it in. It will be edited as needed when it is received at Sons of Norway headquarters and the webmaster of our District 5 website.

Enjoy autumn! It's my favorite time of year.

Alt for ná!

LaVonne Wier  
D5 Publicity Director



### In-Person

#### Beginning Norwegian

- Wednesdays From September 17– November 19, 2025
- 9:00 AM–11:00 AM CT
- \$150 member/\$175 non-member
- Instructor: Marcia Lund

Build a foundation in Norwegian through grammar, vocabulary, and conversation in a welcoming small-group class. Enjoy coffee and social time before each session, with all materials provided and included in registration.

#### Continuing Norwegian

- Thursdays from September 18 – November 20, 2025
- 1:30 PM– 3:30 PM CT
- \$150 member/\$175 non-member
- Instructor: Marcia Lund

Continue developing your Norwegian skills with a focus on building vocabulary and conversation in a supportive small-group setting. Open to those who have completed Beginning Norwegian at NAGC. Coffee and social time included, with all materials provided.

## UPCOMING CLASSES

### Online

#### Norwegian Language 1

- Mondays from September 22 – November 24
- 11:00 AM – 12:00 PM CT
- \$150 member/\$175 non-member
- Instructor: Johanne Grinde

Start your journey with Norwegian in this beginner-friendly online class covering grammar, vocabulary, and conversation skills. Open to anyone, no matter where you live, with recordings available after each session.

#### Norwegian Language 2

- Mondays from September 22 – November 24
- 9:30 AM – 10:30 AM CT
- \$150 member/\$175 non-member
- Instructor: Johanne Grinde

Strengthen your Norwegian language skills in this continuing online class designed for students who have completed Beginning Norwegian or already have some prior experience. Classes emphasize vocabulary, grammar, and conversation, with recordings available after each session.

Read more about each class or sign up by clicking below

<https://www.nagcnl.org/events/>

## **Leadership Call Recording and PowerPoints**

Dear members,

Thank you to those who were able to attend the September 3rd All-Member Meeting hosted by International SN.

If you were unable to join the meeting, please feel free to watch the recording of the presentations:

[View All Member Meeting](#)

<https://youtu.be/V-tSlzFZPoc?si=1xOBlr8KGN4OmBCC>

Several attendees requested copies of the presenter slides. Please feel free to share this information with your lodges.

Lynn Skrukud, president of Gulldalen Lodge 6-128 in Grass Valley, CA gave a presentation on Marketing Your Lodge. Lynn is a member of Gulldalen Lodge 6-128 in Grass Valley, California.

[View Lynn's Slides](#)

<https://www.sofn.com/wp-content/uploads/2025/09/SofN-Lodge-Marketing-Presentation-Lynn-Skrukud-2025-compressed.pdf>

Amy Tuchenhausen, Director of Sons of Norway Foundation presented the following update:

[View Amy's Slides](#)

<https://www.sofn.com/wp-content/uploads/2025/09/Sept-2025-Sons-of-Norway-Foundation-Update.pdf>

**I will ask our webmaster to upload the two documents to our website:** <https://sonsofnorway5.com/about/international-board-messages.php>

## **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

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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.