

Sons of Norway District 5 - Friendly Fifth Friday News
September 26, 2025 -
A District Weekly Newsletter to Keep Us Up to Date!

Dear Lodge Leader,

Your invoice for the annual lodge liability insurance is now available through the lodge documents portion of your officer profile. This insurance certificate covers lodges for 8/1/25 – 7/31/26.

The amount is due by November 1, 2025 and a late fee will be charged for payments received after that date. Please make checks out to Sons of Norway and mail to:

Sons of Norway

1455 West Lake Street

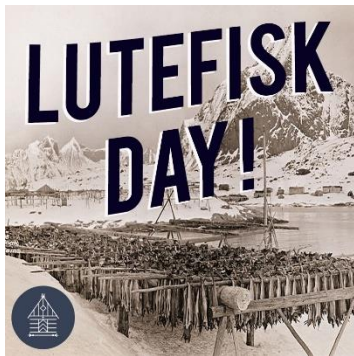
Minneapolis, MN 55408

Please make sure your lodge district and number is included on the check or in the memo section.

To view or print the certificate, please go to the Lodge forms section of the website or find here:

[CERTIFICATE OF LIABILITY INSURANCE](#)

Please reach out to fraternal@sofn.com with questions.



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



DECORAH, Iowa — Crown Prince Haakon of Norway will visit Decorah on October 6 to commemorate the 200th anniversary of the first organized Norwegian emigration to the United States, announced Vesterheim, the National Norwegian American Museum and Folk Art School, and Luther College.

Residents are invited to join in several public events during the Crown Prince's visit. The day will begin at 10 a.m. with a Street Festival Celebration on and around the Vesterheim campus. At 11:15 a.m., there will be a ceremony and ribbon cutting at Hanson Vesterheim Commons. The day will conclude with a Celebration Convocation at 1:15 p.m. at the Luther College Center for Faith and Life Main Hall.

Although there is no cost to attend, tickets are required for the convocation and can be obtained from the Luther College Ticket Office starting September 23.

The visit emphasizes the longstanding cultural and historical ties between Norway and the U.S. and aims to foster cooperation in business, education, and culture. This marks the ninth visit to Decorah by the Norwegian royal family since 1939, with the previous visit in 2011 by King Harald V and Queen Sonja.

Luther College, founded by Norwegian immigrants in 1861, and Vesterheim, which began as a collection of Norwegian American artifacts in 1877, play significant roles in preserving Norwegian heritage in the U.S. Decorah also hosts the annual Nordic Fest, celebrating Scandinavian culture. The 200th anniversary commemorates the journey of 52 Norwegians who set sail on the Restauration to New York City on July 4, 1825. Since then, nearly 900,000 Norwegians have emigrated to the U.S., with almost five million North Americans today claiming Norwegian ancestry.

Having officer elections? Use these resources!

Discover the roles, responsibilities and guidelines for achieving success for each leadership position in your Sons of Norway lodge-

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines/

https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leader-training-series/

Local Lodge Training

- District Structure
- Lodge Meetings
- Reporting Requirements
- Policies
- Programs, Skills & Engagement

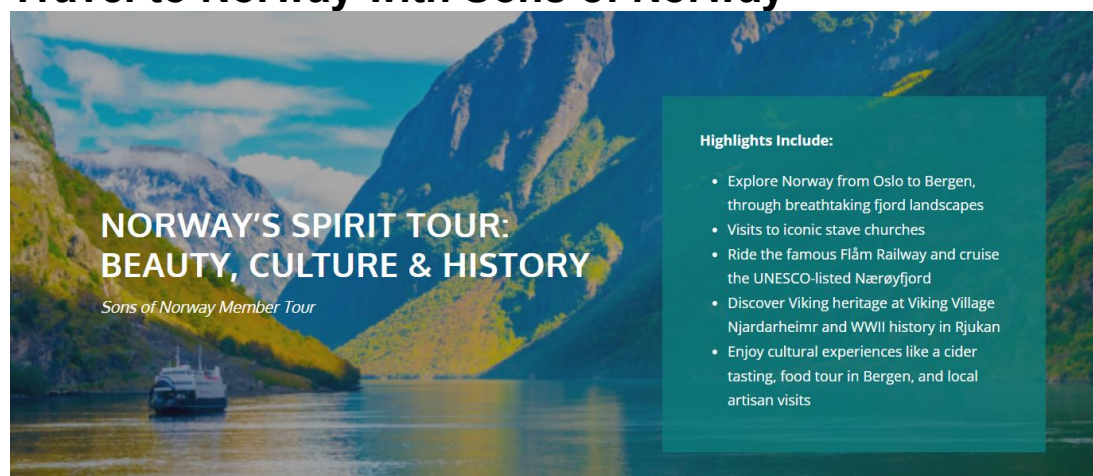
[Click here for Google Slides](#)

Publicity Training

- Publications
- Leader Tools
- Social Media
- Programming
- Recruitment

[Click here for Google Slides](#)

Travel to Norway with Sons of Norway



NORWAY'S SPIRIT TOUR: BEAUTY, CULTURE & HISTORY

Sons of Norway Member Tour

Highlights Include:

- Explore Norway from Oslo to Bergen, through breathtaking fjord landscapes
- Visits to iconic stave churches
- Ride the famous Flåm Railway and cruise the UNESCO-listed Nærøysfjord
- Discover Viking heritage at Viking Village Njardarheimr and WWII history in Rjukan
- Enjoy cultural experiences like a cider tasting, food tour in Bergen, and local artisan visits

Tour Details

From: \$6,775 | Single supplement \$1,720

9 days

Tour Dates:

May 2 – May 10, 2026

Travel from south to west across Norway on this unforgettable journey of culture, history, and breathtaking landscapes. From the vibrant capital of Oslo to the dramatic fjords and charming villages of Flåm, Balestrand, and Bergen, you'll uncover Norway's deep-rooted heritage and natural beauty. With enriching visits to stave churches, Viking sites, and WWII landmarks, along with scenic cruises and local food tastings, this immersive tour offers a rich tapestry of experiences.

This special itinerary is offered in partnership with Sons of Norway and hosted by the Chair of the International Board, Luella Grangaard. The journey offers a meaningful connection to heritage and community throughout.

Itinerary

This is a hosted group tour. International air is not included.

Saturday, May 2 Arrive Oslo Meals: D	☺
Monday, May 4 Oslo - Rjukan Meals: B L D	☺
Tuesday, May 5 Rjukan - Flåm Meals: B L D	☺
Wednesday, May 6 Flåm Meals: B L D	☺
Thursday, May 7 Flåm – Balestrand Meals: B D	☺
Friday, May 8 Balestrand -- Bergen Meals: B L	☺
Saturday, May 9 Bergen Meals: B L D	☺
Sunday, May 10 Depart Bergen or Extend Your Stay Meals: B	☺

Included

- Eight nights' hotel accommodation in standard rooms
- Meals as indicated (B-Breakfast, L-Lunch, D-Dinner)
- City tour of Oslo, including entrance to Grini Museum
- Entrance and guiding at Norway's Resistance Museum and Norsk Folkemuseum
- Entrance at Heddal Stave Church
- Gaustabanen "Top Secret" dramatized 3-course dinner
- Entrance and guiding at Norwegian Industrial Workers Museum
- Fjord cruise, Flåm – Gudvangen
- Entrance at Viking Valley
- Flåmsbana, roundtrip
- Entrance at Borgund Stave Church
- Cider tasting and 3-course dinner
- Entrance and guiding at Sylvismidja Workshop and Oleana Factory
- Food & Culture Walking Tour, Bergen
- Guide and driver gratuities

Not Included

- Transatlantic airfare
- Travel insurance, *recommended*
- Cost for optional tours
- Fees for passports
- Transfers, sightseeing, activities, meals, and beverages not specified
- Luggage handling at airports, hotels, or on boat connections
- Items of a personal nature such as laundry, spa services, internet, phone, etc.

Notes

- All planned activities are subject to weather and local conditions.
- Transatlantic airfare is not included in the tour package; Borton Overseas can assist with air upon request.

2025 Calendar

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 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.