

Sons of Norway District 5 - Friendly Fifth Friday News

September 5, 2025 -

A District Weekly Newsletter to Keep Us Up to Date!

EXPLORING SOUTHERN NORWAY

with Vennelag, Sons of Norway Lodge, Mt. Horeb, Wisconsin

August 6 - 18, 2026

PRELIMINARY ITINERARY

PRELIMINARY TOUR ITINERARY

Bergen, Stavanger, Oslo, Telemark, and the fjords

Cruise the fjords, dine at a tropical island, travel the breathtaking North Sea Highway, meet a talented rosemaling artist, tour Lindesnes Lighthouse, cruise a segment of the Telemark Canal, and learn more about the occupation of Norway during WWII



ITINERARY | 13 DAYS



To request pre- or post-tour extensions, alternative travel dates, or flights from other cities, please note on application.

DAY 1 THURSDAY, AUGUST 6

Chicago O'Hare—Bergen: Depart on your transatlantic flight.

DAY 2 FRIDAY, AUGUST 7

Bergen: Arrive at Bergen Flesland Airport. Transfer to hotel. Balance of day free to adjust to time change. Welcome dinner and overnight at the Hotel Norge by Scandic.

DAY 3 SATURDAY, AUGUST 8

Bergen: Morning sightseeing tour of Norway's second largest city includes a walk through the historic Hanseatic Wharf (UNESCO World Heritage Site). Afternoon and evening free to visit the famous Fish Market or ride the funicular to the top of Mount Fløyen for a magnificent view of Bergen. Dinner on own. Overnight at hotel.

DAY 4 SUNDAY, AUGUST 9

Bergen—Flåm—Lofthus: Drive to Voss. Transfer to the Oslo/Bergen Railway and continue to Myrdal. Board the famous Flåm Railway, ranked as one of the top 20 train rides in the world. Descend 2800 feet within 13 miles from Myrdal to Flåm. Cruise the dramatic Aurlandfjord and Nærøyfjord from Flåm to Gudvangen. Meet the motorcoach in Gudvangen and proceed to Lofthus, located in the heart of Norway's cherry, apple, and pear orchards. Dinner and overnight (fjord-view rooms) at Hotel Ullensvang along the Sørkjord.

DAY 5 MONDAY, AUGUST 10

Lofthus—Stavanger: Morning drive from Lofthus to Ølen. Visit a local rosemaling artist and enjoy a light lunch. Ferry from Arsvågen to Mortavika and drive the underwater tunnels from Rennesøy to Randaberg en route to Stavanger, the hub of North Sea oil exploration and development operations. Short sightseeing tour upon arrival. Dinner on own. Overnight at Radisson BLU Atlantic Hotel.

DAY 6 TUESDAY, AUGUST 11

Stavanger: Day free to explore Stavanger independently. This modern Norwegian city is a charming mixture of old and new, retaining much of its 18th century charm. Depart in late afternoon on a 20-minute ferry ride to a tropical island with beautiful flowers, palm trees and sea views. Tour the gardens and dine at the island restaurant. Return to hotel for overnight.

DAY 7 WEDNESDAY, AUGUST 12

Stavanger—Spangereid: Pass through Jæren, one of Norway's leading agricultural districts. Breathe in the sea air as you drive the scenic North Sea Highway, passing fields and ocean views, deserted beaches, and rugged landscapes. Stop in the village of Vanse, where you'll get a taste of America. Many Norwegians from this area emigrated to America to follow the American dream. There were many who also returned, bringing with them a love for American lifestyle, along with objects and traditions that have shaped the local culture. Possibility of connecting with members of a local Sons of Norway lodge. Dinner. Overnight in Spangereid for along the rocky coastline at the Lindesnes Havhotell.

DAY 8 THURSDAY, AUGUST 13

Spangereid—Grimstad: Excursion to Norway's southernmost tip, Lindesnes. Learn about lighthouse history and coastal culture when touring the Lindesnes Lighthouse, the first lighthouse in Norway. (There are over 2000 lighthouses in Norway and at most there have been 150 in operation.) Since 1863, it has been the keeper's duties at Lindesnes to report around-the-clock observations of the weather for the Norwegian Meteorological Institute. Here, where two seas meet and currents, winds, and weather reign over life and death, seafaring history is full of dramatic tales of shipwrecks in the foul waters. When bad weather hits with full force, the waves can reach a height of 82 feet. Proceed to Kristiansand, Norway's 5th largest city and continue to the charming coastal town of Grimstad, known for its maritime atmosphere, picturesque white wooden houses, and narrow cobblestone streets. Dinner and overnight in Grimstad at Home Hotel Grimstad.

ITINERARY INCLUDES

- Roundtrip airfare from Chicago O'Hare, including taxes, fees & fuel surcharge
- 11 nights accommodations, double occupancy, with private facilities
- Daily breakfast [B] and 8 dinners [D], including Flor og Fjære
- 1st-class touring coach, train & ferries per itinerary
- City sightseeing in Bergen, Stavanger, and Oslo
- Cruise on a section of the Telemark Canal
- Entrance fees to all sites including: Lindesnes Lighthouse, West Telemark Museum, Norwegian Industrial Museum, and Norwegian Ski Museum
- Luggage handling at hotels for 1 suitcase (subject to availability)
- Tour Director for Days 2 – 13

ESTIMATED TOUR PRICING

Price with air/taxes/fuel from..... \$6995
ESTIMATED price is based on a minimum of 35 paying participants. Price includes airfare from Chicago O'Hare plus taxes/fees and fuel surcharge. Fuel and all taxes are subject to change and if needed, will be re-assessed in your statement prior to final payment.

Single Room Supplement \$1375

ESTIMATED PRICING - As pricing has not yet been received from all suppliers for 2026, prices are estimated, based on an average increase. Please be advised that the Norwegian government is considering introducing a tourist tax. Should a political decision be made in favor of this measure, any additional costs will be added to the tour package.

For more information, contact:

Brekke Tours & Travel

1-800-437-5302

Tours@BrekkeTours.com

WWW.BREKKETOURS.COM

Revised 5/28/2025



DAY 9 FRIDAY, AUGUST 14

[B,D]

Grimstad—Vrådal: Depart for Telemark, an area referred to as "Norway in Miniature." Enjoy a cruise on a segment of the Telemark Canal, one of the most beautiful waterways in the world, connecting the coast of Telemark with the interior through a system of 8 locks at a distance of 67 miles. Continue to Vrådal for dinner and overnight at the Straand Hotel.

DAY 10 SATURDAY, AUGUST 15

[B,D]

Vrådal—Rjukan: Visit the West Telemark Museum in Eidsborg, one of Norway's largest outdoor museums and tour the Eidsborg Stave Church. In Morgedal, tour the Norwegian Ski Adventure Center offering an exciting adventure through the history of modern skiing. Proceed to Rjukan for dinner and overnight at Gaustablikk Hotel.

DAY 11 SUNDAY, AUGUST 16

[B]

Rjukan—Oslo: Visit the Industrial Museum and Vemork Power Station, where the Nazis produced "Heavy Water" for their atomic bomb experiments during the war. Photo stop at Heddal Stave Church, the largest of Norway's 28 remaining stave churches. Continue to Oslo. Dinner on own. Overnight at the Thon Bristol Hotel.

DAY 12 MONDAY, AUGUST 17

[B,D]

Oslo: Morning sightseeing tour of Norway's capital city includes a visit to Vigeland Sculpture Park. Balance of day free. Farewell dinner and overnight at hotel.

DAY 13 TUESDAY, AUGUST 18

[B]

Oslo—Depart: Tour ends following breakfast. Transfer to Oslo Gardermoen Airport for return flight.

AUGUST 6 - 18, 2026



For more information, contact:

Brekke Tours & Travel

1-800-437-5302

Tours@BrekkeTours.com

WWW.BREKKETOURLS.COM



BREKKE'S ESCORTED TOURS EARLY REGISTRATION PROCESS

GENERAL INFORMATION

EARLY REGISTRATION:

To secure a seat on *Exploring Southern Norway with Vennelag, Sons of Norway Lodge of Mt. Horeb, Wisconsin* (August 6 – 18, 2026), please complete and return the Early Registration Form which also entitles you to a reduced deposit of \$400 per person (payable by check). As we are unable to secure airfare until a later date, pricing on the tour package is currently estimated. Once airfare is confirmed and pricing is finalized, you will receive a confirmed, priced itinerary, the applicable terms and conditions and information pertaining to travel insurance. To reconfirm your participation, you will also be asked to complete our Tour Registration Form. You will then have two weeks to cancel; should you cancel, you will receive a full refund of your trip deposit.

PLEASE NOTE: upon acceptance of the confirmed itinerary and price, your deposit of \$400 per person becomes non-refundable.

AIR TRAVEL:

A limited number of group seats will be requested from the departure city specified in the itinerary. Options to fly from an alternate city may be available at the time of confirmation. A quote can be requested on your confirmation form. The supplemental cost will be based on published rates at that time.

If you prefer to make your own air arrangements, please ensure that the tour is guaranteed to operate, before committing to non-refundable/non-changeable airfare.

CONFIRMATION OF AIR AND TOUR SERVICES:

You can expect to hear from our office approximately 8-9 months prior to departure with the confirmed priced itinerary, the applicable terms and conditions, possible pre- and post-tour extension options, and information pertaining to travel insurance. Airfare upgrades will also be offered at this time. You will be asked to complete our Tour Registration Form to confirm your registration. Tour extensions and upgrades can be requested on this form. Should you choose to cancel, you will receive a full refund of your early registration deposit provided your cancellation notification is received within two weeks following receipt of this information.

Revised: 05/28/2025

EARLY REGISTRATION FORM

Please complete (print or type) and return to the address below.

NAME OF TOUR: EXPLORING SOUTHERN NORWAY WITH SON MT. HOREB

REGISTRATION TYPE (Please select one):

- ☐ **Air & Land:** Group seats will be requested from Chicago O'Hare Airport (as indicated on the itinerary) and will include airport transfers upon arrival / departure. Groups seats are assigned in economy at the discretion of the airline. Seat numbers may not be advised until check-in at the airport. Seating requests will be submitted, however, specific seat assignments cannot and will not be guaranteed. Tour extension options and/or seating upgrades may be requested on your tour confirmation form. Supplemental costs will be based on published rates at that time.
- ☐ **Land Only:** If you prefer to make alternative air arrangements, please ensure that the tour is guaranteed to operate, before committing to non-refundable/non-changeable airfare.

PLEASE PRINT OR TYPE NAMES EXACTLY AS IT APPEARS / WILL APPEAR ON YOUR PASSPORT

PLEASE NOTE: NAME CHANGES / CORRECTIONS WILL INCUR A MINIMUM \$250 CHANGE FEE

NAME #1: _____ / _____ / _____ Date of Birth _____ / _____ / _____
(Last Name as it appears on passport) (First Name as it appears on passport) (Middle Name as it appears on passport) (mo / day / year)

Gender: ☐ M ☐ F How do you want your badge to read _____

NAME #2: _____ / _____ / _____ Date of Birth _____ / _____ / _____
(Last Name as it appears on passport) (First Name as it appears on passport) (Middle Name as it appears on passport) (mo / day / year)

Gender: ☐ M ☐ F How do you want your badge to read _____

Additional travelers: _____

Final documents for all passengers listed will be sent to the address provided below unless otherwise indicated:

ADDRESS: _____ / _____ / _____
(No. & Street) (City) (State) (Zip Code)

E-MAIL: _____ PHONE: (_____) _____ / Home (_____) _____ / Cell

TYPE OF ROOM: ☐ Single ☐ Double (1 double bed) ☐ Twin (2 twin beds) NAME OF ROOMMATE/S: _____

If requested a double room with 2 twin beds: Brekke Tours will forward your request to the hotel; however, on some occasions, rooms with one double bed may be the only choice available.

SINGLES: Do you wish to room with another single person requesting a roommate? ☐ Yes ☐ No

Please note that you will be charged a single supplement fee. If you request a roommate and one is found, you will receive a refund of this fee upon acceptance of roommate.

I/we understand that the enclosed check with the early deposit of \$ _____ (\$400 per person) will secure my/our place on this tour. Once package details and final pricing have been confirmed, I/we understand that I/we will receive a detailed itinerary with confirmed prices and services. I/we will then have two weeks to complete an official application form to finalize my/our reservation or cancel my/our reservation for a full refund. Upon acceptance of the confirmed itinerary and price, your deposit of \$400 per person becomes non-refundable. Should I/we wish to cancel prior to completion of the official registration, I/we will receive a full refund.

Signature _____ Date _____

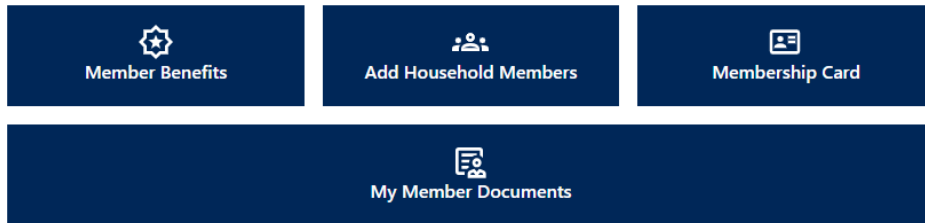
BREKKE TOURS & TRAVEL 802 N. 43RD STREET GRAND FORKS ND 58203 USA
TOLL-FREE: 1-800-437-5302 FAX: (701) 780-9352 EMAIL: TOURS@BREKKE TOURS.COM

Membership Card Communication

In July, Leadership Resource announced that Sons of Norway is going paperless for our membership cards – meaning that we will no longer mail out cards at time of renewal or when a new member joins a lodge. Most lodges will move to paperless membership cards starting September 1, 2025. Lodges that own property will switch to paperless cards starting December 1, 2025. This change is only to membership cards – renewal invoices will continue to be mailed out.

Members are encouraged to create an online account so they can access their membership card, and make other updates anytime through their online profile in the Membership Section:

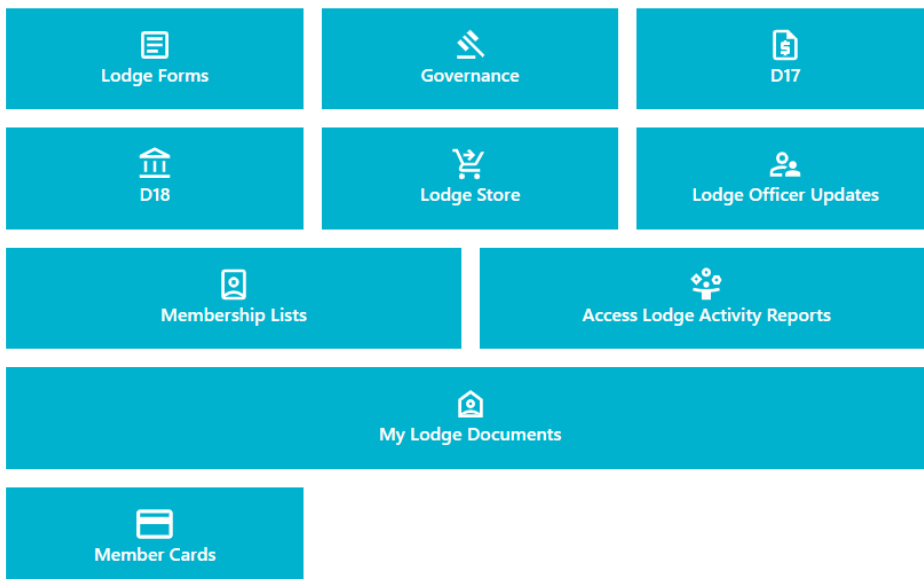
Membership:



Additionally, we are adding the capability for lodge officers to access and print member cards of members in their lodge. If you need help in printing off your membership card, please reach out to one of your lodge officers and they can access it and print it for you.

If you are a lodge officer, you will see an additional tile in the officer section of your profile that is labeled “Member Cards”. You can pull up and print a lodge member’s card by entering their member number in the search box.

Officer:



Lastly, if neither of those options work, you can reach out to Customer Service at 800-945-8851 or cbs@sofn.com.

Examples of Books We've Previously Read

Blackout by Ragnar Jonasson
Nansen by Roland Huntford
Death Deserved by Jon Lier Horst & Thomas Enger
Night Falls on Norway by CW Browning
The White Lioness by Henning Mankell
Giants in the Earth by O. E. Rolvaag
Ice Princess by Camilla Lackberg
White Shadow by Roy Jacobsen
Forty Days Without Shadow: An Arctic Thriller by Olivier Truc
River Kings: A New History of the Vikings by Cat Jarman
Silent Patriot by Astrid Karlsen Scott
The Axe by Sigrid Undset
The Last Viking: The Life of Roald Amundsen by Stephen Bowen



To Join the

Sons of Norway Book Club

Email your name, Lodge name
and number to:

SonsofNorwayBookClub@gmail.com



Sons of Norway Book Club

(for all members of
Sons of Norway)



Who We Are

What We Offer

Why You Should Join



*"A room without books is like
a body without a soul."*

-Cicero

Who We Are

Sons of Norway

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota, on January 16, 1895.

Sons of Norway Book Club

The Sons of Norway Book Club was founded in 2018 and has expanded to include all Sons of Norway members in all Sons of Norway Districts in the U.S. and Canada.



Sons of Norway Book Club Mission Statement

The mission of the Sons of Norway Book Club is to promote understanding and knowledge of Norwegian culture, heritage, and history through reading and discussing non-fiction and fiction books about the people and life-ways of Norway and its Nordic neighbors.

What We Offer

The Sons of Norway Book Club offers a lot to do. There is something for everyone.

Book Club activities:

- Monthly meetings (on Zoom) for SofN members, in both the eastern U.S. and western U.S., on the last Thursday of each month.
- Monday Evening Author Talks (Zoom) on the second Monday of various months.
- A newsletter for updates.
- A chance to meet and interact with Sons of Norway members from other parts of the U.S.
- The opportunity to complete the Sons of Norway Literature Cultural Skills Medal.
- Children's and Teen's book clubs (coming/in planning stage).
- Online writing classes (coming/in planning stage).



Why You Should Join

The Sons of Norway is open to all Sons of Norway members of any background or ethnicity. All you need is a love of reading and a desire to explore Norwegian culture and its rich literary history.

The Sons of Norway Book Club connects you to your Norwegian heritage and provides opportunities to learn about Norway, its history, culture and people through reading.



God lesing!

(Happy Reading!)

Celebrating Norwegian Heritage through Songs & Stories

Sunday, September 21 – 1:00pm at Trinity Lutheran Church



In the late 1800s and well into the 1900s, Madison's Near East Side was the hub of the Norwegian immigrant community. It's no surprise, then, that both Idun Lodge and the Edvard Grieg Chorus got their start in this neighborhood. The two organizations will celebrate on Sunday, September 21, at Trinity Lutheran church, where they both currently meet.

This fundraiser to repair their organ will begin at 1:00pm with a concert by the Chorus. Included will be a special selection of songs in both Norwegian and English. Adding to the festivities will be short stories and displays that celebrate the history of Idun Lodge, as well as two special landmark events: the 100th anniversary of the Grieg Chorus and the 200th anniversary of the sailing of the *Restauration*, the first immigrant ship from Norway to Amerika. The Norwegian American Genealogical Center and Naeseth Library, located in Madison at 415 W Main Street, will share some history as well.

Idun Lodge was established in 1908, seventeen years before the Grieg Chorus. However, Norwegian men's choral music in Madison started well before that. In fact, members of an earlier chorus founded the Grieg Chorus, which is now the only surviving Norwegian men's chorus in Wisconsin and one of only a few in the Midwest.

"How My Ancestors Became a Novel" by Larry Sommers

Thursday, October 21 – Trinity Lutheran Church Fellowship Hall



Idun's October meeting returns to our regular Third Thursday evening schedule. The always-delicious potluck starts at 6:30pm, followed at about 7:15 by a fascinating presentation featuring our own member, Larry F. Sommers; a storyteller, blogger and author.

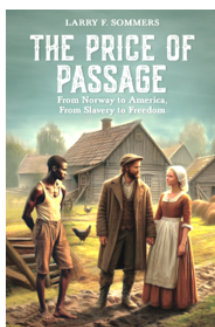
Larry will share his journey to understand his long-neglected Norwegian ancestors - a struggle that gave birth to an epic work of fiction, *The Price of Passage: From Norway to America, From Slavery to Freedom*.

At the age of 70 and retired, Larry reinvented himself as a literary lion. His first major project, after publishing a few short stories, was "an assault on The Great American Novel."

Inspired by his own Norwegian immigrant ancestors and by America's struggle against the evil of slavery, he crafted a unique, three-stranded story conveying historical truth by means of fiction.

"It's the hardest thing I've ever done," he said of this novel, "and also one of the most satisfying."

From the initial concept to publication, the novel took six years of the author's life. Along the way he learned some things about his Norsk ancestors, about authorship, and about himself. Larry will share these insights with a Q & A session afterwards.





Update to Sons of Norway September 2, 2025

<http://crossings.norwegianamerican.com>

October 9 Landing Update

A message from Synnøve Rizo-Patron:

We are very excited about the upcoming 200-year jubilee coming up. The consulate is planning a large public celebration on October 9 at Pier 16 and Fulton street to mark the 200-year anniversary of Norwegian immigration to the United States and welcome the ship Restauration and its crew. This will be a free and inclusive public event at Pier 16 around 12noon on October 9th. It is open to all; no ticket will be needed. We are working on a more detailed program for this day, and I hope we can share it with you later this week.

There is another group organizing a fundraiser for the boat Restauration and selling tickets to go onboard a Circle Line vessel in midtown, meet up with Restauration around the Statue of Liberty and sail together with Restauration to Pier 16 ahead of the public gathering we are organizing there. The consulate is not part of organizing this, but more information and tickets can be found here: <https://www.eventbrite.com/e/celebrate-the-return-of-the-restauration-tickets-1419522482959>

There has been a slight change in *Restauration's* return plans. Shipping the vessel back to Norway via cargo from Baltimore turned out to be prohibitively expensive. Instead, the boat will remain in New York until a sailing crew arrives to sail it back. I don't yet have the exact departure date. What I do know is that after arriving at Pier 16 on October 9th, and following the festivities, the captain will sail the boat to Chelsea Piers Marina, NY, where it will be docked for approximately one week. Further details are pending.

Synnøve Rizo-Patron

Administrative | Project Officer

Royal Norwegian Consulate General

1 Dag Hammarskjöld Plaza

885 Second Avenue, 35th Floor | New York, NY 10017

Office: +1 646.430.7500 | Cell: +1 475.339.2824

www.norway.no/usa

Attached is the poster with the October 9th schedule of activities at Pier 16.

200TH ANNIVERSARY CELEBRATION

OF NORWEGIAN IMMIGRATION TO THE UNITED STATES



OCTOBER 9 | 11:00 AM-2:00 PM
FULTON STREET & PIER 16,
SOUTH STREET SEAPORT | NYC

IN THE PRESENCE OF
H.R.H. CROWN PRINCE HAAKON OF NORWAY

EXPERIENCE THE RICHNESS OF NORWEGIAN CULTURAL
HERITAGE AND THE SPIRIT OF MODERN NORWAY
AS WE WELCOME THE SHIP "RESTAURATION"
- ECHOING A HISTORIC JOURNEY.

THE STAGE PROGRAM AND CULTURE WALK INCLUDES:

- MINI CONCERTS WITH NORWEGIAN POP STAR
ASTRID S AND RAGNHILD HEMSING TRIO
- LITERATURE EVENTS WITH LARS MYTTING,
EDY POPPY AND MARI KANSTAD JOHNSEN
- NORWEGIAN DELICACIES
- MEET AND GREET THE RESTAURATION CREW
- NORWEGIAN DESIGN AND INNOVATION
- HISTORIC EXHIBITIONS

FREE FOR ALL!



Norwegian Consulate General
New York



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.